

INTRODUCTION TO THE **BREAKDOWN & SET PIECE**

A COMPLETE 20 WEEK TRAINING PROGRAM



**40 GAMES DESIGNED TO INCREASE THE PLAYERS
CONFIDENCE IN CONTACT, BREAKDOWN AND
UNDERSTANDING OF THE SET PIECE.**

CONTENTS

Copyright	1
Manual Objectives	2
Age Group Dynamics - U8s Objectives	3
How To Use This Manual	4
Session Time Allocation	5
Equipment	6
Modified Rugby Game Overview	7
Modified Rugby Game Rules	8
Week 1 and 2 Overview	9
Space Invaders	10
Sumo Challenge	11
Ball Place Leap Frog Relay	12
Scrum Zone	13
Week 3 and 4 Overview	14
Star Wars	15
Sumo Royal Rumble	16
Bulldozers	17
Line Out Zone	18
Week 5 and 6 Overview	19
Line Pass Relay	20
Bear Hug Tackle	21
Bumper Cars	22
Line Out Piggy in The Middle	23
Week 7 and 8 Overview	24
Ball Away	25
Base Raiders	26
Rugby Pinball	27
Kneeling Scrum Wrestle	28
Week 9 and 10 Overview	29
Conveyer Belts Race	30
Conveyer Belts Tackle Race	31
Sumo Rip	32
Scrum Drive Challenge	33

CONTENTS

Week 11 and 12 Overview	34
Rugby Chess	35
4 Pass Tackle	36
Golden Ball	37
Train Tracks Support	38
Week 13 and 14 Overview	39
Flags Retrieve	40
Kick Chase tackle	41
Ram Raid	42
Catch Up	43
Week 15 and 16 Overview	44
Star Wars	45
kick Tackle bullrush	46
Bulldozers	47
Scrum Zone	48
Week 17 and 18 Overview	49
Passing Bullrush	50
Wrecking Ball Tackle	51
Driving Tanks	52
Line Out Zone	53
Week 19 and 20 Overview	54
Conveyer Belts Race	55
Rugby Pinball	56
Golden Ball	57
Catch Up	58
Trigger Phrase Glossary	59

COPYRIGHT

Ready Rugby is an independent business working to provide quality Rugby programs for Junior Rugby. Our aim is to design manuals that provide a game structure for coaching young players, while making it easier for coaches of these age groups.

In order for us to continue creating material such as this manual we rely on the income generated. Therefore, every time this material is replicated or passed on reduces the chance of further material being created.

Indemnity Disclaimer: While Ready Rugby have used their best efforts in preparing this manual, we make no representation or warranties with respect to injuries. Ready Rugby holds itself not liable for any injuries that may occur during the course of the games. It is necessary that clubs and coaches take all precautions to reduce the chance of injuries.

COPYRIGHT NOTICE. No part of this document may be reproduced or transmitted in any form or by any means electronic, mechanical (including photocopying), recording or by any information storage or retrieval system, without prior permission from Ready Rugby. Copying of the contents of this manual without prior written approval is strictly forbidden. © 2009 Ready Rugby. All rights reserved.

MANUAL OBJECTIVES

The first thing a Junior coach must understand is that **their role is to lay the foundations** for the future of the young players he/she is coaching. One of the keys to providing a very good coaching program is the **acceptance that they can't teach the players everything**, especially not in one season.

Unfortunately, too often the coach feels overwhelmed with all the skills and rules that have to be taught to the young players under his/her guidance. In his/her attempts to provide the best coaching program for the players they attempt to teach the players everything in one or 2 seasons, leaving the players perplexed with all the information and saddening the coach as he/she struggles to understand why they aren't getting better.

A good, well designed training program should be based on progressions. Each level building onto of the last, with clear guideline for the coaches to establish the necessary development criteria.

Our aim with this manual and the following manuals is to provide a clear pathway for coaches to follow. Each age group will have a number of key skills that need to be mastered before moving onto the next age group. The 20 weeks are structured to increase the players skill level, understanding and enjoyment. **For the coach it is an easy to follow guide with clear objectives, coaching expressions and techniques that will achieve results.**

Below is a simple diagram showing the stages of skill development. This diagram clearly shows how a player will develop his/her game over the years up to the under 10's (9 years old).

