



TM

RUGBY
CANADA
SKILLS



Key Skills Components

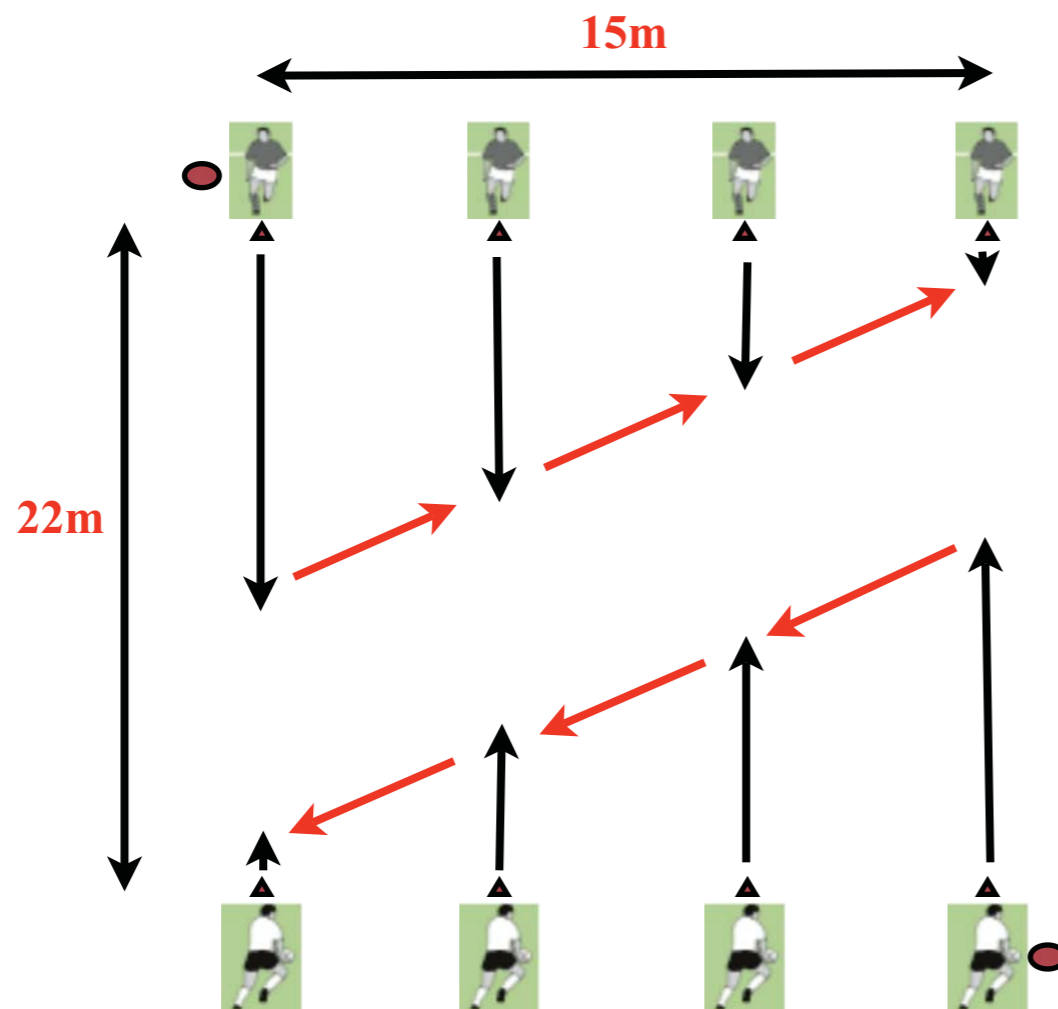
- **Passing-** Run straight, Ball in two hands, Look at the receiver, Pass ball at chest height, follow thru, Arms/hands pointed to target after release, Tight core, Pass across body(no double movements, One Fluid Motion), rotating the shoulders, keeping the hips straight
- **Tackling-** Same shoulder same leg, Head Up looking at the player, Dip before Contact and drive up, Leg Drive, Wrap with the arms , Pick point past the tackle to power to.
- **Catching-** Fingers pointed(first thing to touch ball) hands creating a target, arms directed towards the ball.
- **Catching High Ball-**Move under the ball, Keep eye contact, Hands and arms up high pointing to the ball, elbows in, fingers pointing up, Keep balance and turn body to the side(in order to prevent a knock on if ball is dropped) Cradle the ball into the body.
- **Kicking-** Control the drop of the ball onto the foot, Tight core, Follow through(don't stab at the ball), Toe Pointed to target, Keep head down, eye on the ball, Opposite arm following thru to the target as well
- **Through Contact-**Power off outside leg, Create weak shoulder, Power beyond tackler, Keep leg drive going, Move ball to outside arm(away from defender) Lower body height
- **Into Ball-**Get onto your feet after the tackle, Strong base and Grapple for ball



PASSING



Simple Passing

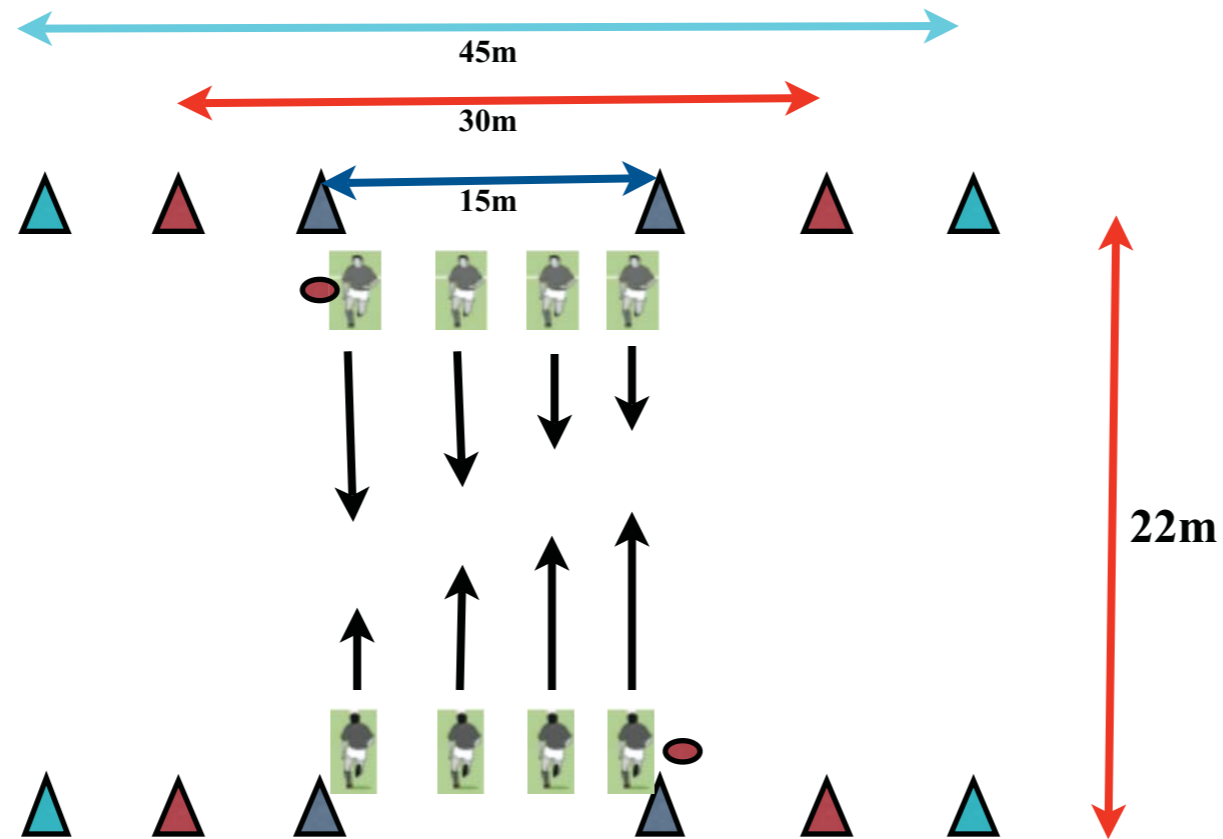


- Lines of Passing, running against each other
- Both lines have a ball at opposite ends
- Grid is 22m long x 15 wide
- Awareness of opponents in front



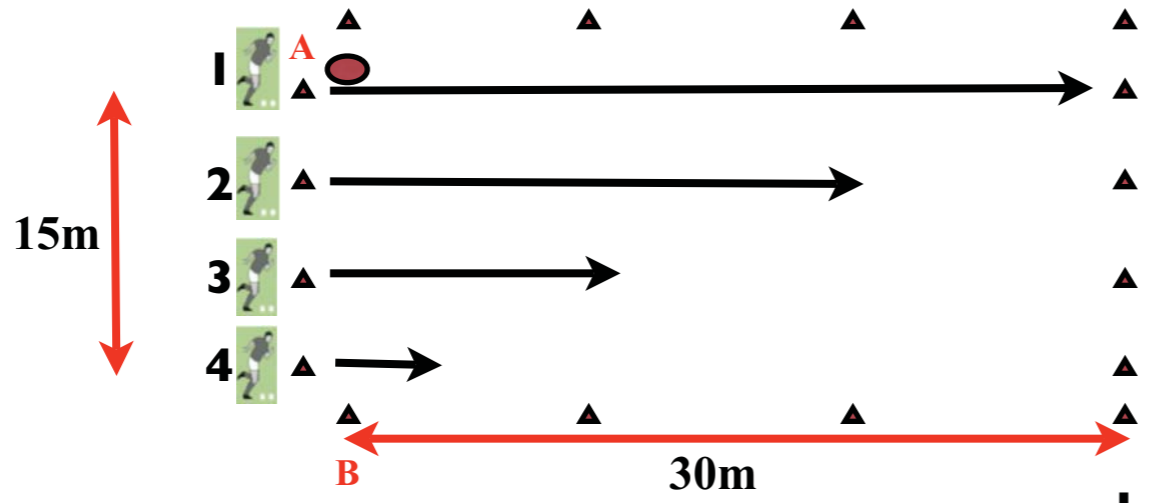
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Pass Development

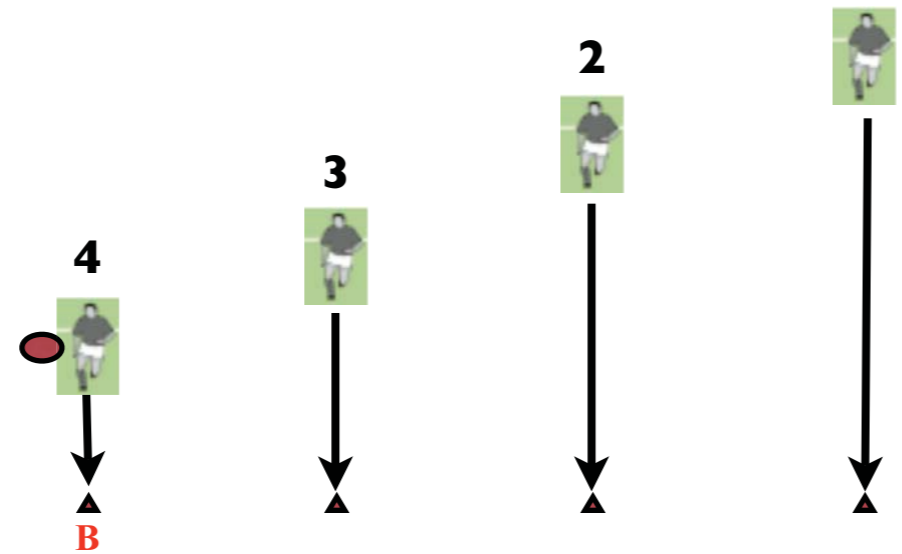


- Short, medium and long passing
- Short passing shown
- 3 widths, in between the cones \blacktriangle 's, \blacktriangle 's & \blacktriangle 's
- Coach calls out the width, by calling a coloured cone
- Attackers Adjust to the widths
- Build up so that the lines run against each other
- Goal line to the 22

