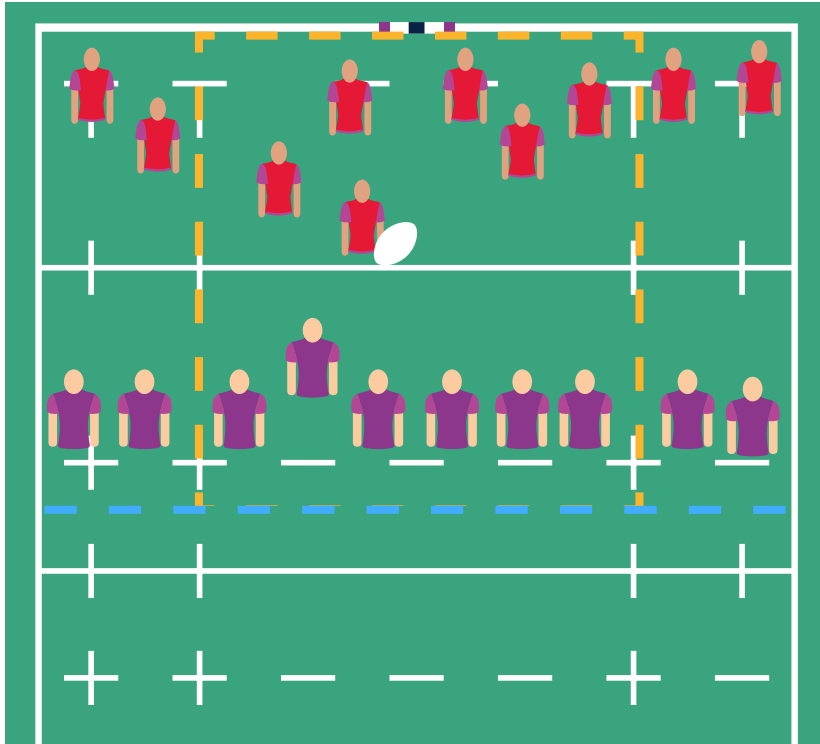


Return to Rugby

Example Games - Wide Channel Touch

Focus – Filling the field; Early hand catch, Alignment;
Playing off first receiver; Linespeed in defence



HOW TO PLAY

- Two teams, maximum of 10v10 on ½ a pitch (70m x 45m)
- Place cones down the 15m lines (yellow) to create 3 channels (15m, 40m, 15m)
- When attacking, each team is allowed 2 touches in the middle channel before they have to move the ball into one of the wide channels (where they receive an additional touch – so if only 2 touches are allowed in the middle channel, 3 are allowed in the wide)
- When touched (2 hands), ball carrier should go to ground then either pop or present. If presenting, attack must place one player into the breakdown (unopposed)
- Turnover if number of touches exceeded

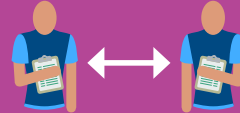
COVID-19 RETURN TO RUGBY - REMEMBER



Sanitise the ball before and after each session.



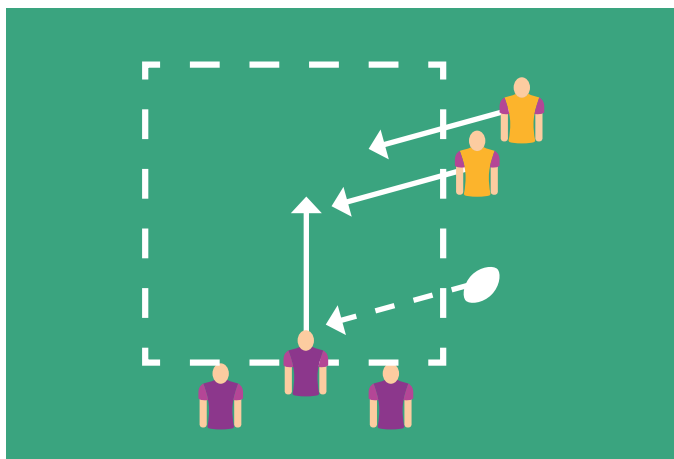
Ensure that players keep their allocated bib for the whole session.



Coaches to remain 2m physically distant at all times.