Activity	U6/7s - 5/6 years	U8 - 7 years	U9s - 8 years	U10s - 9 years
Spatial Awareness				
Passing				
Running				
Onside/Offside				
Kicking				
Tackling				
Break down				
Defence Structures				
Positional Play				

AGE GROUP DYNAMICS

Kids go through many changes in their lives and most of the major physical changes occur before they reach the age of 10 years old. Usually by the age of 5 years old (when they enter rugby) a kid can do all the major life skills such as walk, run, catch and throw, however, at lower to intermediate coordination level. They are ready to take part in group activities and their curiosity level is very high.

Below is a quick overview of the phases a player will go through in their rugby career;

Phase 1 - 5-9 year olds - Fun and Fundamentals

At this age the players are ready to learn through fun activities. They have short concentration spans and need high level activity.

Phase 2 - 10-12 years olds - Skill and Structure

At this stage they still want fun games, however, they now want to know how these games are going to effect their rugby game. They are interested in isolation skills and practicing these skills for improvement.

Phase 3 - 12-17 year olds - Technique and Tactics

The final stage of development is the stage in which the players are mentally ready to learn the different facets of the game. They are interested in how the game as a whole can be manipulated and tactical decision making plays a large role in this development. They are keen to learn how they as a player contributes to the team and the game's successes.

U9 Objectives - Tackle, ruck confidence and introduction to the set piece

At this stage the 8 year old players should have gained a good level of confidence in the tackle and ruck. The aim for this year is to continue tackle and ruck confidence and introduce the set piece attack.

It is important the players start to learn how to use set piece ball to their advantage. Too often the ball gets caught close to the set piece and the attacking team loose a good attacking chance. It is also the beginning of the back line movement so it is important to bring in some straight running and support principles.

Tackling and Ruck Confidence

The players should understand how to tackle correctly, place the ball back to their team mates and to push or drive the opponents away from the ball.

Introducing the Line Out and Scrum Structure

At this age the scrum and line out are still non-contested, however, the attack from the set piece is very important. This year we want the players to learn to retrieve the ball from the set piece, move the ball to space and support the ball carrier.

If you as a coach can achieve these objective this year you have done your part in the players development.

HOW TO USE THIS MANUAL

This training manual is design on a **fortnightly rotational system**, each coaching session is repeated twice before moving onto the next session. Repetition is necessary for the coaching techniques to sink in and with a single training session every week players forget the skills learned quickly and or they become over whelmed by too much change.

Each training session is **finished with a short modified rugby game** designed to give the player the chance to put into practice the skills learnt. It is important that the coach focuses on reinforcing the skills learnt by repeating the phrases learnt during the training games and stopping the game briefly (very briefly, no speech) to explain to the players what is expected of them.

Phrases or trigger words

Through out the training manual **trigger words or phrases are used with the distinct purpose of providing the coach with a trigger** that should remind the players of the technique necessary to perform a skill. It is important the coach uses these words or phrases as often as possible to create a clear understanding and reduce the amount of explaining a coach has to do. It is very helpful during game time for the players as all the coach has to do is call out the phrase and it should trigger a response.

Week Overview

Each week will contain a weekly summary page followed by the game sheets.

Weekly summary

This page is useful for an overview of what and why the games will help develop the players rugby game. For a coach this is very important, knowing and understanding the progressions and concepts behind a given game makes it easier to explain the game to the players.

