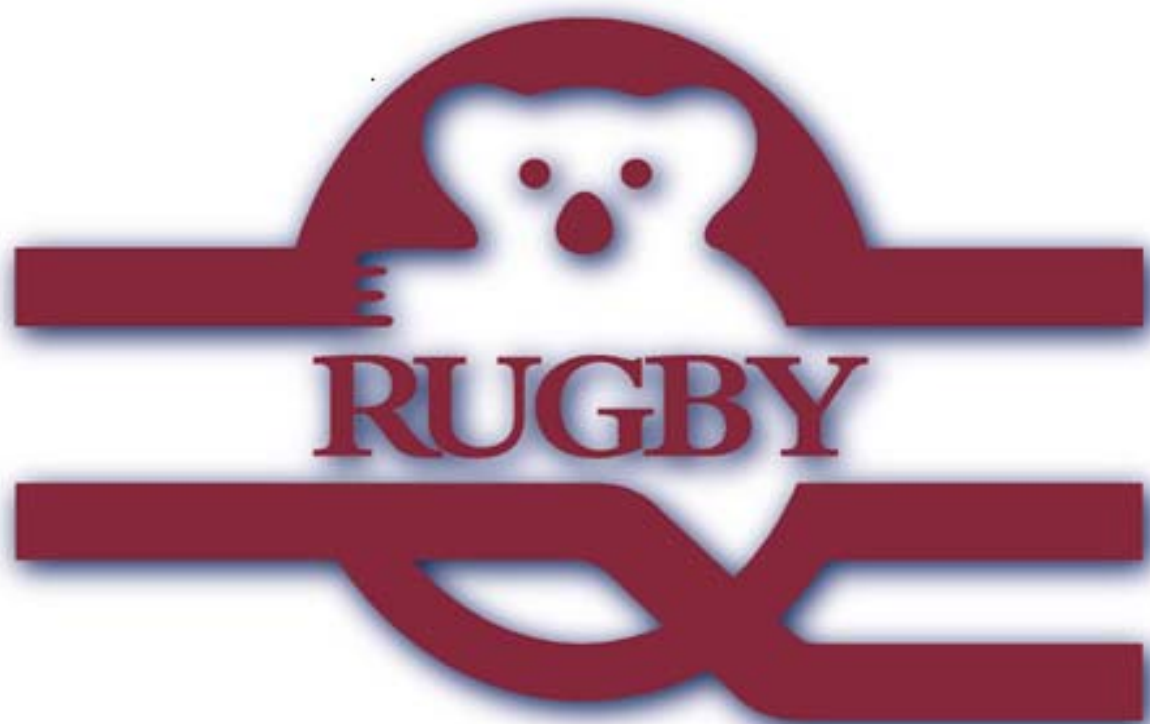


***QUEENSLAND
RUGBY UNION Ltd***



Scrumhalf Training Resource



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Introduction

The advent of the Super 12 Competition and professionalism in the last 5 years in the Southern Hemisphere has placed huge demands on the modern day rugby player. These include increases in the physical and tactical skill level of each player if franchises or nations are to be successful. It is commonplace for a Super 12 franchise to have a plethora of coaches, always including positional skills coaches, in order to achieve these outcomes.

Research suggests that specialised Scrumhalf skills' coaching is extremely limited at the top end and almost nonexistent at the lower end of the playing and coaching pathway. Learning to play in the position seemed to happen by osmosis from an older halfback to a younger one with no real specialised coaching. This is quite remarkable considering that it is key position within any team or game plan particularly with the playing trends evolving in the modern game.

The following training program has been designed to help Australian coaches increase their knowledge and coaching skills relating to the positional play of the scrumhalf. In addition the program should act as a guide to scrumhalves to develop effective positional skills and playing patterns.



Session Plan – Lesson 1

Date: _____ Venue: _____ Attendance: _____


Main Objective of the Week

Main Objective of the Session


- **Basic passing mechanics**
- **Kinesthetic sequence**

Activity Outline – Skill acquisition

1. Standing Hipsters – Progression 1



2. Ground Scoop Clearing Pass 1



3. Ground Scoop Clearing Pass 2



4. Ground Scoop Clearing Pass 3



Don't Forgets

Injuries/Other Comments

Session Evaluation



Session Plan – Lesson 2

Date: _____ Venue: _____ Attendance: _____


Main Objective of the Week

Main Objective of the Session

- Review basic passing mechanics
- Introduction to approach/body positioning to the ball

Activity Outline – Skill acquisition


1. Ground Scoop Clearing Pass 1




2. Ground Scoop Clearing Pass 2




3. Ground Scoop Clearing Pass 3




4. Approach Options 1



5. Approach Options 2



6. Approach Options 3



Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 3

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- **Weight transferal**
- **Foot positioning/lower body mechanics**
- **Review approach/body positioning**

Activity Outline – Skill acquisition

1. Standing Hipsters – Progression 3

3. Ground Scoop Clearing Pass 3

3. Foot Position

4. Approach

5. Foot Position

6. Ground Scoop Clearing Pass 3

Don't Forgets

Injuries/Other Comments

Session Evaluation



Session Plan – Lesson 4

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- Follow through
- Review foot positioning/lower body mechanics
- Obstruction clearing pass

Activity Outline – Skill acquisition


1. Ground Scoop Clearing Pass 1



2. Ground Scoop Clearing Pass 2



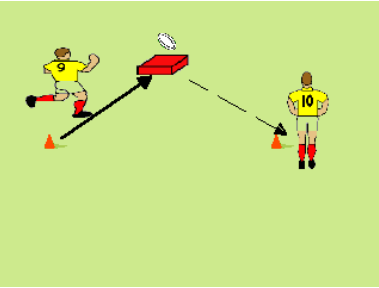
3. Approach



4. Foot Position



5. Obstruction - Clearing Pass



6. Ground Scoop Clearing Pass 3



Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 5

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- Review follow through
- Review foot positioning/lower body mechanics
- Introduce WWW Tangle drill – “Passing back along the approach line”

