

SRU Coach Education Programme

CORE SKILLS





The understanding and development of core skills is an essential ingredient in relation to improving individual, unit and team play within the modern game.

On behalf of the Scottish Rugby Union I would like to thank you for your efforts in developing tomorrow's players and hope that this booklet helps you enjoy your coaching experience.

Ian McGeechan
Scotland National Team Coach

How To Use This Information

The information in this file covers a range of skills essential for continuity of play, both in attack and defence. These are defined as the CORE SKILLS.

The lay out identifies these CORE SKILLS, lists the KEY FACTORS and outlines appropriate practices and games to promote their development. The list of practices is not exhaustive and coaches are encouraged to develop variations which add interest but achieve the same end.

REPETITION lies at the heart of mastering these CORE SKILLS. The aim is to develop players who react instinctively and hence increase the attacking options available. The more competent the players and the wider the range of options, the more exciting the game will become.

An essential component of success in rugby is VISION. Recognising options in relation to the movement and position of opposition and teammates is key to success. Each drill and practice should take account of this need for vision otherwise negative habits will be reinforced. Always check the way you implement drills against this criterion.

All players should strive to be competent in the core skills. Coaches and teachers who require further information should please refer to the following publications and courses:

- S.R.U. Lloyds TSB Units of Work
- S.R.U. Level 2 (Children) Manual and License Course
- S.R.U. Level 2 (Step 1) Manual and License Course
- SRU Level 2 (Step 2) Manual, Checklist Workbooks and License Course
- S.R.U. Training Diary
- Barry Honan's Skill Drills
- Digi Rugby CD-Rom
- 101 Practices for Rugby
- SRU Coaching Cards
- SRU Coaching Videos

If you want to know more about the S.R.U.'s Coach Education Programme please contact your local rugby development officer or:

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CORE SKILLS : after contact

To be effective in the modern game all players should be competent in the following skills:

Principles of Play	Skill	Core Skills	Key Factors	Core Practice	Core Games
Moving the ball after contact	Transferring the ball from hand to hand is the best option, failing that, the options are: 1 Ball up man in 2 Man down ball away 3 Ball down Men in	<ul style="list-style-type: none"> Ripping the ball Pick up and put down Placing the ball after the tackle Pick and go Pick and pop Go to ground and support player picks up Go to ground initial support drives over the ball and next support picks up Go to ground support drive over and support pass to runner Go to ground 2 support drive over. Support pick up and go Go to ground 2 support drive over support pick up and pass to runner Go to ground 2 support drive over support pick up and pass to 1st, 2nd or 3rd runner Go to ground parallel to touch lines moving ball back underneath body Contact defender post early by placing ball on ground between legs and support pick up Post early 1 support drive over the ball and support pick up Post early 1 support drive over support pick and pop to runner Post early 2 support drive over support pick up Post early 2 support drive over support pick up and pop to runner 	<ul style="list-style-type: none"> Keep eyes up looking at defending team Move the defender to create the space Control the ball in the tackle Low body position Explode into contact Bind tightly in driving support Flat backs; spines in line with touch lines Drive from low to high Shoulders always above hips Communication between support players and ball carrier Support behind the ball Generate depth in support Explode onto the ball Get back into the game as quickly as possible 	<ul style="list-style-type: none"> 5 	<ul style="list-style-type: none"> 1 2 3

CORE GAMES 3

Conditioned Games

The ultimate training session is the game itself. It is therefore important that players are placed in game situations as often as possible in an effort to practise these Core Skills. The following modified games are recommended:

New Image Rugby

Tag Rugby

Rucka Rugby

Maula Rugby

Small sided games (6v5, 4v3, 6v6 etc.)

Descriptors

New Image and Tag Rugby see SRU publications.

Rucka Rugby

When touch tackled, ball carrier slides to the ground presenting the ball. The opposing player who made the touch tackle stands close by to player on the ground and is driven away by arriving player/s who drive over player on the ground leaving the ball available to arriving team mate to pass ball away to other support players. Similarly, the initial ball carrier, once touched, can stay on his feet in a low driving position and “post” the ball between the legs for arriving support player. Team loses possession after 5 touches or in the event of a forward pass knock on or ball out of play. The game can be developed to include unlimited touches.

Maula Rugby

When touch tackled, ball carrier turns slightly towards own team, protecting the ball. The opposing player who made the touch tackle stands close to player he has touched. First arriving support player rips the ball off him and passes ball to other support players. Team lose possession after 5 touches or in the event of a forward pass knock on or ball out of play. The game can be developed to include unlimited touches.

Conditioned games can be adapted to suit the needs of the players by the individual coach/teacher. In all modified games the emphasis must be on clearing the ball from the contact point as quickly as possible.

REMEMBER! The more the ball is moved the harder it is to defend.

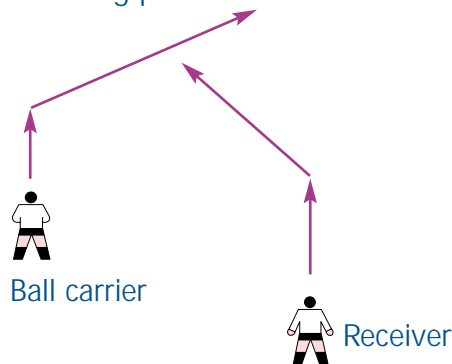
APPENDIX 1

1 Miss Pass

The miss pass is a slightly longer pass which misses out one or more players.

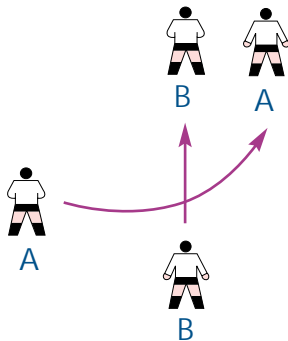
2 The Switch

Used to change angle of attack and/or change direction. Ball carrier turns near shoulder towards receiver, shielding ball from defenders. Ball carrier holds ball out for receiver to take or receive a short pop pass. Receiver should surge onto ball. Hence play is switched from one attacking point to another.



3 The Loop

The Loop is a combination of passing and running skills. A "late loop" is where a player A takes a return pass on the far side of the ball carrier B. An "early loop" is where a player A receives the ball on the near side of the ball carrier B as he moves round behind him.





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Lloyds TSB
Scotland