Game sheets

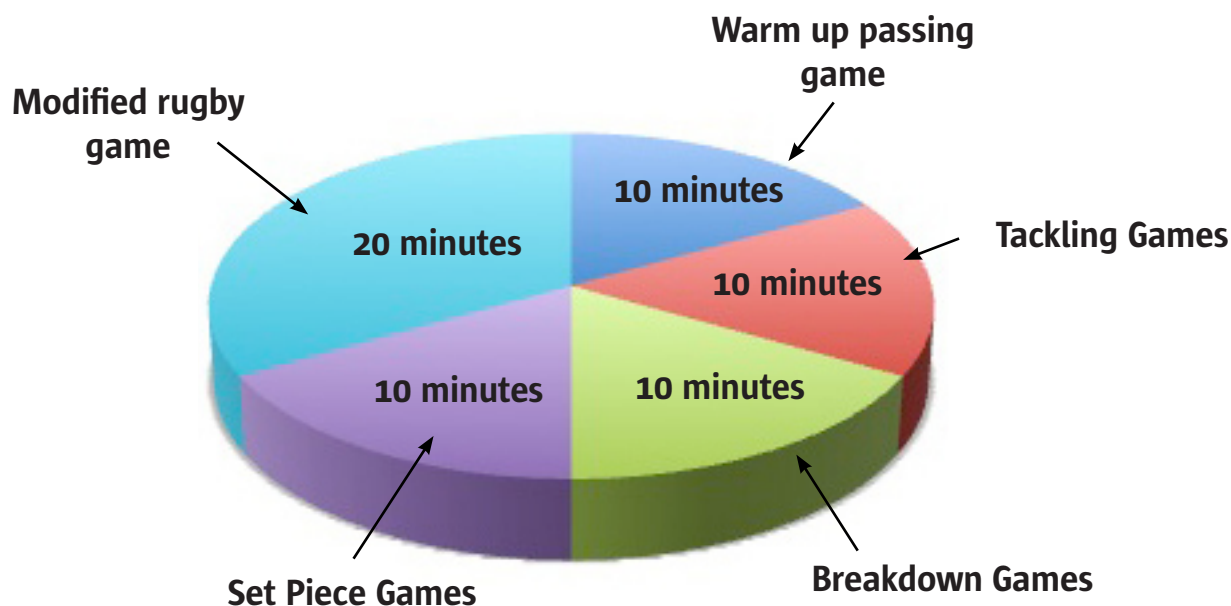
This is the engine room of the manual we would suggest these sheets be printed and brought along to training for referral at all times. The game sheets explain the rules of the game and the trigger phrases as well as a diagram illustrating the set up and structure of the game.

SESSION TIME ALLOCATION

It is important to try and stick to a good time management system. **The key for this age group is to try and rotate a skill after 10 minutes.** This gives the coach time to quickly explain the technical requirements, demonstrate and then get into a game.

Each game sheet explains the key phrases and their learning points. After 4 games based skills sessions the players should be given time to put the skills into practice in a modified rugby game. The rules of the game are explained, however, if a coach feels like modifying them by adding or subtracting rules feel free. The more game time a player gets the better chance the technical skills will stick in their mind.

Below is a pie chart showing the break down of time over a 60 minute session.



EQUIPMENT

This program has been specifically designed with the objective of producing games that can be coached effectively anywhere and one of the key criteria is the reduction in equipment needs. We understand that junior rugby has limited funding which usually translates into less equipment. This manual uses two pieces of equipment;

Equipment

Rugby Balls -

Obviously these are necessary for the games to be played. We would suggest a size 3 ball, however, if the club has limited funding the players will adapt to the sizes available. If the club has funding limitations it might be worth asking the players to bring a ball with them to every training session.

Diagram



Markers

Markers are necessary for the marking out of the field boundaries or grids. It is best to split the markers into 2 or more colours, this helps with the clarification during games (pointing out colour zones etc).

The best practice is to set as many games up before the players arrive as this will get them excited about the up coming games. It also shows the players that you know what you are doing which is very important when trying to gain their respect. When a game is finished and you have to set up for another the best thing to do is send the players for a drink break while you set up the next game.



MODIFIED RUGBY GAME OVERVIEW

The purpose of the modified rugby game is to give the players the chance to put into play the skills they have learnt through out the training session and to allow the players more game time. **The more players actually play the rugby game the quicker they will understand the rules and the skills needed to be successful.**

Here are some tips when refereeing the game;

Referee by the rules

Try and be consistent when refereeing, this will give the players a better understanding of the game. It is easy to be lenient on them when they make a mistake but it just creates more grey areas which you will have to explain later. Make sure you explain to them why you have blown the whistle, what the ruling is.

Coach throughout the game

It is great for the players if you run a small commentary as the game goes, they love this. If this is too hard when you blow the whistle for an infringement ask them the question “do you know why we are stooping” and explain to them what is expected of them.

Stop for short breaks during the game

A short water break here and there is good for them to get their breath back as well as yours. Let them get some water and then get back under way again.

Make the teams even

If you know there are stand out players place them on opposite teams to cancel out any advantages. Feel free to change the teams as the game is played or as you see unfair advantages. Sometimes it is also a good thing to have teams with unfair advantages for players to learn about loosing, however, this is very hard to manage so I wouldn't recommend it.