Activity Outline – Skill acquisition

1. Ground Scoop Clearing Pass 1

2. Ground Scoop Clearing Pass 2

3. Approach

4. Foot Position

5. WWW Tangle – Clearing Pass

6. Ground Scoop Clearing Pass 3

Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 6

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

- Main Objective of the Session**
- Follow through
 - Foot positioning
-
- Introduce flag drill progression 1 – “Stepping through the pass”
-
- Review WWW Tangle drill
-

Activity Outline – Skills acquisition

1. Ground Scoop Clearing Pass 1

2. Ground Scoop Clearing Pass 2

4. Foot Position

4. Flag Drill Progression 1

5. WWW Tangle – Clearing Pass

6. Ground Scoop Clearing Pass 3

Don't Forgets

Injuries/Other Comments

Session Evaluation



Session Plan – Lesson 7

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- Review weight transferal
- Introduce Lineout clearing pass drill – “passing mechanics and running options”

Activity Outline – Skill acquisition

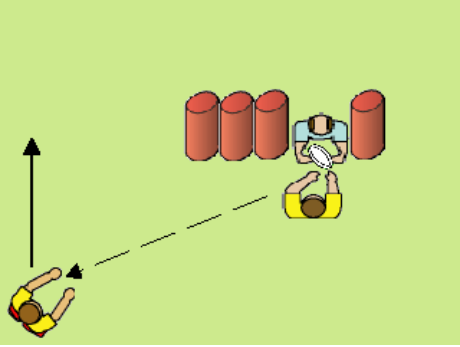
1. Standing Hipsters – Progression 1



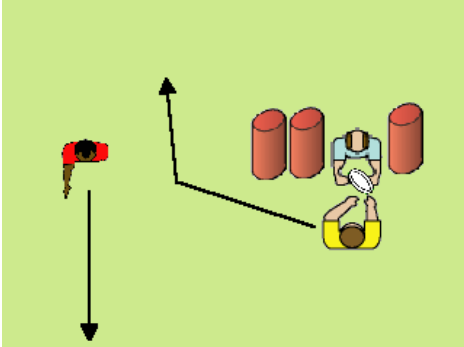
2. Standing Hipsters – Progression 2



3. Lineout Progression 1



4. Lineout Progression 2



Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 8

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- **Lineout clearing pass mechanics**
- **Lineout running option**

Activity Outline – Skill acquisition

1. Standing Hipsters – Progression 1

2. Standing Hipsters – Progression 2

3. Lineout Progression 1

4. Lineout Progression 2

5. Lineout Running Options

6. Standing Hipsters – Progression 3

Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 9

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- **Weight transferal**
- **Approach/body positioning**

Activity Outline – Skills acquisition

1. Ground Scoop Clearing Pass 1

2. Ground Scoop Clearing Pass 2

3. Approach Options 1

4. Approach Options 2

5. Approach Options 3

6. Standing Hipster – Progression 3

Don't Forgets

Injuries/Other Comments

Session Evaluation



Session Plan – Lesson 10

Date: _____ Venue: _____ Attendance: _____

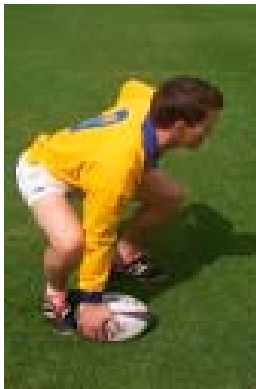
Main Objective of the Week

Main Objective of the Session

- **Weight transferal**
- **Flag drill progression 1 – “stepping through the pass”**
- **Flag drill progression 2 – “foot work/vision and reaction”**

Activity Outline – Skill acquisition

1. Ground Scoop Clearing Pass 1



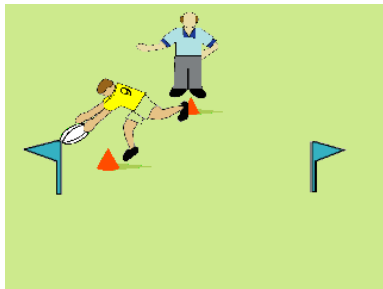
2. Ground Scoop Clearing Pass 2



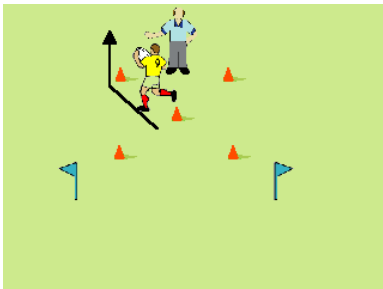
6. Ground Scoop Clearing Pass 3



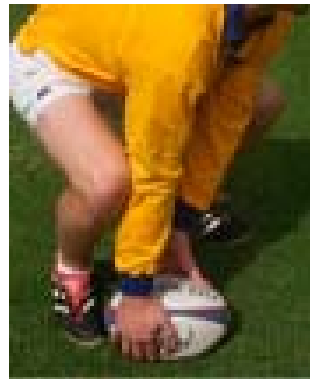
4. Flag Progression 1



5. Flag Progression 2



6. Ground Scoop Clearing Pass 3



Don't Forgets

Injuries/Other Comments

Session Evaluation



Session Plan – Lesson 11

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- **Introduce Eddy drill – “game simulation”**