Players must bring their own water bottles



EXAMPLE SKILL BREAKOUT

- Defenders (yellow) start outside channel to simulate a numbers down drift defence in the wide channel
- Ball carrier must engage first defender to create space for support runners. Success is scoring a try at the other end of the grid without a two handed touch taking place
- Adapt the session by changing where the defenders start from
- Adapt the activity by changing the numbers of attackers and defenders



Return to Rugby

Example Games - Wide Channel Touch

Focus – Filling the field; Early hand catch, Alignment;
Playing off first receiver; Linespeed in defence

QUESTIONS

- How do we create effective width?
- How can we maximise our attack in the wide channel?

CHANGING THE GAME (STEP)

- Increase or decrease the number of touches allowed in the centre channel
- Limit the numbers of defenders in the wide channel to create more success for attack
- Allow a kicking option in the wide channels to develop wing attack
- Reward defence with turnover if they can stop attack behind the gain-line in the wide channels
- Split the pitch into 4 channels and allow only 1 touch per channel to promote the attack to change the point of attack
- Freeze players in certain channels to emphasise space in certain areas of the pitch

OBSERVATION

- It can be hard work to cover the whole pitch so two coaches can work together to take one side each (split left & right)

REFEREE THE GAME

- Give a loud audible count of touches in each area
- Ensure midfield defence retreat back on side after phases in the wide channel as line breaks through offloads should happen
- Allow and manage a legal contest at the breakdown in the wide channels, make sure you keep up with play in this side to side game

COACHING INNOVATION

- Coach the game silently apart from calling turnovers, let the players manage the phase count
- Only coach the wingers to develop their involvement in play

TECHNICAL BLUEPRINT LINK

- Foundation attack – attack around, play of 10
- Continuity – keep ball alive in wide channels

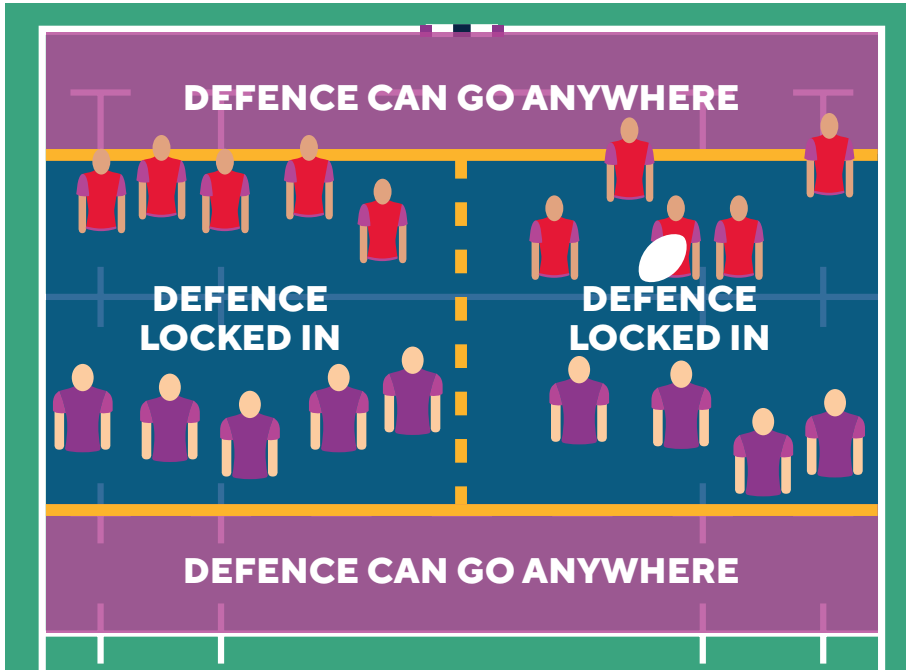
TOP TIP

- Players must think about where the phases should take place to allow for best attacks in wide channels