Let parents join in

In the last 5-10 minutes allow parents to join in the game, the kids love the opportunity of playing with their parents. Another option is to play parents against kids, this is very popular for the players.

Use the trigger phrases

Don't forget the trigger phrases, call them out through out the game, the more you use these phrases the more they stick in the players minds.



MODIFIED RUGBY GAME RULES

TEACHING POINTS

The coach should do the following;

- 🏉 Referee to the rules
- 🏉 Explain what is expected of them when they make a mistake
- 🏉 Coach through out the game
- 🏉 Make the teams even

EQUIPMENT

1 Rugby Balls
6 Markers



GAME ORGANISATION AND RULES

The aim of this game is to bring all the skills the players have learnt together into a rugby game situation. It is necessary the coach focuses on the skills learnt in the training session.

- 🏉 Set Up a field wide enough to suit the players skill level and the number of players. Players just beginning are better to have a narrower field. A suggested field size is 15m wide and 20m long.(the narrower the field the easier it is to tackle and gain confidence)
- 🏉 Split the players into 2 teams with even numbers or as close as possible.
- 🏉 The rules should be as close to the competition game laws of that age as possible. (The rules for this modified game are simply a guide line for what can be used and the coach can change them where necessary.)
- 🏉 Explain to the players the aim is to score a try by placing the ball over the opponents try line without being tackled.
- 🏉 The game begins with a kick off in which one team kicks from the middle of the field to the opponent. The receiving team must receive the ball and be given a chance to run with the ball before being tackled (as the teams get better at the game this rule can be slowly eliminated).
- 🏉 When a player is tackled he/she must release the ball backward towards a teammate. Each team is allowed push past the ball (clean out) and pick the ball up when it is free (ref should call 'ball is free').
- 🏉 If a team drops the ball forward, passes forward a non contested scrum takes place. If a player runs over the side line the opposing team throws the ball into the line out (suggested 4 man line out).
- 🏉 When a team scores a try the scoring team returns to the half way line and kicks to the opponents.
- 🏉 A try counts as 5 points.
- 🏉 It is important the coach referees the release of the ball on the ground consistently. The aim is to get the players releasing and cleaning out as early as possible.

The key to this modified game is to provide the coach the chance to stop the game when necessary and explain what is expected of the players. The more the players play in a game based format the better they will perform on the field in a competition situation.

WEEK 1 AND 2

Each weeks training session has been designed to last 60 minutes with 40 minute dedicated to skill development and 20 minutes to a modified rugby game.

Week 1 and 2 will involve the following games;

Space Invaders

The players should be familiar with this game by now, the most important thing for the coach to concentrate on is the passing technique. The players have to use 2 hands and pass to where the player is going, not where the player is. Secondly the coach should emphasise the player evasion skills, making sure they take small steps when changing direction.

Sumo Challenge

It is important the players understand the correct stance, knees bent, bend at the hips, back straight and head up. They will be using this stance in the scrum games later and need to understand it correctly.

Ball Place Leap Frog

The coach should take special care to make sure the players stretch out when placing the ball this year, to get the ball as far from the defence as possible. Support players need to focus on picking the ball up with both hands and stepping over the player.

Scrum Zone

It is important the players learn that space can be found by passing the ball along a back line to players out wide. Too often at the scrum the ball only gets one pass wide and then caught up around the scrum again. This game is designed to force the players to pass before running. If the coach can stress this then the players will do it in the game.

Modified Rugby Game

Finally finish the last 20 minutes with a modified rugby game. It is important the coach focuses on the skills learn during the training session and reenforces them. The more the players play rugby the quicker they start to understand the game rules and the more competent they will become.



SPACE INVADERS

TEACHING POINTS

This is what we want to teach through this game

- 🏉 Pick your target/receiver early
- 🏉 Pass to where the target/receiver is running
- 🏉 Wait until the target/receiver is in passing range
- 🏉 Use the correct technique