Activity Outline – Skill acquisition


1. Ground Scoop Clearing Pass 1



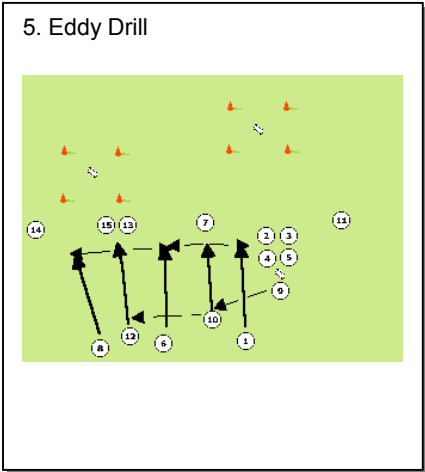

2. Ground Scoop Clearing Pass 2



3. Approach Options 2



4. Approach Options 3



6. Ground Scoop Clearing Pass 3



Don't Forgets

Injuries/Other Comments

Session Evaluation



Session Plan – Lesson 12

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- Review Flag drill progression 2
- Introduce V.R.S. drill – “ Vision, response, support”

Activity Outline – Skill acquisition

1. Ground Scoop Clearing Pass 1



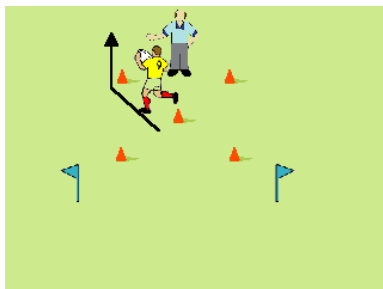
2. Ground Scoop Clearing Pass 2



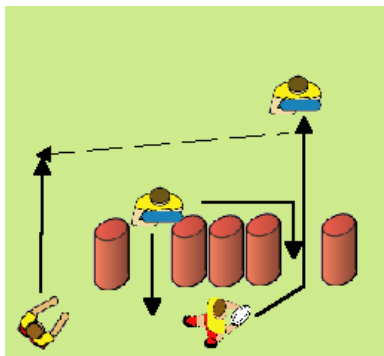
3. Ground Scoop Clearing Pass 3



4. Flag Progression 2



5. VRS Drill – Progression 1



6. Ground Scoop Clearing Pass 3



Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 13

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- Review V.R.S. drill
- Introduce Minefield drill progression 1– “Pass, kick and run options”

Activity Outline – Skill acquisition

1. Ground Scoop Clearing Pass 1

2. Ground Scoop Clearing Pass 2

3. Foot Position

6. VRS Drill – Progression 2

5. Minefield Progression 1

6. Ground Scoop Clearing Pass 3

Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 14

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- Review Minefield drill progression 1
- Introduce Minefield drill progressions 2 + 3

Activity Outline – Skill acquisition

1. Ground Scoop Clearing Pass 1

2. Ground Scoop Clearing Pass 2

3. Flags – Progression 2

4. Minefield Progression 2

5. Minefield Progression 3

6. Ground Scoop Clearing Pass 3

Don't Forgets

Injuries/Other Comments

Session Evaluation

Session Plan – Lesson 15

Date: _____ Venue: _____ Attendance: _____

Main Objective of the Week

Main Objective of the Session

- **Weight transferal and follow through**
- **Lineout options**

Activity Outline – Skill acquisition

1. Standing Hipsters – Progression

2. Standing Hipsters Progression 2

3. Standing Hipster – Progression 3

4. Lineout Progression 2

5. Lineout Running Options

6. Standing Hipster – Progression 3

Don't Forgets

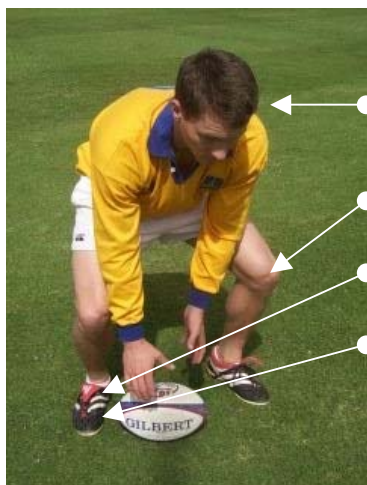
Injuries/Other Comments

Session Evaluation

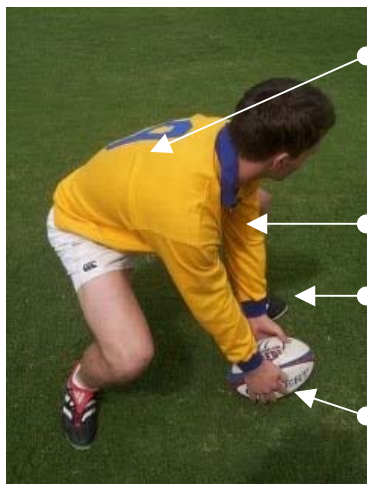


Introductory Passing Mechanics

Glossary of Terms



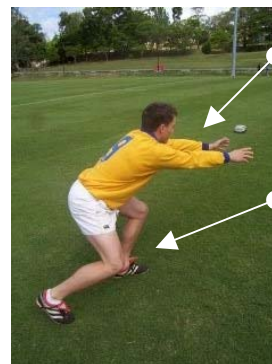
- Squat position. Bend at knees and hip
- Looking forward. Head Up
- Outside leg. Closest to receiver
- Inside leg Force production leg
- Inside leg as close and to the side of ball



- Maintain squat position.
- Sweep ball from the ground and widen stance simultaneously
- Open hips to receiver
- Outside foot pointed towards the receiver
- Hand position – side to side, end to end



- Eyes fixed on receiver
- Ball, arms and hands take a direct line to the intended point of reception
- Transfer body weight from inside to outside leg



- Arm fully extended
- Fingers pointed to receiver
- Ball release as player steps out of the squat position



- Inside leg – stepping through the pass
- Short quick step to accelerate

Ground Scoop – Clearing Pass 1

Drill Organisation

In a 10m x 10m grid 2 players stand on one side of the grid, facing in the same direction. The players pass the ball to each other using the following technique:

Maintaining the squat position the player places their inside foot (FPL) to the further most side of the ball from the receiver. Using 1 arm and hand (FPA) the half steps towards the receiver (widen stance - leg closest to the receiver) to initiate the passing action, simultaneously scooping the ball from the ground and passing to the receiver. The action should take a direct line from where the ball is lying to the intended point of reception.