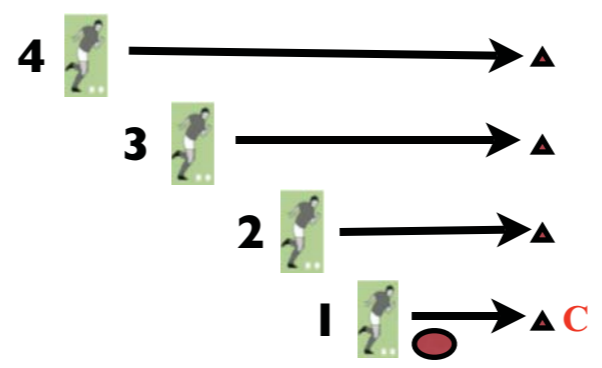
Short-Long-Short Passing



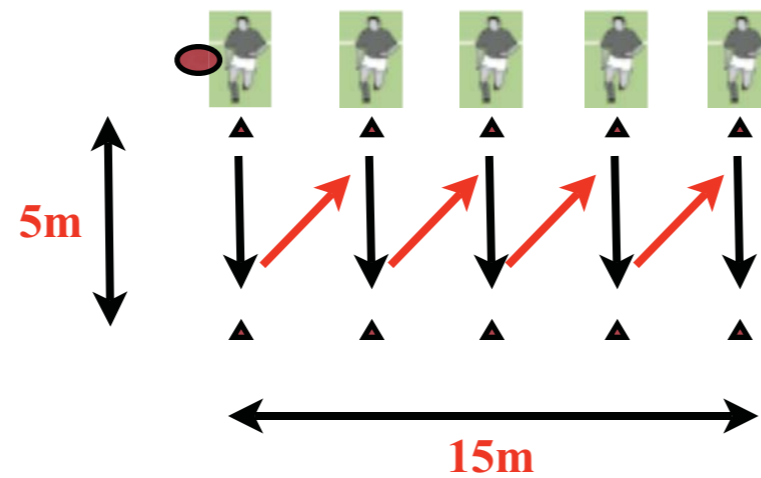
- Ball moves from player 1 to player 4
"Short Passing"
- Ball starts on cone **A**
- Player 4 places ball on cone "**B**"



- Ball moves from player 4 to player 1
"Wide Passing"
- Player 4 places ball on cone "**C**"



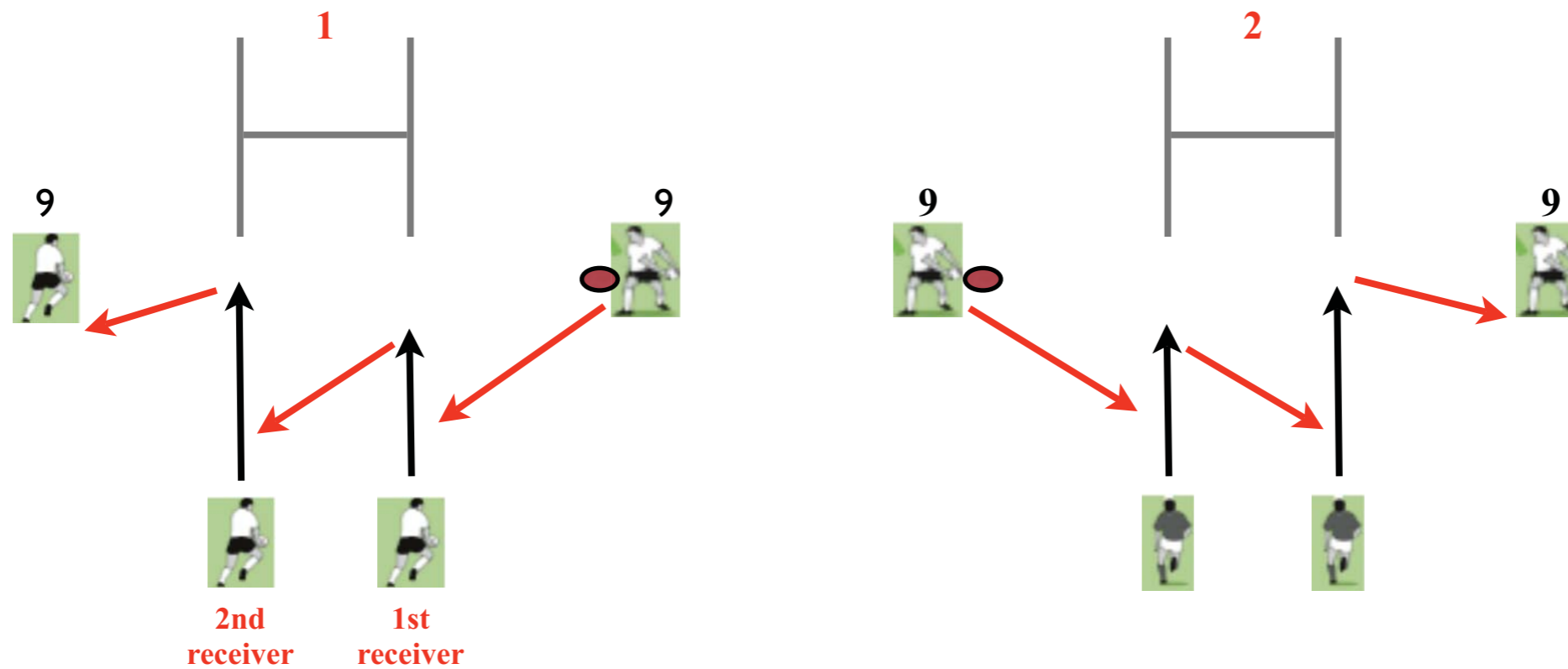
- Ball moves from player 1 to player 4
"Short Passing"



- First player can't pass till he/she gets to the cone 5m out
- Next players can't go until player ahead reaches the cone
- Ball is passed thru the hands



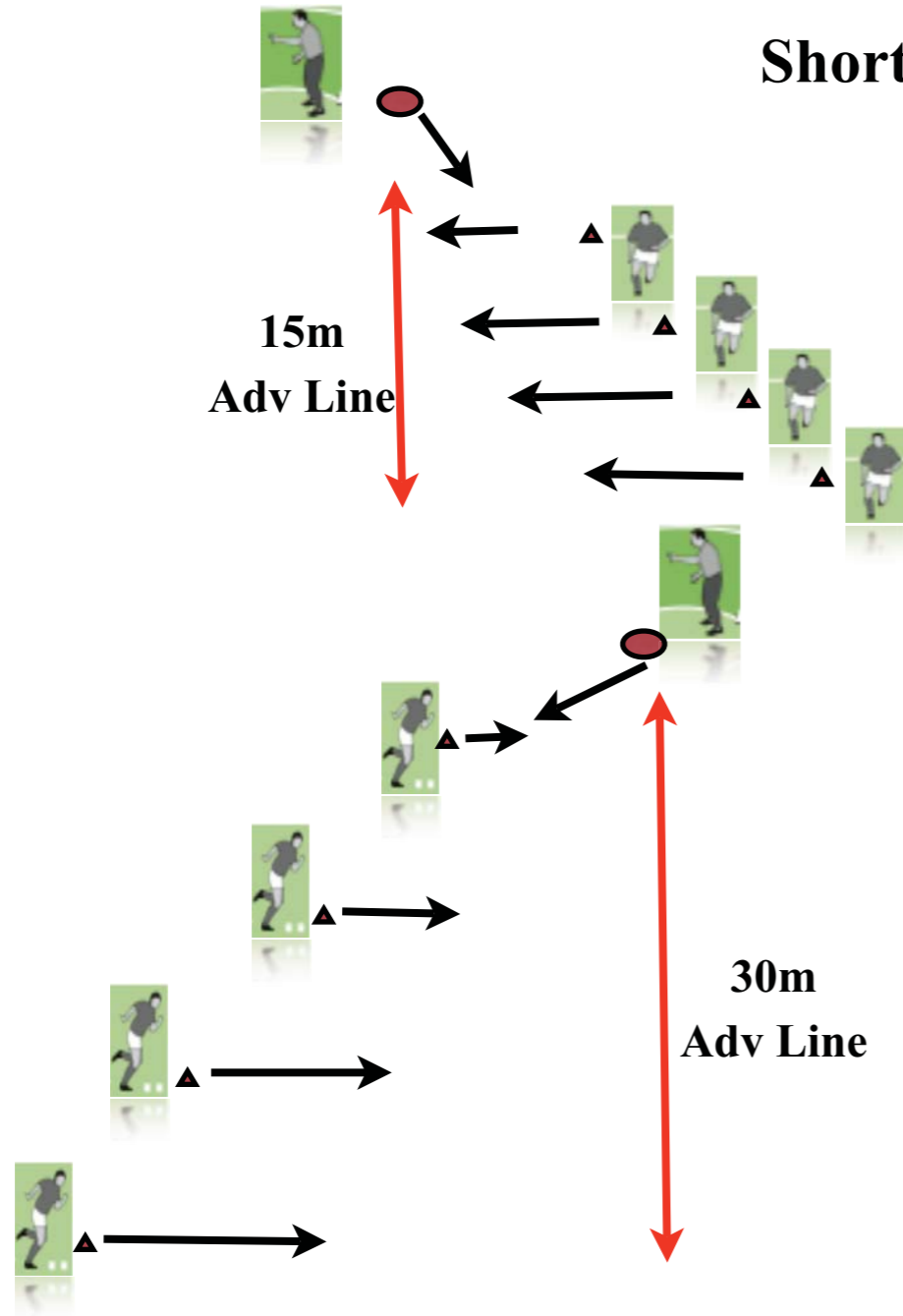
One Ball Continuous Passing, Running Straight



- 9's pass to 1st receiver (Running Straight)
- 1st receiver to 2nd receiver (Running Straight)
- 2nd receiver passes to 9
- Repeat from other side (left to right)
- Attackers must realign