EQUIPMENT

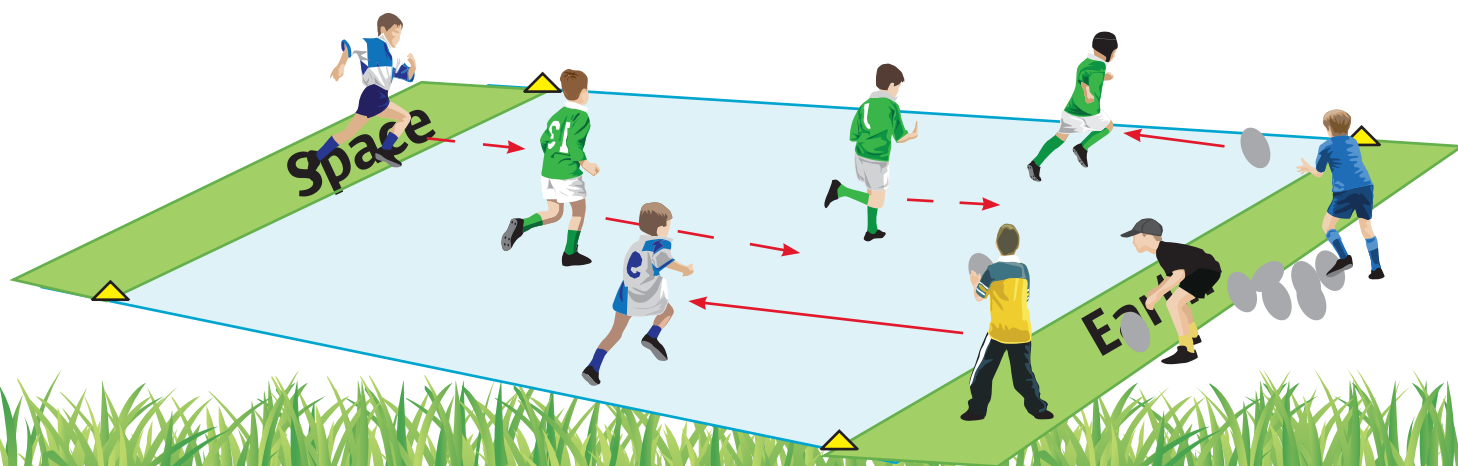
6-10 Rugby Ball
4-12 Markers



GAME ORGANISATION AND RULES

This game is designed to teach the players to hold their pass until they are close enough to pass, pick the target to pass to and coordinate a pass to a moving target.

- 🏉 Set up a field about 10m in length and 15m wide.
- 🏉 Place all the balls at one end of the 10m playing space.
- 🏉 Choose 2-4 players to defend the earth (the place where the balls are) and send the rest of the players to the other end (this is called space). The earth defenders want to try and stop the aliens from reaching earth.
- 🏉 Explain to the earth defenders that they are to attempt to pass the ball at aliens and attempt to hit them below the shoulders.
- 🏉 The earth defenders can move sideways along the earth line, however, cannot move forward off the line. It is important that the earth defenders don't leave earth, the baseline (they are bound by gravity).
- 🏉 If an alien is hit with a direct pass they become an earth defender. The next time the aliens run they try to defend earth.
- 🏉 The aliens must all run to the earth when the coach calls attack and can not stop running forward (they can dodge balls by stepping sideways).
- 🏉 When an alien makes it to earth successfully without being directly hit by a pass they walk back up to the start again (space).
- 🏉 This is repeated until all aliens are hit by direct passes and the game can start again.



