

Session Content, Organisation and Key Points

Falling/Getting Up

Before you begin coaching skills and techniques of Rugby League to your athletes, you may like to consider what actually happens on the Rugby Field. The players run, get tackled, fall to the ground, get up and play the ball, the player may break the line and dive to score a try. He/she may have to fall on a loose ball, they may have to jump in the air to catch a high ball and then hit the ground, sometimes with athletes trying to tackle them, so not every landing will be on their feet. So as you can see, it is important to teach your athlete the proper way to fall: Falls are a natural part of Rugby League. Teaching your athletes correct technique will help them to fall in the correct way which can prevent injury.

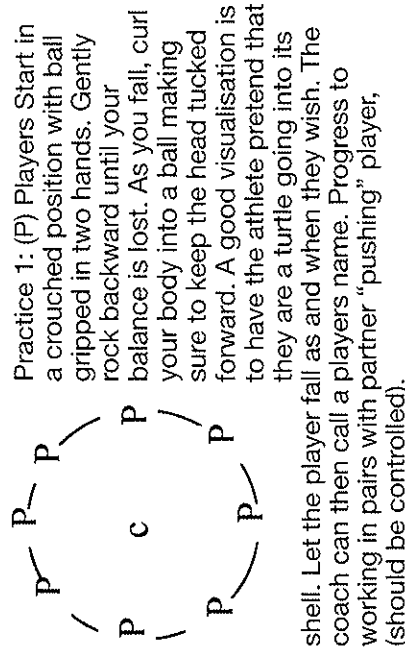
Practices

1. Rear Fall from Squat (tuck) position
2. Front/side fall from kneeling position

Close supervision

Maximum space around players

Falling on a loose ball and roll to pick up



Progress to extended crouch. Further progression could be from standing position with players falling on coaches call.

Practice 2: Start on your knees and let yourself fall forward onto your forearms. Catch your weight with the forearms away from the body slightly with the elbows bent allow your forearms to touch the ground first. Try to resist reaching out toward the ground, or placing the hands out in front. As contact is made, absorb the fall with your arms.

Progress as practice 1 above.



'A' runs out and falls onto the Ball and regathers before gaining his/her feet, running around the cone and placing the ball for the next player to retrieve.

Advancement – static ball to moving ball (returning player rolls ball into grid for oncoming player).

Must do a through warm-up utilising the ball, gentle pace and then follow with stretching routine.

Must utilise all safety and coaching points

- Low to floor
- Tight tuck position
- Chin on chest
- Neck and shoulders rounded
- Shoulders squeezed tight
- Bent knees
- Land on pants (bottom/thigh)
- Arms in tight
- Hands on ball (grip)
- Relax body with fall

Safety at all times

It is important to practice falling from all possible positions but caution must be taken with the rate of progression. Only progress the players when they are confident to move forward.

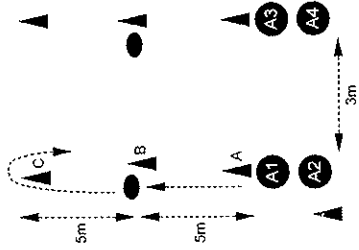
Hold ball high on chest (away from under chest)

Approach:

- Body positioning to side of ball.
- Foot positioning at side.
- Hands onto ball, if approaching from left, left hand under and right hand on top.
- Scoop up and roll on front shoulder, this occurs simultaneously with gripping the ball.
- Tuck – speed of roll.
- Regain feet and two handed carry
- * Coach ensure safety—emphasis on gathering of the ball.
- Elbows in.
- Roll on shoulder.
- Be aware of space – potential for collision.

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Core skill – holding the ball, carrying the ball

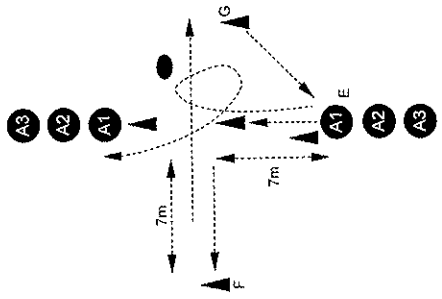


Using cones & balls - In threes.