Return to Rugby

Example Games - Tennis Court Touch

Focus – Finding space in chaos; Defending with numbers down

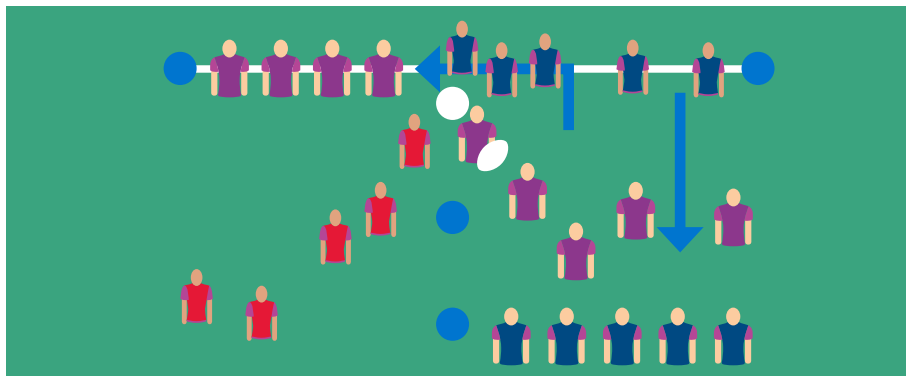


HOW TO PLAY

- Two teams, maximum of 10v10 on ½ a pitch (70m x 45m).
- Two handed touches only, ball carrier must go to ground and present, 1 over in attack, tackler down on chest before resetting.
- Turnover after 4 rucks or forward pass/knock on
- On turnover, the new defending team, if between the 22s must be locked into their own half
- Attack can go anywhere, with the aim to exploit space
- Both sides of the defence must adhere to the offside line at the ruck
- When play crosses the 22, the defence can realign to go anywhere

EXAMPLE SKILL BREAKOUT

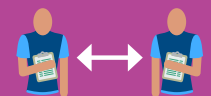
- 3 teams (can be anything from 4-8, just adjust the width of the pitch accordingly)
- Pitch split into 2 halves (marked by the cones in the diagram) with all teams attacking the try line
- Each team has 2 phases to score, once a try is scored, or they run out of phases, the attacking team (purple in this example) folds around the white cone to defend the other half of the pitch (against the red team)
- The team that has just defended (blue) move to the end of their half to get a short rest before play comes back.
- As the team moves around the white cone, the coach can hold players back to change the number of defenders folding around.



COVID-19 RETURN TO RUGBY - REMEMBER



Sanitise the ball before and after each session.



Coaches to remain 2m physically distant at all times.



Ensure that players keep their allocated bib for the whole session.



Players must bring their own water bottles



Return to Rugby

Example Games - Tennis Court Touch

Focus – Finding space in chaos; Defending with numbers down

QUESTIONS

- Attack – Where are the spaces being created?
- Attack – What skills can we use to exploit the spaces?
- Defence – How should we move as a defence when we are numbers down/up?
- Defence – How can you pressure the attack into making mistakes?

CHANGING THE GAME (STEP)

- Put two back field players in different coloured bibs on each team (good for scrum halves, wingers and fullbacks) who can go anywhere in defence. This will develop their scanning and ability to plug holes in the defensive line
- Increase/reduce the number of rucks before a turnover
- Allow for contested rucks to challenge ball carrier presentation and speed of support
- Move the 22s to give the defence more opportunity to link

OBSERVATION

- Best to work with a few coaches – 1 to manage the game, 1 to stand behind (to see which gaps are being attacked, how defence is covering space), 1 side-on to look at alignment in attack and linespeed in defence

REFEREE THE GAME

- Clearly communicate when a 2 handed touch has been made (make sure to remind players that 1 handed touches don't count)
- Ensure that the tackler goes to their chest before resetting or contesting and that arriving players come through the gate on their feet
- If playing contested rucks:
 - Call turnovers and ensure that defences are locked into their own half if play is in between the 22s;
 - Ensure that offside lines are adhered to

COACHING INNOVATION

- Keep skill levels and intensity high by chunking the game (e.g. 3x 5min games) rather than 15 mins straight
- Only use one freeze frame per game - allow defence to realign to deal with attack or vice versa
- Only provide feedback in the short rest between games – let the huddle be driven by the players
- Work with players such as wingers, scrum halves and fullbacks to get an insight into what they are seeing