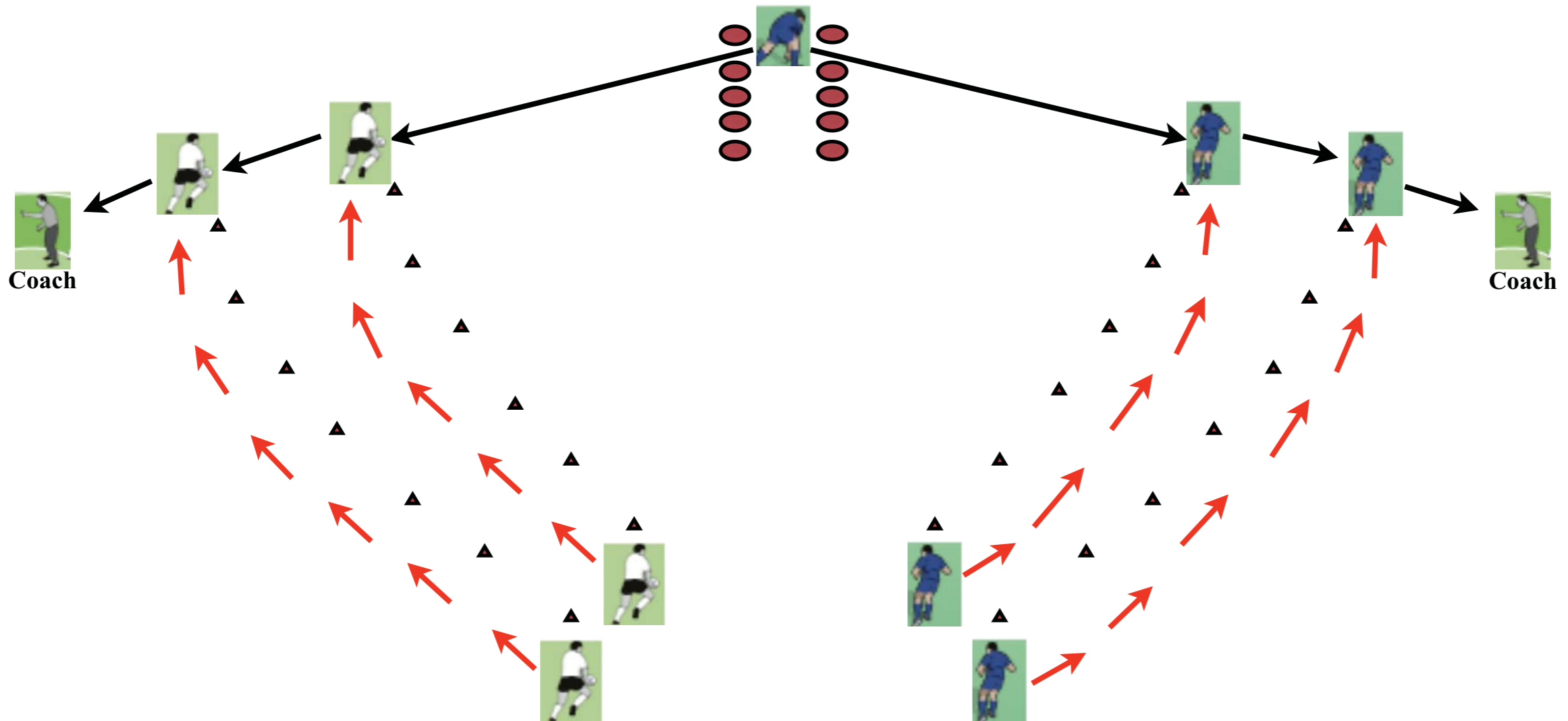
Short/Long Passing



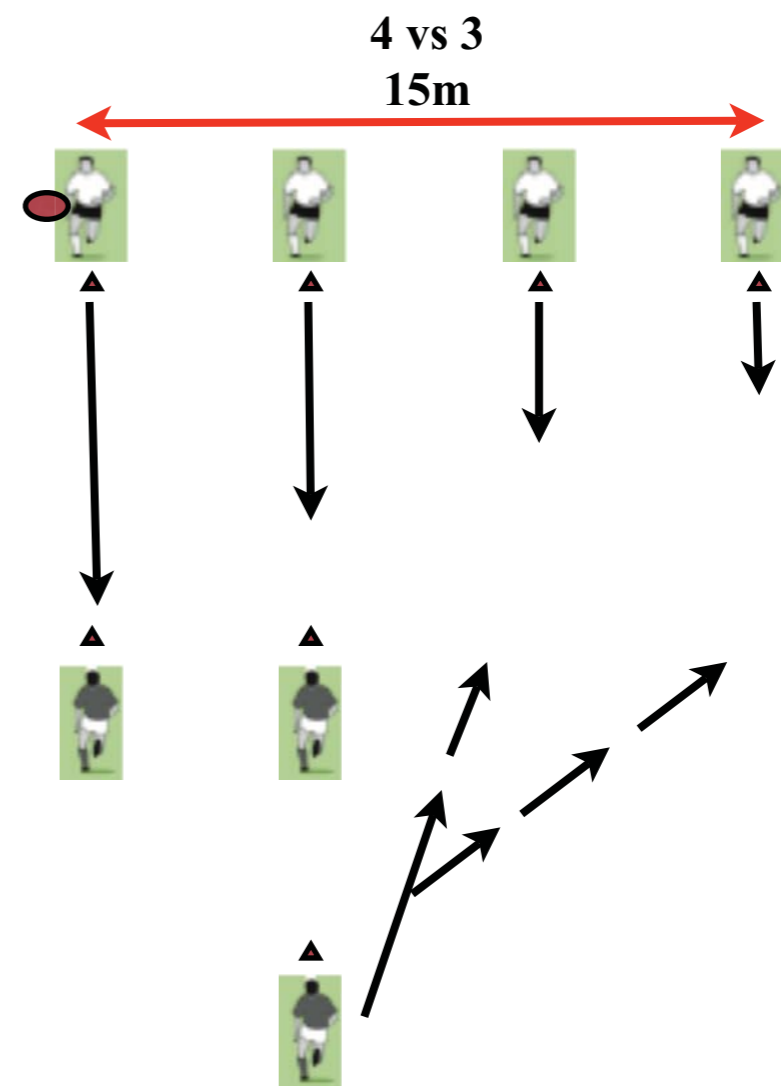
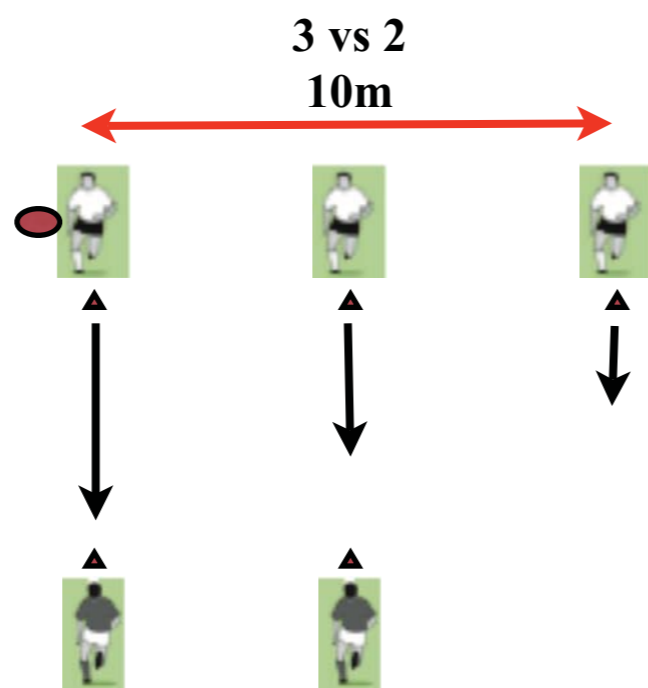
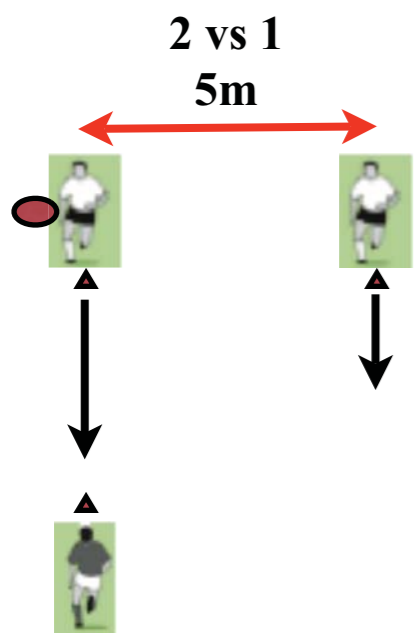
- 2 balls go at the same time
- short passers run thru, then go to long passing
- long passers run thru and go to short pass
- Ball must pass thru the hands before reaching the advantage line



Arcing Run



- Passing drill for #9's off both hands (vary distance)
- Catching and passing at pace
- 1st receiver goes on a command, 2nd goes on 1st receiver
- Object is for 1st receiver to be able to catch and pass at pace, 2nd receiver also catches and passes going at pace, while going forward and running straight

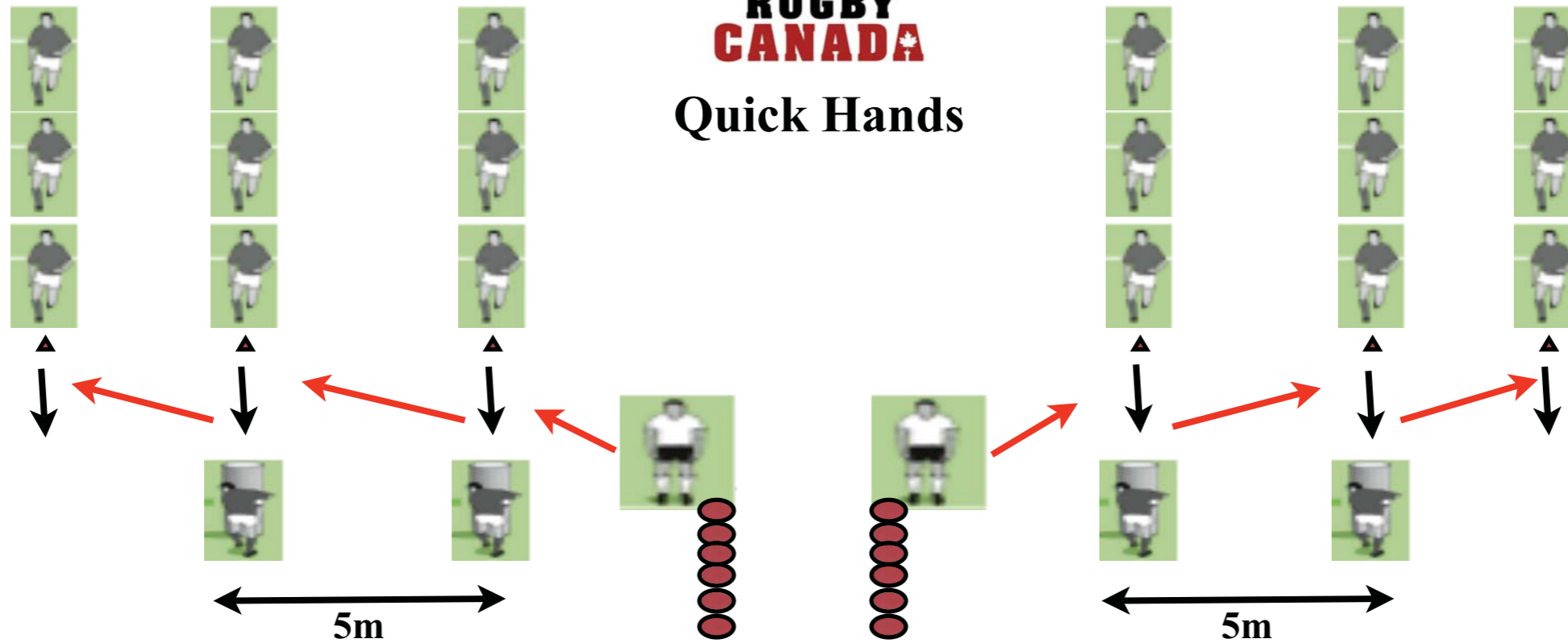


- 2 vs 1
- 3 vs 2
- 4 vs 3
- Defenders line up opposite attackers, always leaving last man free
- Object is for attackers to keep their depth, run straight, fix defender and create the overlap
- Always allow for the attackers to have the overlap
- 4 vs 3 the last defender chooses to stay on 3rd attacker, or shift to the 4th leaving the attackers to attack the hole he just left



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Quick Hands

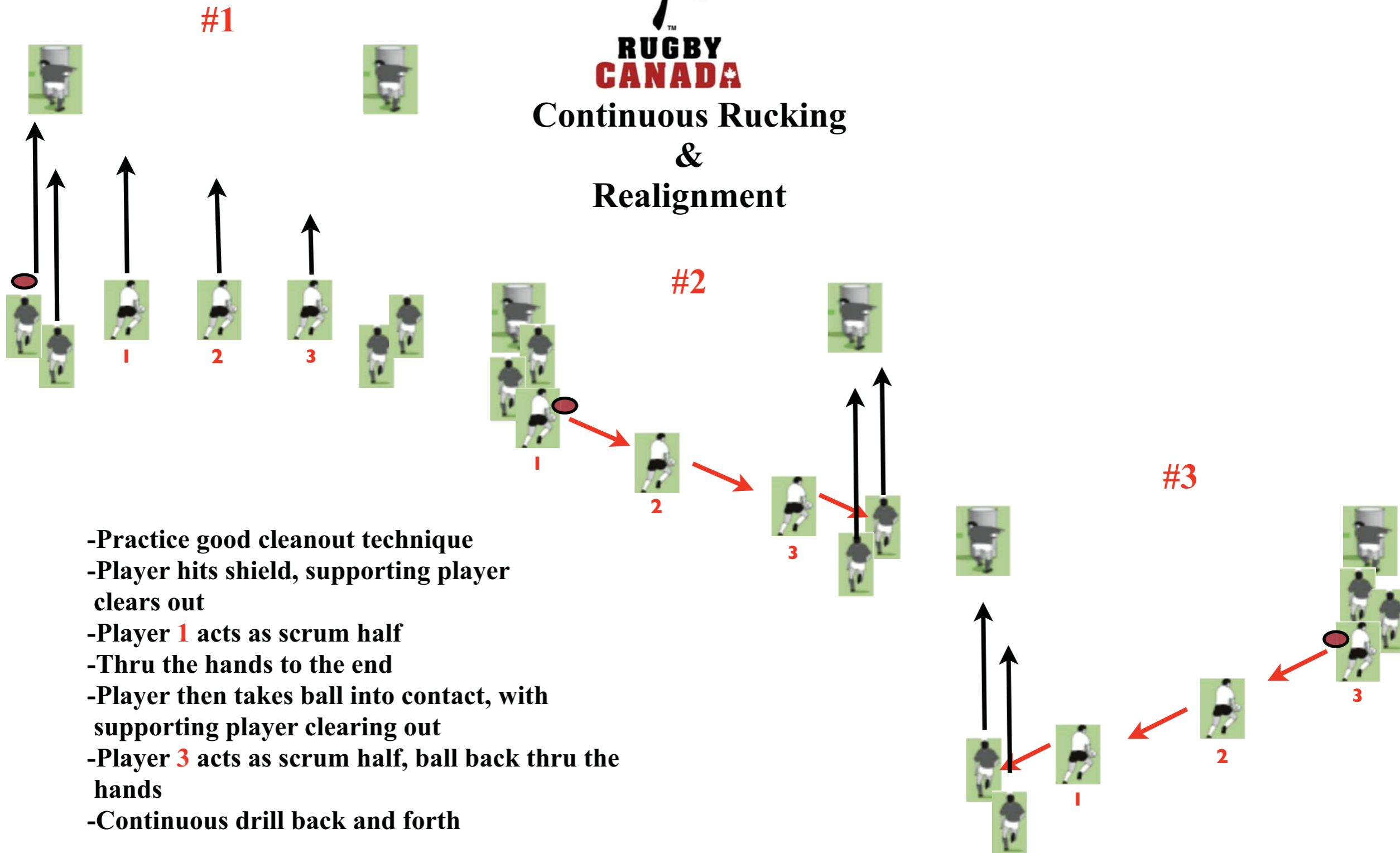


- Continuous Drill
- Coach passes to 1st receiver
- Quick hands, ball to the end
- 2nd & 3rd attackers keep their depth
- Last player runs ball back to coach