Player 1 runs out, picks the ball up at B and runs around the far cone (C). On the return journey, he/she places the ball down at B before rejoining the file at A.

Progression: pick up – one hand carries right and one hand carry left.

Progression: pick up – fend left and right. On each the return journey, reload the ball at B before joining the back of file at A.



Checking the grip and carry

(In sixes)

A1s run out with a ball, mirroring each other's movements.

Back off to F.

Forward to G.

Slide sideways to their respective start points (D1 and E) before moving towards one another.

Holding the ball (grip) in one hand and transferring

in the middle (Henry Paul roll), before turning the balls over to the next person in the line for the drill to continue.

Picking up a stationary ball:

- Keep eyes on the ball.
- On approaching, adjust feet so they are positioned correctly.
- Run at the side of the ball.
- Straddle the ball so the inner leg is at the back of the ball.
- Lean with body close to ground if the ball is lengthways on.
- Scoop up with rear hand underneath and the other at the front, thus preventing a knock on. If facing the point of the ball, scoop it up by placing the hands at each side of the ball.

Holding the ball (grip):

- Thumbs spread greater than right angle.
- Arched palm.
- Centre of ball.

Carry:

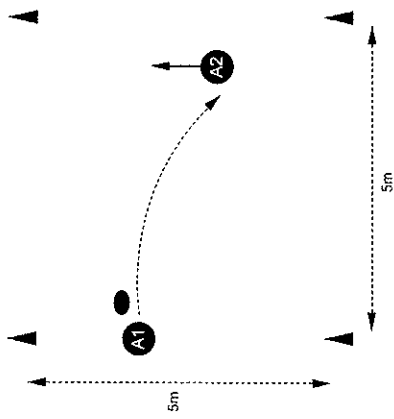
- Elbows out.
- Centre body carry.
- Two hands.

NB: When the player uses a fend or a one-handed carry, check that the ball is still carried towards the centre of the body.

Check all grip and carry points as above.

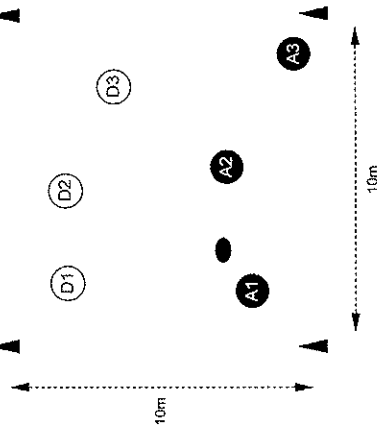
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Pass and Catch



A1 and A2 working in a 5m grid walk up and then down the area, delivering passes off either hand.

Progress to Jog and run.



In teams of three

Ball carriers vs. defenders – How quickly can you make ten passes?

Accumulative count (e.g. mistake on fourth pass = turnover possession begin at four next time) – first to ten passes.

All key points for grip and carry apply, as well as the following:

Pass:

- Six o'clock.
- Ball pointing down.
- Shoulders rotated.
- Pass over the correct foot (inside).
- Wrist and hands follow through.

Catch:

- Shoulders rotated.
- Target hands up.
- No shirt.
- No adjust.

All grip, carry, pass and catch points apply, as well as the following:

- Ball carrier no more than two/three paces.
- Support runners identify good space.
- Defenders can only block/intercept ball.
- No contact.

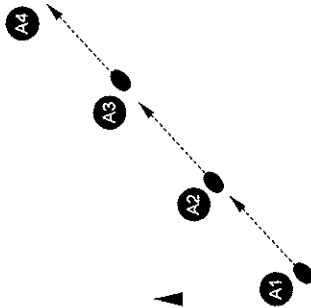
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Development 1 (Passing backwards)



Groups of four in a flat line, practice passing along the line while static.

Competition, pass along the line and back three times.



Stagger the line; repeat the practice with no forward passes, remembering to realign the group. Competition, pass along the line and back three times.

Repeat the practice, walking, jogging and then running. Start the ball from both the left and right and interchange position as well.

When the ball has been passed to the end of the line, encourage the players to adjust their speed and position to realign so the ball can be passed back.

Once catching and passing have been mastered the next logical step is to give your players the ability to attack in a line, running the correct angles so as to draw their opponent and pass to the next player.