Coaching Points

Pre-pass Execution

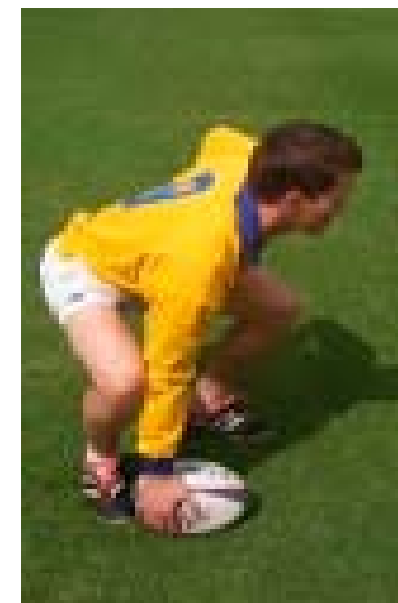
- Squat position - Thighs parallel to ground (as much as possible), upper torso slightly leaned forward, body weight on balls of feet
- Foot placement should be completed maintaining the squat position. Inside foot (FPL) to the further most side of the ball from the receiver.
- Foot and leg closest to the receiver should initially be minimum weight bearing and shoulder width apart from the inside leg (FPL).

Pass Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power production
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception.
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended
- Arm closest to receiver should guide the ball through the passing action

Post-pass Execution

- Both arms and hands should be totally extended and pointing towards the receiver.
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'



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Ground Scoop - Clearing Pass 2

Drill Organisation

In a 10m x 10m grid 2 players stand on one side of the grid, facing the same direction. The players pass the ball to each other using the following technique:

Maintaining the squat position, the player places their inside foot (FPL) to the further most side of the ball from the receiver. Using 1 arm/hand (FPA) and 1 finger (arm closest to the receiver) the half steps towards the receiver (widen stance - leg closest to the receiver) to initiate the passing action, simultaneously scooping the ball from the ground and passing to the receiver. The arm and hand action should take a direct line from where the ball is lying to the intended point of reception.

Coaching Points

Pre-pass Execution

- Squat position - Thighs parallel to ground (as much as possible), upper torso slightly leaned forward, body weight on balls of feet
- Foot placement should be completed maintaining the squat position. Inside foot (FPL) to the further most side of the ball from the receiver.
- Foot and leg closest to the receiver should initially be minimum weight bearing and shoulder width apart from the inside leg (FPL).

Pass Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power production
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception.
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended
- Arm closest to receiver should guide the ball through the passing action

Post-pass Execution

- Both arms and hands should be totally extended and pointing towards the receiver.
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'



[Back to Table of Contents](#)

Ground Scoop – Clearing Pass 3

Drill Organisation

In a 10m x 10m grid 2 players stand on one side of the grid, facing the same direction. The players pass the ball to each other using the following technique

Maintaining the squat position the player places their inside foot (FPL) to the further most side of the ball from the receiver. Using both hands/arms the half steps towards the receiver (widen stance - leg closest to the receiver) to initiate the passing action, simultaneously scooping the ball from the ground and passing to the receiver. The arm and hand action should take a direct line from where the ball is lying to the intended point of reception.

Coaching Points

Pre-pass Execution

- Squat position - Thighs parallel to ground (as much as possible), upper torso slightly leaned forward, body weight on balls of feet
- Foot placement should be completed maintaining the squat position. Inside foot (FPL) to the further most side of the ball from the receiver.
- Foot and leg closest to the receiver should initially be minimum weight bearing and shoulder width apart from the inside leg (FPL).

Pass Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power production
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception.
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended
- Arm closest to receiver should guide the ball through the passing action

Post-pass Execution

- Both arms and hands should be totally extended and pointing towards the receiver.
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'





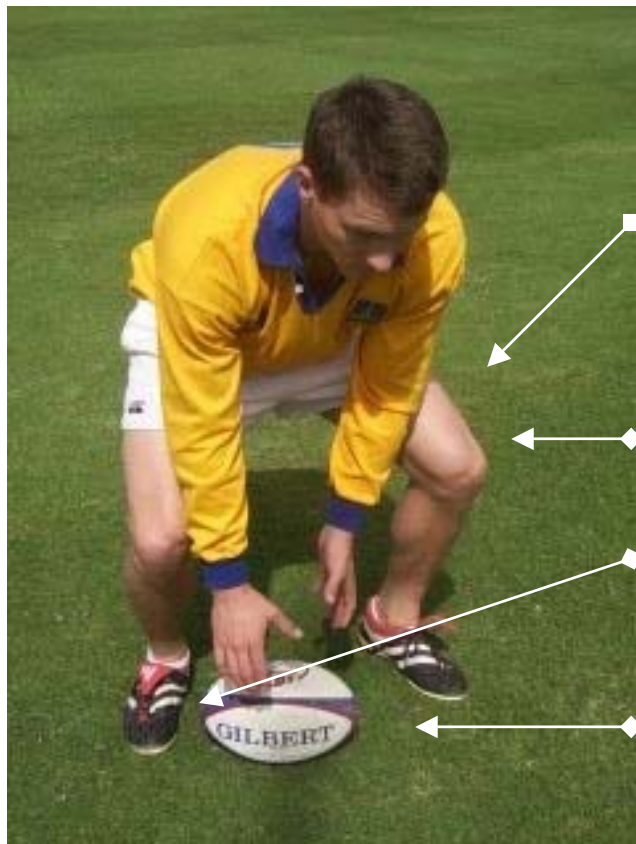
Pre-pass Execution

Body Position at Ball

Pre-pass Execution – Body Position at Ball

Pre-pass Execution - Approach to Ball

- From behind the ball so options are available to pass both sides.
- Use of peripheral vision to site defence around the breakdown, assess the quality of ball presentation and decision making of the type of delivery action required is easier.
- Footwork on approach is short and quick.



