



# Penn State Rugby



*Building Champions – Shaping Futures*

**Winter Clinic 2007  
Coaches Manual**



# Schedule

Friday

7pm-10pm

IM Gym 1

Handling and go forward

Saturday

8-10am

Holuba

Tackling and continuity

1-4pm

IM Gym 3

Lineouts, back play, defense, team attack

5-7pm

Classroom

Video, principles of play, Q&A

10-11.30pm

Holuba

Scrum, kicking, kick-offs, team play

Sunday

8-Noon

Holuba

Scrimmages

8-8.30am

Team prep

8.30-10am

Games on each field

10-11am

Full pitch for experienced

11-Noon

Penn State + Alumni  
exhibition

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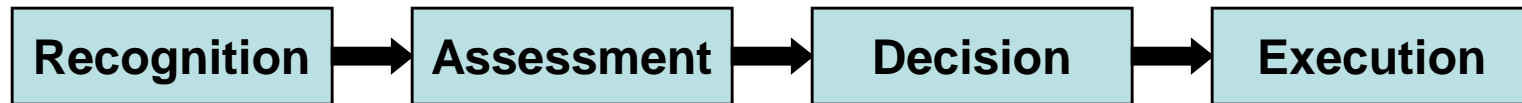


# Guidelines for Practice

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# Model of Skilled Performance



Traditional rugby coaches only focus on execution.  
That is not usually the problem.

Practice should be focused on developing skilled players.



# We Need To Develop Players To:

- 👉 see try scoring opportunities
- 👉 create try scoring / stopping opportunities
- 👉 execute try scoring / stopping opportunities



# A Coaching Session Should Develop Our Players To:

- Recognize opposition defensive alignment?
- Act collectively to overcome the defense?
- Recognize the role of the ball carrier?
- Recognize where the support is?
- Make efficient & effective choices?
- Understand and improve the skills required for each choice?

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# Accelerated Skill Development

Games-based approach is based around on recent research that shows:

- Skills learnt under game conditions are retained better
- Develops “game sense” – instinctive reactions
- More intense practice because of competition
- More fun



# Whole-Part-Whole

This does not mean there is no technical coaching. The process is:

1. Introduce game to test players skills
2. Identify areas of technical weakness
3. Address technical deficiencies
4. Re-introduce game

Player centered, focuses on what the players needs to improve.



# Developing Game Sense

PLAY GAME or  
Modified Activity



TACTICAL & SKILLS  
FEEDBACK  
(Questioning)



RETURN TO GAME

Coach Observe. But rather than telling players how to correct the errors the coach uses questions to draw answers and understanding from the players

Coach can 'condition' or manipulate the rules etc ..... To create the learning outcome required.



# Sessions should be

- Opposed if possible
- Delivered in the context of the game  
Player centered – allow players to solve problems by asking questions
- Progressive, building into a full game.



# Practice/Games

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# Practice Guide

- The practice guide lays out some game/drill structures.
- Try to make drills more like games – need opposition and a way to win.
- Manipulate numbers, width and length to focus on specific skills
- Creativity in designing practice keeps players challenged and makes coaching fun!



# Game/Drill Structures

- Key to symbols:

	Defender		Tryline
	Attacker		Ball
	Cone		
	Direction of run		
	Direction of pass		

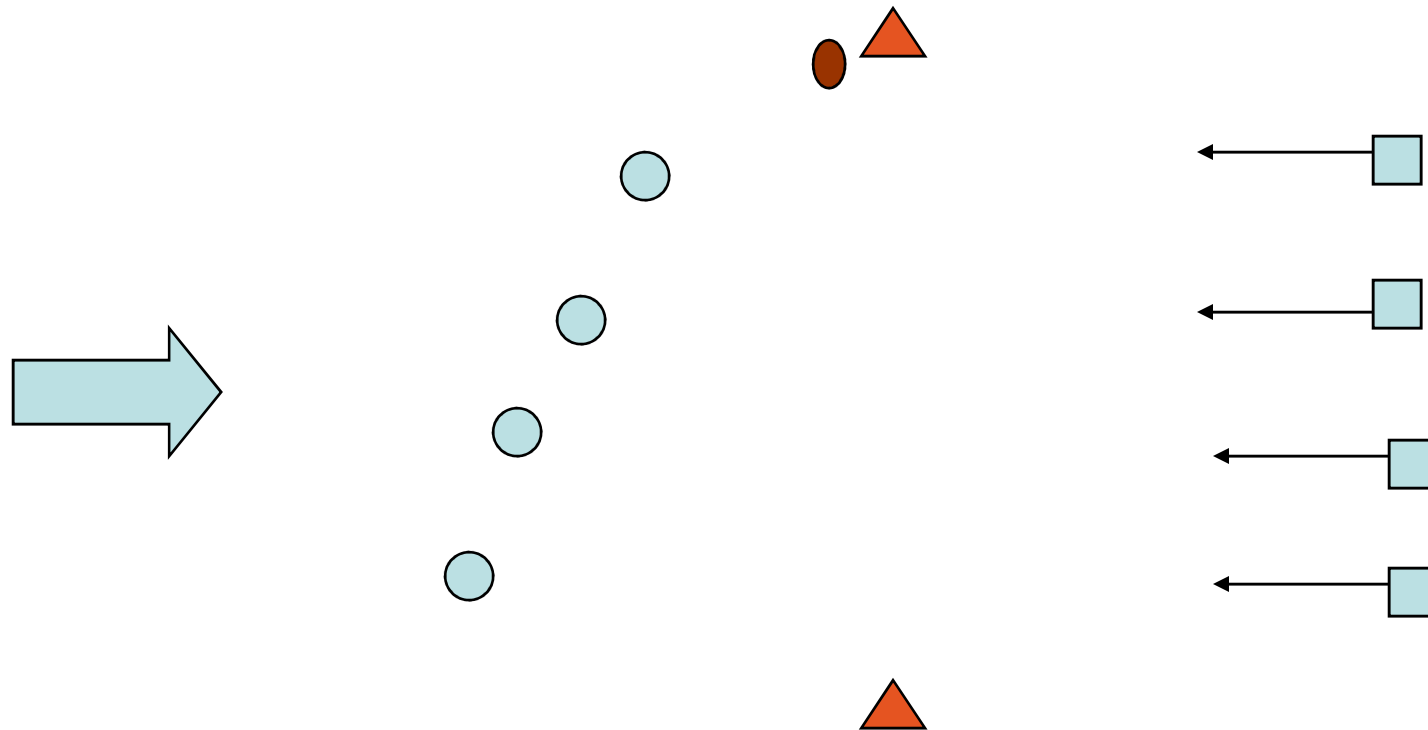


# Go Forward

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# Handling

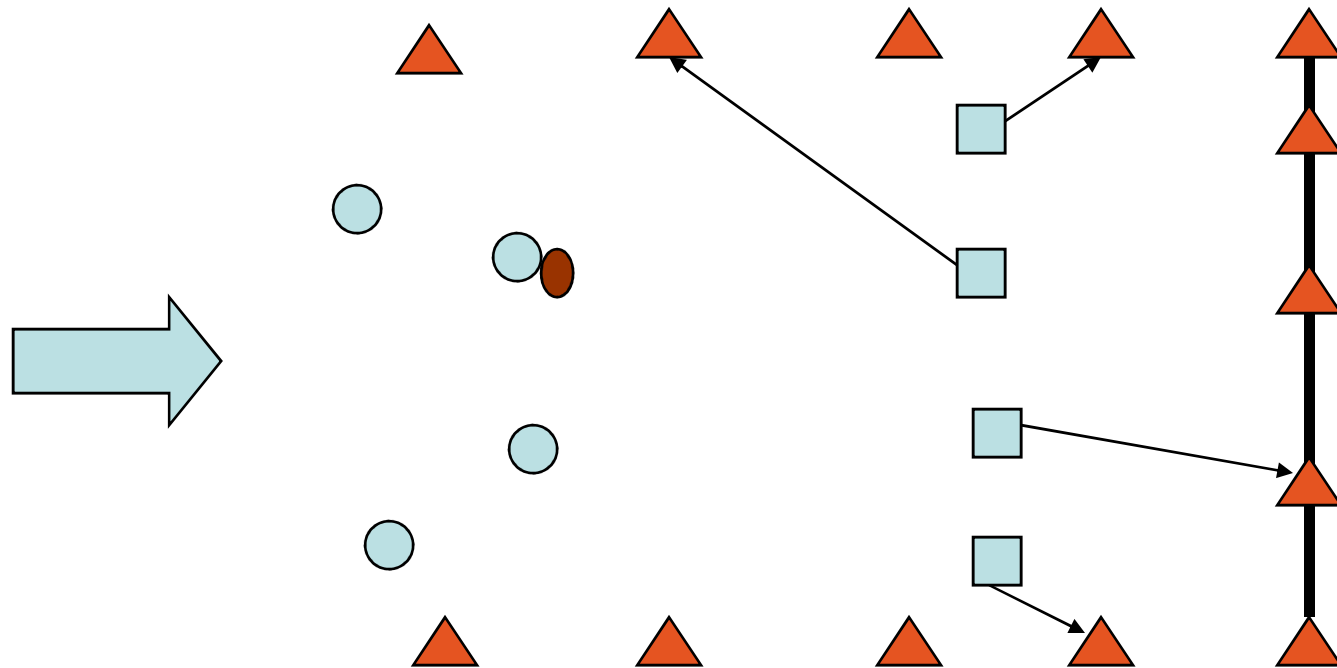


There are two lines of 4 or 5 and a SH at each cone. The lines alternate attack and defense. The defense is only their to give the sense of pressure. Once a line attacks it and moves the ball across to the other cone, it retreats and sets up as a defensive line, while the defending line sets up to attack. Need to change direction of pass.

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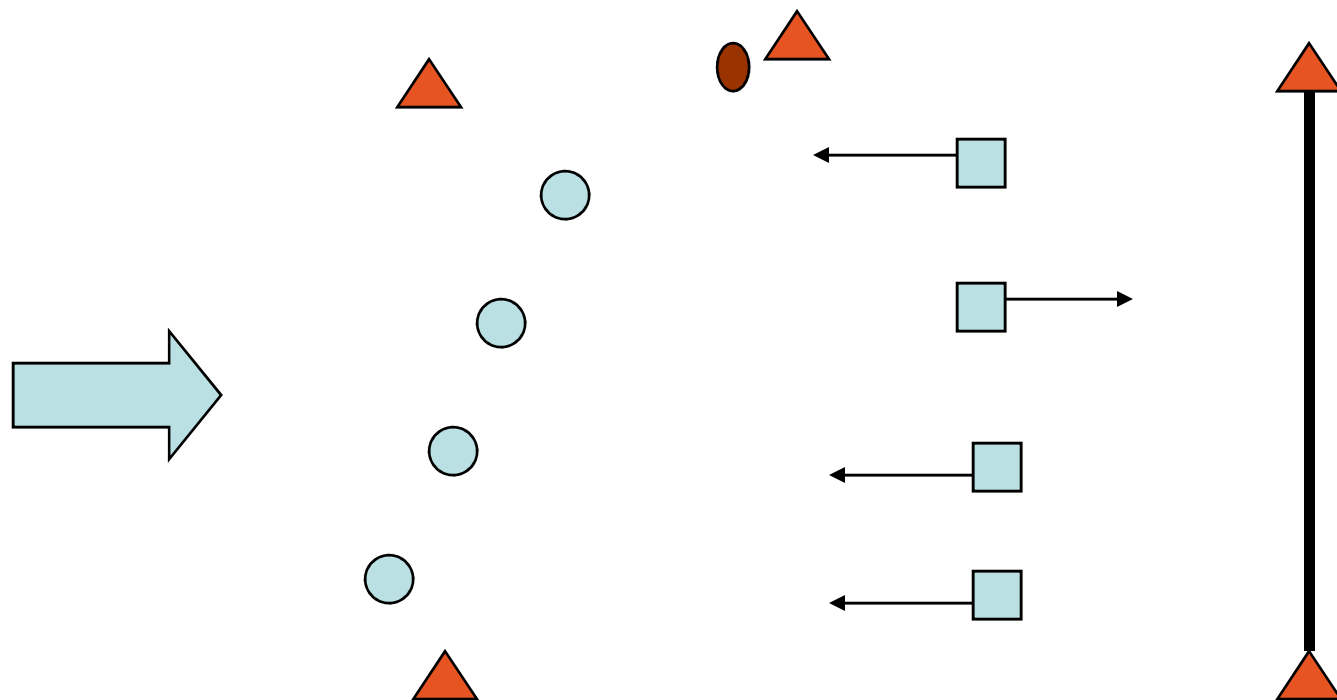
# 4v4