SUMO CHALLENGE

TEACHING POINTS

This is what we want to teach through this game

- 👉 Low body height
- 👉 Drive with the legs
- 👉 Keep your head up and eyes open

This great for body height training

EQUIPMENT

4-16 cones

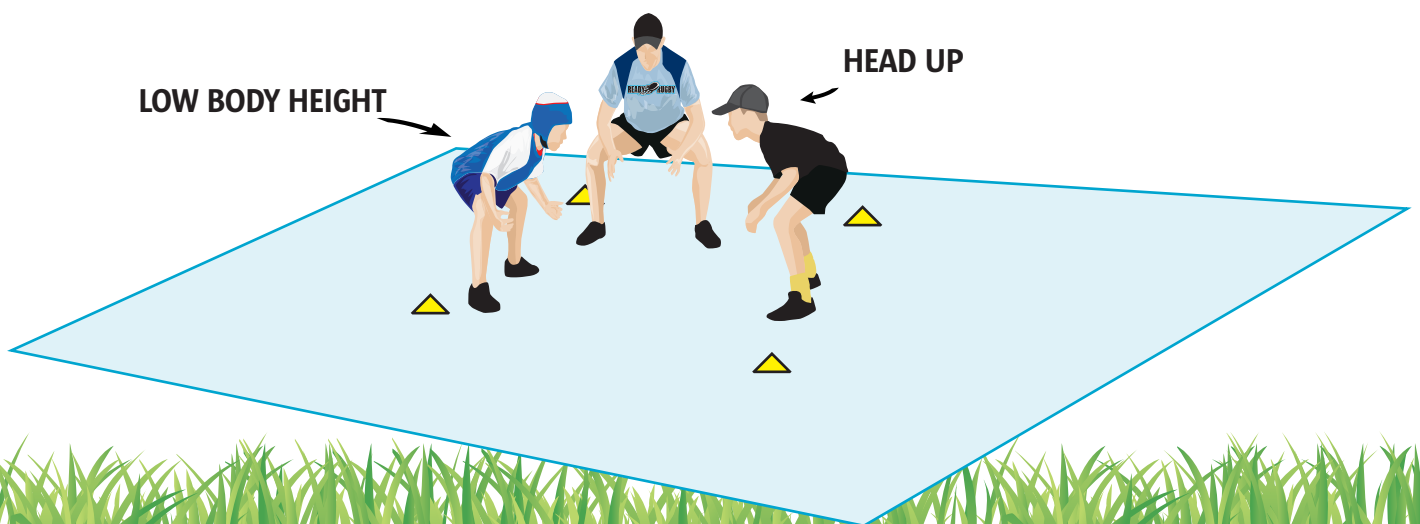


GAME ORGANISATION AND RULES

This game is designed to teach the players about body height and leg drive.

- 👉 Set up a number of 2m wide squares or circles. If you don't have many markers just get the players to face each other, however, leave enough distance between pairs.
- 👉 Get the players to pair up and choose 2 players to stand in the middle of each square.
- 👉 Ask the players if they know how Sumo wrestlers stand, if they do get them to stand facing each other Sumo style (feet shoulder width apart and bent knees).
- 👉 Tell the players, on the coaches signal, they are to try and push the opponent out of the ring.
- 👉 Players can only push, no pulling or grabbing.
- 👉 The player who places any part of their body out of the ring first or goes to ground loses.
- 👉 Once the game has finished choose 2 new players and repeat the process.

Players will automatically stop driving with their legs when they make contact, it is the coaches job to explain that the leg drive into and through contact is important.



BALL PLACE LEAP FROG RELAY

TEACHING POINTS

The key words are

- 👉 Place - place the ball back to your team with 2 hands
- 👉 2 handed pick up - it is important the players learn to pick up with 2 hands