The coaching points for holding, passing and catching apply as well as:

- Run straight.
- Mobilise upper body.
- Look at target area.
- Pass accurately by directing the ball a suitable distance in front of the receiver.
- Develop the ball carrier's awareness of the position of the support players.

Progression:

Introduce groups of 4 running up and down a 20 x 20 corridor, thus creating the decision making processes of

What spaces do I need to run into before passing?
What space do I need to lead in to in order to receive the pass?
Communication.

Tops

Demonstrate relevant practices:

- Chase Ball.
- Touch.
- Rob and Score.
- Count the Passes.

Skills Awards

Passing Silver

Passing Gold

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Tackling Introduction

Discussion and Demonstration

Tutor Note:

Tackling practice should be part of your weekly programme

- Defence represents half of the game
- Children should be taught tackling techniques early in their development.
- When practising tackle techniques always consider maturity level and match children accordingly.
- Never demonstrate on a child – use another adult or two children of equal size who are competent tacklers.
- The teaching of all tackles requires a pattern of progression.

Start with a static demonstration of the tackle to be performed and place the tackler in the correct position of impact.

Demonstration of the various tackles using the progressions highlighted below must precede advances to technique such as approach, contact and finish work.

Progressions:

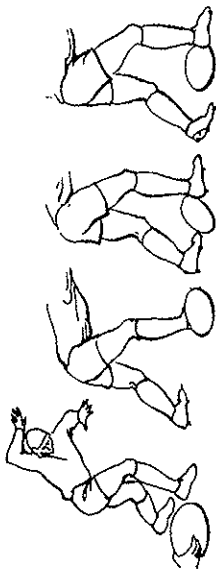
Ball carrier	Tackler
Demonstration	Static
Walking	Kneeling
Jogging	Crouching
Running	Standing/Advancing

Session Content, Organisation and Key Points

Scrummaging

Feeding and striking

The technique of the feed and strike



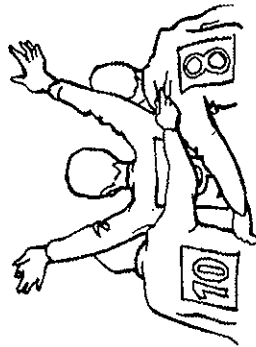
In pairs – scrum half and hooker.

Practice feeding and striking.

Alternate players.

- Left and right deliveries.
- Fed from below the knee.

The front rows Positions and binding



In fours – scrum half and front row.

Practice correct binding, feeding and striking.

Tutor note:

Reference: that the 3 person scrum is used in the mini version of modified games.

Progress to eights – two front rows, two scrum halves. By setting up a passive scrum.

Practice feeding and striking.

The place of the scrum in rugby league

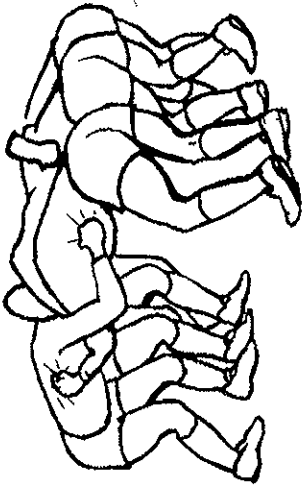
The scrum in the modern game is now no more than a simple means of restarting play after a breakdown in skill or when the ball has left the field of play. The team causing the breakdown is the ones penalised 99% of the time (the one exception being the 40/20 kick down field). Possession will go with the head and feed to the non-offending side.

- The hooker should be first to arrive at the scrum and try to form before the opposition arrives.
- The open side prop should place his/her inside shoulder behind that of his/her hooker, grasp either the shirt of the blind side prop firmly under the shoulder or the hip of the hooker and help pull him/her over the ball.
- The blind side prop has his/her inside shoulder pushing into the armpit of his hooker. This gives the blind side prop the longest extension of his/her arm to assist in pushing his/her hooker over the ball.
- The hooker binds over the shoulder of the two props.
- The head of the open side prop should be nearest the ball.