Each defender must touch a cone when the ball is thrown to the attacking team, then they can defend. Attackers need to attack the space between defenders.



# 4v4 A

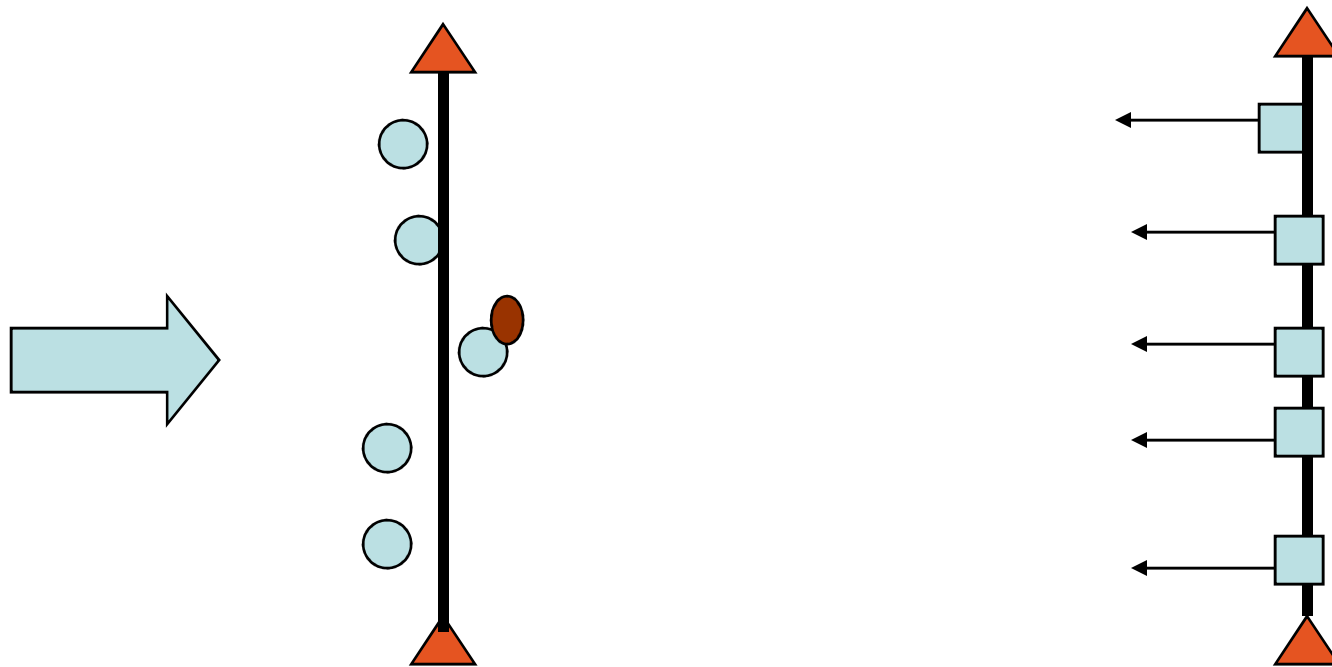


4v4, with a different defender not moving forward, and dropping back. Other defenders must stay in their channel. Purpose is to have players see the hole and attack it. Keys are communication, striking and having the playmaker take the ball up to the defender.

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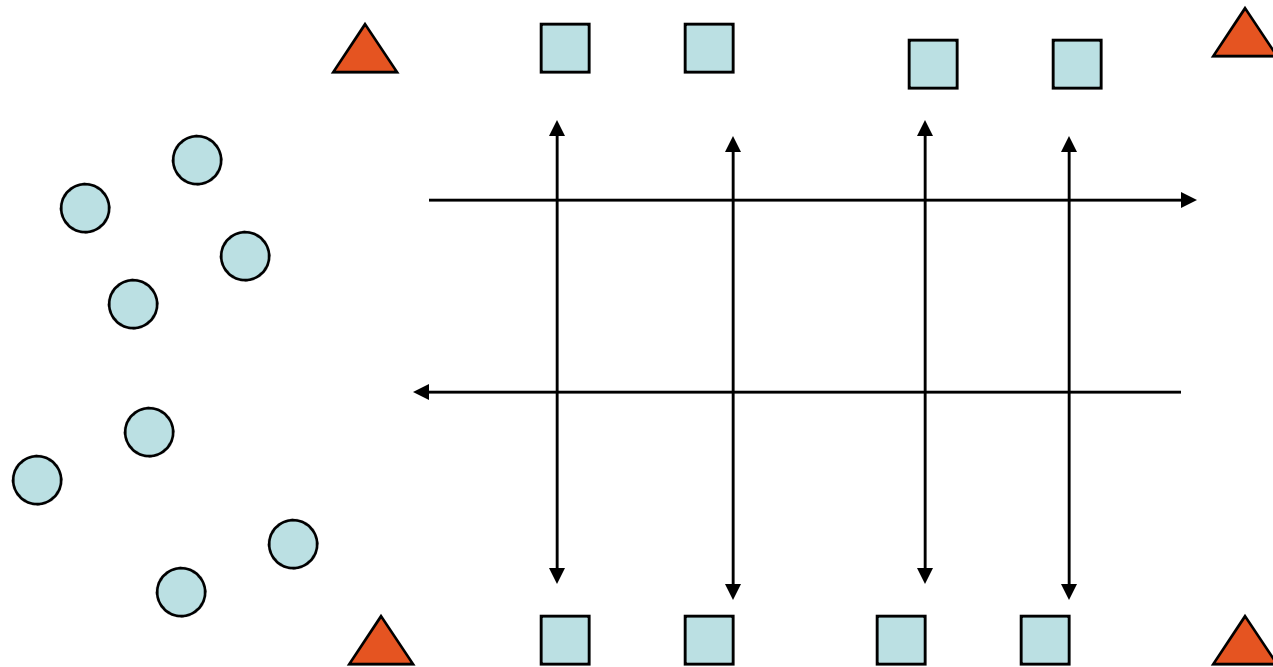
# 5v5 Turnover Drill



