

BLUE BULLS RUGBY UNION



BBRU

RUGBY CONTACT PROGRAMME FOR CONFIDENCE AND SAFETY



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Foreword:

BULLETJIE TO BULL: CONTACT FAMILIARITY PROJECT

- Bulletjie Rugby remains one of the Blue Bulls' most important visual, enjoyable, supportive projects that allow very young rugby players, u/6 to u/8, and a lot of fun while learning new skills.
- It is the dream of any would-be player to join Bulletjie Rugby. The success of Bulletjie Rugby is based on playing – any size player can play against opponents and enjoy the game. All learn handling and running skills during structured training sessions. They learn how to apply those skills in game situations without fear of contact with other players.
- Bulletjie Rugby is part of the first phase of the Long-term Player Development Plan (SASCOC) and as such it is part of the so-called FUNdamental phase – with the emphasis on the “FUN” part of the word.
- However, it has been noticed that many players stop playing rugby after the Bulletjie Rugby phase, when they turn nine years old. One of the reasons is that parents are being exposed to rugby contact situations and those are situations that could lead to injuries.
- SA Rugby developed the BokSmart programme to train coaches and referees. They learn to manage the dangers of contact rugby and to promote safety in rugby. No coach or referee may be involved in rugby without the BokSmart training. At the moment there is no official programme in South African Rugby to introduce beginner players progressively to contact skills.
- There are schools that prepare u/8 players for u/9 rugby the next year, but the programmes do not offer contact introduction or confidence training as a priority.
- The Blue Bulls Rugby Union's Department of Game Development launch a project to introduce contact skills to u/8 (next year's u/9 players) in a safe way. The project will allow them to play with confidence once the rugby season starts.
- The programme will also be part of the Bulletjie Rugby Project's second phase for the u/8 programme to prepare the players for contact and the change to “big rugby” the next year.

A. AN INTRODUCTION TO SAFETY IN CONTACT FOR RUGBY PLAYERS

1. OBJECTIVE

- To establish a programme that will allow coaches to expose rugby players safely, gradually and progressively to contact situations

2. THE PROGRAMME: CORE COMPONENTS

- Safety first: Addressing safety in contact to rugby player, throughout the programme
- A guide to rugby contact (exercises to familiarize players with contact situations)
- Training coaches to coach contact skills to rugby players and minimizing rugby injuries

3. CONTACT SKILLS

Contact skills consist of the following categories:

- Contact with the ground
- Contact with other players
- Contact with other players and the ground

Contact skills are developed by using the following exercises:

- Rolling
- Falling
- Pulling
- Pushing
- Wrestling
- Blocking
- Tackling

4. CONFIDENCE IN CONTACT: LESSON COMPONENTS

A lesson should include the following:

- Introductory warm up game with rugby balls
- Exercises to develop contact confidence
- Rugby related games

Introductory games (Warm up)

Aim:

- Play and enjoy
- Ball carrying
- Evasive running and ball carrying
- Passing, catching and scoring tries
- Secure possession

Ensure that:

- Maximum participation of players
- High activity rate (intensity)

Skill development: Through the following exercise categories:

- Falling
- Rolling
- Pushing
- Pulling
- Wrestling
- Blocking

2.

- Tackling
- Scoring tries

Aim:

- To enhance the player's confidence in contact situations
- To develop contact skills in a progressive manner
- To strengthen core muscle groups and joints implicated in contact situations

Ensure that:

- Safety is applied throughout this phase
- Players of same size compete against each other
- Exercises are amply repeated (maximize learning)
- Well-executed actions are encouraged

Game related games

Aim:

- Play contact related games in a safe manner and apply contact skills
- Decision-making and reaction in contact situations
- Score tries

Ensure:

- Progression
- Small groups first
 - 3 vs. 5 (players on knees)
 - 5 vs. 5 (tag, touch, grab, block and tackle)
- Larger groups
 - 7 vs. 7 (3 forwards, 4 backs, scrums and line outs)
 - 10 vs. 10 (5 forwards, 5 backs, scrums and line outs)
 - 15 vs. 15 (8 forwards, 7 backs, scrums and line outs)

5. LESSON STRUCTURE AND SET UP

- Safety first – ensure that the field and surface area are safe
- Equipment – cones, balls and other tools
- Space – size of playing field
- Time – how much time to spend on component
- Introductory games – warm up
- Video clips – illustrations
- Description of exercises
- Key factors – to teach and coach the details of a skills
- Additional exercises and more progressive exercises to use as options once the players mastered the skills of the initial exercises

6. THE COACH

Hints and strategies to assist the coach

Space:

- The shorter the distance between players, the softer the impact of contact

Sizes:

- Make sure that players of the same size work together in a group or in pairs

Speed:

- The more speed, the harder the contact; the lower the speed, the softer the contact

On knees:

- It reduces the impact of falling and making contact with the ground, because the player is close to the ground
- Players may never be attacked from the front (falling backward will cause injuries, allow only tackles from the side)

Time:

- Maintain planned times strictly and do not spend too much time on one activity or skill. Beginners get bored quickly

Organization:

- Apply discipline and group organization
- Players working in pairs in groups, not too close to one another, to avoid dangerous situations

7. COACHING METHODOLOGY**Teaching a skill:**

- Explain what to do and why (key factors)
- Demonstrate how to execute exercises
- Players copy key factors that the coach has demonstrated (explain and demonstrate)
- Coach to advise and make corrections
- Players must repeat the correct action as many times as possible, but within a time frame
- Coach a skill by using exercises:
 - Develop one skill in isolation
 - Develop the skill in combination with other skills
 - Develop the skill progressively against controlled oppositions (only by blocking, grabbing or using shields etc.)
 - Develop by simulation of specific game situations
 - Develop by game orientation – full contact

B. FIRST AID**IMPORTANT:**

- BokSmart emergency action plan
- Schools/Clubs to have contact details of referred doctor/hospital in case of an emergency
- Make sure that you are able to reach the necessary medical people in case of an emergency situation.
- Do not neglect this, you will be held responsible

CONCUSSION**1. HOW DO YOU IDENTIFY CONCUSSION?**

- Use BokSmart Concussion Pocket Guide
- Confusion in terms of where the player is or what is happening
- Shaking and trembling
- Clutching and grabbing the head
- Loss of balance and disorientation when player gets up
- Emotional responses

If any of the above are observed, keep the player off the field, prevent further participation and call first-aid to attend to player.

4.

2. CHECK THE FOLLOWING. IF ANY OF THESE ARE PRESENT, THE NEXT STEP IS TO GET MEDICAL ATTENTION:

- Headache (not the injury but because of the injury)
- Dizziness and vomiting
- Confusion and disorientation
- Blurred vision
- Pressure in the head
- Not remembering (when, what, name etc.)

