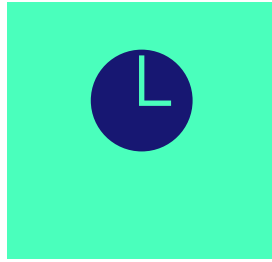


RUGBY **AU**

UNDER 16s to 18s - WEEK 6



**FOCUS
AREA**



WHAT TO DO

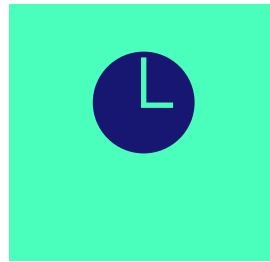


COACHING TIPS

VARIATIONS

QUESTIONS FOR UNDERSTANDING

FOCUS SKILLS



**FOCUS
AREA**



WHAT TO DO

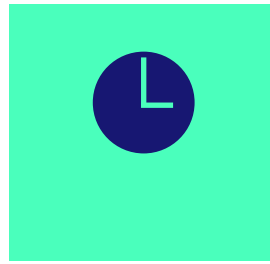


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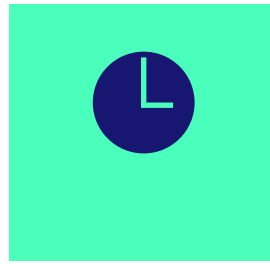


COACHING TIPS

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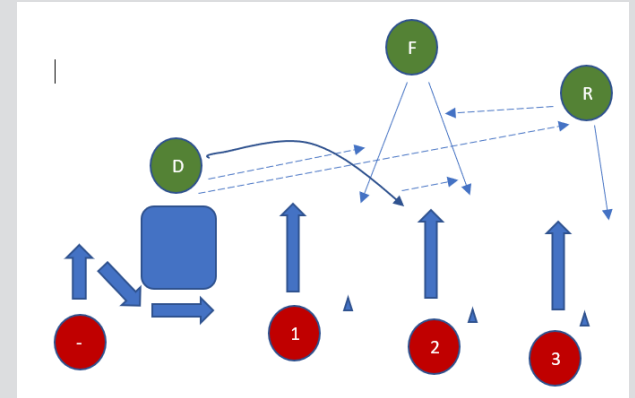
FOCUS SKILLS



FOCUS AREA



WHAT TO DO

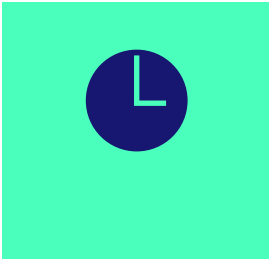


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**FOCUS
AREA**



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SCRUM SCHOOL DEVELOPMENT PROGRAM

*THE SIX PRINCIPLES
OF BODYSHAPE*

INTRODUCTION

The rugby scrum plays a crucial role in the game of Rugby Union and the importance of tight-five dominance to Australian rugby cannot be understated. The scrum is one of few 'set' plays that allows a team to initiate a well-planned and rehearsed attacking play; provides a platform to ensure a structured and organized defensive option; and can be a highly motivating tool for players.

The information provided in this Development Manual will help you to achieve the vision of the Rugby Australia. The Development Manual is a guideline to add support and assistance to coaches and players across all levels. It provides a process by which player skill levels can be measured and enhanced as well as ensuring a standardization of scrummaging coaching techniques, specifically for tight five players.

This proactive approach to standardizing tight five scrummaging skills and the coordinated improvement of overall player knowledge will ensure that the Wallabies of the future have a solid and structured development path. The success of this approach relies fully on your commitment.

This document is the platform to commence the process. It is a working document and your added input is encouraged.

Acknowledgement to Mark Bell who developed this progression in 2009.

Rugby Australia

THE SIX CORE PRINCIPLES OF BODY SHAPE

The 'Six Core Principles of Body Shape' for every member of the scrum are as follows:

- I. Feet shoulder width apart, toes pointing directly forward
- II. Knees bent directly beneath the hips, over toes
- III. Flat back, $\frac{3}{4}$ squat position, buttock 'out' (Pelvic Tilt)
- IV. Chest 'out'
- V. Chin up off the chest and focused down, eyes forward
- VI. Core 'on'

The Six Core Principles of Body Shape **MUST** be acknowledged and achieved by ALL members of a scrum. They are the key elements to every scrum structure and form the true platform upon which the scrum is built. Without these six Principles, the scrum will ultimately fail, no matter what other scrum enhancement is implemented.