Both teams start on their goal lines (only 10m apart). The attacking team tries to score, but when they are touched with two hands the ball is turned over and they place it down. They then must retreat to their line before they can defend. Once the ball is placed down the defending team can attack immediately and try and score. If they are touched the ball is turned over and they must then retreat before defending. Width of the field determines difficulty.



# Zombie Drill

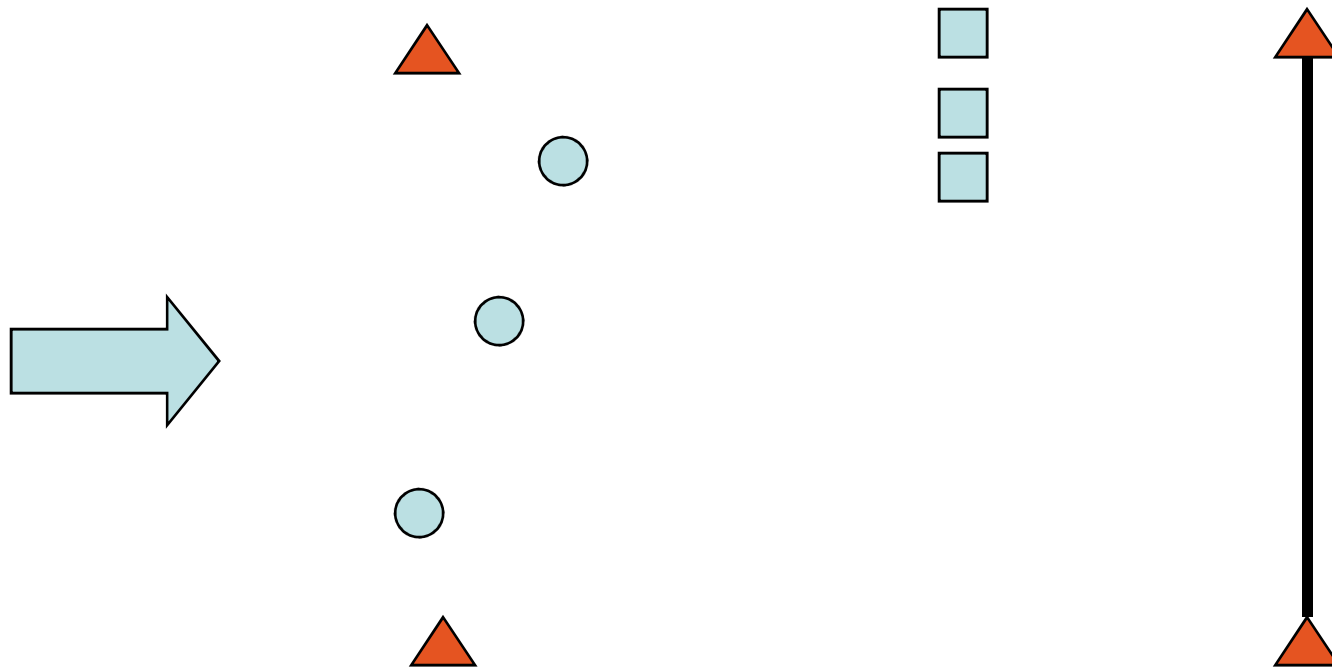


Split the group into two teams. One team acts as “zombies” walking back and forth across a 10 m channel. The runners have to run down and back as quickly as possible avoiding contact. Then the zombies can have their arms out but have to walk at a constant speed. Then the zombies can speed up and slow down (but cannot go backwards). When the runners are caught they do exercises.

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# 3v3



The three attackers must hold hands and can only break and defend when the ball is passed to the attackers. When the attackers are touched the ball is placed down and can be spread after the count of 3 by the SH. You can use a wide field.

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# Support/Continuity

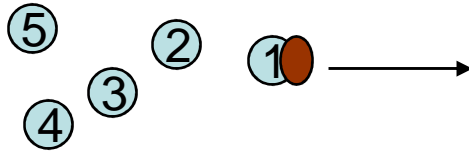
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# Cycle Drill

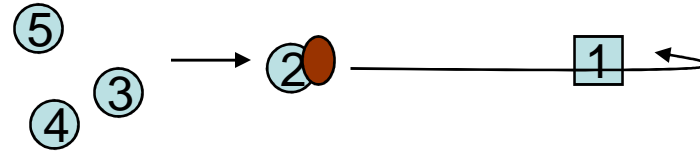
Technical only, does not develop skills.

1.



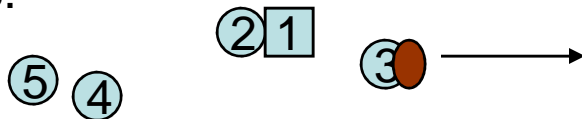
First player runs out and puts the ball down

2.



