



COACH & PLAYER DEVELOPMENT

4 cornerstones - Key coaching areas of the game in open play.



THE VISION

To assist coaches in implementing the key coaching points of the 4 cornerstones of the game and to help improve players understanding of how to perform skills, under pressure and in a game scenario.



EFFECTIVE COACHING PROCESS

The effectiveness of the skills an U14, U15 & U16 player will be able to perform under pressure in a game scenario will vary through the age groups.

How can I Teach and Challenge them to improve these skills as a player. I.D.E.A?

What regressions or progressions can be made?

What coaching styles can be used (Questioning or Telling) (Listening or Talking)?

What does a session plan look like?

How can I review how effective my coaching was?

THE 4 CORNERSTONES

CATCH PASS - BALL CARRY - TACKLE - BREAKDOWN



Offloading the ball.



Continuity in contact



Draw Player, Pass and support.



Footwork, Fend, ball transfer, Accelerate



Shoulder contact, Arm wrap

Are we as Coaches creating these scenarios for our players in training and are we giving them these coaching points?

CORNERSTONE COACHING CUES

CATCH PASS



Hips square

- Towards oppositions try line.
- Hands above hips.

"W" Catch early as you intend to pass it

- Connecting the thumbs & fingers point on the 45.
- Allow for decision making during placement of fingers.

Load to the hip

- Aim for bottom hand to be on the hip.
- Elbow bent, bicep over ball

Punch and point

- Bottom hand Punch action with rotation of your torso.
- Finish by pointing to your target

Finish square, go forward & support


GAMES	DRILLS	DETAILS
2 Touch progressions	Passing waves in 3's	15 by 10 grid , vary the width of pass by calling different coloured cones from 5m to 1m
Offload, Man on fire pop	5m Drill	Groups of 3 5m apart in the 5m channel, 1 Ball with continuous pull back passing
Man on fire Placement and squeeze ball	Continuous 2v1, Feeder from Post is D	Continuous 2v1 drill, Defender feed Attacker who completes pass to support runner in 5m space
Pop touch, Defence drops and pops	1234 Drill	Coach calls different Sequences from pass completion i.e 1324
Lift touch 2 passes before contact	L Drill	Arrange cones in L shape to encourage hips to tryline running, Accelerate after pass
Edge ball	Race the ace, 3 Attack, Feeder defends	3 Attackers in 10 by 10 grid, Scrum half feeds pass then defends the attack, Attackers score by quick transfer without defender touching them or the ball
Overload Attack	Gates to 2nd touch drill	4 Attackers in 20 by 20 grid, run through the gates in front of them and then each complete pull pass before working after the pass to complete pop pass so everyone gets a second touch
Kick touch	Cone drill 6 Cones, 3 D, 6 Attackers	3 Players defend 6 cones 8m apart, 6 Attackers try and score by touching cone with ball, 2min Attack

TACKLE

Go-Balance-Go

Line speed adjusting to small steps (on the balls of your feet) coming into contact.

1. Pre tackle (Balance):	2. Tackle (Go):	3. Post-tackle:
<p>Eyes & Feet</p> <p>Eyes on targets Focus on attackers' core</p> <p>Boxers arms Arms above hips</p> <p>Boxers feet</p> <ul style="list-style-type: none"> • Same Leg Same Shoulder close to the Ball Carrier. • Back leg, square, bent under glutes with the heel up. <p>Late dip - drop hips</p> <p>Look over your sunglasses eyes up for spine alignment.</p>	<p>Shoulder & Bite</p> <p>Boxers jab - punch through</p> <p>Shoulder contact</p> <p>Ear in pocket - spine alignment</p> <p>Wrap-Chop-Squeeze</p> <ul style="list-style-type: none"> • Wrap -forearm grip • Chop down - on the back of the legs • Squeeze up –using your whole-body; arm to chest, ear to shoulder <p>Leg drive to finish on top.</p>	<p>Second action, stay low - back to feet</p> <p>Blast Clean out "If in doubt, blast out"</p> <p>Bounce (2 over the ball with no windows/levers). –Scan and quickly defend space</p> <p>Poach Low and Compact -Elbow tight, "Turtle neck" -protection when absorbing pressure Strong grip and rip</p>

GAMES	DRILLS	DETAILS
Shadow touch	Nomination game	Flat Attack line/Flat defensive line - Ball carrier behind the attackers - when ball carrier enters the line, defence nominate make tackle and then go into game scenario.
Overload Defense	Post Drill	Attacker holding a bag runs diagonally at the post and last second steps left or right with the defender reacting
Walking Rugby - minimum 2 pass pre carry, no offload in contact	1v1 Tracking drill, 1v1 Tracking drill small to big	Defender passes ball to attacker in 2m x 2m grid - 5m x 5m grid, 10m x 10m grid
Overload Attack	Defender paddling	2 Attackers in front L & R of the defender holding bags, on coaches call defender engages attacker stepping forward
Bozo	6 Inch Tackle	Foot into Attackers space low chop focus square into contact
	LRI Tackle	2m x 2m grid defender shuffles left then makes a right shoulder tackle then shuffles right and make a left shoulder tackle then shuffles back and makes a front on tackle
	1 v 1	5m x 5m grid
	2 D's v 1 A + feeder	Attacker uses footwork to get outside defender, chop focus to finish on top to bounce up asap to poach or fill 10 in D

BALL CARRY, EVASION & PRESENTATION + OFFLOAD OPTIONS

Pre- contact

Pre receiving ball; **See space, Attack Space;** scan, footwork/rolling onto the ball.

