SESSION THEME:

THE RUCK



PLEASE ENSURE NO CONTACT AS PER LEVEL 5 GUIDELINES – THE FOLLOWING VIDEOS ARE ONLY A GUIDE. PLEASE ADAPT ACCORDINGLY. ARRIVE-TRAIN-LEAVE.

TIMING	GAME/ACTIVITY	VIDEO (click on to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(5 mins)	Warm Up- STUCK IN THE MUD Stop Game briefly to include: Squat – Lunges – Leg Swings – Push Ups – Sit Ups etc	Warm Up Game - Stuck in The Mud	
	Ruck Movements Empahsis: Bear Walk, Pencil Rolling, Duck Walk etc.	Mil to table - sound becomes	
(5mins)	ROB THE NEST 2/3 Players per corner	ROB THE NEST	
(10mins)	Game – RUGBY PRIME – 2 nd TOUCH BALL PRESENTATION • 7 v 7 • 20m x 20m (adjust to players ability) • Tackle – 2 handed touch on shorts • On 1 st Tackle Ball Carrier can keep playing but can't score • On 2 nd Tackle (different defender) Ball Carrier must: • FALL FORWARD • BOUNCE BACK and present ball • If not well presented turnover • On scoring a try ball is left on ground and opposition can play straight away or Turn & Burn	SIMULATED TOUCH & OFFLOAD GAME IN PROSECULATION OF THE BAIL SIMULATED TOUCH & OFFLOAD GAME IN PROSECULATION OF THE BAIL Presentation of the ball by eddle	Presentation option Feet, Fight & Protect -Adjust height/stay low -use other hand to protect the ball Fight driving your legs to get square and shoulders free. Second Action -work hard on the ground to get the ball away from the threat. The finish required is based on awareness of the threats and your support: Rip and Roll · Man on Fire · Score the Try · Recoil Back · Long Body
(20 mins)	REDUCED ACTIVITY OPTIONS: Pads to be only used as obstacles and not to replace contact. Pads to be sterilised between use by pods and at the end of session. POACH SKILLS Power Burpee Grip & Rip	Poach Approach: Antispation - Haight - Figh (spe) array "Low and Compate" - Show sight. "Fartis level." (special constant when showing presented) "Storing give and sight." From the Proper of Supple - sees replace the large + pup has up + allow sight Grey and layer, and a senting of hallowing sees of street. *Prop up and peach (see hose - falled) of steps - seeing layer the punishes. Interestinglish, there is pure in the little september to relight.	All Pre-Contact Breakdown Approach. 1. Anticipation - identify opportunity and threats, small steps and eyes over sunglasses.

Pop Up & Poach

Run Press-up Pop Up & Poach

Note: During Covid Restrictions do not use pads to replicate contact element

LONG BODY COLOURS PRESENTATION

Call a colour and player must present ball in the direction of that colour Note: During Covid Restrictions do not use progression of player lying on top



3. Fight - awareness of your threats to win the collision to maintain possession.

2. Height -awareness of the

time you have to adjust your height to "win the race".

-Legal entry from behind the ball

HIP HOP & STEAL

Use tackle and /or sausage pads Note: During Covid Restrictions do not use pads to replicate contact



element

(15 mins)

GAME(s)– RUCK RACE RUGBY PRIME

- 7 v 7
- 20m x 20m (adjust to players
- Tackle 2 handed touch on shorts
- On 1st Tackle Ball Carrier can keep playing but can't score
- On 2nd Tackle (different defender) Ball Carrier must:
 - o FALL FORWARD
 - BOUNCE BACK and present ball
 - Ruck Race:+ 1 clearer but if Defence get 2xPillars in place before Clearer = Turnover
- On scoring a try ball is left on ground and opposition can play straight away or Turn & Burn

PROGESSION:

NUMBERS GAME

- Same Game as above but each player is given a number
- Numbered 1 or 2 or 3
- When Coach calls a number e.g. 1 all the 1's on the defending team must retreat to their tryline before they can rejoin the game

NB - DO NOT INCLUDE CONTACT ASPECT OF THESE VIDEOS – ONLY TOUCH OR TAG IN LEVEL 5



(5 mins)

Cooldown **Stretch & Review** Check for Understanding