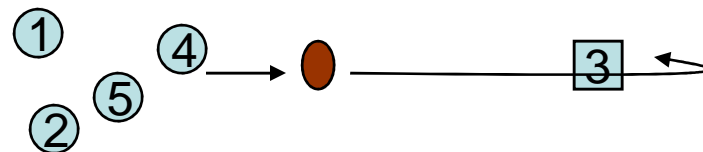
After he puts the ball down he runs on turns and becomes the defender. Next player picks up the ball

3.



The ball carrier engages the defender and the attackers beat the defender using the skill as designated by the coach.

4.

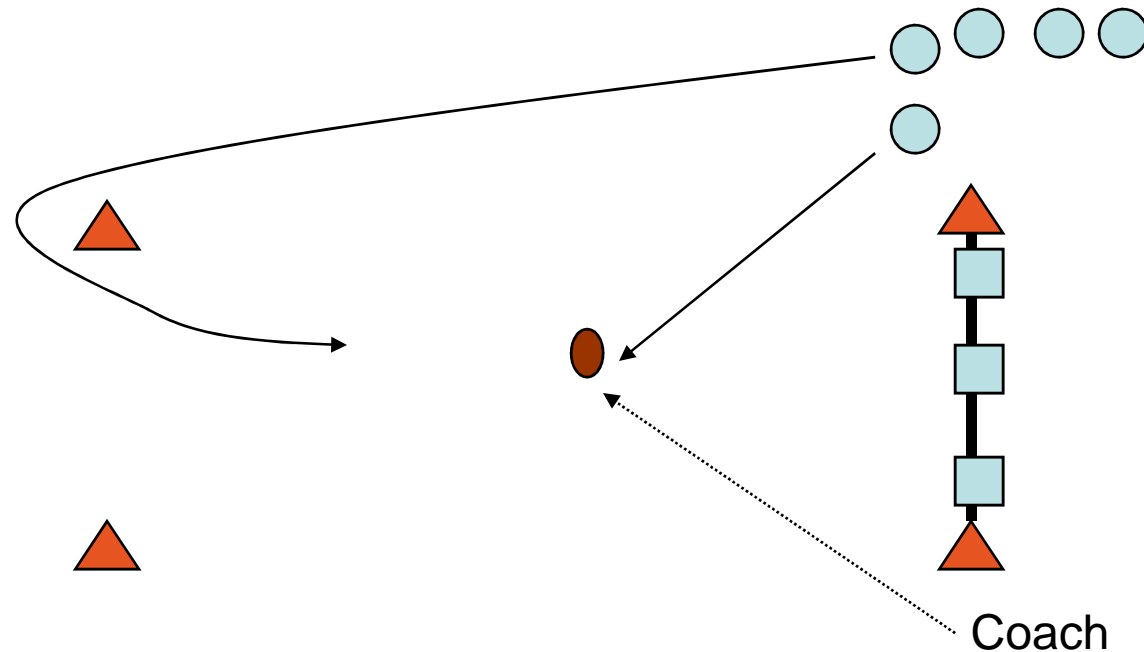


Whoever ends up with the ball runs on, puts the ball down and becomes the next defender. Cycle repeats

You can ask the BC to execute a particular technique or you can give the BC freedom and have the support react. More than one defender also will work with larger groups.



# Support Game



The coach rolls the ball out into the grid. The first attacker goes directly to the ball, the supporters must run around the end cone. The defenders may come up when the ball carrier has fielded the ball. If the ball is close to defenders the BC must buy some time. If the ball is far then the BC has support and can play.

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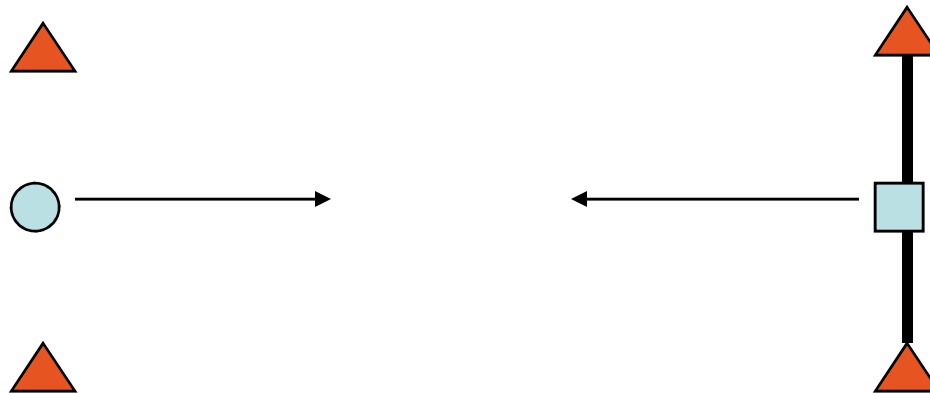