Post receiving ball; scan & evasion

Transfer ball away from defender -create distance between the ball and the defence.

Tuck the Tip, Tighten the Grip sliding outside hand up to the top of the ball and protect the bottom by tucking under the elbow applying pressure with 3 points of contact – hand, bicep, chest.

	Presentation option	Offload option
Feet	Feet, Fight & Protect -Adjust height/stay low -use other hand to protect the ball. -Fight driving your legs to get square and shoulders free.	Feet, Fend & Fight -win the contact area, get shoulders free, working the ball into space
Fight	Second Action -work hard on the ground to get the ball away from the threat.	Sight support assess risk factor, scanning decision -offload or finish with ball presentation
Play	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	Two hand offload option Control the ball -can we get two hands back on the ball? Fingers towards the target
Finish		One hand offload option Control the ball -are we controlling the top tip? Point the nose of the ball Fingers towards the target

GAMES	DRILLS	DETAILS
Rugby Prime (Two Touch)	1 v 1 Evasion Drill	2 cones 5m apart. Defender starts between the cones Attacker must beat defender & stay inside the cones
Gates	2 v 1, 3 v 1, 2 v 1 + 1, 7 v 3	Overload the attack to provide the ball carrier with options 2v1, 3v1 & 2v1+1 are done in a reduced size area. 7v3 attack the try line 22m line in using 15m line to 15m line wide. Always communicate to give options
Shadow Touch	Use the same drills as above adding contact	Overload the attack to provide the ball carrier with options 2v1, 3v1 & 2v1+1 are done in a reduced size area. 7v3 attack the try line 22m line in using 15m line to 15m line wide. Always communicate to give ball carrier options
Run Backs		
Small Sided Contact Game		

The coach can put emphasis on different areas of the GAME. The coach can add coaching cues during the drill/ game ie; continuity, evasion, contact. Focus on passing accuracy and/or the defense/tackle

BREAKDOWN

All Pre-Contact Breakdown Approach.

1. **Anticipation** - identify opportunity and threats, small steps and eyes over sunglasses.
 2. **Height** -awareness of the time you have to adjust your height to “win the race”.
 3. **Fight** - awareness of your threats to win the collision to maintain possession.
- Legal entry from behind the ball

1. BLAST (clean out) “If in doubt, blast out”	2. Lock – protecting the ball
<p>Win the shoulder battle -get under the chest of the opponent. Spine in line and eyes over sunglasses</p> <p>Take off like a plane -stay low, chasing feet forward and angle up.</p>	<p>Grip with T-Rex arms -grip shorts/ jersey, elbows bend, eyes over sunglasses.</p> <p>Low and Compact -legs back and drop hips to absorb pressure, eyes over sunglasses</p>

GAMES	DRILLS	DETAILS
3 Sec Breakdown	Catch pass to Wide Breakdown	Groups of 4 + feeder, Lateral passing, last reciever faces a defender and nearest players support the breakdown over the ball
2 Over the ball	Hammer the Breakdown	Ball carrier drives through a defender holding a bag, a support player latches onto the ball carrier driving them through contact and when they hit the ground they are dropping body heigth to win the head space
Overload Attack	Sausage pad drill	Defender holding a tackle bag standing over a sausage pad, Attacker lowers body height to hit and drive the bag the length of the sausage bag pumping their legs right through
Games conditioned for breakdown on every carry	Attitude drill	4 Sausage pads with 4 bag holders above them, work for 30 secs to 1 min bringing the same attitude to the first right through to the last
	Race for space	Attacker v Defender on their bellies must enter the BD through the gate to compete for a ball under a tackle bag
	Breakdown both sides of the ball	In a 6m x 6m grid 2 defenders hold a bag at 2 corners and 2 support players take up the 2 opposite corners. A ball carrier and a defender start in the middle of the grid creating a tackle situation which will turn into a ruck scenario
	Tackle to Jackel	Defender passes to an attacker 2m in front, the attacker takes them on. On tackle completion the tackler gets to their feet asap to compete for possession with an attacking support player adding pressure with a bag



REVIEW

Did I achieve what I had set out for the session?

I.D.E.A

Introduction - Demonstrate - Experience - Assist

What will I, STOP - START - CONTINUE?

Did the Players understand what message
I was giving them?

“APES Coaching Principle and Review” A = Active P
= Purpose E = Engagement/Enjoyment S = Safe

Be Honest

**Each Coach will have different questions they ask
themselves but we would like them to be open
question's that require more than 1 word response**