3. IF THE FOLLOWING OCCURS WITHIN HOURS OR DAYS AFTER INJURY, THE PLAYER MUST BE TAKEN TO A DOCTOR OR HOSPITAL FOR FURTHER OBSERVATIONS:

- Strong headaches or neck pain
- Confusion, irritation or aggressiveness
- Vomiting
- Weakness in arms or legs
- Black-outs and double vision

4. A PLAYER MAY NOT CONTINUE CONTACT EXERCISES AFTER CONCUSSION, UNLESS THE PLAYER IS SYMPTOM FREE.

- 21 Days active rest
- Have the player examined by a medical doctor
- BokSmart: Return to Play protocol

C. INJURY FREE RUGBY

Injuries that are most likely to occur during different contact exercises may be limited if the following were observed:

1. CONTACT WITH THE GROUND

- Wrists: Fingers must point in direction opposite to the fall or movement
- Shoulders: Players must pull shoulders inward to be able to roll
- Neck: The chin should be turned toward the shoulder that will be on top after the fall
- Head: The head should be held in such a way that it will not touch the ground during the fall

2. CONTACT WITH OTHER BODIES/PLAYERS

- Heads: Players must look at the opponent/ball carrier to be able to turn the head away from the danger zone and to expose the shoulder
- Fingers: The fingers and thumbs should be closed
- Shoulders: Side-on collision/contact will ensure protection of the shoulders and other body parts
- Neck: Players should not run with their heads down into any contact situation

3. CONTACT WITH PLAYER AND THE GROUND

- Heads: The head should always be on top of the tackled player. Head up, eyes open, expose the shoulder for contact
- Fingers and hands: Close the finger grip strongly and hold on tightly until contact with (fall to) the ground is completed
- Shoulder: Players must pull the shoulder inward to be able to roll in the fall
- Keep elbows away from the ground

4. THE TACKLE

- Heads: Players must keep their heads up, eyes open, head behind, head on top. Players must ensure that the contact is made with the exposed shoulder and arm
- Neck: The players should engage with their exposed shoulder, either above the hip of the opponent or at the knees from the side
- Shoulders and fingers: Grasp the ball carrier with both arms in a grip as tight as possible before going down

5. CONCUSSION

Concussions may occur in the following situations:

- When a player falls and his head makes contact with the ground
- After jumping for a high ball and the player lands on his head
- After being tackled and his head whip-lashes before hitting the ground
- When the tackler put his head in front of the ball carrier during the tackle and the ball carrier falls on his head
- When the tackler engages wrongly with the ball carrier
- When the tackler's head collides with the hip of the ball carrier because he lowered his head, keeping his eyes closed and missing the target
- When the tackler puts his head in front of the ball carrier's knees and hits the knee, head, chin or cheek
- When two players execute a tackle to deter the same ball carrier and their heads collide behind the ball carrier
- When the tackler is hit by the elbow of the ball carrier while he is protecting himself.



LESSON 1:

- 1.1 Intro–Game: Shadow chasing
- 1.2 Contact: With the ground – Rolling
- 1.3 Contact: With another player – Wrestling
- 1.4 Contact: with another player – Pushing
- 1.5 Contact: With another player – Pushing
- 1.6 Contact: With another player – Blocking
- 1.7 Rugby game: Touch rugby (3 touch)

Lesson: 1

Lesson 1.1

Subject: Intro-Game: Stay Behind Ball-Carrier

Skill:

- Agility – Ball shifting

Aim:

- Chaser to stay in touch (Shadow) with ball carrier to enhance his ability
- Ball carrier moves the ball from left to right and vice versa to enhance ball control while running

Space and players needed:

- Grids 5 x 5 m up to 10 x 10 m
- 3 – 5 Players in a grid

Time:

- 5 – 8 minutes

Equipment:

- Cones for grids
- Balls

What to do:

- Divide in groups of two's or three's
- One ball carrier and 1 or 2 chasers (shadow)
- The ball carrier runs randomly in the grid while the shadow is attempting to stay close as possible to the ball carrier

Ensure that:

- The ball is shifted frequently from the left to the right (carrying position)
- The shadow stays as close as possible to the ball carrier
- Players not to move out of grid

Key factors:

- Correct grip on the ball (ball carrier)
- See video

Progression/additional:

- Make the grids bigger
- Let the "shadow" hold on to a tag of the ball carrier

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/1.1.mp4>

Lesson: 1

Lesson 1.2

Subject: Contact: With the ground – Rolling

Skill:

- Rolling

Aim:

- To roll from left to right and back (sideways) by applying safe rolling techniques
- To apply safe rolling techniques

Space and players needed:

- Cones 3m apart on line, with 2 players in between

Time:

- 4 – 6 minutes

Equipment:

- Cones

What to do:

- Players lie on their backs
- Players roll from left to right on the ground (over stomach and back)
- Players must protect themselves by:
 - Keeping the arms and hands tightly against their bodies, hand palms showing outwards
 - Taking a deep breath and tighten all muscles
 - Keeping their heads away from the ground

Ensure that:

- There is enough space between the players
- All players roll in the same direction

Key factors:

- Fingers and hands tight against the chest
- Inhale and tighten all muscles
- Keep the head up and away from the floor
- Pull the shoulders in and make the back as round as possible

Progression/additional:

- Rolling and end up on all fours before starting the next roll to the other side
- Sitting on haunches and roll (sideways)
- Rolling and end up in spider position.

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/1.2.mp4>

Lesson: 1

Lesson 1.3

Subject: Contact: With another player
– Break the grip, Wrestling and Leg Lifting

Skill:

Wrestling

Aim:

- To make contact by wrestling an opponent while staying on the feet

Space and players needed:

- Grids 3x3m (2 players per grid)
- Grids 4m apart

Time:

- 4 – 8 minutes

Equipment:

- Cones

What to do:

- 2 Players in a “box”
- On the whistle the players attempt to wrestle one another out of the box

Ensure that:

- There is enough space between the “boxes”
- Players do not bump into players participating in other “boxes” when wrestled out of the “box”
- Players attempt to stay on their feet

Key factors:

- Keep feet wide apart (for more stability)
- Bend knees for more effective pushing

Progression/additional:

- Indicate one side where players must wrestle the opponent out of “box”
- 2 players vs 1 player

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/1.3.mp4>

Lesson: 1

Lesson 1.4

Subject: Contact: with another player – Pushing

Skill:

- Pushing

Aim:

- To apply favorable body and feet position while pushing
- To activate and strengthen the ligaments and muscles around the joints

Space and players needed:

- Cones 3m apart on a line, with 2 players in between

Time:

- 6 – 8 minutes

Equipment:

- Cones

What to do:

- 2 Players between the cones
- One player on either side of the line
- Players place their hands on their opposition's shoulders
- Players should take a very low body position before they start pushing

Ensure that:

- The players are in a low pushing position
- Players attempt to push one another away and to enter into opponent's territory
- The players lower their knees and not their hips

Key factors:

- Heads up/eyes open
- Backs straight
- Feet shoulder width and further apart
- Shoulders slightly higher than their hips
- Drop the knees/don't drop the hips
- Push with both legs until go forward is gained

Progression/additional:

- Stand back-to-back and push backwards

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/1.4.mp4>

Lesson: 1

Lesson 1.5

Subject: Contact: With another player – Pushing

Skill:

- Pushing

Aim:

- To push another player and perform the correct body position for cleaning and scrumming
- To gain confidence in getting their heads in and up

Space and players needed:

- Cones 2m apart on line, with 2 players in between

Time:

- 6 – 8 minutes

Equipment:

- Cones

What to do:

- Players start on their hands and knees, with their right/or left ears touching before they engage
- Engage with head under the chest of the opposing player
- On the signal of the coach the players attempt to cross the line by pushing

Ensure that:

- The heads are under the chests
- The players force their heads up
- Players do not lock their legs in a straight position but keep their legs bended by keeping their knees close to the ground

Key factors:

- Feet wide apart
- Heads under the chest of opposing players
- Backs straight/head forced upwards
- Lift the knees only a fist length away from the ground
- Keep knees very low while pushing

Progression/additional:

- Players lie down on their backs and then on the signal, jump up, gain the correct position, head in, engage and push

Video Clip:

- <https://trainingcentre.bullscoaching.co.za/videos/1.5.mp4>

Lesson: 1

Lesson 1.6

Subject: Contact: With another player:
Blocking

Skill:

- Blocking

Aim:

- To prevent players going forward and entering the "box "

Space and players needed:

- 3 Grids (2 x 2m) and 9 players

Time:

- 4 – 6 minutes

Equipment:

- Cones for 3 grids
- Balls

What to do:

- 2 defenders per "box" – guarding
- 3 attackers attempt to enter "boxes"
- 2 defenders per "box" attempt to prevent attackers entering boxes by applying blocking techniques
- Defenders should stay outside the box