# Defense

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# Head-On Tackle Game



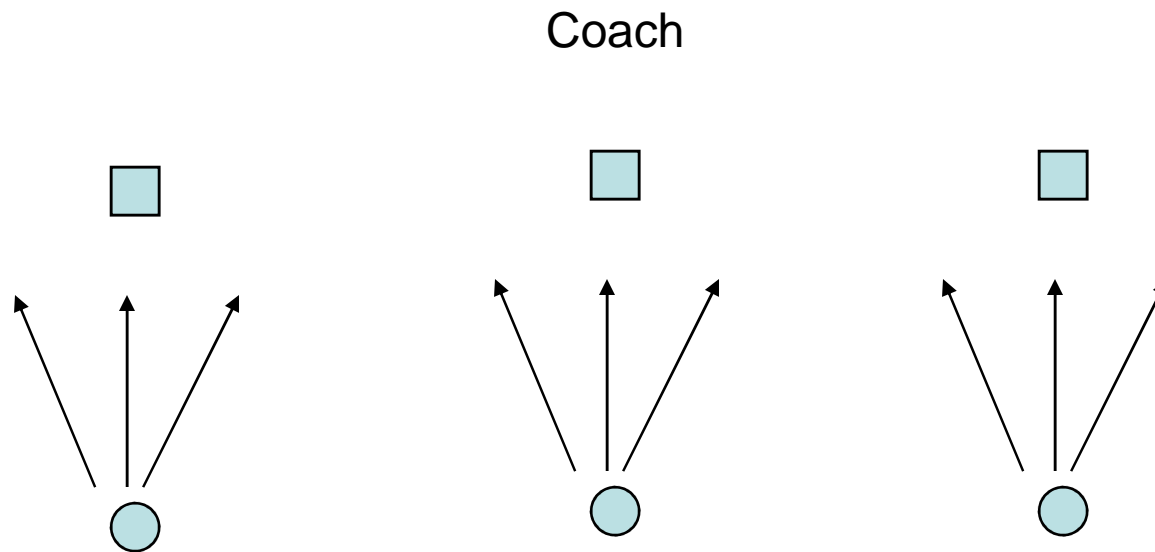
One on one in a very small field. Manage the length and width to manage the intensity. Few quality repetitions are good. 2m by 5m are good dimensions.

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# Tackle Decision Drill

Technical only, does not develop skills.

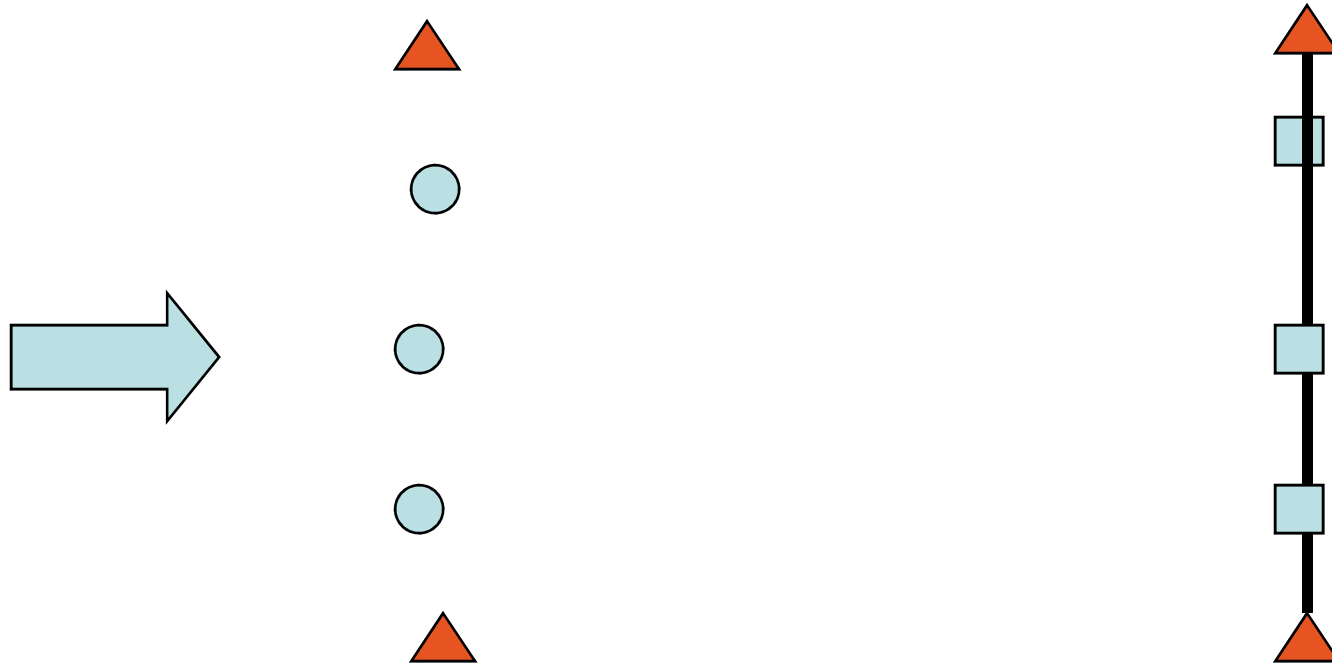


Coach stands behind the defenders and attackers to go left, right or straight ahead. Defenders have to react and execute either a side on or head on tackle.

