

Scrum - Front Row

Introduction

The following scrum section provides a brief overview of front-row technique.

For further information on scrummaging please refer to the ScrumReady resource (available on scottishrugby.org/coach-game).

Individual Body Position Basic Scrum Set Up

- Shoulder blades back together
- Feet shoulder-width apart, weight on flat feet to give stability
- Lower top half of body by pivoting at hips
- Strong back with elbows tight to the body tensed.

Side



Front



Individual Body Position Hooker/No.8 Set up: Front

- Feet split stance weight on flat feet to give stability
- Knees flexed
- Hips- tilted pelvis
- Strong back with elbows tight to the body tensed



Side

- Shoulder blades together, with head in a neutral position
- Push backside away from you into dead lift position
- Lower top half of body weight on front leg
- Chest in front of knees



Front-Row Set Up

- Feet shoulder width stance weight on flat feet to give stability
- Knees flexed
- Hips- tilted pelvis
- Strong back with elbows tight to the body tensed
- Shoulder blades together with head in a "Neutral" position.
- Push backside away from you into dead lift position
- Lower top half of body
- Chest in front of knees



Developing Individual Scrum Technique

Core Drill - Ball Balance

Aims: Develop core strength and effective scrum position

Explanation: Player grips ball and balances maintaining good body shape for scrum position.

Coaching points:

- Show good body position (See basic scrum shape)
- Shoulders and hips in line
- Good wide base
- Hold pressure for 3 seconds plus



Core Drill - Partner Ball Balance

Explanation:

- Player grips ball and balances maintaining good body shape for scrum position
- Partner tries to push player off balance by pushing head/shoulders/hips
- Player pushes against the direction of the force

Coaching points:

- Show good body position (See basic scrum shape)
- Shoulders and hips in line
- Good wide base
- Work against the push



Core Drill - Ball Balance

Explanation: Player leans fore arms on swiss-ball and balances maintaining good body shape for scrum position.

Coaching points:

- Good scrum posture
- Shoulders and hips in line
- Good wide base

Good scrum posture

- Shoulders and hips in line
- Good wide base



Core Drill - Tyre Push

Explanation:

- Player balances on the tyre maintaining good body shape for scrum position holding pressure for 3 to 5 seconds
- Player pushes tyre by extending legs powerfully then chasing feet to regain position
- Repeat

Coaching points

- Show good Body position (See basic scrum shape)
- Shoulders and hips in line
- Good wide base.
- Maintain body shape as legs extend

Progression:

- Increase the weight of Tyre
- Increase reps/sets of practice