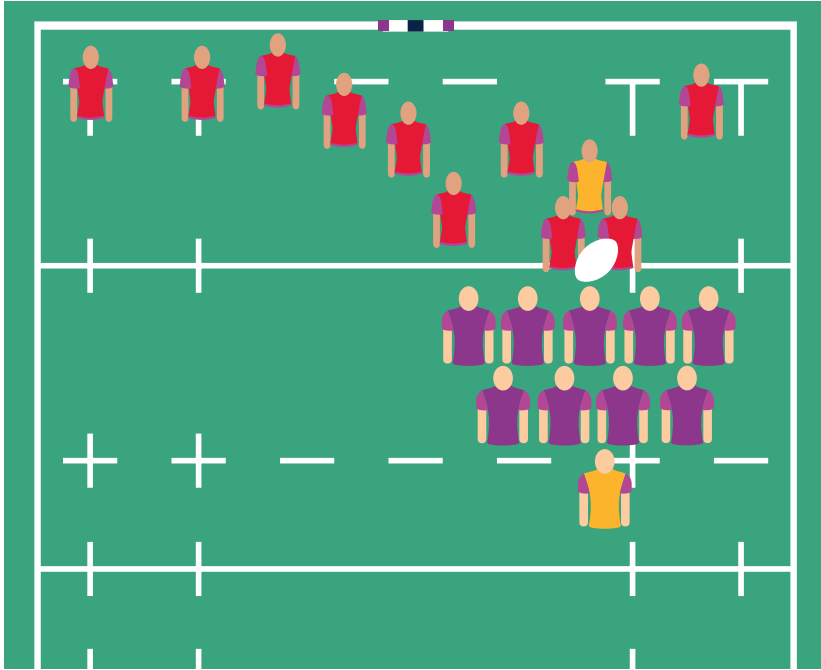
TECHNICAL BLUEPRINT LINK

- Foundation attack – identifying, creating and attacking space around or through the defensive line by passing or running into space

Return to Rugby

Example Games - Group Touch

Focus – Alignment in attack; Fixing defenders;
Attacking space; Push defence



HOW TO PLAY

- Attack get 5 touches before scoring/turnover
- Touch = 2 handed below waist, attacker must go to ground and present, defence must set up at the breakdown
- After every touch, defensive players must compress within an arm's length of each other around the ruck (coach can slow play for a number of seconds to allow defence to compress, whilst attack get into shape)
- When ball is passed from the ruck, defence then need to scramble to cover the space out wide

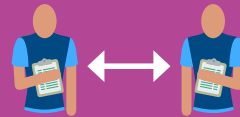
COVID-19 RETURN TO RUGBY - REMEMBER



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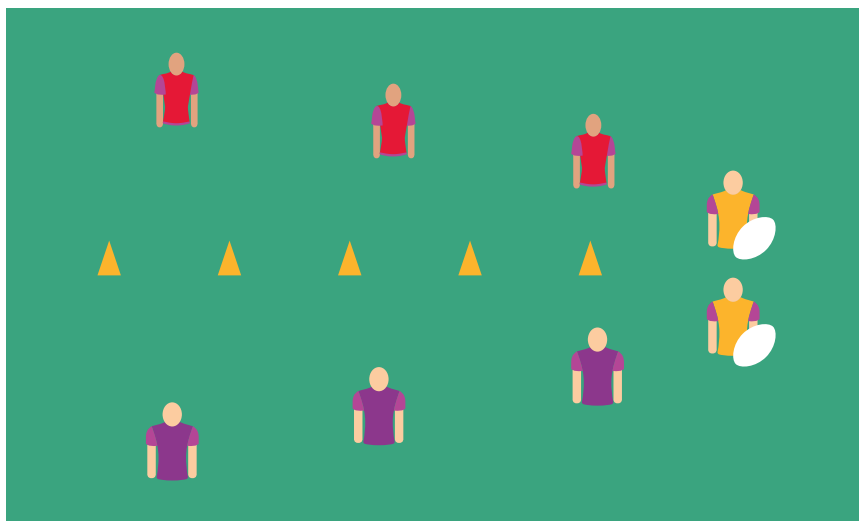
Ensure that players keep their allocated bib for the whole session.



Coaches to remain 2m physically distant at all times.