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# 3v3 No Ball Defense

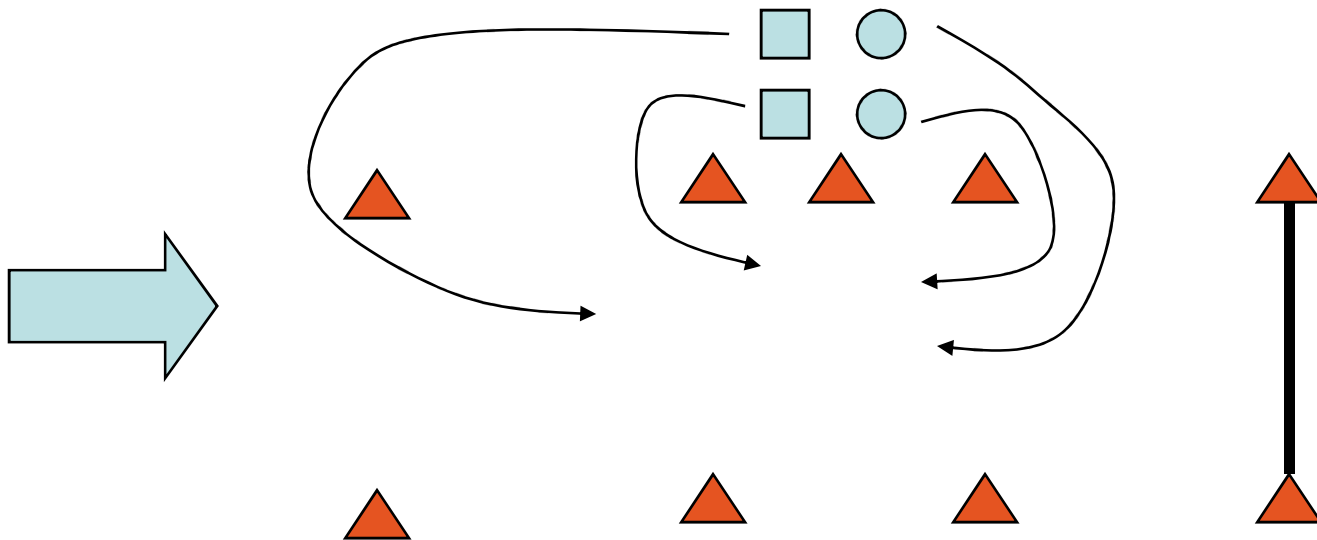


There is no ball for this drill, so the focus is one defender one tackle. The offense tries to run through the defensive line without being touched (2 hands below the waist). Defenders can only touch one attacker. Defense moves when offense starts. Offense is not allowed to discuss plays. Key points are: come up together, communicate, one person one tackle. Slide as attackers loop.

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# Poaching



Ball carrier comes around near cone. Attacking support has to go around far cone. 2 defenders have to go around near cone and must poach the ball before the support gets there.



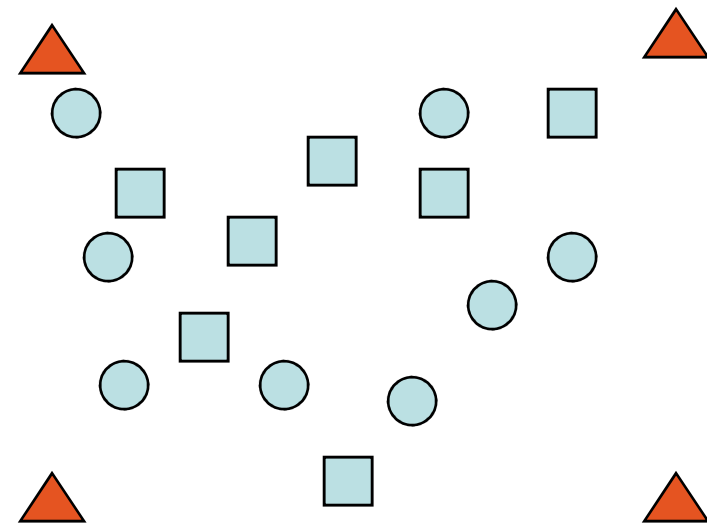
# Games

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# “20 Passes”

The group is split into two teams (they don't need to know who is on their team). The ball is turned over if they step in touch, the ball is dropped or knocked down in the air. The defense cannot knock the ball out of the hands of the offense and they cannot call for the ball if they are not on their team. The team wins if it gets to 20 passes.



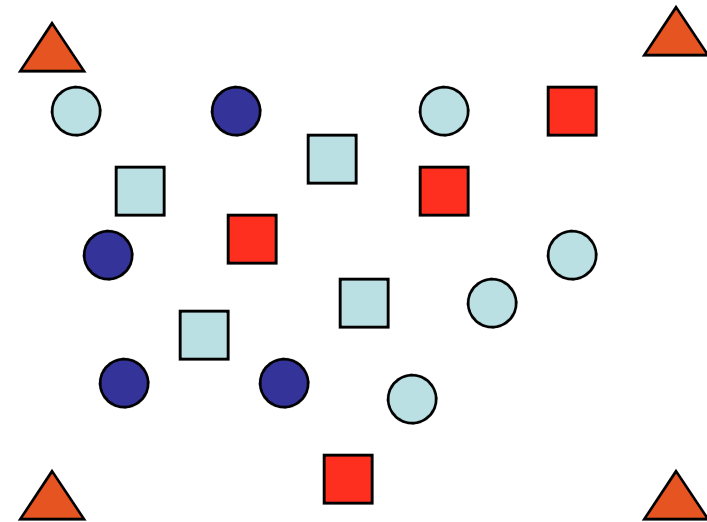


# “Max Pass”

There are teams of 4 or 5. They can run and pass in any direction. The goal is to make passes without dropping the ball or stepping out of bounds. If they “lose” the ball, 1<sup>st</sup> is 5 push ups, 2<sup>nd</sup> time 10 sit-ups and 3<sup>rd</sup> time is 5 squat jumps.

Progression:

- All 4 teams pass with no defense
- The teams can knock the ball down
- One team plays defense only – time a minute and the teams count the number of passes they can make.





# Introducing Rugby

Goal is to introduce rugby. Teams play in teams of 10 across 22. Goal is to score a try.

Progression:

- Pass in any direction with turn over when ball is dropped or they are touched with 2 hands below waist. Kicking allowed.
- Pass immediately when you are touched
- Pass backwards, when touched have to pass straight away
- Kicking allowed.



# Canterbury Game

This game is run at 50% pace so the players have time to make decision and reduces speed advantages so teams have to break down defense with their team play. The defense is wrap defense. Numbers and width can vary depending on the outcomes for the game.

## Principles:

- Align with two lines of attack, one behind the other – attack with depth
- Do not run into the defender, run into the space between defenders
- Move the ball in contact if possible – focus on go forward

## Progressions:

- Players stay on their feet in contact when they don't break the tackle-line, go to ground when they do
- 4 defenders in every breakdown – focus on attacking with overload – do not need to drive the maul
- 2 passes between contact

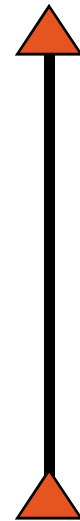
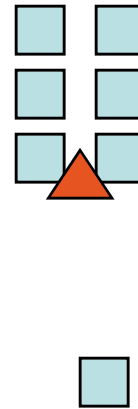
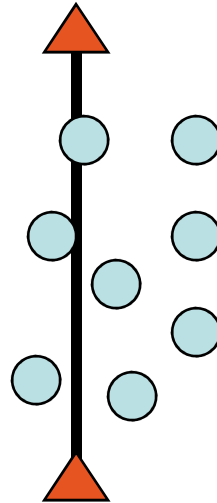


## “8v1”

Does not need to be 8v1. Can be touch, grab or full contact.