Ensure that:

- All contact is made under the shoulders
- Coach to explain/demonstrate correct blocking techniques
- Defenders and attackers are rotated

Key factors:

- Defenders place bodies between attackers and box to prevent them entering the box

Progression/additional:

- Runners attempt, to get as many balls inside the "boxes" as they can in 20 – 30 – 40 Seconds

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/1.6.mp4>

Lesson: 1

Lesson 1.7

Subject: Rugby game: – Touch rugby (3 touch)

Skill:

- Passing, catching, running and support

Aim:

- Play a rugby related game
- To score tries

Space and players needed:

- Grid of 20x20m/30x30m
- 5 – 8 players in a team

Time:

- 10 minutes

Equipment:

- Balls (1 per group)
- Cones

What to do:

- Player's score tries
- Players defend by touching a ball carrier with both hands and claiming the touch
- Play two handed touch (3 touch rule applies)
- If ball carrier is touched, he/she must stop within 3 paces and put the ball down on ground for a supporting player to play
- First supporting player must pass, cannot run

Ensure that:

- That players pass the ball to a team mate that's in a better position
- That all players are involved
- Offside rules apply
- Smaller team size will ensure better player involvement

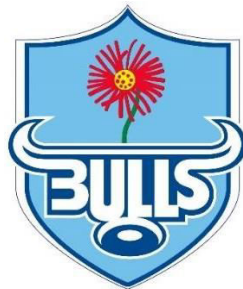
Key factors:

- No bundling of players (spacing)
- First supporter to identify himself as the "passer"
- Encourage quick passing off the ground

Progression/additional:

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/1.7.mp4>



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LESSON 2:

- 2.1 Intro Game: Ball touch
- 2.2 Contact: With the ground – Rolling
- 2.3 Contact: With another player – Wrestling
- 2.4 Contact: With another player – Wrestling
- 2.5 Contact: With another player – Pulling
- 2.6 Contact: With another player – Blocking
- 2.7 Rugby Game – Touch rugby

Lesson: 2

Lesson 2.1

Subject: Intro Game: Ball touch

Skill:

- Agility (Evading)

Aim:

- To apply evasive running by avoiding being touched with the ball

Space and players needed:

- Grids of 5x5m or 10x10m
- 3 – 6 players in a grid

Time:

- 4 – 6 minutes

Equipment:

- Cones for grids
- 1 Ball per grid

What to do:

- One player with the ball attempts to touch as many players with the ball in 20/30 sec
- Rotate ball carrier
- When a player is touched, he should execute one of the following:
 - Fall down and roll once
 - Fall down, roll once and simulate a presentation of the ball
 - Put another player on his back and turn around once to the left and once to the right

Ensure that:

- Ball carrier not to touch the same player consecutively

Key factors:

Progression/additional:

- 2 Ball carriers in a larger grid competing in 20/30 sec
- More players in the grid
- Changing the size of the grid

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.1.mp4>

Lesson: 2

Lesson 2.2

Subject: Contact: With the ground – Rolling

Skill:

- Falling and rolling

Aim:

- To introduce safe falling and rolling from a standing position

Space and players needed:

- 3m between cones on a line
- 1 player between cones

Time:

- 4 – 6 minutes

Equipment:

- Cones (Depending on how many players)

What to do:

- Players on their haunches, execute a forward roll over one shoulder (left and right)
- Players stand upright fall and roll
Sequence:
 - Knee
 - Hip
 - Hand
 - Elbow
 - Shoulder
 - Back
- Players walk and execute the roll
- After each roll players must regain their upright stance

Ensure that:

- Coach spends ample time on correct demonstration of techniques (see key factors)
- Safety measures are applied
- Progression is applied:
 - Slow to fast
 - Haunches to standing
 - Walking to jogging

Key factors:

- Fingers should point in the opposite direction of the rolling direction
- Players should pull their shoulders up to protect the neck
- They should turn their chins away from the rolling direction
- The hand, shoulder and back should form a "wheel" to roll (See video)
- Their heads should never make contact with the ground

Progression/additional:

- Player rolls over another player lying down
- Players rolls/dives over a player who is standing on his hands and knees
- Perform exercise with a ball

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.2.mp4>

Lesson: 2

Lesson 2.3

Subject: Contact: With another player – Wrestling

Skill:

- Wrestle and going forward

Aim:

- To introduce contact with another player through pushing and wrestling

Space and players needed:

- Grids 3x3m
- 2 Players per grid with a ball

Time:

- 6 – 8 minutes

Equipment:

- Cones
- Balls

What to do:

- On the signal of the coach players must attempt to wrestle one another out of the "box" in 5 – 10 seconds

Ensure that:

- Contact is lower than the shoulders
- Players stay on their feet

Key factors:

- Always start with feet shoulder width apart
- Body always in a crouched square position facing forward
- Knees always slightly bent
- Apply short quick steps

Progression/additional:

- Indicate only one side of the grid where the player can push one another out "the gate"
- Use two players against one to push and wrestle him/her out of the "gate"

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.3.mp4>

Lesson: 2

Lesson 2.4

Subject: Contact: With another player
Back-to-Back Reverse Push

Skill:

Balanced pushing

Aim:

- To enhance a better body position to transfer the power in a specific direction

Space and players needed:

- Grids 3x3m

Time:

- 4 – 6 minutes

Equipment:

- Cones

What to do:

- 2 Players with their backs against one another
- On the signal of the coach their bodies are lowered and players attempt to push one another (backwards) out of the "box"

Ensure that:

- Players lean against one another before the coach signals

Key factors:

- Always bend knees
 - Feet shoulder width and wider
 - Head up and eyes open
- Keep the body pushing stance as low as possible

Progression/additional:

- To perform the pushing action with elbows locked in
- Squad up and down (see video)

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.4.mp4>

Lesson:2

Lesson 2.5

Subject: Contact: With another player-pulling

Skill:

- Pulling

Aim:

- To prevent an opponent moving forward by pulling/holding player back

Space and players needed:

- From try-line to 22m (distance)
- Cones 2m apart on a line with 2 players in between

Time:

- 6 – 8 minutes

Equipment:

- Cones

What to do:

- Players positioned in pairs
- Player 1 in front of player 2
- Player 2 grips player 1 with both hands–on pockets of pants
- On the signal of the coach, player 1 attempts to move forward while player 2 resists by attempting to pull player 1 back

Ensure that:

- The player in front is leaning forward in a driving position and running with a high knee action
- Players are rotated
- There is ample space between groups
- Players are moving in the same direction

Key factors:

- The player in front must:
 - Lean forward
 - Run with high knee action
 - Aggressive arm action
- The player at the back:
 - Keep his arms bent, never straight
 - Give way so that the front player is allowed to run forward with resistance

Progression/additional:

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.5.mp4>

Lesson:2

Lesson 2.6

Subject: Contact: With another player-blocking

Skill:

- Stopping a player going forward

Aim:

- Inner players are preventing the outside players to enter their circle through blocking them out

Space and players needed:

- 10 cones for outside circle
- 5 cones for inside circle
- 8 – 15 players

Time:

- 6 – 8 minutes

Equipment:

- Balls 1 per group
- Cones

What to do:

- Attackers run around outside of circle
- Defenders positioned inside the circle
- On the signal of the coach, the attackers attempt to reach the smaller inner circle
- The defenders must attempt to stop the attackers by applying the blocking (stopping) techniques
- Rotate defenders and attackers after 3 – 5 attempts

Ensure that:

- The outside players run around the outside circle before the signal to penetrate the inner circle
- Coach demonstrates blocking techniques

Key factors:

- Take up a low forward crouched position
- Get the body between the ball carrier and the inner circle
- Keep the head up and eyes open
- Use smaller power full steps after collision to ensure ball carrier is not advancing forward

Progression/additional:

- Provide each outside player a ball to try and score in the inner circle

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.6.mp4>

Lesson: 2

Lesson 2.7

Subject: Rugby Game: Touch rugby

Skill:

- Handling and contact skills

Aim:

- To provide players the opportunity to:
 - Pass
 - Catch
 - Do evasive running
 - Make contact with the ground
 - To score tries

Space and players needed:

- Grid of 20x20m (5 vs 5)
- Grid of 30x30m (7 vs 7)
- Grid of 50x50m (10 vs 10)

Time:

- 10 – 20 minutes

Equipment:

- Balls 1 per group
- Cones

What to do:

- Play touch rugby
- Scores tries
- Players defend by touching the ball carrier with both hands and claiming the touch
- When a player is touched, he falls down roll once and present the ball backwards to a supporting player
- The first supporting player is only allowed to pass the ball

Ensure that:

- The ball is controlled while doing the rolling action (see video demonstration)
- Coach explains the rules of the game when a player is on the ground
- The defending team forms a defending line 5m back away from the touched player

Key factors:

- No bundling to ensure space between the players (5m and further)
- The first supporter must identify himself as "passer" (communication)
- The receiver of the pass must be in depth to allow passing and running

Progression/additional:

- Walk and play game (no running allowed)
- Run at normal pace
- Bigger grids – more players

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/2.7.mp4>



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LESSON 3:

- 3.1 Introduction game: Intercept
- 3.2 Contact: With the ground – Rolling
- 3.3 Contact: With the ground – Falling
- 3.4 Contact: With another player – Pushing, pulling and wrestling
- 3.5 Contact: With another player – Blocking
- 3.6 Contact: With another player and the ground – Rugby on their knees
- 3.7 Contact: With the ground – Scoring a try

Lesson: 3

Lesson 3.1

Subject: Introduction game: Intercept

Skill:

- Passing and catching

Aim:

- Passing and position to receive a pass – seek open “space”
- Communication and reacting

Space and players needed:

- Grid of 5x5m (4 players) – 1 interceptor
- Grid of 10x10m (8 players) – 2 interceptors

Time:

- 5 – 8 minutes

Equipment:

- Cones for grids
- 1 ball per grid

What to do:

- Group of players move freely in grid passing the ball to one another
- 1 or 2 defenders attempt to intercept passes
- Players in possession of the ball is not allowed to run
- When the defender intercepts a pass, the passer and the defender change roles

Ensure that:

- Passers and defenders rotate
- Players to remain in grid
- The receivers are running into positions “space” to be able to receive a pass

Key factors:

- Supporters run into open spaces
- Passes to be executed in hands of supporter
- Correct grip on ball (see video)

Progression/additional:

- Use 1 ball
- Use 2 balls
- Players must use a specific pass:
 - Classic
 - From between the legs
 - From above the head
 - One handed
 - Spin-passes

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/3.1.mp4>

Lesson: 3

Lesson 3.2

Subject: Contact: With the ground – Rolling

Skill:

- Ball control in contact

Aim:

To introduce safe rolling techniques and ball control in the contact situation

Space and players needed:

- Cones on the line, 3m apart
- 2 players in between with 1 ball

Time:

- 5 – 8 minutes

Equipment:

- Cones
- Balls

What to do:

- Player A sits on haunches (ball in hand)
- Player B lies on stomach in front of player A
- On the signal of the coach, player A performs a forward roll over player B, without touching him

Ensure that:

- Coach demonstrates the action correctly
- Coach applies support to ensure safe application of action by player
- Player A does not touch or make contact with player B
- See video for grip on the ball.

Key factors:

- The fingers of the hand that breaks the fall should always point in the opposite direction of the fall
- When rolling, keep the arms, back and shoulders in the “wheel” positions for an easier rolling action
- Pull legs in to form a small bundle to improve the roll

Progression/additional:

- Player B positions on hands and knees

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/3.2.mp4>

Lesson: 3

Lesson: 3.3

Subject: Contact: With the ground – Falling

Skill:

- Ball control and presentation

Aim:

- Players to execute the correct safe falling action
- Players to present ball backwards correctly when making contact with the ground

Space and players needed:

- Cones 10m apart in channels
- Players perform action between cones

Time:

- 8 – 10 minutes

Equipment:

- Cones
- Balls

What to do:

- Player A performs the falling and ball presentation technique from a standing position with ball in hand
- Player B picks the ball up and performs the same action

Ensure that:

- The contact sequence is executed correctly (see key factors)
- Coach demonstrates the correct falling techniques to ensure safe falling
- The correct "grip" on the ball is applied

Key factors:

- The "grip" on the ball:
 - Hold the ball around the one end while covering the other end with the inside of his elbow and arm against body
 - Press the ball "tight" against the body
 - After breaking the fall, put both hands on the ball and roll
 - Present the ball an arm length away in front of his face
- Falling contact sequence:
 - Knees (to the side)
 - Hips
 - Hand
 - Elbow
 - Shoulders
 - Back

Progression/additional:

- Ball carrier falls alternatively to left and right
- Ball carrier walks, jogs and runs
- Ball carriers fall, roll over once and place ball
- Ball carrier is tackled by a defending player on his knees

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/3.3.mp4>

Lesson: 3

Lesson 3.4

Subject: Contact: With another player – Pulling, Pushing and Blocking

Skill:

- Pushing, pulling and wrestling

Aim:

- Players apply the following contact techniques:
 - o Pushing
 - o Pulling
 - o Wrestling

Space and players needed:

- Grids 2 x 2 m

Time:

- 4 – 6 minutes

Equipment:

- Cones

What to do:

Exercise 1: Pulling

- 2 players in "box" face one another with knees slightly bent
- Arms extended forward and players to grip each other's forearms/ or hooked in on the elbows
- On the signal of the coach the players attempt to pull one another out of the "box"

Exercise 2: Pushing

- 2 players in "box"
- Players put their hands on the shoulders of the opposition
- On the signal of the coach players attempt to push one another out of the "box"

Exercise 3: Wrestling

- 2 players in "box"
- On the signal of the coach the players attempt to wrestle one another out of the "box"

Ensure that:

- The exercises are executed in a dynamic way
- That players react quickly to the different exercises presenting

Key factors:

Progression/additional:

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/3.4.mp4>

Lesson: 3

Lesson: 3.5

Subject: Contact: With another player – Blocking

Skill:

- Stopping a player going forward

Aim:

- Players from outside the circles attempt to move into the smaller inner circles while the players in the inner circles apply the correct blocking techniques to prevent them

Space and players needed:

- 10 cones for outside circle
- 5 cones for inside circle
- 8 – 14 players

Time:

- 6 – 8 minutes

Equipment:

- Cones

What to do:

- Attackers (8) run around outside circle
- Defenders (6) positioned inside the circle
- On the signal of the coach, the attackers attempt to reach the smaller inner circle
- The defenders must attempt to stop the attackers by applying the blocking (stopping) techniques
- Change defenders and attackers after 3 – 5 attempts
- Avoiding player to cross the line through “blocking”

Ensure that:

- The outside players are running around the outside circle
- That the inner guards are blocking them to reach the inner circle
- The running direction changes frequently

Key factors:

- Defenders use small steps to get their bodies between the outside player and the inner circle
- Defenders are positioned lower by crouching their backs forward
- Stop the “attackers” to go forward by getting their bodies between attacker and inner circle

Progression/additional:

- Provide each outside player a ball to try and score in the inside circle
- Inside players try to get outside while the outside players “block” them

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/3.5.mp4>

Lesson: 3

Lesson 3.6

Skill:

- Contact

Subject: Contact: With another player and the ground – Rugby on their knees

Aim:

Players to learn how to:

- Make contact with opponent (wrestling)
- Wrestle with ball in hand and score tries
- To control contact by utilizing small spaces
- To introduce going forward/ blocking
- Keeping possession