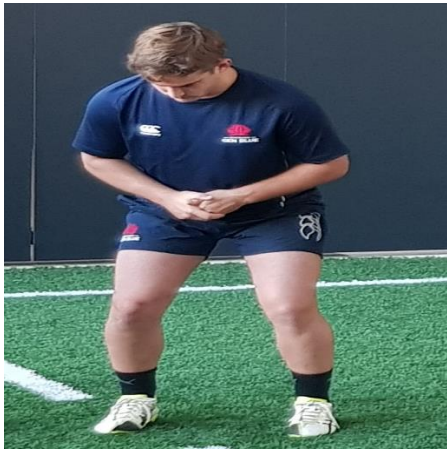
Body Shape Principles



Toes pointing forward in the direction of travel



Knees pointing over toes



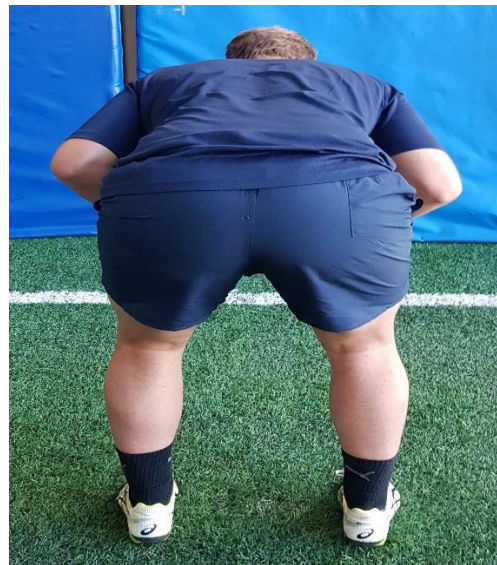
Hips square



Back flat, head flat, shoulders square



Head down and eyes looking forward



Hips square, shoulders square

BACKBONE DEVELOPMENT – BODY SHAPE CORE SKILLS

The Body Shape core skills have been broken down into stages that can be used dependent on the age, experience and ability of the player being coached.

The core skills required for individual positions for Front Row formation are as follows:

HOOKER

To take effective body shape at every scrum the front three must achieve these competencies:

- I. Must be a half step backward off the mark prior to binding
- II. Feet shoulder width apart, toes forward
- III. 'Over ball', right foot forward, but still under body and over knee
- IV. We are on 'balls' of our feet
- V. Hips square to the mark
- VI. Flat back, $\frac{3}{4}$ squat position, buttock 'out' (pelvic tilt)
- VII. Chest 'out', head flat pre-engagement
- VIII. Upper body bent forward and arms out parallel to ground to allow approach of props from behind and low
- IX. Bind FIRST with Loose-head Prop, then Tight-head
- X. Make sure you are tight to their armpits
- XI. Bind to high on shoulder of props, allows your shoulder movement
- XII. Use a bicep curl to get tightness of the scrum
- XIII. Chin up off the chest and focused down, eyes forward
- XIV. Core 'on' (abdominals tight)
- XV. Hooker to take control of formation of own scrum
- XVI. Look at target area of opposite number (shave ear, head under chest)
- XVII. Prior to engagement a 'tug' to go down in ready position
- XVIII. When ref call engagement sequence, be steady-square-stable
- XIX. On 'Set', drive off both feet

LOOSE-HEAD PROP

- I. Must approach from behind the Hooker
- II. Plant their inside foot near the Hooker's left foot for position and stability
- III. Inside foot slightly forward of outside foot, maintain weight on inside foot
- IV. Feet just over shoulder width apart, toes pointing directly forward
- V. Knees bent, over toes, weight forward
- VI. Square up on formation and not disturb the Hooker's hip position
- VII. Either a high grip under armpit or low grip on the shorts and the jumper, again use bicep curl to reduce effect on hooker
- VIII. Inside shoulder out from behind Hooker. Square up (Opposition ball)
- IX. Inside shoulder behind Hooker. Square up (Your ball)
- X. Flat back, $\frac{3}{4}$ squat position, buttock 'out' (pelvic tilt)
- XI. Chest 'out'
- XII. Chin up off chest and focused forward, eyes forward
- XIII. Core 'on' (abdominals tight)
- XIV. Non-binding hand must be in ready position (close to face ready to punch bind)
- XV. When ref calls 'bind', look for short or long bind
- XVI. When ref calls 'set', look to offset on engagement
- XVII. Identify target area on opposition tight-head (under shoulder around nipple area)
- XVIII. Weight on balls of feet in a balanced position