Pre-pass Execution – Approach to Ball

- Foot placement should be made as late as possible in terms of the passing action.
- Feet should not be more than shoulder width apart and as much as possible athlete should be on balls of feet
- Halfback should bend at the knees and limit bending at the hips (semi Baseball Catchers stance). This body position is referred to as the squat position. The advantages of this position
 - More efficient passing action
 - Open type A vision
 - Allow the half to explode into offensive running form the ball take
- Squat position - Thighs parallel to ground (as much as possible), upper torso slightly leaned forward, body weight on balls of feet
- Foot placement should be completed whilst maintaining the squat position. Inside foot (Force Production Leg) to the further most side of the ball from the receiver. This process should open the scrumhalf's hips allowing a better passing action
- Foot and leg closest to the receiver should initially be minimum weight bearing and shoulder width apart from the inside leg (FPL).
- Scrumhalf should not split legs early (widen stance) before hands have been placed on the ball

Approach Options 1

Drill Organisation

A ball is placed in the centre of a 5m x 5m grid. The coach or trainer is positioned 1m behind the ball. The scrumhalf starts the activity from 1 of the 2 corner markers, facing the coach and ball.

The half approaches the ball using the correct technique and body position. On arriving at the ball the coach will give instruction to pass left or right and the half will proceed to execute a clearing pass to the nominated receiver - aligned outside 5m – 10 m away.

Coaching Points

Pre-pass Execution

- Scrumhalf should adjust running line to approach the ball from behind
- Steps on approach should be short and quick
- Emphasis - Inside leg (FPL) should be placed to the further most side and as close to the ball as possible. This process will open the scrumhalf's hips to receiver allowing an easier passing action
- Pre-passing action sequence - Squat position, Inside leg & Foot placement, Hand placement

Pass Execution

- Effective weight transfer from inside leg (FPL) to the outside leg
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception



Approach Options 2

Drill Organisation

Two balls are placed in the center of a 5m x 5m grid. The coach or trainer is positioned 1m behind the ball. The scrumhalf starts the activity from 1 of the 2 corner markers, facing the coach and ball.

The half approaches the balls using the correct technique and body position. On arriving at the balls 1 of the 2 receivers will call for the ball and the half will pass the 1st ball to the nominated receiver. The half will then readjust his foot and body positioning immediately and pass the 2nd ball to the 2nd receiver aligned to the other side of the grid.

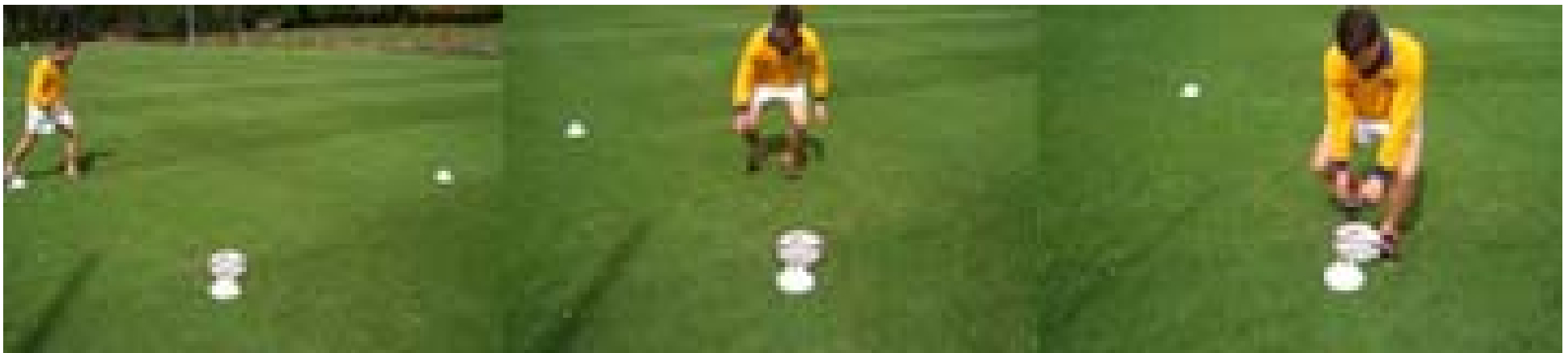
Coaching Points

Pre-pass Execution

- Scrumhalf should adjust running line to approach the ball from behind
- Steps on approach should be short and quick
- Emphasis - Inside leg (FPL) should be placed to the further most side and as close to the ball as possible. This process will open the scrumhalf's hips to receiver allowing an easier passing action
- Pre-passing action sequence - Squat position, Inside leg & Foot placement, Hand placement

Pass Execution

- Effective weight transfer from inside leg (FPL) to the outside leg
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception



Approach Options 3

Drill Organisation

A ball is placed in the centre of a 5m x 5m grid. The coach or trainer is positioned 1m behind the ball. The scrumhalf starts the activity from 1 of the 2 corner markers, facing the coach and ball.

The scrumhalf approaches the ball using the correct technique and body position. On arrival at the ball, the half will respond to the situation presented. The coach may direct the half to run (either side) using a hand signal, otherwise the half execute a clearing pass to one of receivers who has called for the ball. For this activity a cue to run overrides the receivers call.