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Use of head

- The two second rows bind firmly together before entering the scrum.
- Their backs should be straight and parallel to the ground, while the head is kept up, locking the back in a strong, straight, safe position
- They should help bind the front row tight using their loose arms.
- The loose forward should place his/her head between the two second row forwards
- His/her shoulders should rest under the second rows' buttocks.
- His/her back should be straight and parallel to the ground in a strong safe pushing position and his/her arms should encircle the two second row forwards and bind them securely together.

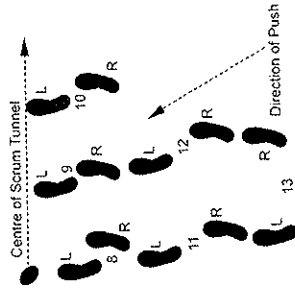


Building up the scrum

Build the scrummage by adding second rows and the loose forward.

Tutor Note:

Point out at the time of adding the second rows that this represents the formation of a modified scrum.



Foot Positioning

Show correct binding and feet position, practice feeding and striking. By demonstrating the correct foot placement to create the tunnel from which the ball emerges.

If possible (numbers) build two packs (passive) to bind and strike for the ball. If not, six man pack vs. three man front row (passive) practising all technical aspects.

Passive scrummage

- As above plus:
- The front row should not pack down until the second rows are securely in position.

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Introduction to 'Play the Ball'

Tutor Note; (play the ball):

Ensure the fundamentals applicable to teaching youngsters are applied prior to introducing technical advancements (snap, sweep, touch etc.).

Points to support delivery:

Regain feet as quickly as possible, facing opponents' goal-line.

- Lift ball clear off the ground – do not use it to get up.
- While regaining your feet – keep the ball secure.
- Bend the body well forward and place the ball in front of and by the inside of your front foot, the length of the ball parallel to the goal-line.
- Simultaneously place the sole of the other foot on top of the ball.
- Roll the ball back with full control.

Begin by demonstrating the various situations:

- Player on belly.
- Player on back.
- Player on side.
- Player on elbows and knees.
- Players practice in 2s right and left foot play the balls, all situations.

Balls (1 between 2)

Belly – 3 movements:

- Snap – knees to chest.
- Sweep – leg round.
- Touch – play the ball.

Back (4) + 3:

- Roll to ball.
- Snap – knees to chest.
- Sweep – leg round.
- Touch – play the ball.

Side:

- Roll to ball.
- Snap – knees to chest.
- Sweep – leg round.
- Touch – play the ball.

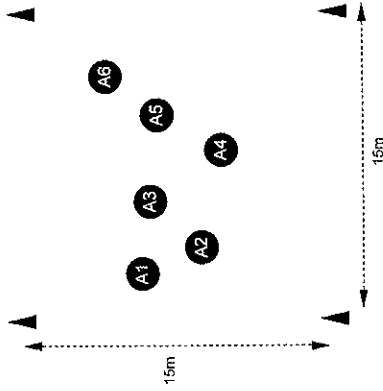
Elbows and Knees:

- Sweep – leg round.
- Touch – play the ball.

Check point - Ball position – relative to ground.

Session Content, Organisation and Key Points

Play the Ball practice



Using balls (one per player).

In sixes – in a 15m x 15m grid.

Players move around the grid waiting for the coach's call (e.g. elbows/knees, back or side).

Players go to ground as per the coach's instruction, regain their feet, play the ball and move on to recover any other ball. The drill continues in this manner.

All grip and carry points apply:

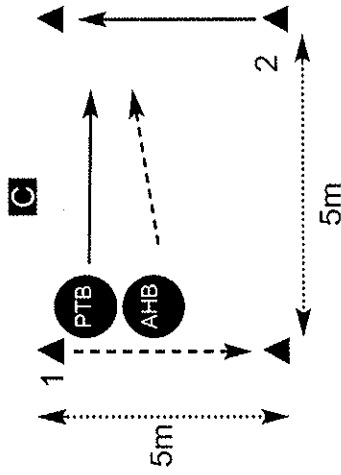
- Efficiency and speed.
- Sweep and touch.
- Two/three movements.

All play the ball movements apply:

- Roll to ball.
- Snap.
- Sweep.
- Touch.

Session Content, Organisation and Key Points

The Role of the Dummy Half Static Pass



Groups of 3 players - 5m grid.