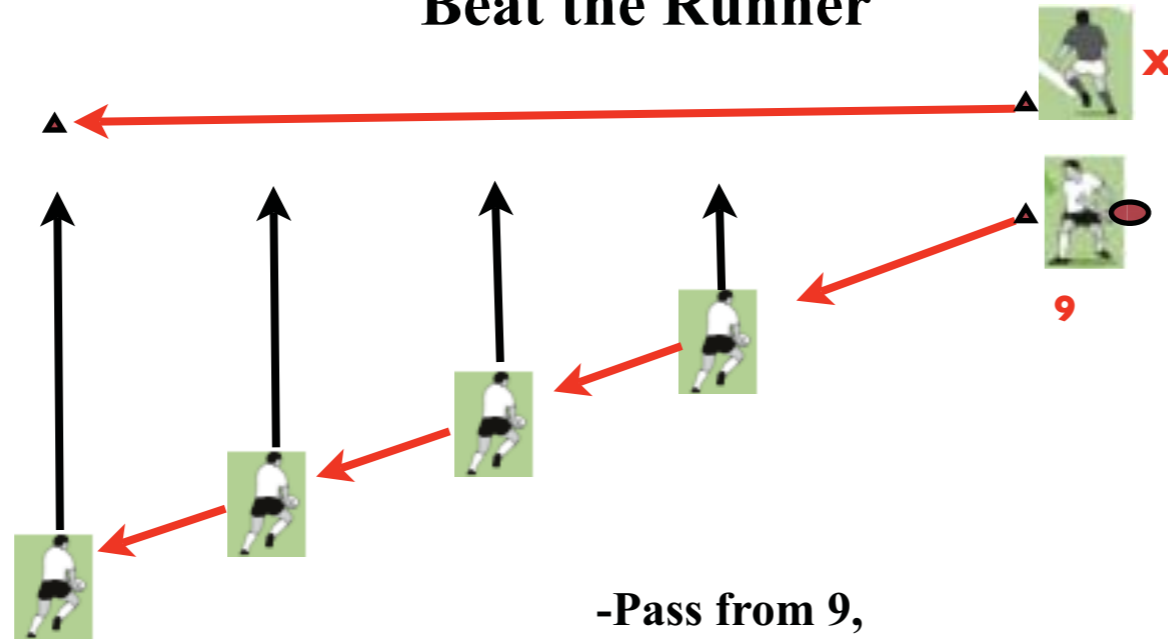
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Continuous Rucking & Realignment





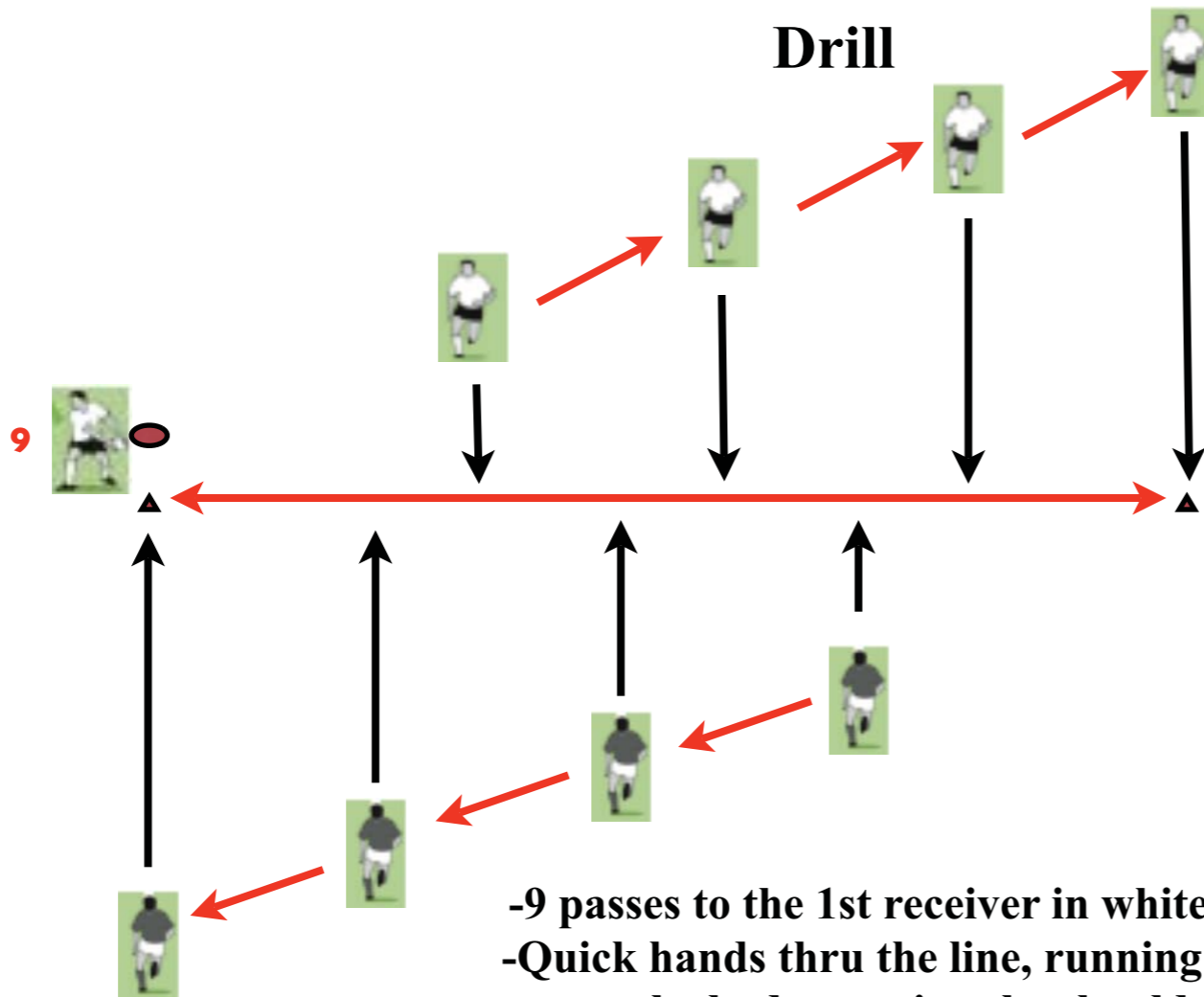
Beat the Runner



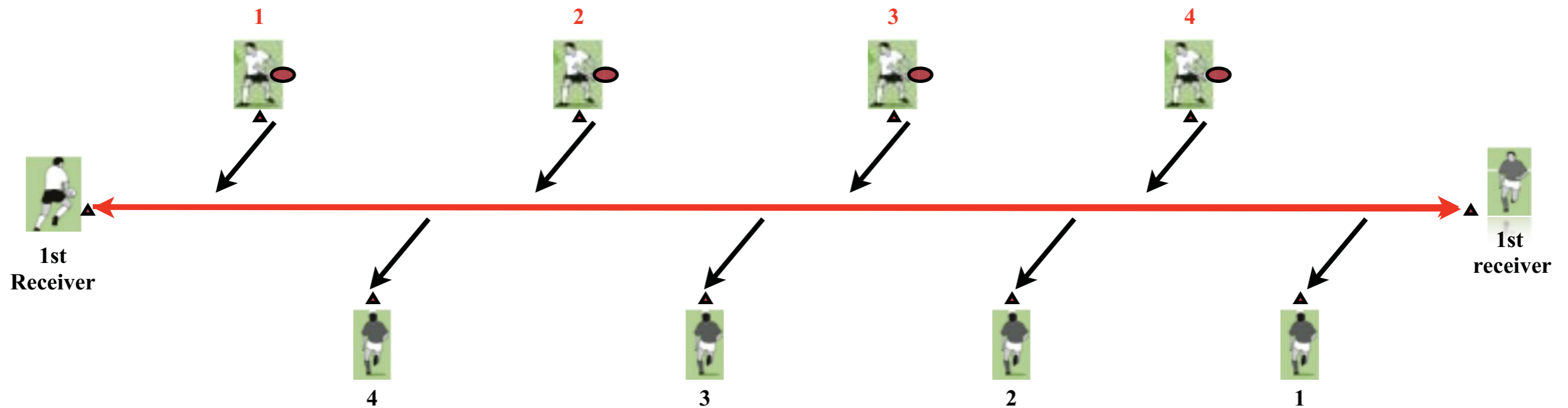
- Pass from 9,
- Quick hands, running straight, hips square, passing across the body rotating the shoulders
- Player X trying to beat the ball to the cone



One Ball Drill



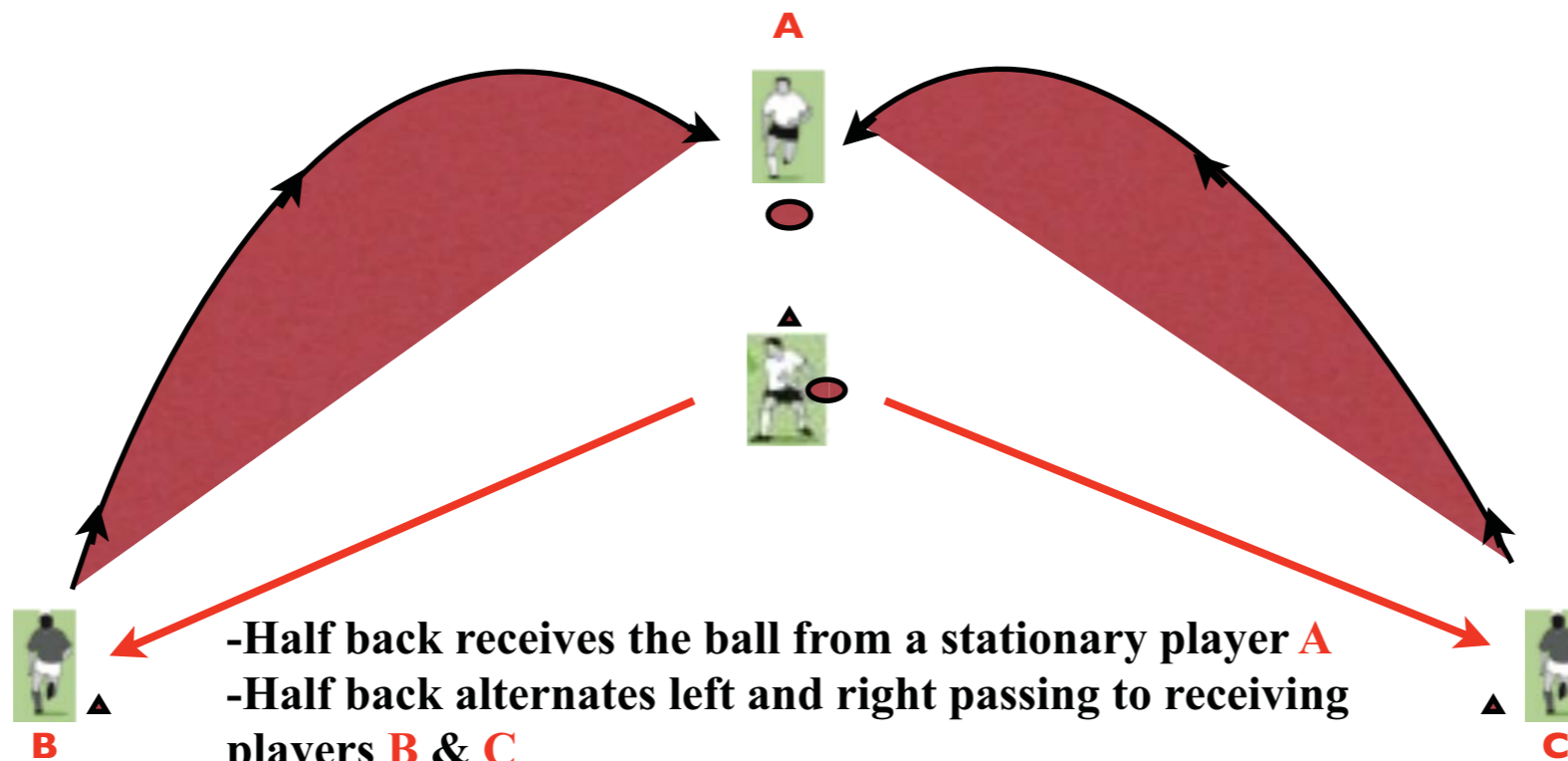
- 9 passes to the 1st receiver in white, then sprints to opposite cone
- Quick hands thru the line, running straight, hips square, passing across the body rotating the shoulders
- Last player places ball on the cone
- Drill repeats this time #9 passing to the 1st receiver in black
- White attackers realign while black attack, and vice versa



- 1st receiver receives a pass from white player **1**
- 1st receiver running straight, passes to black receiver **4**
- This is repeated down the line
- Pace of 1st receiver gradually builds
- Ball then starts from the other end
- Object is to run straight, keep hips straight, hands out, rotating the shoulders towards the passer, then towards the person your passing to, while passing ball across the body