Coaching Points

Pre-pass Execution

- Scrumhalf should adjust running line to approach the ball from behind
- Steps on approach should be short and quick
- Emphasis - Inside leg (FPL) should be placed to the further most side and as close to the ball as possible. This process will open the scrumhalf's hips to receiver allowing an easier passing action
- Pre-passing action sequence - Squat position, Inside leg & Foot placement, Hand placement

Pass Execution

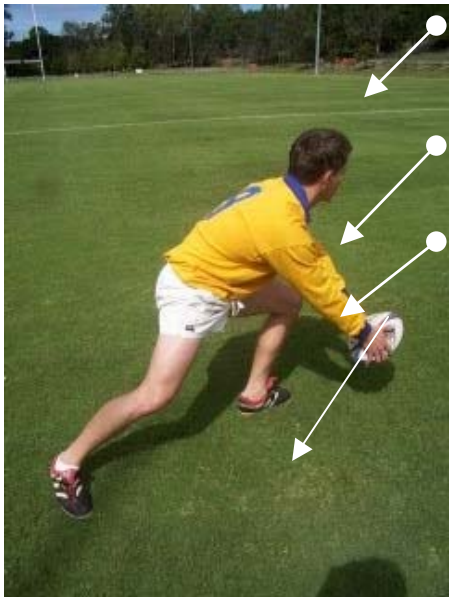
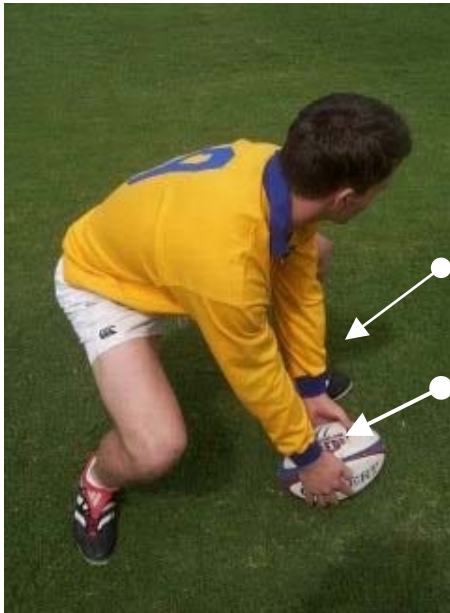
- Effective weight transfer from inside leg (FPL) to the outside leg
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception





Pass – Execution

Pass – Execution



- When executing a clearing pass from the ground the ball should be scooped from the ground and passed in one motion. Skipping, pickup and repositioning of the ball should all be eliminated from passing action/technique
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through
- Hand placement is traditional style. End to end, side to side. Hand placement should be opposite sides and to the ends of the ball with fingers slightly spread Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through
- The outside leg must not be over extended (over stride), as loss of power will occur
- Upper body should follow through with the weight distribution and the squat position should be held as long as possible during the passing action
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception
- Force production arm & hand should slightly roll over the ball with the little and ring finger playing a dominant role to generate ball spin and direction
- Arm closest to receiver should guide the ball through the passing action
- Target should be sighted and eyes fixed on receiving point.

Foot Position

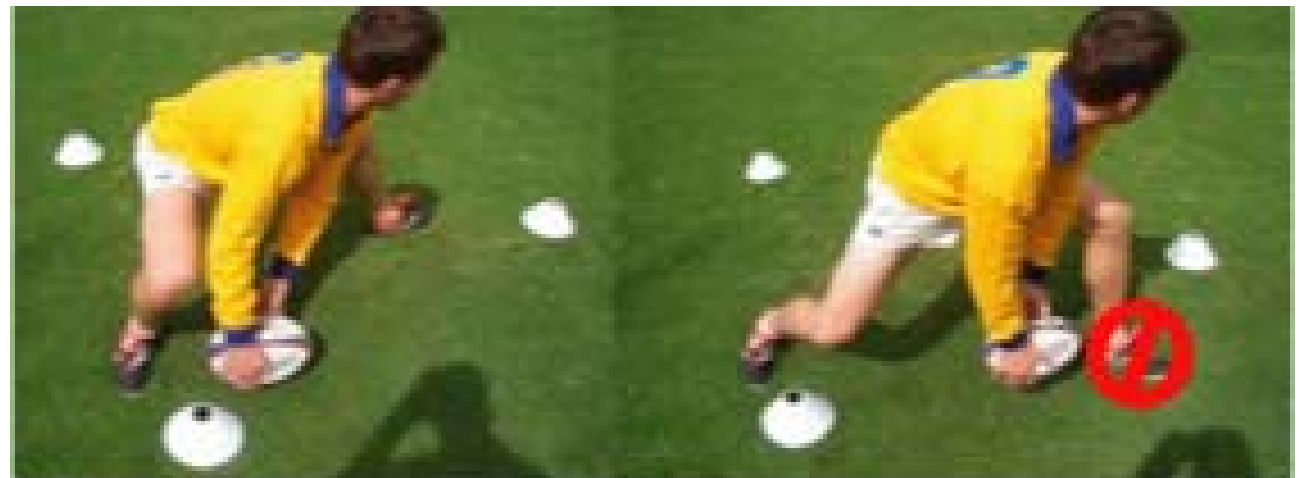
Drill Organisation

In a 2m x 1.5m x 1.5m triangular grid the scrumhalf stands facing the ball, placed on the point of the two 1.5m lines. The receiver will stand in an onside position, aligned 5 to 10m away.

The scrumhalf executes a clearing pass to the receiver using the correct sequence and technique. The scrumhalf should aim to align the outside foot (foot closest to the receiver) to the point of the triangle aligned with the receiver. This provides the half with a visual cue for technique development and analysis. Coach/Trainer can mark and note the various foot placements and outcomes using this activity.