TIGHT-HEAD PROP

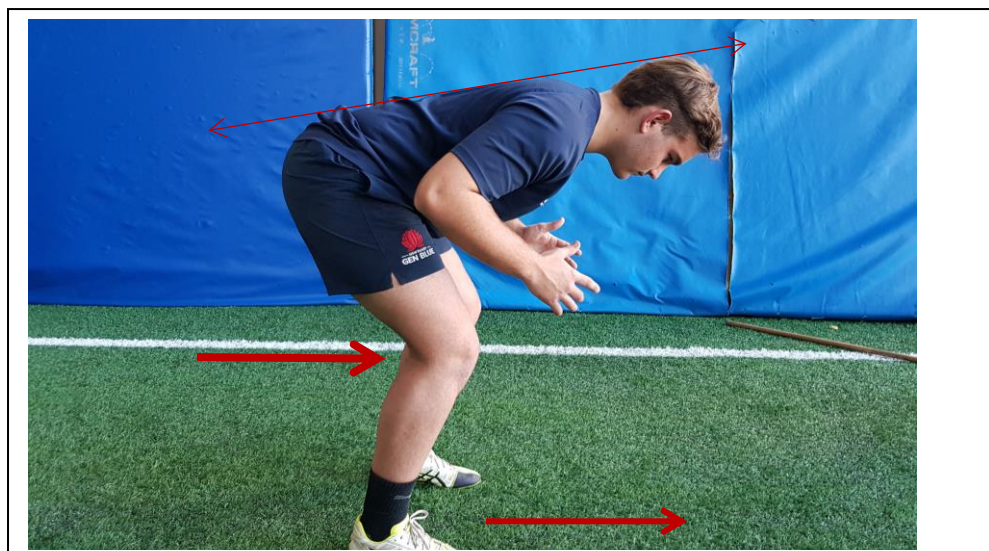
- I. Must approach from behind the Hooker, low and straight
 - II. Plant their inside foot (left foot) ahead of the Hooker feet position
 - III. Feet just over shoulder width apart, toes pointing directly forward
 - IV. Knees bent directly beneath hips, over toes
 - V. Inside shoulder out from behind and in front of Hooker
 - VI. Square up on formation and not disturb the Hooker's hip position
 - VII. Use a bicep curl to bind as this will reduce any twisting of the Hooker
 - VIII. Bind to the Hooker's shorts and jumper
 - IX. Flat back, $\frac{3}{4}$ squat position, buttock 'out' (pelvic tilt)
 - X. Chest 'out'
 - XI. Chin up off chest and focused forward, eyes forward
 - XII. Core 'on' (abdominals tight)
 - XIII. On 'balls' of feet, balanced and weight forward
 - XIV. Slightly leads in on our ball, to give Hooker an easier angle on our ball.
 - XV. Identify target area prior to engagement, head position and shoulder target
 - XVI. Use abdominals to maintain body shape and weight prior to engagement
 - XVII. Approach each scrum engagement with controlled aggression
 - XVIII. Inside shoulder out from behind Hooker. Square up
 - XIX. Non-binding hand must be in ready position (close to face ready to punch bind)
 - XX. When ref calls 'bind', keep outside shoulder down (not 'swimming' into engagement)
 - XXI. When ref calls 'set', must be able to use foot position to transfer scrum weight forward
 - XXII. Weight on balls of feet in a balanced position
-

FRONT THREE CONTACT – ENGAGEMENT PRE-FEED / FEED

- I. Go in on flat plane, head flat, eyes forward
 - II. Hips must stay straight, square and low
 - III. Pressure through right shoulder
 - IV. No feet off ground (except Hooker when striking for the ball)
 - V. Hips through 45 degrees to engage legs
 - VI. Maintain good body shape to transfer weight
 - VII. Constant weight forward, slight lift
 - VIII. Keep head in a strong position under oppositions chest area
-

PRE-ENGAGEMENT BODY SHAPE PRINCIPLES

- Toes
- Knees
- Hips 'Pelvic tilt'
- Shoulders
- Chest
- Head



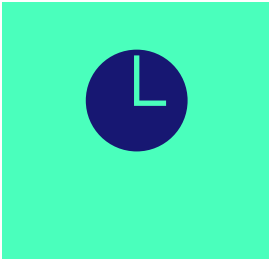
ENGAGEMENT BODY SHAPE PRINCIPLES

- Feet – position off Loose-head and Tight-head
- Knees position – forward and low to the ground
- Hips – through, but not lower than shoulders
- Chest – square, outside shoulder is down and high bind
- Head – Flat, eyes forward



NB: Maintaining body shape through the point of contact

NB: Getting your hips through on contact, very important transition



**FOCUS
AREA**



WHAT TO DO

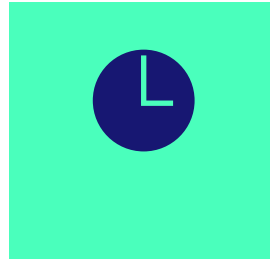


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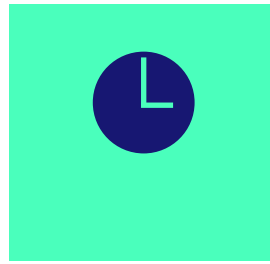


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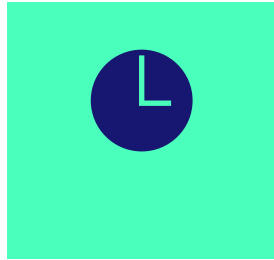


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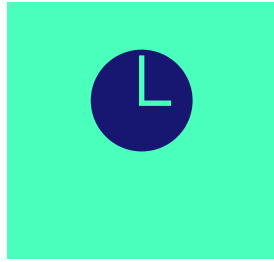


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