Space and players needed:

- Grids 5x5m (3vs3)

Time:

- 5 – 10 minutes

Equipment:

- Balls

What to do:

- Teams of 3 players a side play rugby on their knees
- Coach to indicate try line
- Attackers attempt to score tries
- When a try is scored the game restarts at the middle of the grid by the team that gave the try away
- No rules except no contact should be allowed above the shoulders on the neck and head
- See video for progression

Ensure that:

- Safe contact is made
- Only wrestling below shoulders
- No player allowed to stand up to gain advantage
- Players in grid are more or less of the same size

Key factors:

- Make sure players go forward into contact
- Hold and control the ball in contact situations by applying the correct grip

Progression/additional:

- Increase numbers as well as the size of the grid
- Allow more passing
- Players play on their feet in small grids

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/3.6.mp4>

Lesson: 3

Lesson 3.7

Skill:

- Scoring a try

Space and players needed:

- Grid 7x5m box
- 3 balls in a grid
- 6 players in a grid

Time: 4 – 6 minutes

Subject: Contact: With the ground –
Scoring a try

Aim:

- Players learn how to score tries by making contact with the ground

Equipment:

- Cones
- Balls

What to do:

- Place the defenders on the try-line behind one another
- Place the attackers with a ball in hand inside the touchline, behind one another, facing the corner flag (5m away)
- The attacker with ball attempts to score a try in a corner of the grid
- The defender attempts to touch him before he scores the try

Ensure that:

- The pressure on the ball carrier is applied slowly to ensure a successful score

Key factors:

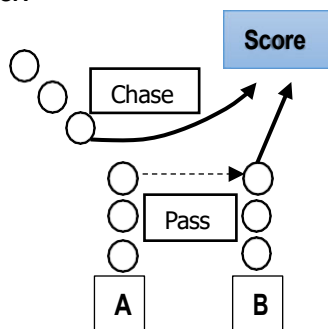
- The grip on the ball (see video)
- The control of the ball when scoring the try
- The roll after the touch down should be encouraged

Progression/additional:

- One player must pass the ball to the try scorer
- More pressure by bringing the defender closer to the attacker and make more passes

Video Clip: <https://trainingcentre.bullscoaching.co.za/videos/3.7.mp4>

- Box





LESSON 4:

- 4.1 Introduction Game: Touch rugby (3 touch)
- 4.2 Contact: With the ground – Falling
- 4.3 Contact: With another player – Pushing
- 4.4 Contact: With another player – Blocking
- 4.5 Passing: Opposed
- 4.6 Play rugby (on their feet)
- 4.7 Touch rugby

Lesson: 4

Lesson 4.1

Subject: Introduction Game: Structure and Spacing

Skill:

- Running, passing, catching and ball presentation

Aim:

- To play a rugby related game and score tries
- To execute contact with the ground skills (falling and presentation of the ball)
- First supporter to pass presented ball

Space and players needed:

- Grids 20x20m (6 players a side)
- Grids 30x30m (9 players a side)

Time:

- 10 – 15 minutes

Equipment:

- Cones for grids
- 1 ball per grid

What to do:

- See video for structure
- When ball carrier is touched, he must fall roll once and present the ball
- The touched player must present the ball as far backwards as possible in front of his face

Ensure that:

- Only 3 players at the ruck:
 - Ball-Carrier
 - Spider
 - Passer
- 3 players in the attacking line – “spacing”
- Last receiver starts the 1st arrival spider and next player passes

Key factors:

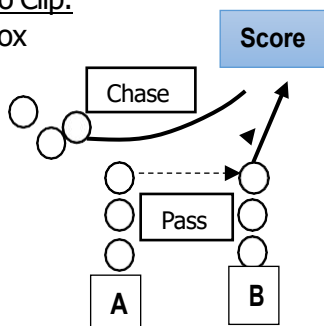
- Hold the ball around the one end while he covers the other end with the inside of his elbow and arm against body when falling to the ground
- Press the ball “tight” against the body
- After breaking the fall, put both hands on the ball and roll
- Present the ball as far backwards as possible in front of the head
- Contact sequence when falling:
 - Knees
 - Hips
 - Hand
 - Shoulders

Progression/additional:

- Fall, roll and “pop” the ball to the passer (the first supporter)

Video Clip:

- Box



<https://trainingcentre.bullscoaching.co.za/videos/4.1.mp4>

Lesson: 4

Lesson 4.2

Subject: Contact: With the ground –
Falling and securing the ball

Skill:

- Ball control and body position “spider”

Aim:

- To set a target for the presentation of the ball when in contact with the ground
- To secure the ball before “cleaning”
- To ensure a good body position before cleaning

Space and players needed:

- Cones on the line 3m apart
- 2 players in between

Time:

- 8 – 15 minutes

Equipment:

- Cones
- Balls

What to do:

- Ball carrier falls from standing position and present the ball
- The first supporting player takes up position (arm length from head of ball carrier) feet wide apart to set the target
- Ball carrier presents the ball in target area between the supporter’s feet (see video)

Ensure that:

- The supporter is low and his feet are much wider than his shoulders
- The ball carrier places the ball between the “spiders” feet (target)
- The spider holds on to the ball carrier’s jersey but supports his own bodyweight

Key factors:

- The “spider” grips the jersey of the ball carrier on the shoulder
- He pulls his face towards his hands with short bended arms (Look up!)
- He sets a target for the ball carrier to present the ball through his legs by taking up a very wide stand with the outside foot outside the ball carrier’s head
- He then drops his knees very low to ensure a squat position
- Head up, eyes open

Progression/additional:

- Passing the ball to one another and support by becoming the “spider” (first supporter)

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/4.2.mp4>

Lesson: 4

Lesson 4.3

Skill:

- Executing a strong low body-position
- How to transfer maximum power on to the opposition

Subject: Contact: With another player – Pushing

Aim:

- To gain confidence of where player's heads should be in the contact to be safe
- To gain and maintain a strong and safe low body position

Space and players needed:

- Cones 3m apart on a line
- Two players between the cones either side of the line

Time:

- 6 – 10 minutes

Equipment:

- Cones
- Balls

What to do:

- 2 Players on either side of the line
- On knees and hands, ears touching
On the signal of the coach the players place their heads under opponent's chest and push

Ensure that:

- The players keep their knees low
- That they force their heads in and up under the opposition player chest
- The players feet are wide apart

Key factors:

- Feet wide apart
- Knees just a fist height from the ground
- Back straight – head up, look up
- Head in under the chest of the opposing player
- Squat upwards and push hard from both feet at the same time

Progression/additional:

- Players attempt to pick one another up after the pushing

Video clip:

<https://trainingcentre.bullscoaching.co.za/videos/4.3.mp4>

Lesson: 4

Lesson 4.4

Subject: Contact: Passing and scoring a try unopposed

Skill:

- Evasion and blocking

Aim:

- Defender must prevent attacker from entering a "box" (blocking)

Space and players needed:

- 1 Grid 2x2m
- 4 players
- 4 – 6 minutes

Equipment:

- Cones
- Balls

What to do:

- One defender in the middle "box"
- One attacker with a ball in front of middle "box"
- The ball carrier will attempt to reach an open box before the defender grabs him
- When the ball carrier is grabbed, he must still attempt to get inside the "box" by driving hard to get the go forward into the "box"

Ensure that:

- Defenders and attackers are rotated
- No tackling and wrestling to the ground only blocking and grabbing

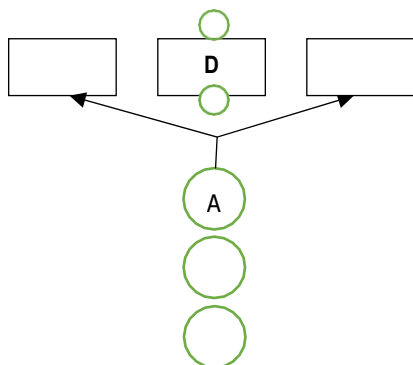
Key factors:

- Ball carrier attempt a dummy run to one box and then turn to another
- Ball must be carried in the arm furthest away from defender
- When ball carrier is grabbed, he places both hands on ball to ensure possession is secured

Progression/additional:

-

Video Clip:



<https://trainingcentre.bullscoaching.co.za/videos/4.4.mp4>

Lesson: 4

Lesson 4.5

Subject: Passing: Opposed

Skill:

- Holding the defender before the pass

Aim:

- To let the ball carrier to run to the defender in the "box" before he passes to a team mate who runs into the empty "box"
- To encourage passing to a player in a better (free) position

Space and players needed:

- 2 Grids 2x2m and 4m apart
- 3 players and 1 ball

Time:

- 5 – 10 minutes

Equipment:

- Cones
- Balls

What to do:

- The player with ball runs towards the box with a defender in the "box"
- As soon as he reaches the "box" he passes to a team mate who runs into an empty "box"

Ensure that:

- That the ball carrier passes the ball before he enters into the box with the defender inside

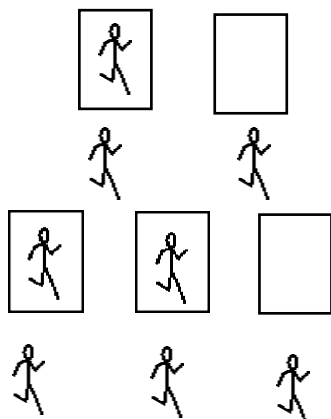
Key factors:

- Ball carrier runs with the ball in both hands
- He executes a hold-line before passes
- The receiver runs straight and through the empty "box"

Progression/additional:

- 3 boxes with 2 defenders and 3 attackers (pass the ball to the player with an empty box in front of him)

Video Clip: <https://trainingcentre.bullscoaching.co.za/videos/4.5.mp4>



Lesson: 4

Lesson 4.6

Subject: Play rugby (on their feet)

Skill:

- Contact

Aim:

- To introduce contact in a controlled small space where the impact of the contact is controlled by short distances between the players
- To reduce the intensity of the collision

Space and players needed:

- 5x5 m grid
- 3vs3 in each grid with 1 ball
- 4 – 8 minutes

Equipment:

- Cones
- Balls

What to do:

- 3vs3 players in box
- Players attempt to score tries /on their feet
- Following contact to be executed:
 - Pulling – pushing – wrestling – blocking – grabbing
 - Protecting the ball
 - Driving forward

Ensure that:

- No tackling or wrestling to ground – occurred
- The ball is held in a protected way so that it could not be ripped or lost in contact situations

Key factors:

- Forward body position over the ball
- Correct grip is applied
- Ball is kept away from the defender
- Keep body between the ball and the opposition
- Always go forward

Progression/additional:

- More players
- Bigger box
- Harder collisions

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/4.6.mp4>

Lesson: 4

Lesson 4.7

Subject: Touch rugby with spider

Skill:

- Handling skills – Falling and presenting the ball

Aim:

- To apply the skill of contact with the ground and protecting the ball

Space and players needed:

- 15x15m = 4vs4
- 30x30m= 7vs7
- 50x50m = 10vs10
- 15 minutes

Equipment:

- Cones
- Balls

What to do:

- Play 3 touch (both hands)
- When player is touched, he must fall and place the ball
- Next supporting player "spider" steps over ball (target area) protect the ball
- 3rd Player, picks the ball up and passes it on

Ensure that:

- The supporter "spider" reacts quickly to secure possession
- Supporting players are open targets to be able to receive a pass

Key factors:

- The ball carrier places the ball with both hands between the feet of his supporter
- The supporter takes a forward squat-position over the ball "spider"
- See key factors of "spider" (Lesson 4.3)
- Supporters are in good position to receive a pass

Progression/additional:

-

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/4.7.mp4>



LESSON 5:

- 5.1 Introduction Game: Touch Rugby
- 5.2 Contact: With another player – Spider (securing and cleaning)
- 5.3 Contact: With another player – Cleaning
- 5.4 Contact: With another player and contact with the ground
- 5.5 Contact: With another player and the ground – Tackling
- 5.6 Contact:
 - 5.6.1 With the ground
 - 5.6.2 With another player
 - 5.6.3 With the ground and another player (tackle)
- 5.7 Rugby Game: Grab–rugby, with presentation of the ball and the execution of the “spider”

Lesson: 5

Lesson 5.1

Subject: Introduction Game: Touch Rugby

Skill:

- Running, passing, catching and securing possession

Aim:

- Warm up
- To play a rugby related game and score tries
- To apply contact with the ground skills (falling and presenting to secure possession)
- Control and presenting the ball at all times

Space and players needed:

- Grids 20x20m (5 – 7 players a side)
- Grids 30x30m (8 – 10 players a side)

Time:

- 10 –15 minutes

Equipment:

- Cones
- 1 Ball per grid

What to do:

- Play 3 touch. Touch executed with both hands
- When a player is touched, he falls down, rolls once and present the ball
- The next player secures the ball by forming a “spider” position on the ball carrier while the 3rd player becomes the passer
- Players regain their feet quickly and re-align
- Get position to be able to receive the ball in space
- Be ready to react to support ball carrier

Ensure that:

- All players are involved
- The players react quickly on what the ball carrier does
- Players are encouraged to make passes to players in better positions

Key factors:

- Grip on the ball (see video)
- Keep the ball away from defender
- Two hands on ball when rolling
- Presentation of the ball in front of his face

Progression/additional:

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/5.1.mp4>

Lesson: 5

Lesson 5.2

Subject: Contact: With another player – Spider (securing and cleaning)

Skill:

- Body position: Securing and cleaning (spider)

Aim:

- To gain confidence by applying the correct body position when cleaning

Space and players needed:

- Cones 3m apart on a line

Time:

- 8 – 10 minutes

Equipment:

- Cones
- Ball (1 ball between 2 players)

What to do:

- Two players stand back-to-back with ball between them
- On the signal of the coach the players go down, place their heads in and under the opposite players over the ball and push

Ensure that:

- The players place their heads in under the opponent's chest
- That they keep their knees low to ground for good low body position
- Their feet are wide apart for good balance and power control
- That they push upwards

Key factors:

- Heads in first and up
- Backs straight
- Spine in line in direction of pushing
- Keep knees low – legs wide apart
- Hold on to ball carrier with short bended arms
- Grab opposition and pull him in tight
- Push from a forward squat-position and slightly upwards over the ball

Progression/additional:

-

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/5.2.mp4>

Lesson: 5

Lesson 5.3

Subject: Contact: With another player – Spider and Cleaning

Skill:

- Low body position when cleaning
- Presentation of the ball on the ground

Aim:

- To develop a good strong body-position over a tackled player

Space and players needed:

- 3 Cones, 3m apart on a line and 2 players in between

Time:

- 10 – 20 minutes

Equipment:

- Cones
- Balls

What to do:

- Player with ball lying down ready to present the ball
- The cleaner “spider” protects the ball by holding on to the jersey on the shoulder of the tackled player
- “Spider” sets the target with feet wide apart so that the ball is presented through his legs by player on the ground
- After the ball is presented the “spider” blows through as if he is cleaning an opposition away
- Cleaners go over spider on to opposition

Ensure that:

- All players perform the “spider/clean” and presentation of the ball actions frequently

Key factors:

- The spider (first supporter after the tackle) holds on to the tackled players shoulder (short arms)
- Feet placed wide apart (setting the target)
- Always one foot outside the head of the tackled player
- Keep the knees very low to ensure that the hips are lower than the shoulders
- Stay in a forward squat-position to be able to push the arriving opposition away over the ball