Half Back Passing 2 Balls

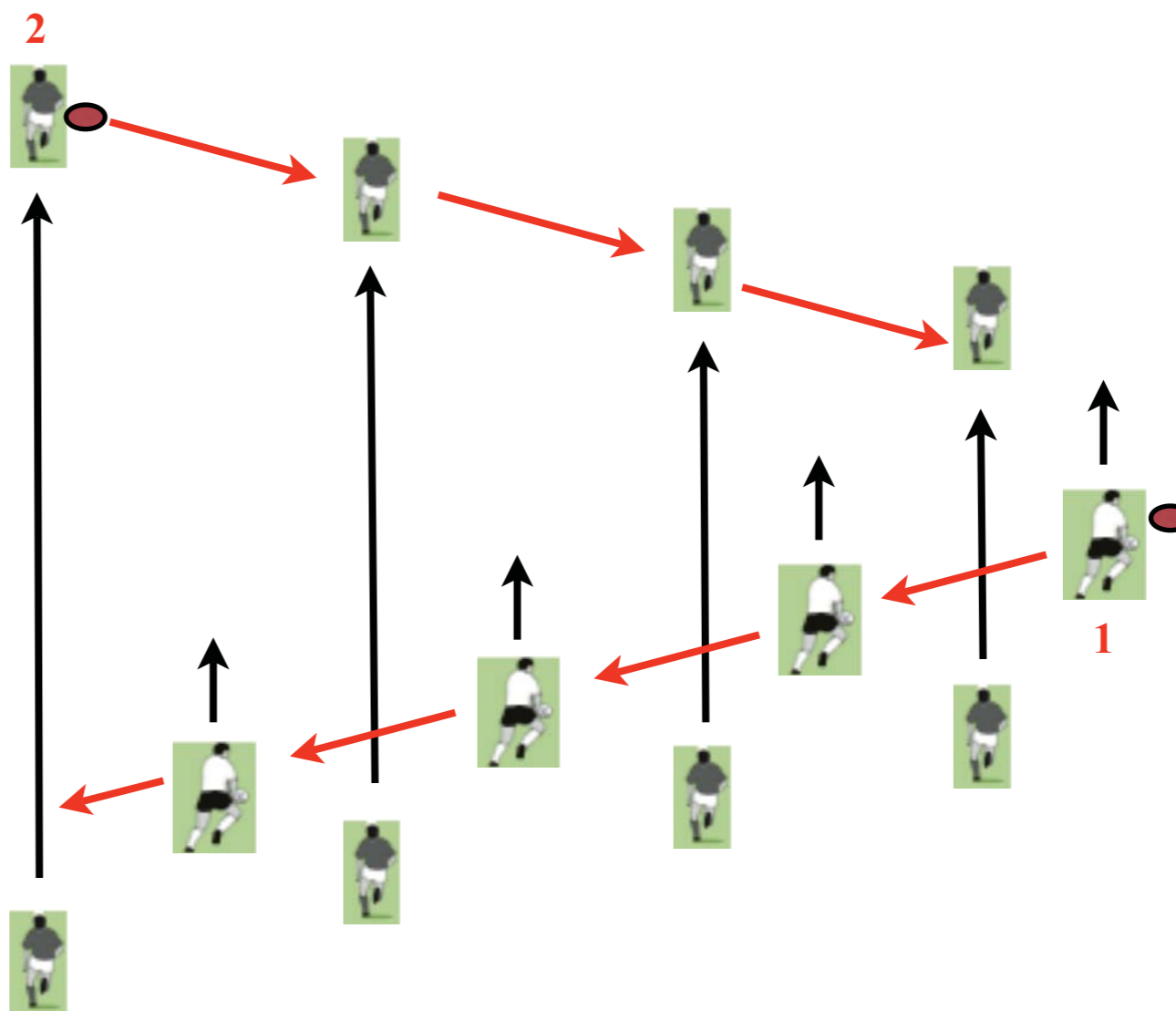


- Half back receives the ball from a stationary player **A**
- Half back alternates left and right passing to receiving players **B & C**
- Receivers **B & C** catch the ball and pass it back to Player **A**
- Half back throws 10-12 passes then switches with another player
- Start by Player **A** passing as if it is an off the top ball from a lineout
- Next round Player **A** can roll the ball so the half back passes from the floor
- Players **B & C** adjust their widths as the drill develops



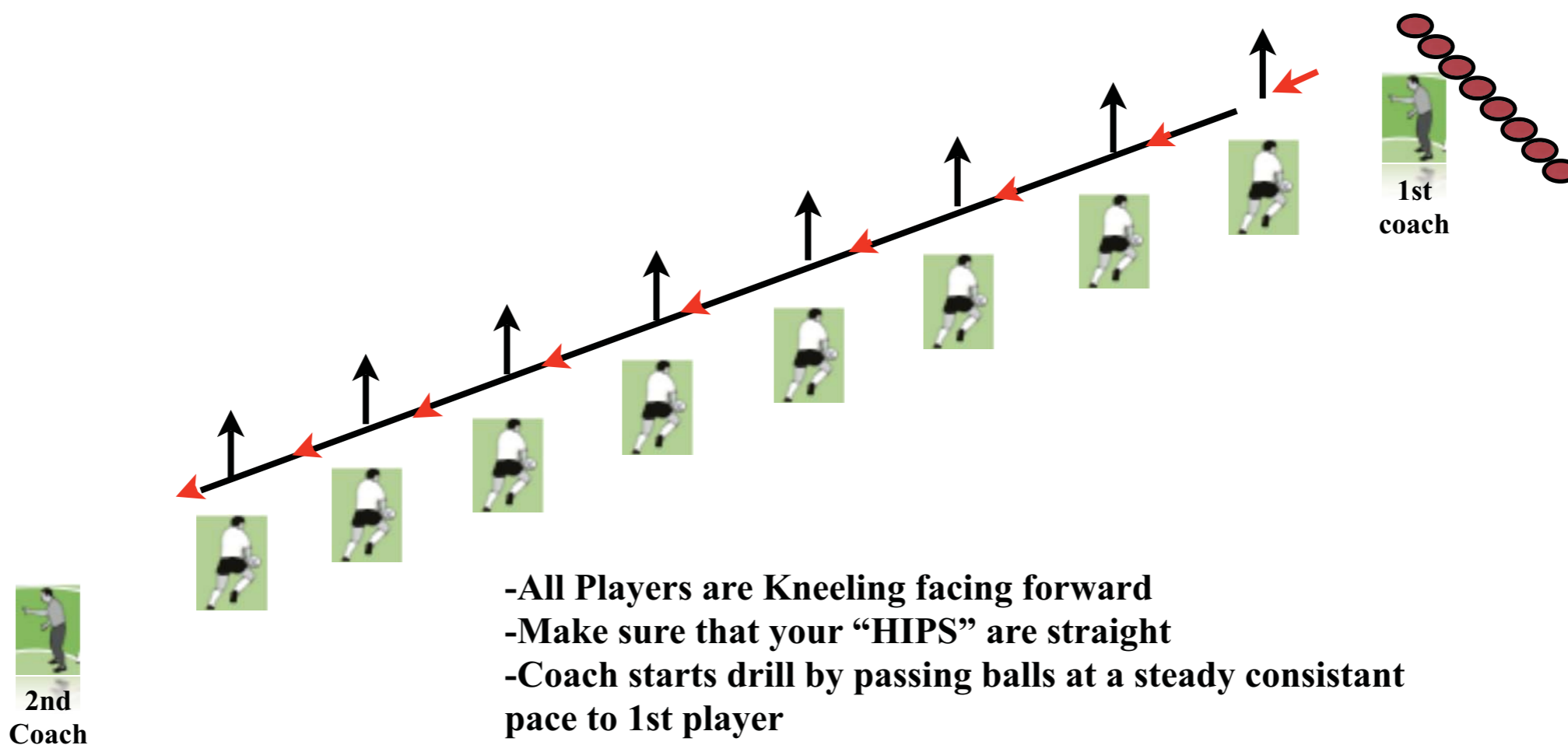
Wave Drill

- Ball starts with player in white (1)
- Ball is passed down the line while players are jogging
- Players in black are in behind the players in white
- When the last white player receives the ball, he pops it to the black player (2) running on to it
- The black players run thru the lanes of the white players, and pass the ball down the line
- Repeat until you've gone the length of the field





Passing while Kneeling



- All Players are Kneeling facing forward
- Make sure that your “HIPS” are straight
- Coach starts drill by passing balls at a steady consistent pace to 1st player
- Players pass the ball down the line, ending when all balls are passed to the 2nd coach
- Object of drill is to turn your shoulders towards the player you are receiving the pass from, pass the ball across your body, and turn your shoulders towards the player you are passing to
- KEEP HIPS STRAIGHT, FACING FORWARD



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Lineout Lifting + Movement



▲ 1
▼
▲ 2



▲ 1
▼
▲ 2



▲ 2
▲ 1

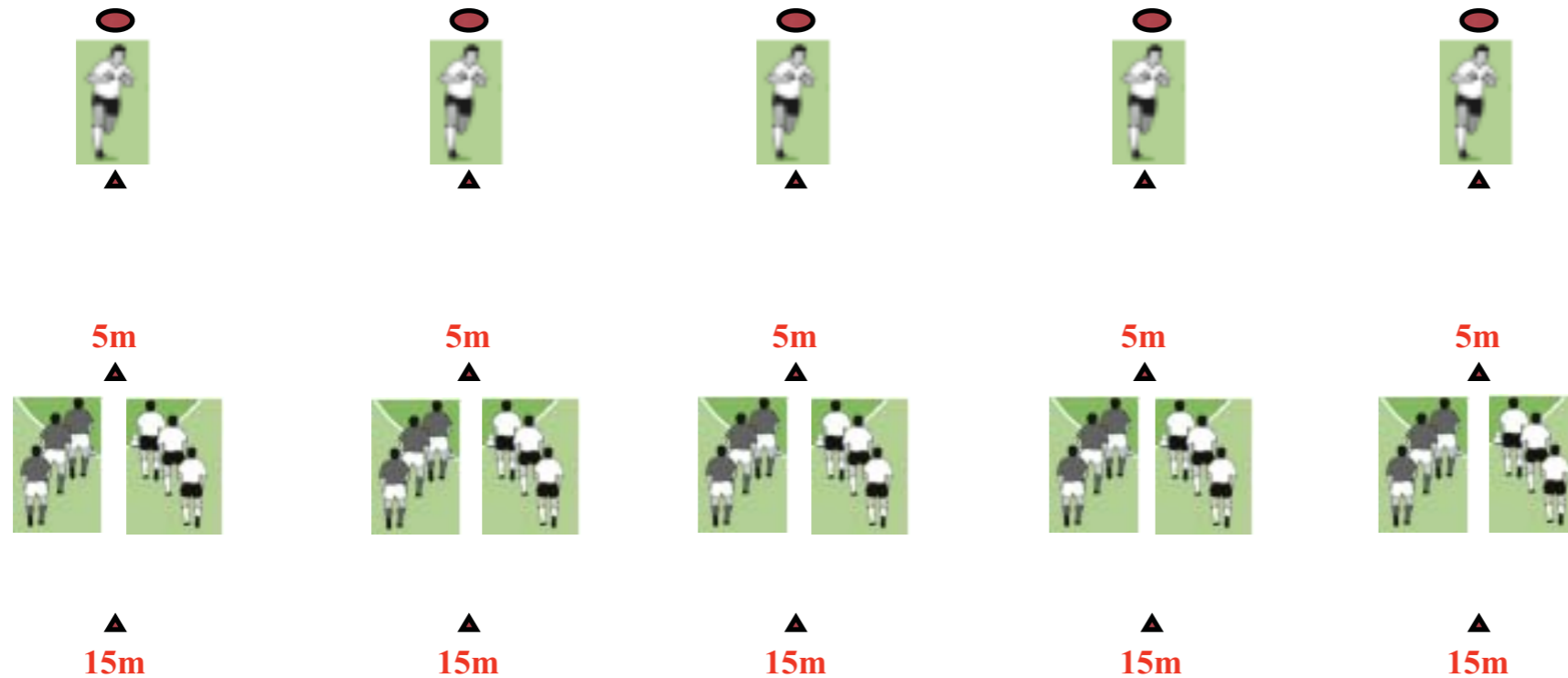


▲ 1
▲ 2

- Alternating going forward and backwards
- Looking for strong, stable, dynamic lifting
- Hold for 3 secs at top of the lift
- Jumpers start at cone “1” and move to and jump at cone “2”
- Lifters must react to jumpers movement & speed off the ground