Players must bring their own water bottles



EXAMPLE SKILL BREAKOUT

Wide passing race – to develop flat, accurate passes:

- Players start on the cones
- When first whistle goes they have two seconds to realign
- Two teams race to move the ball to the wide channel
- Players must pass the ball before the line of cones



Return to Rugby

Example Games - Group Touch

Focus – Alignment in attack; Fixing defenders;
Attacking space; Push defence

QUESTIONS

- 1st receiver – How can you get the ball wide quickly?
- How can the defenders close down the space from a narrow start?

CHANGING THE GAME (STEP)

- The defender who makes the touch can drop off back to the goal line before returning to game, this will change the attack picture and bring in a back field defender
- One defender wears a bib - this player is given the freedom not to join up with the others. This will focus on connection and communication in defence
- Award more points for harder skills such as kick pass

OBSERVATION

- Stand behind the attack side so you can see the preparation and movement of the attack, you can also prompt the depth and width of the attack
- Look out for the speed at which the attack set up options for first receiver
- Watch to make sure that the defence join up

REFEREE THE GAME

- Ensure the defenders are at the back foot of the breakdown area and in contact with each other
- Defence can only move once the scrum half has picked the ball up in a motion to pass
- Use preventative language for the defence to manage the offside line (“stay back defence” “back foot defence”)

COACHING INNOVATION

- Develop leaders – instead of providing feedback to players, work with ‘team captains’ to see how they relay messages to their players

COACH’S EYE

Remember to focus on the following:

- Push defence:
 - Stay connected with inside defender who should be slightly in front to avoid a weak shoulder for the attack to exploit
 - Move together – connection and communication is vital
- Attacking wide
 - Stay square in attack to preserve space
 - Support runners to challenge defence by running inside, short etc.
 - Think about having two lines of attack

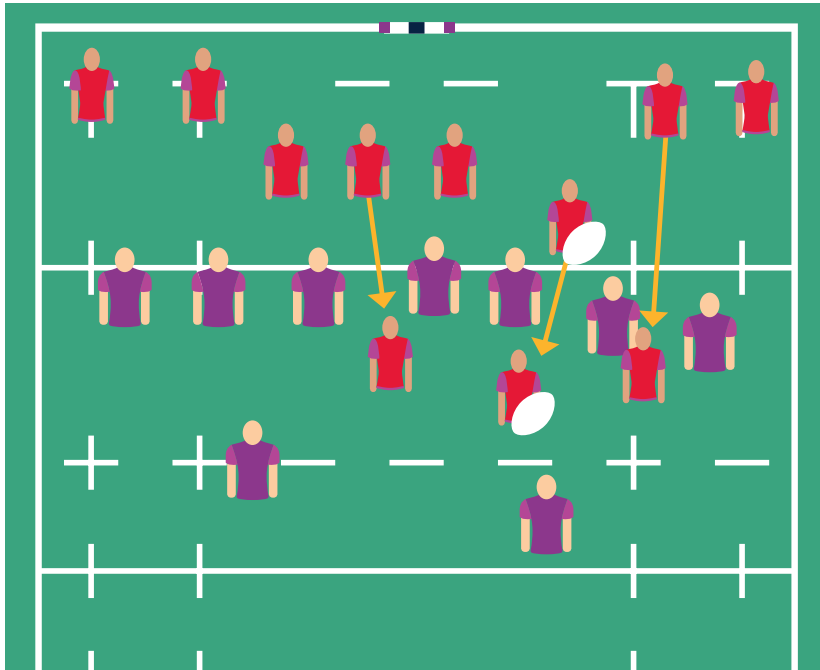
TOP TIP

- Focus on the work off the ball from the players creating multiple options for 1st receiver

Return to Rugby

Example Games - Fiji Touch

Focus – Finding 1v1s; Support after a line break; Scramble defence



HOW TO PLAY

- Two teams, maximum of 10v10 on ½ a pitch (70m x 45m)
- If a ball carrier is touched (2 hands – 1 hand doesn't count) they can continue moving BUT CANNOT SCORE
- Ball carrier must look for support before being touched a 2nd time (by a different defender)
- If the ball carrier is touched again, they must set up a ruck, with the attacking team putting 1 player into the ruck.
- If the ball carrier passes before being touched again, the count goes back to 0
- Turnover after 4 rucks