Coaching Points

- Squat position - Thighs parallel to ground (as much as possible), upper torso slightly leaning forward, body weight on balls of feet.
- Foot placement should be completed maintaining the squat position. Inside foot (FPL) to the further most side of the ball from the receiver.
- Foot and leg closest to the receiver should initially be minimum weight bearing and shoulder width apart from the inside leg (FPL).
- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through
- Inside leg (FPL) should follow through with transfer of body weight and a step taken towards the receiver. This action is called 'stepping through the pass'.



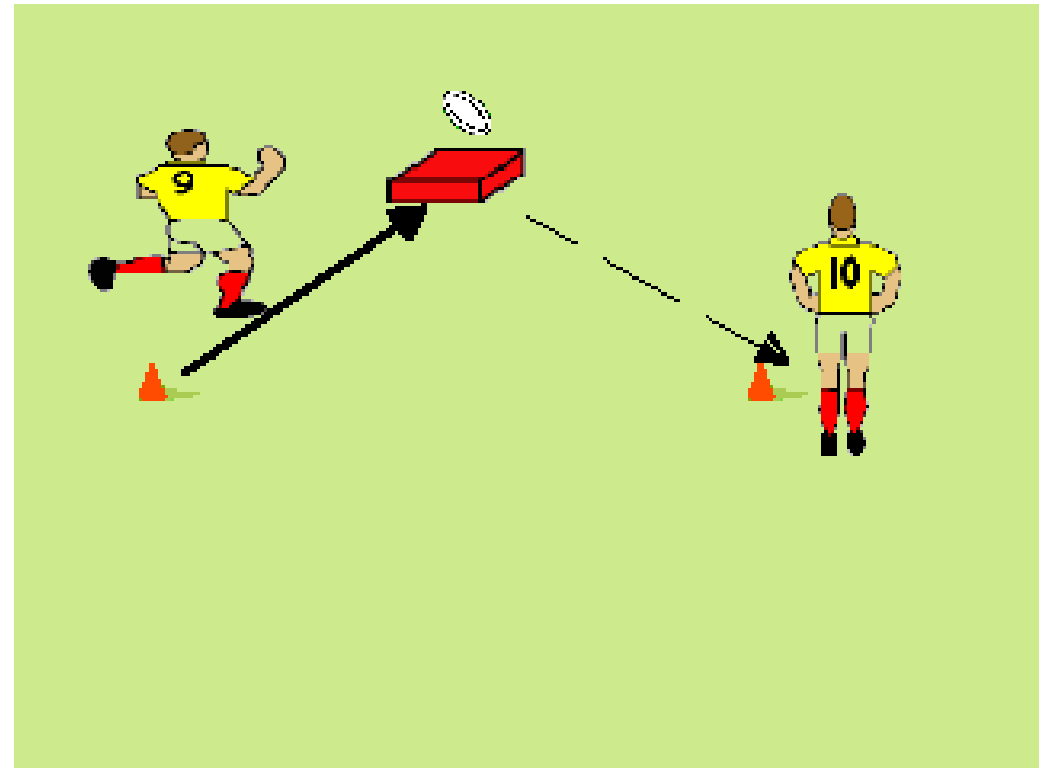
Obstruction – Clearing Pass

Drill Organisation

A ball is placed in the centre of a 5m x 5m grid. A tackle shield is placed in front of the ball obstructing the scrumhalf's path to the ball. The scrumhalf starts the activity on 1 of the 2 corners of the grid facing the tackle shield and ball. The scrumhalf executes a clearing pass to the receiver standing in an onside position and aligned 5 to 10m away.

Coaching Points

- Position feet shoulder width apart and as close to the ball as possible.
- Pick up ball over obstruction towards inside leg as low as possible.
- Reposition feet; widen stance and pointing outside foot to receiver to initiate passing action.
- Simultaneously transfer body weight from inside leg to outside leg.
- Step through the pass with inside leg (FPL).



WWW Tangle – Clearing Pass

Drill Organisation

Six balls are placed in a straight line 5m apart. Six markers are placed in a 5m parallel line and positioned so that they are offset between the balls. The receiver is aligned a further 5m to the side of the markers so that the balls are to the far side of the markers. The scrumhalf runs around a marker to the ball and executes a clearing pass to the receiver. The half's running line will be in a zigzag. The process continues until all six balls have been passed. This activity will allow the scrumhalf to practice execution of a clearing pass opposite to the approach of the ball. Correct footwork and body position are crucial if the half is to make a successful clearing pass in this situation.

Coaching Points

Pre-pass Execution

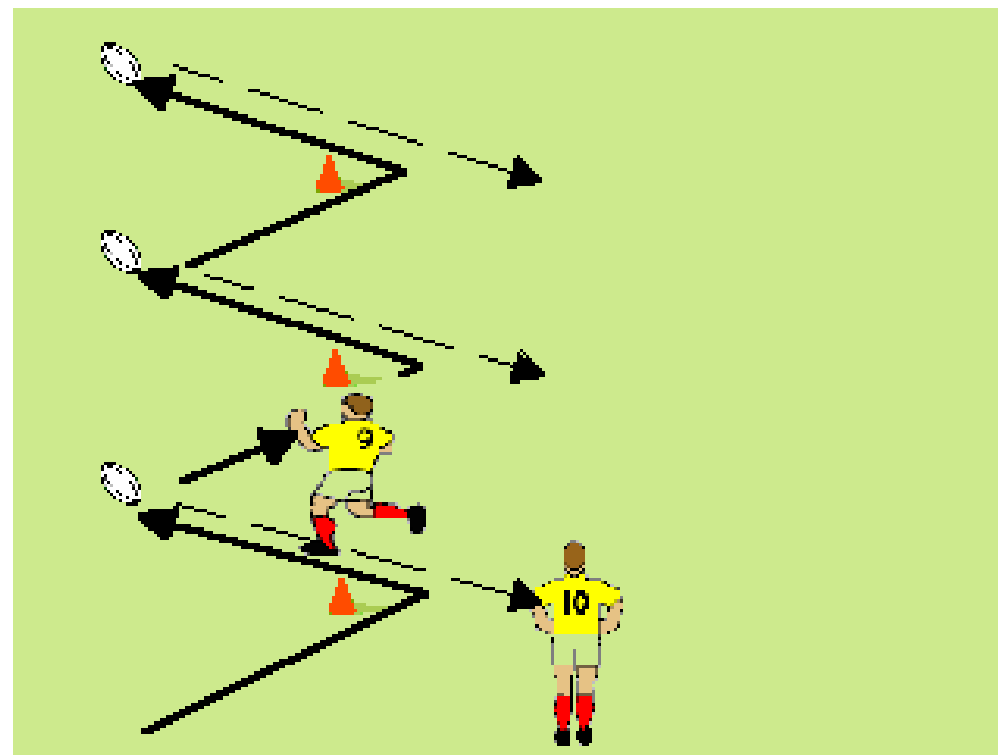
- Scrumhalf should adjust running line to approach the ball from behind
- Steps on approach should be short and quick
- Emphasis - Inside leg (FPL) should be placed to the further most side and as close to the ball as possible. This will open the scrumhalf's hips to receiver allowing an easier passing action