Jumping Reaction



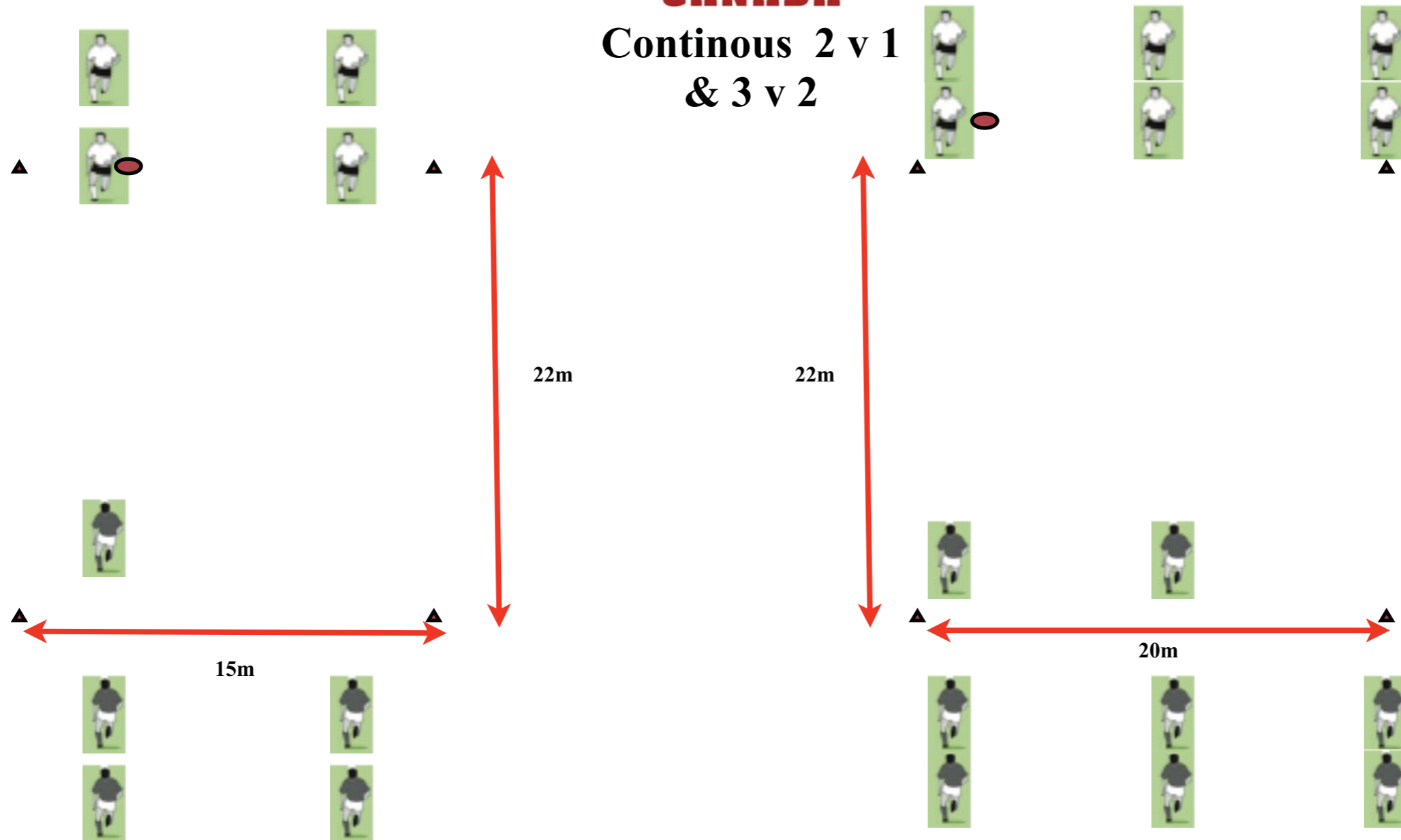
- React to the hookers throw
- Get off the ground as quick as possible on hookers motion
- Competition between the two lines
- Jumpers go on hooks motion, Lifters go on jumpers motion(nominate a defensive pod & an attacking pod)
- Start with stationary jumps, progress to forward and back movement before the throw(attacking pod deciding where to jump)

- Continuous 2 vs 1 drill
- 2 White attackers score on Black try line
- Black defender plus another pick up the ball and attack White try line
- The person defending always becomes one of the two attackers
- Continuous back and forth for a timed period



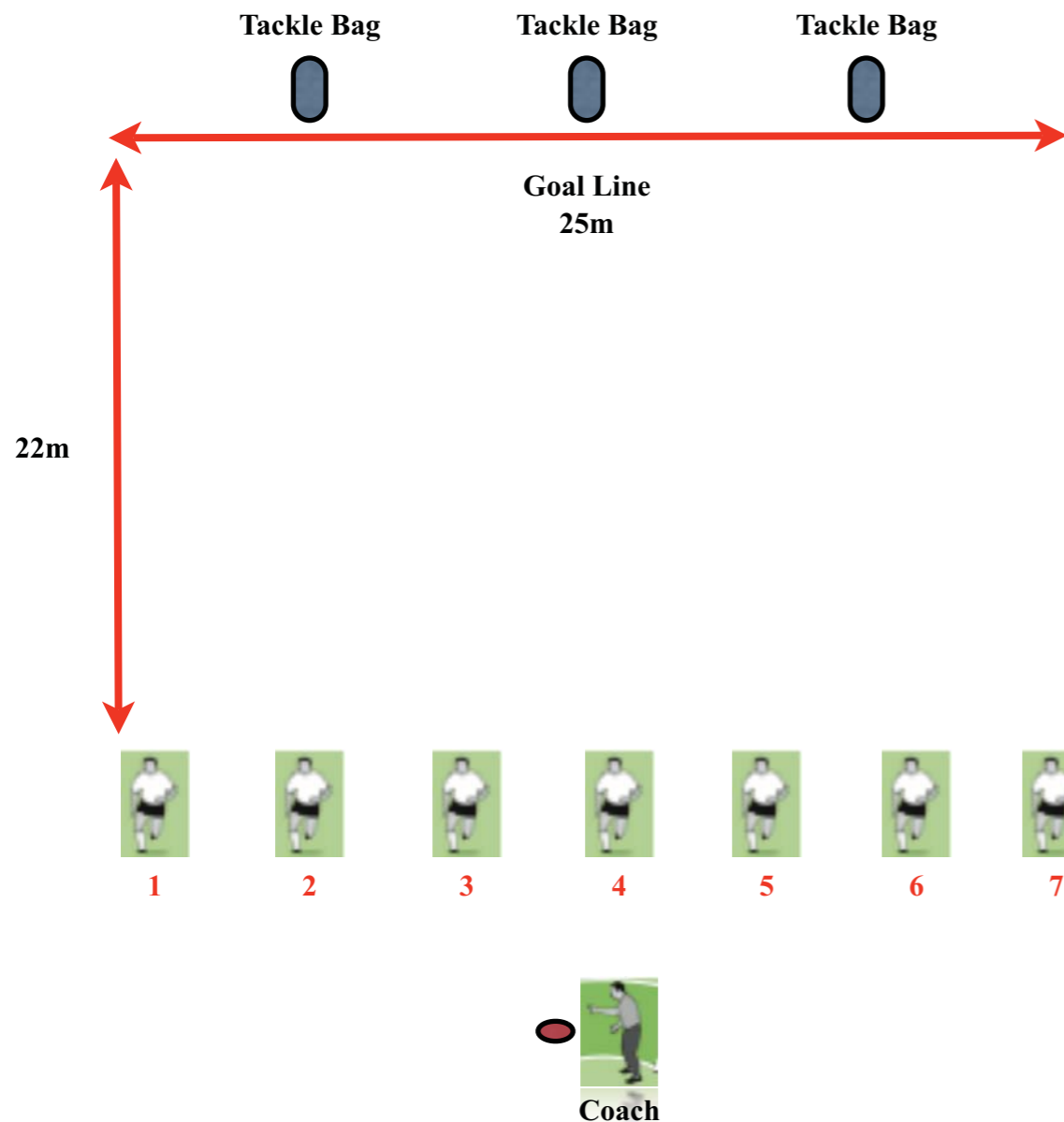
- Advance to 3 vs 2
- Two defenders always become two of the three attackers

Continuous 2 v 1
& 3 v 2





Numbered Attack

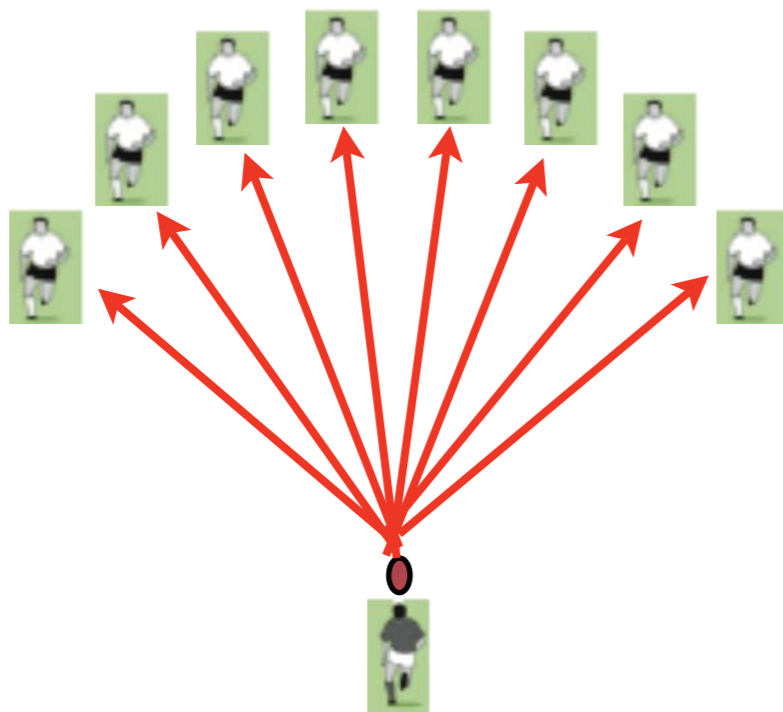


- Players numbered 1 thru 7 facing the coach, backs to goal line
- Coach calls out 3 numbers
- The 3 numbers called out run to Goal line and grab Tackle Bags
- The remaining 4 players pick up the ball and attack creating a 4 vs 3
- This can be done with more numbers as well
- Bags can be scattered randomly



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Kicking & Catching



-1 Ball kicking

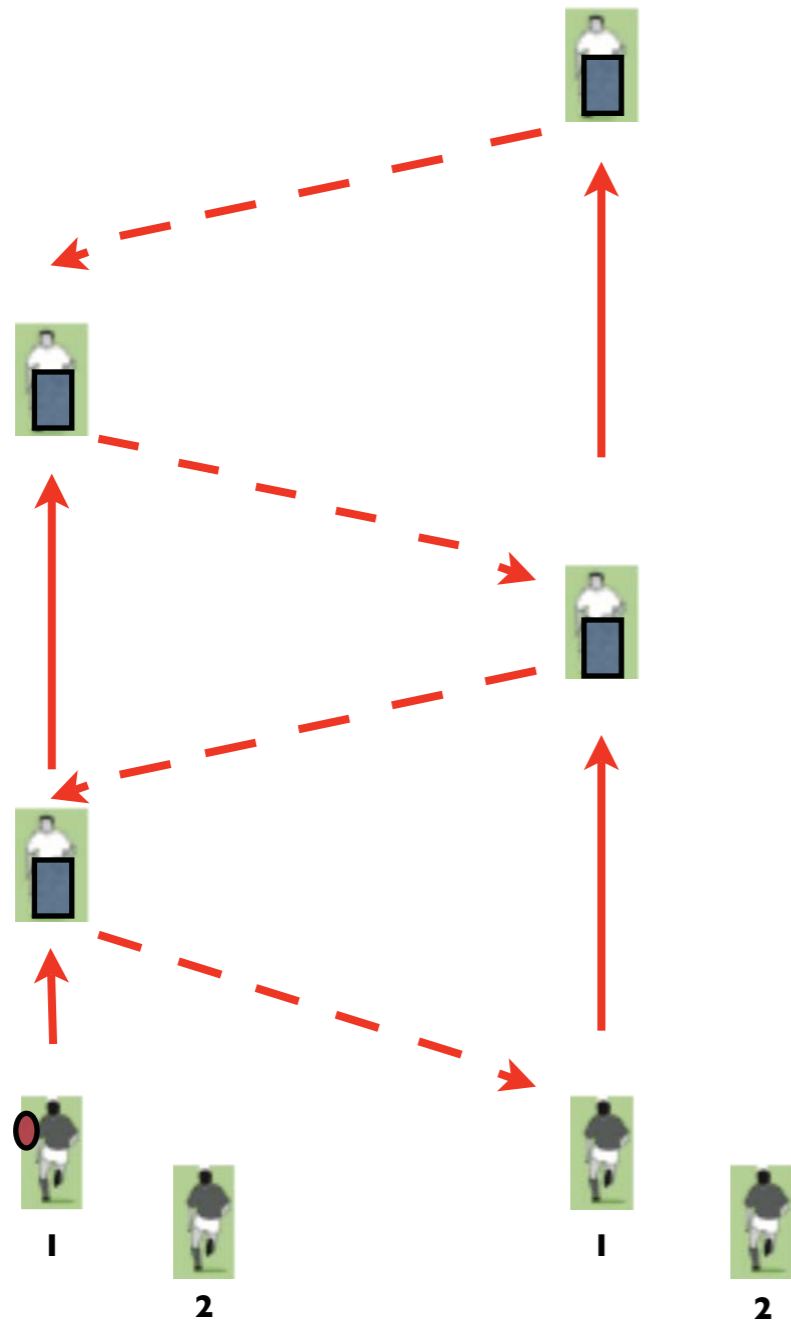
- Kicker punts ball to each player from right to left
- Kicker works on controlling the ball, kicking to receiver's target
- Receivers stand with fingers pointed towards kicker, creating a target

Kicking- Control the drop of the ball onto the foot, Tight core, Follow through(don't stab at the ball), Toe Pointed to target, Keep head down, eye on the ball, Opposite arm following thru to the target as well

Catching- Fingers pointed(first thing to touch ball) hands creating a target, arms directed towards the ball.