Progression/additional:

- Let the ball carrier walk forward then fall down for the “spider” to set the target and clean
- Introduce opposition to compete for the ball

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/5.3.mp4>

Lesson: 5

Lesson 5.4

Subject: Contact: With another player and contact with the ground

Skill:

- Securing the ball on the ground and good body position

Aim:

- To support a ball carrier going into contact, by securing possession quickly
- Quick reaction of the "spider"

Space and players needed:

- Cones 5m apart on line with 2 players in between
- 4 pairs and scrumhalf in a working group

Time:

- 6 – 10 minutes

Equipment:

- Cones
- Balls

What to do:

- The passer (scrumhalf) passes the ball to the front player of the first pair
- The first player with the ball goes to ground and present the ball while the second player performs the "spider"
- The scrumhalf passes the ball to the next pair and so on

Ensure that:

- That quick repeat of action is executed
- That the front and second player changes positions

Key factors:

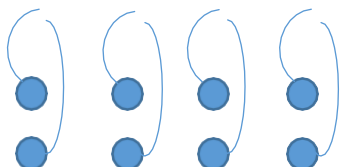
- Ball carrier present the ball in front of his face
- The spider binds on the shoulder of the ball carrier while forming the spider position
- Always have one foot outside the head of the ball carrier's head
- The spider binds with short arms on the shoulder of the ball carrier to make it impossible for the opposition to get his head under him and to push him off the ball

Progression/additional:

- Do the exercise walking and then running
- Introduce opposition to compete for the ball by blocking and pushing

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/5.4.mp4>



Lesson: 5

Lesson 5.5

Subject: Contact: With another player and the ground – Tackling

Skill:

- Safe tackling and being tackled

Aim:

- To gain more confidence to tackle and to be tackled
- To eliminate the fear of being tackled and executing a tackle

Space and players needed:

- Cones 3m apart with 2 players in between with a ball

Time:

- 8 – 12 minutes

Equipment:

- Cones
- Balls

What to do:

- To execute the side on tackle with both players on their knees
- The tackler executes the safety key factors of the tackle
- The ball carrier executes the correct fall and presentation of the ball
- After this start with the progression as indicated below
- See video for progression

Ensure that:

- Players are executing the exercise with confidence before progressing to the next exercise
- That all tackles are executed in the same direction to avoid collisions between the groups

Key factors:

- Head up, eyes open
- Back straight
- Arms open
- Head behind the ball carrier/after the tackle on top
- Hit with the shoulder above the belt area
- Pull the arms in and around the tackled player while pressing his head firmly against the ball-carrier
- Tackler hold on to tackled player with firm grip and head position on top of tackled players body until they are both on the ground

Progression/additional:

- Increase the players speed progressively by:
 - First while walking on their knees
 - By tackler on his haunches and the ball carrier walking upright
 - Both players upright walking and then jogging

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/5.5.mp4>

Lesson: 5

Lesson 5.6

Subject: Contact:

- With the ground
- With another player
- With the ground and another player (tackle)

Skill:

- Tackles
- Control and presentation of the ball
- Securing the ball through cleaning (using the "spider")

Aim:

- To introduce support, protection of the ball
- To gain contact confidence

Space and players needed:

- Grid 5x15m (10 players in a group)

Time:

- 15 – 20 minutes

Equipment:

- Cones
- Balls

What to do:

- Three players as defenders 5m apart on knees with 2 players (attackers) in front of each defender
- A "scrumhalf" passes the ball to the player in front of the first group – who walks towards the tackler who tackles him
- The second player forms a "spider" over the presented ball
The scrumhalf passes the ball to the next group who repeats the action

Ensure that:

- All tackles are from the side, not the front
- After each action, players jump up and get into position as quick as possible
- All players get an opportunity to be a ball carrier, a tackler and a "Spider"

Key factors of:

- The grip on the ball
 - The tackler
 - The ball carrier and the presentation of the ball
 - The body-position of the "spider"
 - The burst through of the spider to "clean"
- Make sure that all key factors of above principles are executed correctly

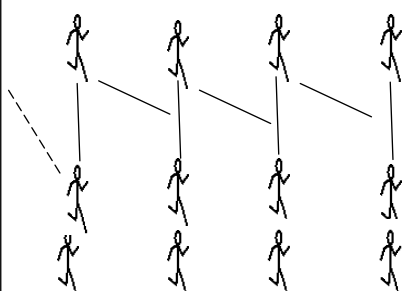
Progression/additional:

- Let each tackler have another defender positioning behind him who will compete for the ball after the tackle has been made and the ball is presented
- Contesting the ball after each tackle

Video Clip:

"Spider"

<https://trainingcentre.bullscoaching.co.za/videos/5.6.mp4>



Lesson 5.7

Subject: Rugby Game: Grab–rugby, with the presentation of the ball and the execution of the “spider”

Skill:

- Passing
- Catching
- Running
- Support
- Presentation of ball
- Securing of ball

Aim:

- To assess how the players, execute and apply previous learned contact skills
- To ensure ball possession through the quick execution of the spider on the ball

Space and players needed:

- Grids 15x15m (6 vs 6)
- Grids 40x40m (8–10 vs 8–10)

Time:

- 10 – 15 minutes

Equipment:

- Cones
- Balls

What to do:

- When a player is grabbed, he goes down and presents the ball backwards on the ground
- The next player will come in as the “spider” while the grabber contest for the ball
- The next player becomes the passer
- Players must score tries

Ensure that:

- Players go forward while keeping possession
- Players react quickly concerning their duty in the different positions – go forward, spider and passer
- The different actions are explained and demonstrated clearly

Key factors:

- Enforce the basic key factors of each action
- See previous relevant lessons

Progression/additional:

- Play full contact rugby with only rucks and penalty's
- No rules except:
 - Off-side
 - Hands in the ruck
 - High grabs and dangerous play

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/5.7.mp4>



LESSON 6:

- 6.1 Introduction Game: Grab–rugby (with presentation and “spider”)
- 6.2 Contact: With another player – Cleaning
- 6.3 Contact: With another player and the ground – Tackle
- 6.4 Contact: With another player and the ground – Tackle
- 6.5 Passing and scoring
- 6.6 Contact: With another player – scrumming (pushing)
- 6.7 Rugby Game: Play rugby

Lesson: 6

Lesson 6.1

Subject: Introduction Game: Grab–rugby (with presentation and “spider”)

Skill:

- Passing
- Run
- Pass
- Catch
- Support
- Ball presentation
- Securing position

Aim:

- To assess the player’s application of previously learned contact skills
- To engage players in simulated rugby situations

Space and players needed:

- Grids 20x20m (6 players a side)
- Grids 30x30m (9 players a side)

Time:

- 8 minutes

Equipment:

- Cones for grids
- 1 ball per grid

What to do:

- Let the players play grab–rugby
- The defending team can only block or grab the attackers
- When a player is blocked, or grabbed he goes forward and then down and present the ball and a supporter execute the spider position before the 3rd player passes the ball

Ensure that:

- Players go forward while keeping possession
- Key factors of all the different skills are correctly executed

Key factors:

- See lesson 4.1 and 5.1

Progression/additional:

- Adding more players in the same space so that this action could happen more

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/6.1.mp4>

Lesson: 6

Lesson 6.2

Subject: Contact: With another player – Spider

Skill:

- Securing and cleaning

Aim:

- Players to execute the correct body position when cleaning
- To enhance the contact confidence of the players

Space and players needed:

- Box 2x2m
- 3 players in a grid with a ball

Time:

- 8 – 10 minutes

Equipment:

- Cones
- Balls

What to do:

- One player with the ball in the middle of the "box"
- Two players – one in opposite sides of the "box"
- The player with the ball falls down and present the ball to anyone/side
- The two standing players react and fight for possession
- One securing (when the ball is presented in his direction) and the other contesting