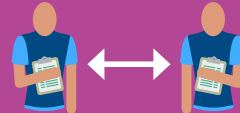
COVID-19 RETURN TO RUGBY - REMEMBER



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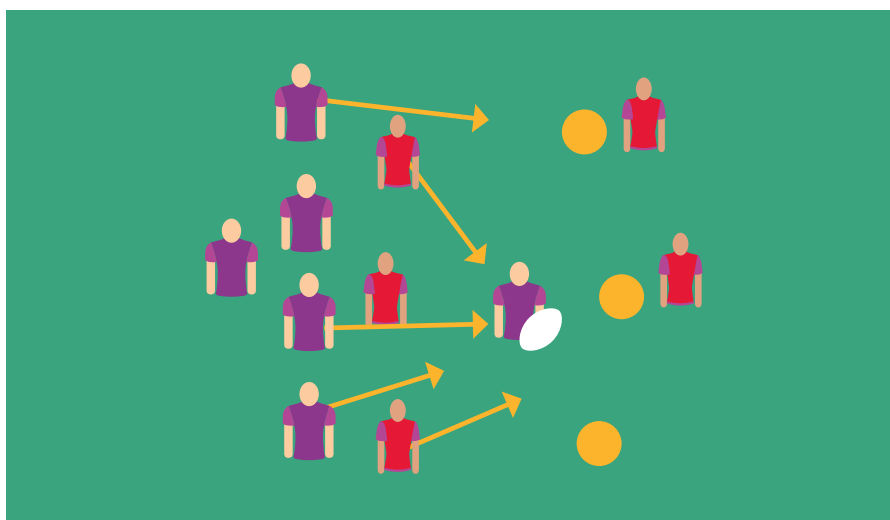
Ensure that players keep their allocated bib for the whole session.



Coaches to remain 2m physically distant at all times.



Players must bring their own water bottles



EXAMPLE SKILL BREAKOUT

- 5 attackers v 5 defenders
- 3 defenders in front line, other 2 in backfield on coned starting positions
- Attackers pass ball up and down the line, when coach shouts go, the defender opposite the player in possession takes a knee, and the attacking team move forward and look to score, with max of 1 ruck to play with

Return to Rugby

Example Games - Fiji Touch

Focus – Finding 1v1s; Support after a line break; Scramble defence

QUESTIONS

- Attack - Which players are in the best position to run support lines?
- Attack - In which areas of the pitch are you finding more 1v1 opportunities?
- Attack – How many different ways can you finish off a line break? (grubbers, chips?)
- Defence - How can you set up to deal with the line break?
- Defence – How can you pressure the attack into making mistakes?

CHANGING THE GAME (STEP)

- Allow the ruck to be contested by a defender (other than the tackler – or the tackler if they drop to their chest before entering the ruck) to test the speed of support
- Alter the number of rucks before a turnover – really test support play by having a turnover after the second touch!
- Turnover if the ball carrier is touched by two defenders simultaneously – to promote awareness of better space
- Overload/underload the attack

OBSERVATION

- Best to work with a few coaches – 1 to manage the game, 1 to stand behind (to see which gaps are being attacked), and 1 standing at the side (to look at speed of support)

REFEREE THE GAME

- Clearly communicate when a 2 handed touch has been made (make sure to remind players that 1 handed touches don't count)
- Ensure that after a second touch on a ball carrier, a ruck is formed. Make sure that arriving players do so through the gate, and that defence is behind the back foot
- If playing contested rucks, make sure the toucher goes to ground and back to feet before entering the ruck

COACHING INNOVATION

- Keep skill levels and intensity high by chunking the game (e.g. 3x 5min games) rather than 15 mins straight
- Only use one freeze frame per game – and ask attack and defence about what they see
- Only provide feedback in the short rest between games – let the huddle be driven by the players

COACH'S EYE

- Look at work rate off the ball – in attack, what are players doing once they pass the ball. Are they running 'gamble lines' (predicting a line break)? Are they looking to 'connect' with the ball carrier?
- What skills are players using to beat players – especially the final defender? Dummies, kicks, passes, evasion? Encourage them to attempt as many different ways as possible