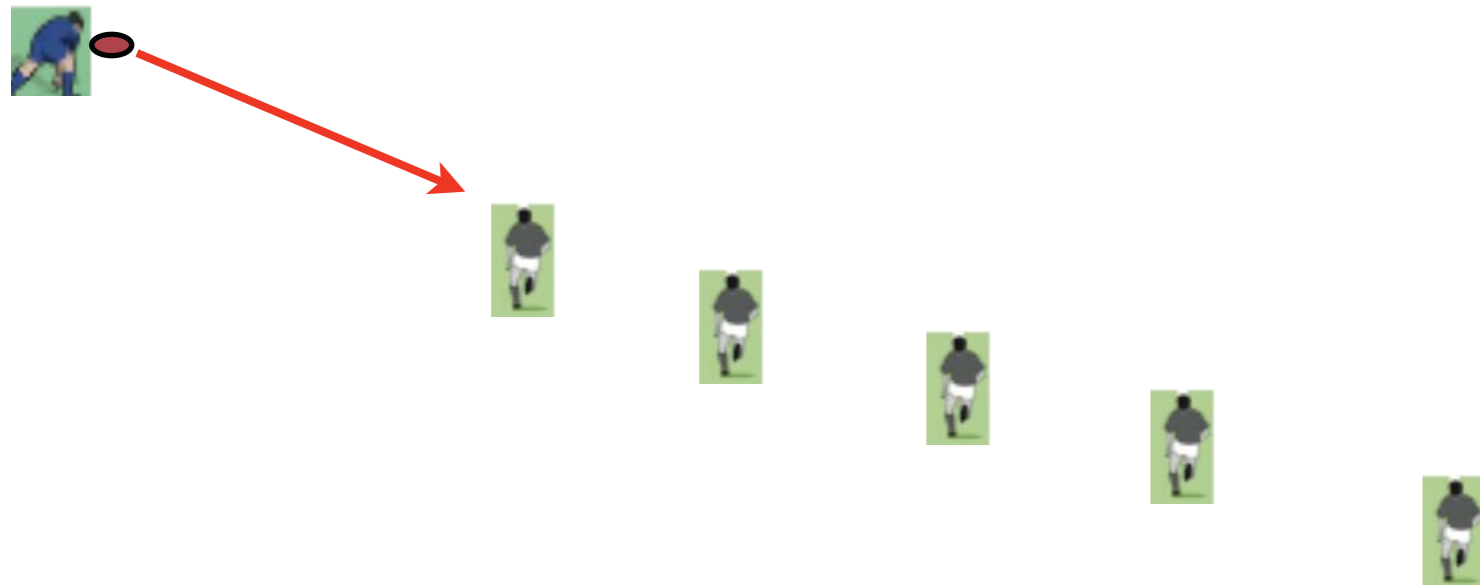
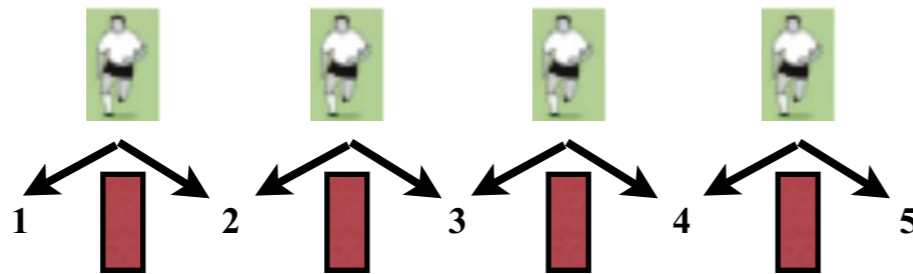
Rucking



- 4 Players with shields, staggered in two lines
- 2 groups of two standing facing them, one group with the ball
- Player 1 of the 1st group drives into the player with the shield in front of them and drives forward until player 2 tells them to go to ground
- Player 2 steps in and passes the ball across to Player 1 of the next group
- Player 1 and 2 do the same thing
- Progress from this by adding a person to each attacking group
- Player 1 hits and drives and goes to ground when told, Player 2 then targets shield and drives defender off the ball, Player 3 passes the ball



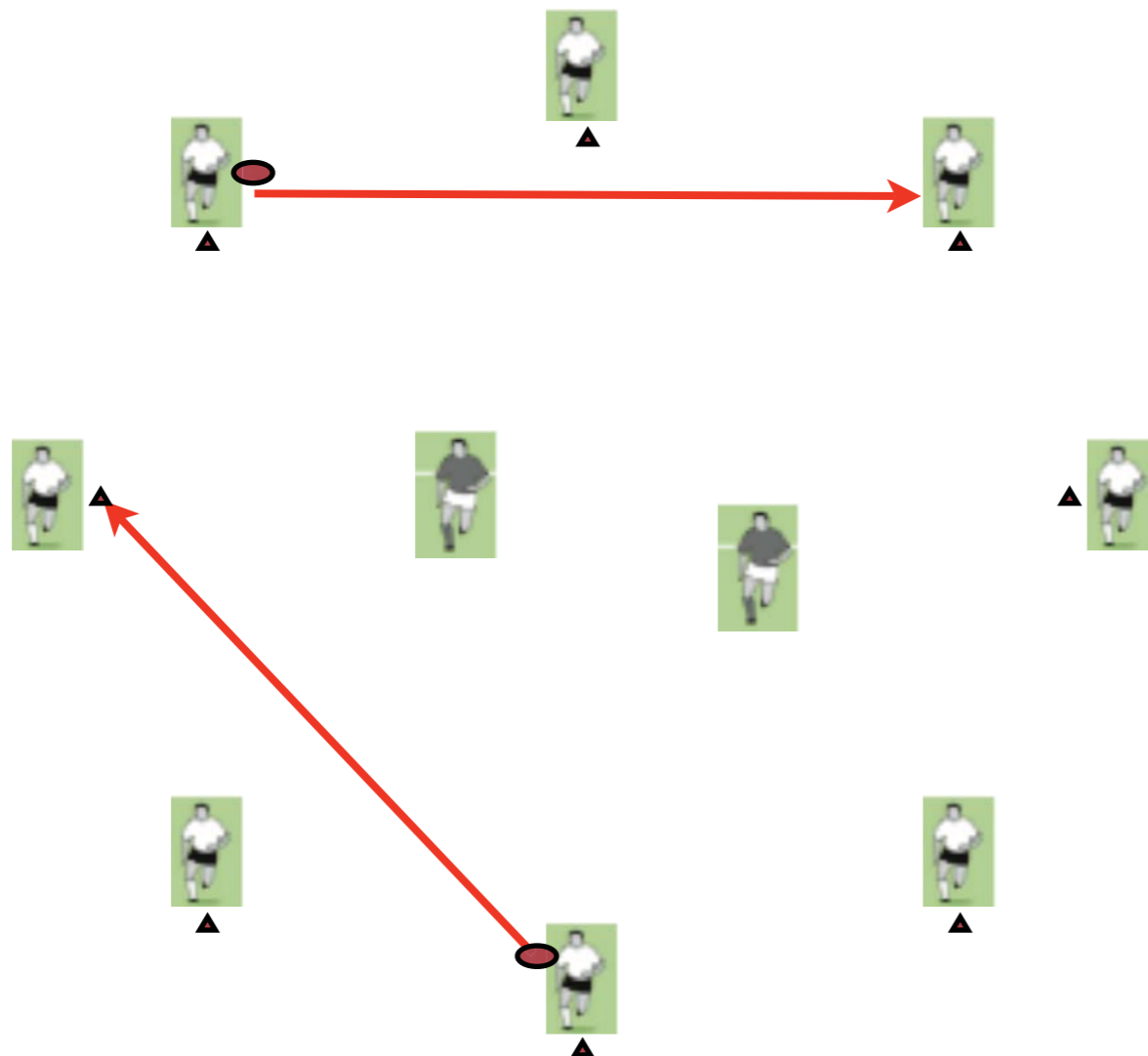
Attacking the Space



- On “Go” the 4 players behind tackle bags step into a channel-effectively closing that channel
- The scrum half passes the ball
- 5 attackers communicate which channel(s) are open and adjust to attack the spaces
- Players behind tackle bags can step into the same channel



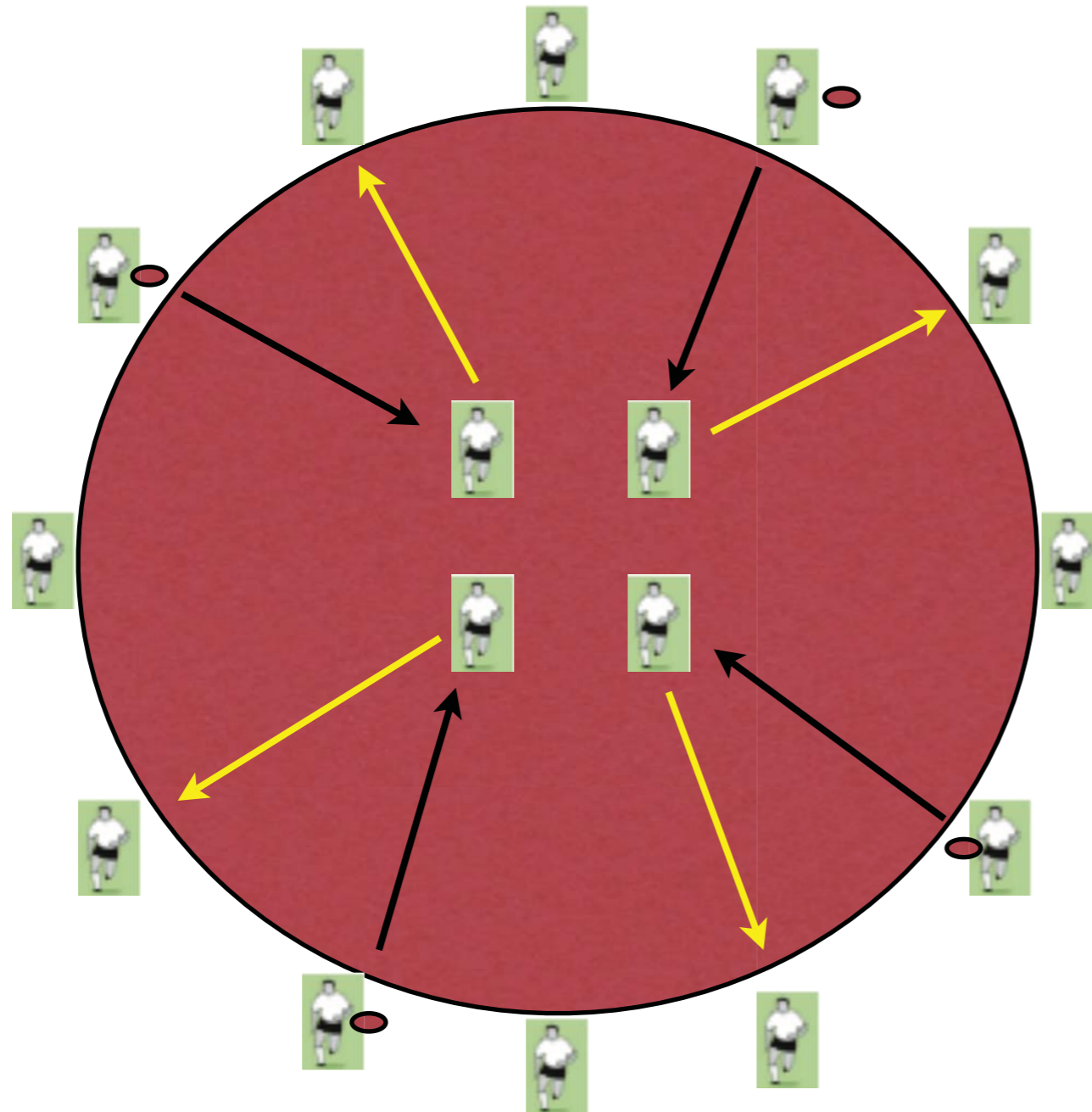
Skip Passing



- Set up 8 cones in a 10m circle
- 1 Player stands on each of the cones
- 2 defenders are in the middle of the circle
- 2 balls with players on the cones
- Players on the cones must pass the ball to available player across the circle(must be a skip pass)
- Players in the centre must try to intercept the ball, if a player in the centre intercepts the ball they switch with player making the pass