Ensure that:

- The spiders secure the ball by getting their heads in first and pushing over the ball while the other player contest by trying to push the "spider" off the ball
- The defending player tries to form the spider with hand on the ball for a turn-over
- The attacking spider secure possession by forming the spider on the shoulder of the ball carrier while securing the ball

Key factors:

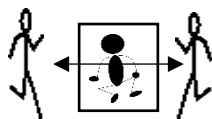
- Apply the foot and body position key-factors
- See video

Progression/additional:

- Let the 2 supporters stand back-to-back on the same side of the box, then run to their defending or attacking position after the players with the ball had fallen down and presented the ball in any direction

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/6.7.mp4>



Lesson: 6

Lesson

Subject: Contact: With another player and the ground – Tackle

Skill:

- The tackle and being tackled

Aim:

- To gain more contact-confidence as a tackler and being tackled
- To execute a safe tackle
- To ensure a safe absorption of being tackled

Space and players needed:

- Cones on line, 3m apart with 2 players in between

Time:

- 6 – 8 minutes

Equipment:

- Cones
- Balls

What to do:

- Let the players tackle one another in the following ways:
 - On the knees
 - By walking
 - Upright with the tackler on his haunches

Ensure that:

- The ball carrier goes forward in the contact first to ensure he gets the tackler behind him
- All tackles are side-on tackles and not front-on tackles while players are on their knees
- Front-on tackles are executed when players walk or run

Key factors:

- Ensure that all key factors are executed correctly by the tackler (see lesson 5.5)
- Ensure that the attacker:
 - Avoid the shoulder of the defender
 - That he executes the correct "grip" on the ball
 - That the ball is held away from the defender
 - That he "goes forward" in the contact to ensure that he gets behind the tackler
 - That he turns towards the tackler before falling and presenting the ball (that the falling sequence are executed – knee, hip, hand and shoulder)
 - That he places the ball far back through the legs of the spider

Progression/additional:

- Let the 2 supporters stand back-to-back on the same side of the box, then run to their defending or attacking position after the players with the ball had fallen down and presented the ball

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/6.3.mp4>

Lesson: 6

Lesson

Skill:

- The tackle

Subject: Contact: With another player and the ground – Tackle

Aim:

- To encourage players to gain confidence through this contact skill exercise (tackler and being tackled)
- To apply full tackle in a controlled area

Space and players needed:

- Grid 2 x 2m
- 4 – 6 players at a box

Time:

- 6 – 10 minutes

Equipment:

- Cones

What to do:

- The defender take position on one corner of the box
- The attacker in the middle of the opposite side
- The attacker runs towards the opposite corner of the defender
- The defender steps in and executes a tackle
- The attacker keep his elbows together with the palms of his hand, showing towards the defender
- The defender tackles and drives him out of the box

Ensure that:

- The attacker protects himself by the way he holds his arms and hands in front of his body (see demonstration in video)
- Rotate players on left and right sides

Key factors:

- The tackler:
 - Stays up before dipping into contact
 - Target just above the belt of the attacker
 - He must "hit" in an upwards movement
 - He must try and get as much as possible arm around the attacker
 - After the "hit" (contact) he must drive as hard as he can in a forward direction to drive the attacker backwards stopping him from going forward
- The tackled player:
 - Ensure that he keeps his elbows together
 - He drives as hard as he can onto the contact and to reach the opposite side of the "box"

Progression/additional:

- Progressively enlarge the space between the two to ensure more speed and harder collisions (contact)
- Collisions

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/6.4.mp4>

Lesson: 6

Lesson 6.5

Subject: Passing and scoring

Skill:

- Decision making
- Passing and moving the ball to the open box (space)

Aim:

- To encourage players to pass the ball to the freeman of a team mate who is in a better position

Space and players needed:

- 2 boxes 2x2m and 5m apart with 8 players

Time:

- 8- 10 minutes

Equipment:

- Cones
- Balls

What to do:

- Start with 2 "boxes"
- One defender in the first box and the 2nd "box" empty
- 2 players with a ball
- The first player runs towards the "box" with the defender in it and pass to his supporter who runs to the empty "box" and scores a try

Ensure that:

- The players pass before they get in the "box"
- That the receiver runs through the empty box which will ensure straight running

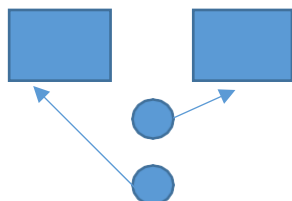
Key factors:

- Hold the defender in the 1st box
- Execute a good pass
- Receiver runs straight

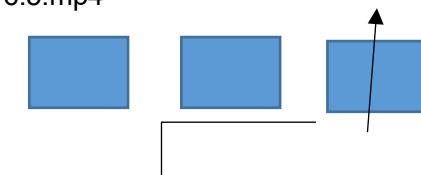
Progression/additional:

- Do the same with 3 "boxes" and 2 passes

Video Clip:



<https://trainingcentre.bullscoaching.co.za/videos/6.5.mp4>



Lesson: 6

Lesson 6.6

Subject: Contact: With another player – scrumming (pushing)

Skill:

- Scrum

Aim:

- How to bind as a front row (1,2 and 3) and onto the opposition
- How to put the ball into the scrum and how to hook the ball

Space and players needed:

- Grid 5x5m (3 vs 3)
- Grid 15x15m (7 vs 7)

Time:

- 5 – 7 minutes

Equipment:

- Cones
- Balls

What to do:

- The players bind on one another
- 2 Sets of 3's bind on one another as 2 front rows
- Let the front row go down and scrum against one another (but not pushing yet)
- The scrumhalf put the ball in and the hooker must hook the ball
- 3 Players act as a backline (10, 12 and wing) to play from this scrum with the scrumhalf

Ensure that:

- The players are binding correctly
- The players don't push but they are binding firmly on one another as well as on to the opposition
- The placing of their feet ensures more stability

Key factors:

- The loose head prop (no 1) first binds onto the hooker
- Then the tight head (no 3) binds onto the hooker
- Then the hooker binds on to the props under their arm pits
- Then the hooker binds on to the props onto their arm pits
- The tighthead binds over the loose head's right arm on his jersey
- The elbows must be pulled to player's rib after binding to ensure stability
- All outside feet must be slightly in front of the inner feet except the loose head prop

Progression/additional:

- 5 Forwards and 5 backs (30m x 30m grids)

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/6.6.mp4>

Lesson: 6

Lesson 6.7

Subject: Rugby Game: Play rugby

Skill:

- Play rugby, all skills to be applied

Aim:

- To observe players in a rugby game applying safe contact skills with confidence

Space and players needed:

- Grid 25x25m for 7vs7
 - 3 forwards a scrumhalf and 3 players in the backline
- Grid 50x50m in 10vs10
 - 5 forwards
 - 5 backline players

Time:

- 20 – 30 minutes

Equipment:

- Balls

What to do:

- Let two teams play against one another with full contact and laws

Ensure that:

- Safety of the players are assured

Key factors:

Progression/additional:

- 7 vs 7 (3 forwards – 4 backs)
- 10 vs 10 (5 forwards – 5 backs)
- 15 vs 15 (8 forwards – 7 backs)

Video Clip:

<https://trainingcentre.bullscoaching.co.za/videos/6.7.mp4>



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WINNERS PLAY SMART

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USE THESE TECHNIQUES TO LIMIT THE RISK OF INJURY TO BOTH THE TACKLER & BALL CARRIER

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-
1. Step in close and lead with your arms
2. Head up, face up and eyes open
3. Do NOT drop your head!
4. Place your correct shoulder onto the ball carrier

5. Place your head and neck on the side or behind the ball carrier, and NOT in front
6. Tackle above the hips and below the chest
7. Wrap him up and pull him in tight
8. Drive through the contact with the legs



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