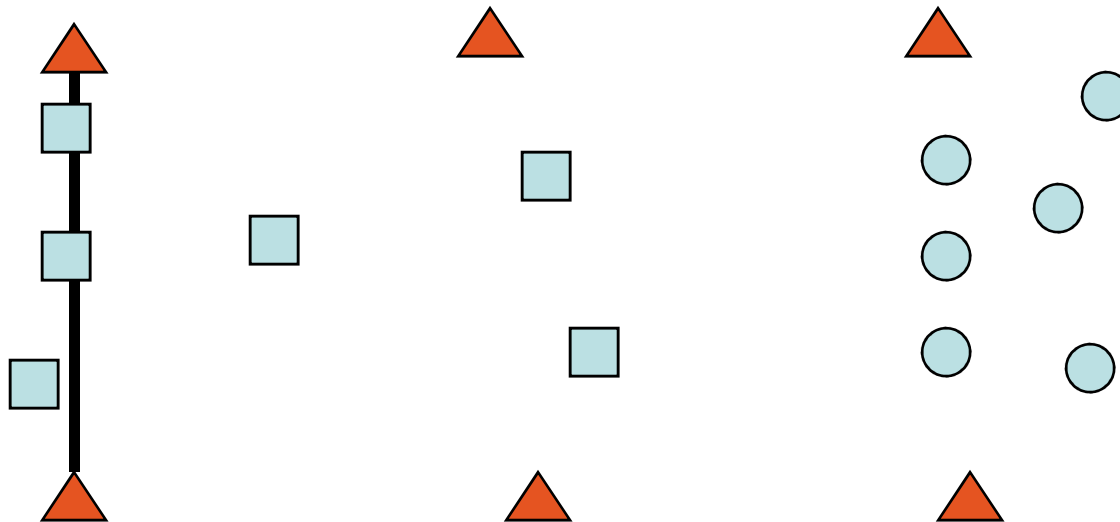
Width is normally about 20m (can be the 22). Length determines intensity.

First defender kicks ball to Attackers and stays still until ball is fielded. The “8” attack and score on other end of grid. When the ball is touched down another player must pick up and attack the other way and another defender is added. This repeats until the coach decides the attacking team has failed to score.





# Channel Game

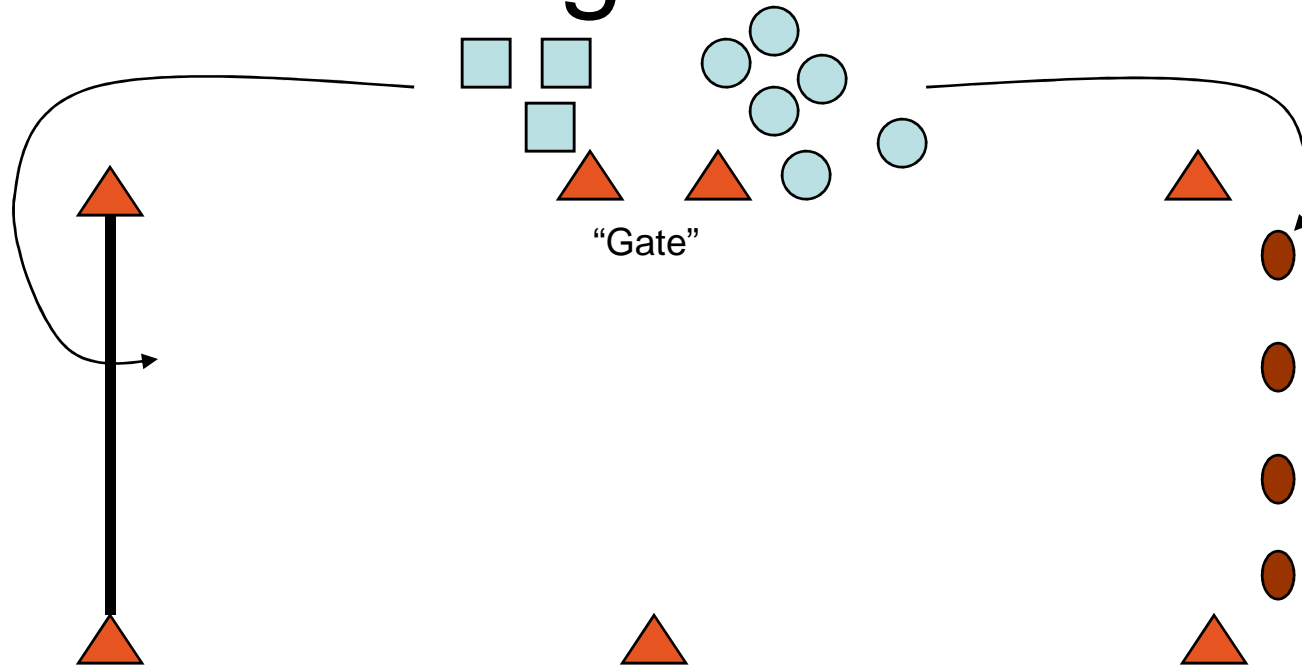


This is a small sided game with limited numbers and space. Variations:

- Set up different defenses
- Change how the game is started – throw the ball behind, roll it in front, kick etc
- Manipulate starting position of offense and defense (lying on floor etc)



# Designer Game



Attack has to go around the cone pick up a ball and attack. The defense does the same. The attack continues until the coach calls the end of play or a try is scored and then both go through the "gate" and repeat. Number of balls and length of grid manages the intensity. Width and numbers determines the skills that will be practiced.