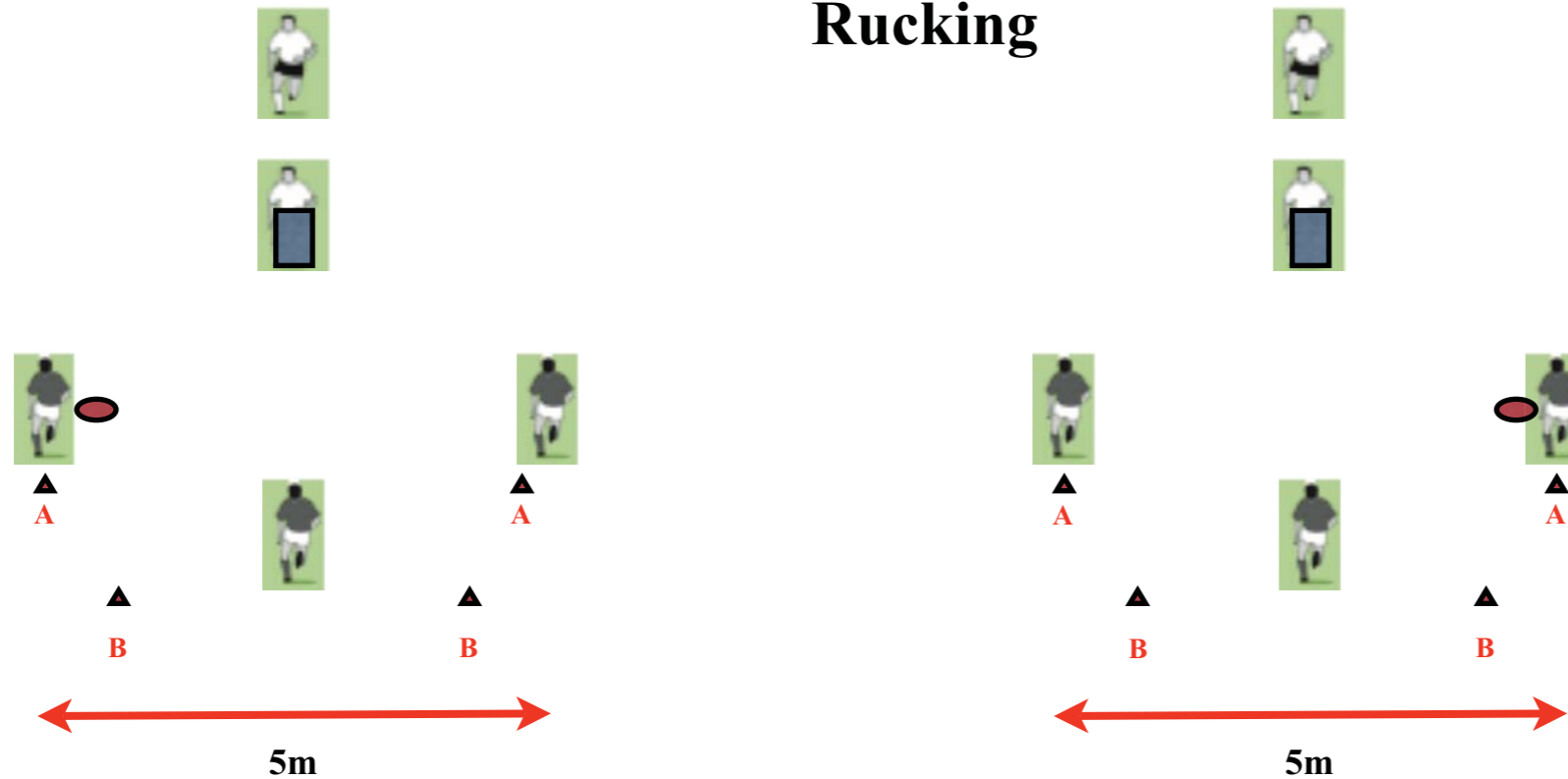
Passing Circle



- Players form a circle (size depends on the number of players)
- 4 players in the middle of the circle (again the numbers in side depends on the size and numbers of players forming the circle)
- 4 balls are with 4 players around the circle
- Players with the balls pass to a player in the middle (then follow their pass into the middle)
- All players go in the same direction
- The players in the middle receiving the pass pass to the next player on the outside of the circle, and follow their pass
- Coach decides when to change direction



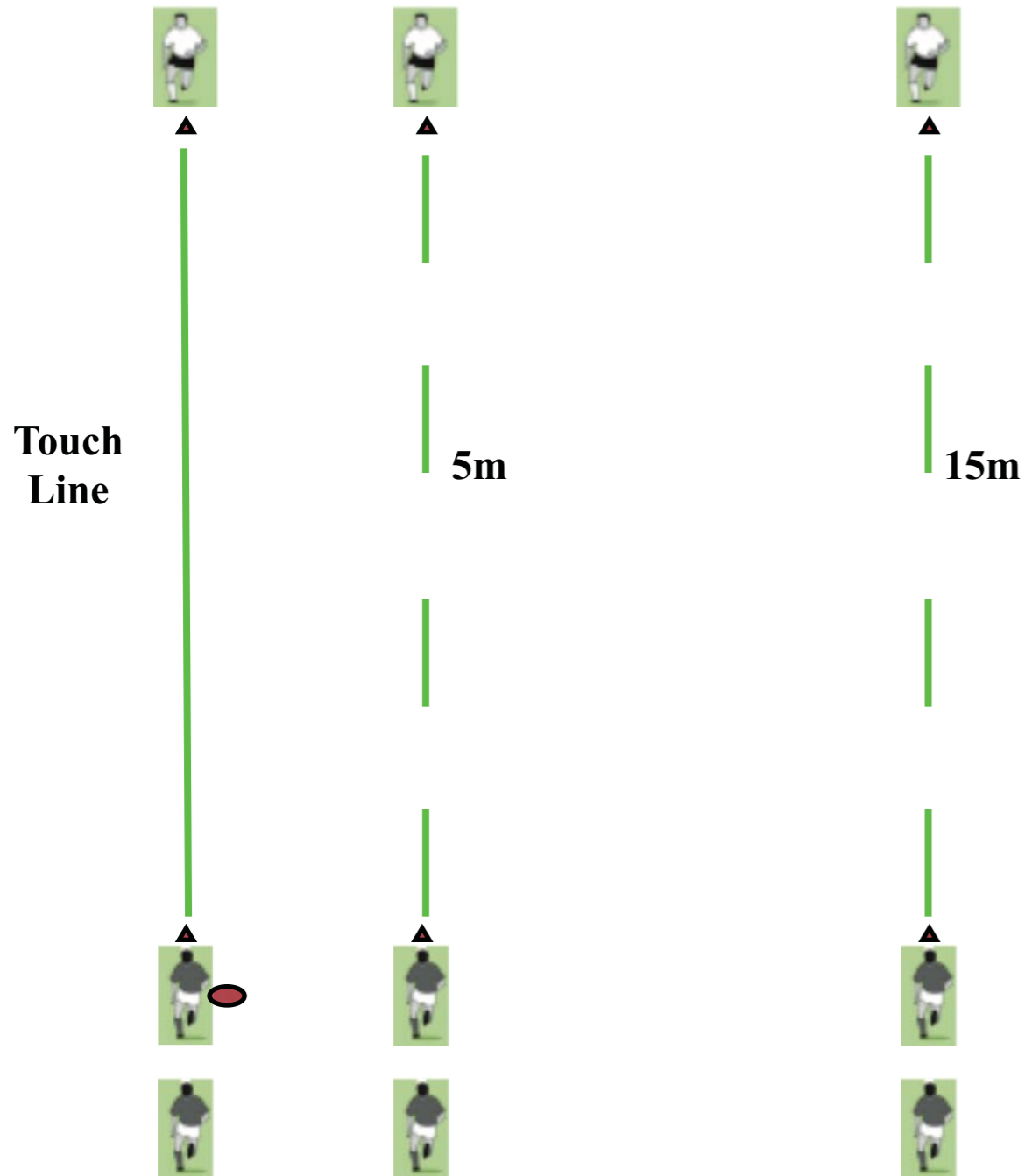
Rucking



- Players in Black (Attackers) vs Players in White (Defenders)
- Black player with the ball passes it to player in the middle
- Ball carrier attacks defensive player with hit shield
- Once ball is passed, the two Black players at cones (A) run around cones (B) and nominate defenders to ruck
- 2nd white defensive player tries to steal the ball
- Reaction of the two Black players is the objective, as well as communication and body height



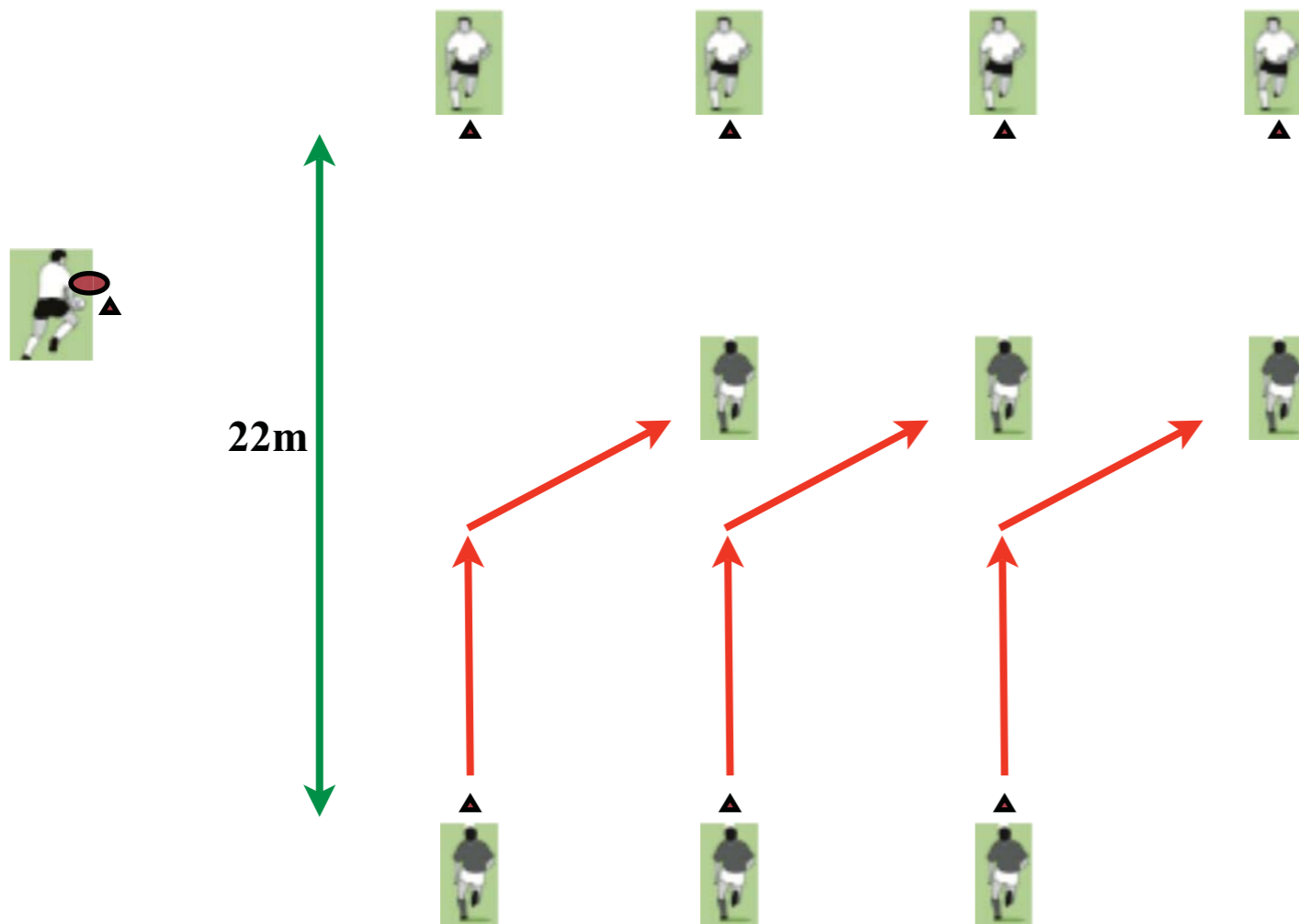
Short/Long Passing



- Using the Touch Line, 5m and 15m line
- Short pass to a Long Pass
- Then Long Pass to Short Pass



Slide Defence Drill



- White player are simply passing the ball thru the hands to the end
- Black players are starting on the first 3 attackers
- Once the ball leaves the 9's hands the defenders come up together in a line
- After the 10 passes the ball, the call "PUSH" is passed along the line
- Defenders end up one out
- In this drill you leave the last attacking player
- Attackers work on passing at pace and running straight
- Defenders work on taking away the space and pushing together