EQUIPMENT

- 1-4 Rugby Balls
- 4 Markers

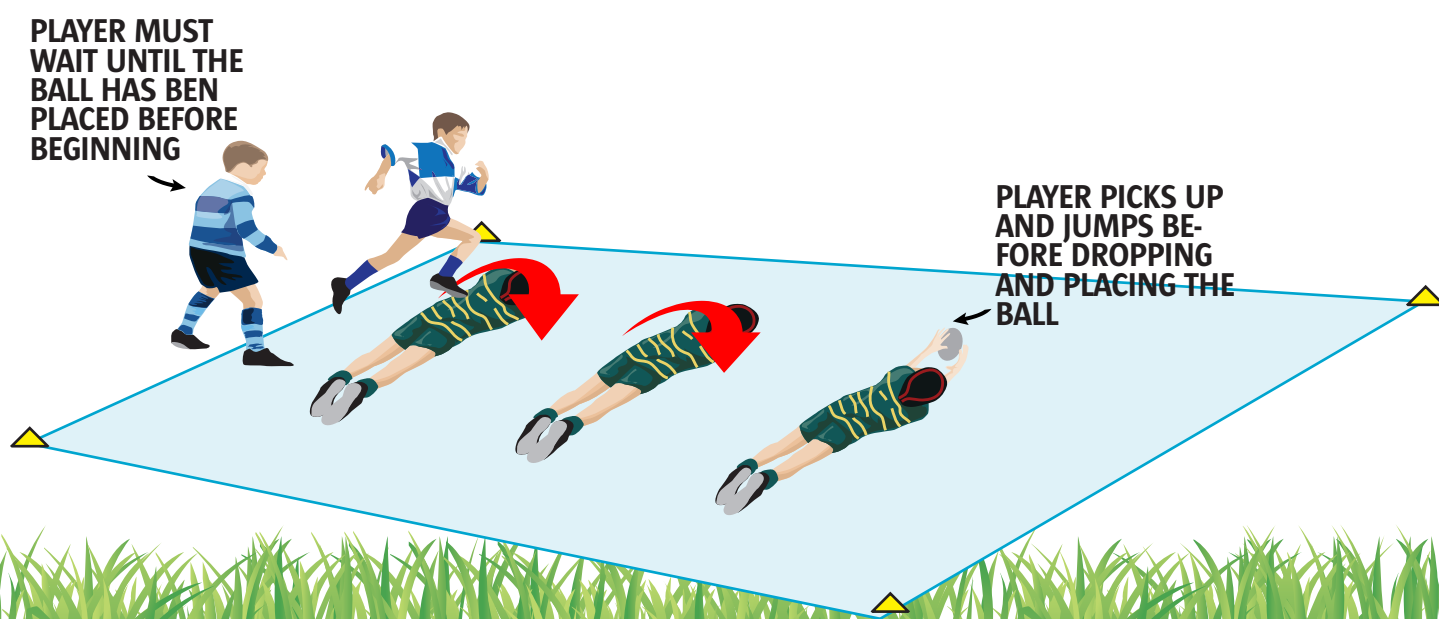


GAME ORGANISATION AND RULES

This relay is designed to teach the players correct placement of the ball and the pick and go. The ball place is very important at this age for clean ball as most players stand around over the ball.

- 👉 Set up a narrow field (depending on the number of teams involved in the relay race) approximately 15m long and 8m wide.
- 👉 Split the players in 2 teams, stand them at one end of the course in a single file next to each other.
- 👉 Explain to the players that the first ball carrier is to take 2 steps and then drop to the ground. He is then to roll, face his team mates and place the ball, arms length back to the team.
- 👉 Once the player has placed the ball the next player can start to run. He must pick the ball up, leap frog over the lying player and drop to the ground and repeat the process.
- 👉 The players lying on the ground must remain lying until all the whole team has leap frogged them and there are no players to continue, in which time they jump up, leap frog all players and pick up and place.
- 👉 The players repeat this leap frogging and placing until the whole team crossed the finish line.
- 👉 The team to have all the players across the line wins the race.

It is important the coaches demonstrate a good place of the ball so the players can emulate this.



SCRUM ZONE

TEACHING POINTS

This is what we want to teach through this game

- 🏉 Scrum zone - players must pass the ball away from the scrum zone or to space before running.
- 🏉 Pick your target/receiver early
- 🏉 Pass to where the target/receiver is running
- 🏉 Wait until the target/receiver is in passing range
- 🏉 Use the correct technique

EQUIPMENT

- 1 Rugby Ball
- 4-12 Markers



GAME ORGANISATION AND RULES

The aim of this game is to get the players used to passing the rugby ball along the back line to space before running.

- 🏉 Set up a field approximately 20m wide and 10m long. Create 3 zones with both the outside zones only 5m in width.
- 🏉 Split the teams up into 2 teams of even ability, and numbers.
- 🏉 Explain to the players that the 2 outside zones are called the scrum zones and can only be played in when the coach calls a scrum. The middle zone is called the running zone and the players can run and pass to attempt to score a try.
- 🏉 In the scrum zone the players cannot run with the ball, a scrum is set and the ball is fed into the scrum once the ball is won they can only pass the ball until it reaches the running zone and only then can the players run with the ball to score.
- 🏉 In the scrum zone the defence CANNOT advance until the ball is passed into the running zone. When in the running zone the defenders must tackle the attackers to the ground to stop a try. When the ball is stopped in a ruck, maul or over the side line the attempt is over.
- 🏉 To begin set a scrum in the scrum zone at about the middle mark between the two try lines. Leaving at least 3 players for the back line spread out from the scrum into the running zone. (this may mean a modified scrum number)
- 🏉 Each team has one opportunity to score a try from a scrum and if successful they receive 5 points. If unsuccessful the opposition get an attempt to score a try from a scrum back at the middle mark.
- 🏉 Continue to alternate the attacking teams, changing the players around and using both scrum zones on either side of the running zone.

It is important the players understand that in order to receive the ball as support players they have to run into the running zone. Be tough on ruling the ball out if it is passed back to players in the scrum zones.