Using Cones & Balls.

The dummy half passes to a runner (2) coming from the opposite corner, the pass is weighted and timed to hit the runner with a flat onside pass. The runner plays the ball at the cone for the dummy half to pass off the other hand to runner (1) – runner (2) retreats to his/her start position and the drill continues in this manner.

To alternate the dummy half include a scoot from the dummy half position to the opposite corner, whereby one of the runners then assumes the new role of dummy half and the practice continues.

Tutor Note:

Demonstrate Key Points before commencing Practice Approach:

- Move into position (scan).
- Sit.
- Head and upper body towards the target
- Nearest foot in front of the ball pointing at the receiver.

Contact:

- Pass from the ground in one movement directing the ball with the fingers and wrist.

Finish:

- Follow through with fingers pointing at the target.
- Alive – Next action.

Tops

Skills Award

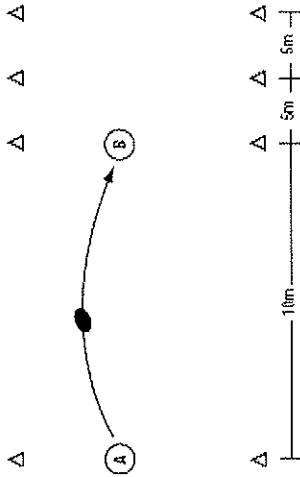
Play The Ball

Play The Ball Silver

Play The Ball (The role of the acting half back) Gold

Session Content, Organisation and Key Points

Kicking (Punt)



Using Cones & Balls.

Practice with a partner, 10m apart.

Competition:

How many kicks can be caught without moving off the mark?

Take five kicks each, add up total score and mark out of ten.

Try to beat that score — then vary the distance of the kick.

Hold the ball as for passing — a comfortable distance from the body.

- Line shoulders square to the target.
- Keep head down and eyes on the ball.
- Guide the ball to the point of contact with the foot.
- The round of the ball should fit into the round of the foot. Straighten the foot by pointing the toes.
- Drive through the ball and follow through towards the target.

Tutor Note; Demonstrate and Practice Catching

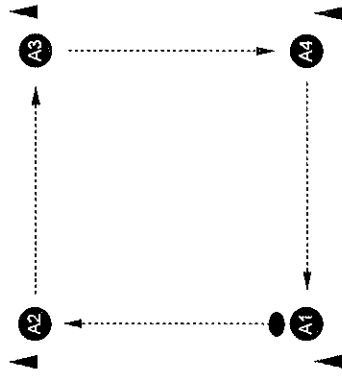
If it is important to be able to kick the ball — then it is equally important to have the ability to regather possession, in many cases under pressure and in the safest possible manner.

Keep eyes on flight of the ball and move quickly into position.

- Arms should be held out and upwards in a searching manner with fingers spread.
- Allow the ball to land in the cradle formed by the hands, forearms and chest.
- Trap the ball onto your chest, using your hands and forearms.
- At the point of catching the ball, round the shoulders keep elbows close together — bend knees and turn side on to the opposition.

Session Content, Organisation and Key Points

Kicking (place kick)

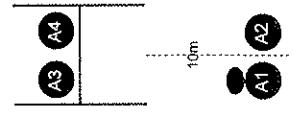


- Support the ball with a mound of sand or kicking tee.
- Stand 2 to 3m behind the ball, directly in line with the target.
- Run in and place the non-kicking foot to the side of and just behind the ball.
- Keep the head down and eyes on the ball.
- Kick the ball with the instep or toes of the kicking foot.
- Always follow through in the direction of the kick.

Coaching points as above.

Progression

- Using Cones & Balls.
- In twos 15–20m apart.
- Kicking technique practice one to the other.
- Progress to fours in a 20m x 20m gridded area as in illustration Place kicking the ball around the area –A1 to A2, A2 to A3, A3 to A4 etc.
- Utilise Posts (if possible).
- Groups of Fours – using posts to kick over?
- One pair practising place kicking for goal (in turn) from 10m directly in front of posts, whilst the other pair regathers and return balls (as in illustration below).
- Change roles after 3 successful conversions.



Tutor Note:

- Tops Kicking House
- Skills Award Punt Kick Silver