

DEVELOPING HALF-BACKS

INTRODUCTION

Although Scotland have produced some very good half-backs in recent years, most of them have had technical deficiencies which have restricted them from being more complete players and therefore more effective half-backs. These weaknesses have also held back the development of back-play.

With teams placing a big emphasis on the organisation and intensity of defence, it is vital we produce more complete players.

There are many features that make up the best players; attitude, physique, pace etc. Although we (coaches) can help to develop these features much of this is in a player's genes. We can however have a major influence on the development of their technical skills.

Scrum Half Priorities

To have the ability to give a fast, accurate and sympathetic pass off both hands.

Key Features

1. Getting feet into correct position early before hands touch the ball.
2. Foot furthest from receiver close to the ball with a wide stance and other foot pointing to receiver.
3. Using hands and wrists pass in a pendulum movement for the receiver.
4. Transfer weight from back foot to front foot and follow the pass when appropriate.

Angle/timing of approach - feet - hands - pass.

Stand Off Priorities

To have the ability to catch the ball with outstretched arms and pass accurately off both hands on the move.

Key Features

1. Getting quickly into the right position.
2. Body position stationary but ready to adjust if necessary, outside foot forward with forward lean at the start.
3. Hands fully outstretched towards the passer before the pass is delivered.
4. Good communication.
5. Depth - the stand-off sets the depth and this should be far enough back to allow him and his backs to generate the required pace on to the ball.
6. Width - close enough in for him personally to attract the attention of both his opposite number and the openside flanker. Depending on the point of attack will determine how much movement the stand-off has on the ball.

HALF-BACK PRACTICAL SESSION

TEACH

Spin pass - left & right.
 4's - shuttle passing technique - various lengths.

FOOTWORK

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|---------------------------------------------------------------------------------------------|--------|---|-------------|
| 1. Hitting a ball of a post and work getting feet in correct position . | | P | |
| 2. As 1 expect lineup to pass one way then change to other side. | In 3's | x | |
| 3. As 1 and 2 plus execute the pass to receiver. | | x | x |
| 4. 3 balls in a line 5 metres apart - work on running angles and footwork pass to receiver. | In 4's | | 2s + 2 rest |

HAND AND WRIST WORK

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| 1. Holding elbows close to side use hands and wrist to pass - 2 hands then 1 hand. | | | |
| 2. One knee on the ground , use hands and wrist to pass - 2 hands then 1 hand. | 2's | | |
| 3. Passing over a bag to stimulate a body. | 4's | | x |
| | | | o |
| | | | □ |
| | | | x |
| | | x | x |

SCRUM HALF PASSING AND STAND OFFS CATCHING

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| 1. 2 lines of players 10 metres apart 5 metres back from a marker. With a ball at one marker the 1 st player moves forward and delivers a scrum half pass to 1 st receiver who runs forward and places the ball at the marker. Next player becomes scrum half and so on with players returning to the start line. | |
| 2. As 1 except players stand 15 metres apart and receiver moves in between lines of players and takes and gives a pass. | |

PASSING DRILL

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| 1. Using scrum half, stand off and 2 centres work on passing to outside centre before they reach the gain line. | 3 cone drill |
| 2. Add some variations like miss-pass, support etc. | SO c c |
| 3. Build in pressure on the passers using defenders. | 3H |
| | △ Gain Line △ |