

**Keep it
Alive!**



FORD
FOUNDATION RUGBY



Control in Contact for Young Players

The ball should be kept off the ground as often as possible.

Techniques are required by all players to ensure continuity of play.

KEY FACTORS

- Aggression at point of contact
- Don't panic
- Quick decision making
- Controlled release of the ball

Retention during Contact

Keeping the Ball off the ground

The Two Hand Around Pass

KEY FACTORS

- Drive past one side of defender
- Ball in two hands lift ball over and beyond tackler
- Pass ball behind tackler
- Soft pass, easy for close supporting players to catch and surge onto



The Push Pass

- Should not be a "fired" pass
- Get the ball to "sit up" in the air for support player to surge onto

KEY FACTORS

- Controlled fall onto back
- Ball in two hands
- Sight support runner
- Push from the chest
- Sympathetic release for support player



Control in Contact:

Ball on the Ground

As soon as the ball carrier has landed on the ground, the player should work hard to place the ball so that their body is between the opposition and the ball (then roll away).

KEY FACTORS

- Ball on the ground for as short a time as possible
- First support player has immediate decision to make either to lift and drive or clear out opponents
- Low, dynamic powerful driving position required

Common errors that occur: -

-Player tries to place the ball while he is falling

Pick and Go

Support player steps over ball carrier on the ground, takes the ball on and attacks a space, opposition, or makes a pass.

Pick and Pop

Support player steps over ball or into space 'sinks' hips and 'pops' the ball to oncoming support runner — protecting the ball with his body at all times.

Collective Control in Contact:

Ball on the Ground

The Ruck

KEY FACTORS

- One or more players from each team, on their feet, and in contact over the ball
- Players adopt powerful, dynamic, low driving position
- Players bind together... "spines in line"
- Maintain balance and control at point of contact
- Use leg drive to move beyond the ball



The 'Take Away' Technique

(Mini rucks)

When the ball is on the ground, often an attacker and a defender reach the ball at the same time. Instead of trying to pick up the ball, the attacker should drive over his partner who is carrying the ball, thereby driving the defender away, and allowing another teammate to pick up the ball and continue play.

It is not a question of hitting a wall of defenders as hard as possible. This type of action will often result in players collapsing on to the ground.

The mini ruck is a dynamic yet controlled forward drive. A good ruck has an impressive, balanced shape to it.

The mini ruck is formed when the attacking player is on the ground with the ball. The next player should drive over the grounded player allowing the ball to be played by another teammate. In this situation, more players can bind together to effectively clear away opposition players who are close to the player on the ground.

KEY FACTORS

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| <ul style="list-style-type: none"> • Low body positions • Bind early • Flat back; spines in line with touch lines | <ul style="list-style-type: none"> • Keep eyes open • Control the contact point; driving from low to slightly high • Bind on opposition and drive with legs, moving them away |
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SAFETY FACTORS

SHOULDERS ALWAYS ABOVE HIPS
NEVER DELIBERATELY COLLAPSE RUCK OR MAUL

SUMMARY

- Rucks and mini rucks are dynamic yet controlled facets of play
- They provide quick possession when performed correctly
- Both have an impressive balance
- Both introduce offside lines and pose questions for defenders
- Both are worthy of regular practice

WHEN THE BALL CARRIER CAN MAKE NO FURTHER PROGRESS THEY SHOULD BEGIN TO TURN THE BALL TOWARDS THEIR SUPPORT AND START TO DRIVE TO THE GROUND.

ARRIVING PLAYERS WILL CONCENTRATE ON DRIVING OVER THE TOP OF THE BALL AND THE PLAYER, ENGAGING THE OPPOSITION. THEY SHOULD BIND ONTO ANOTHER SUPPORT PLAYER (S) AS THEY CLOSE IN ON THE BALL DRIVING WITH A LOW BODY POSITION.



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