Pass Execution

- Scrumhalf should initiate passing action by widening stance
- Effective weight transfer from inside leg (FPL) to the outside leg
- Foot of outside leg should be placed on the ground pointing towards receiver
- The arm and hand action should take a direct line from where the ball is lying to the intended point of reception

Post-pass Execution

- Follow through - both arms and hands should be totally extended and pointing towards the receiver.
- 'Step through pass'





Post-pass Execution

Post-pass Execution



- Rocking back to the inside foot (FPL), outside or foot and toes pointing in the air after the ball has been released indicate incomplete and incorrect-passing technique
- Both arms and hands should be totally extended and pointing towards the receiver. Arm closest to receiver should not be flung to the side – this is called opening the gate early and passing inaccuracy occurs



- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'
- Follow through is essential for correct approach to next passage of play

Flag Drill - Progression 1

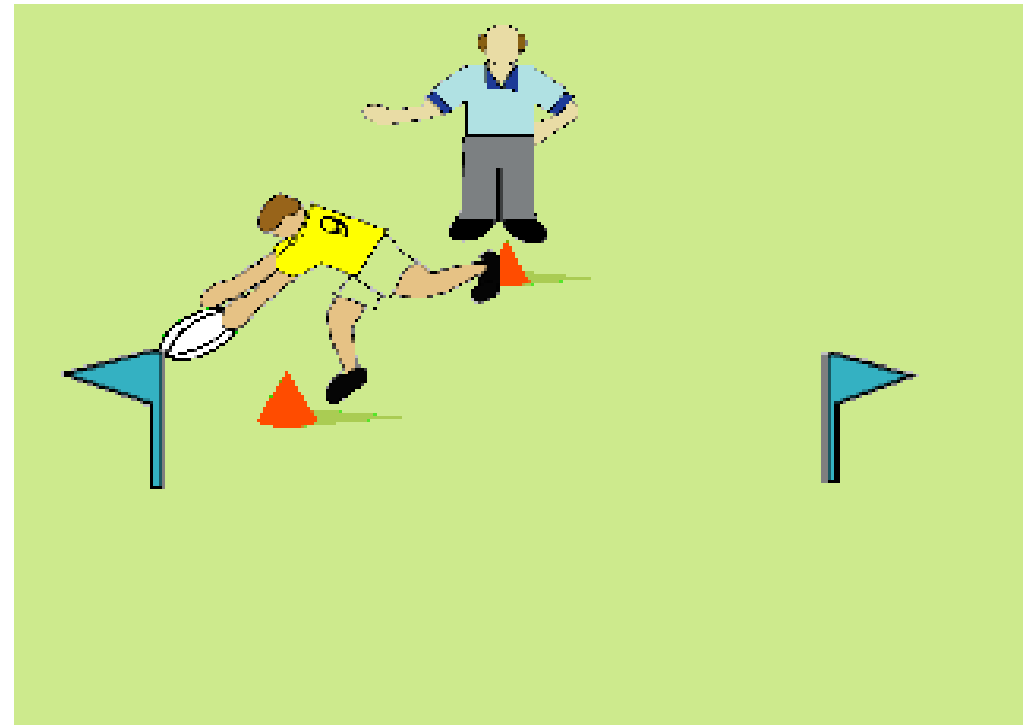
Drill Organisation

In a triangular grid approximately 3m x 2m x 2m the scrumhalf stands facing the ball, placed on the point of the two 2m grid lines. The other two points of the triangular grid are marked with slalom flagpoles. The scrumhalf executes the correct clearing pass action and completes the movement by touching the desired slalom pole without releasing the ball. The coach/trainer will give the scrumhalf a verbal cue as to the desired slalom pole - left or right. The slalom poles must be positioned so that the half when executing their normal action will not be able to touch either of the poles. This in turn encourages the half to step through with the inside leg (FPL) and practice correct follow through technique.

Coaching Points

Pass Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power.
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through.
- Post-pass Execution
- Both arms and hands should be totally extended and pointing towards the receiver.
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'.



Flag Drill - Progression 2

Drill Organisation

In a triangular grid approximately 3m x 2m x 2m the scrumhalf stands facing the ball, placed on the point of the two 2m grid lines. The other two points of the triangular grid are marked with slalom flagpoles. The scrumhalf executes the correct clearing pass action and completes the movement by handing the ball to the receivers. The coach/trainer will give the scrumhalf a verbal cue as to which receiver - left or right. The receivers should be progressively moved away as the half's technique of stepping through the pass improves. The activity encourages the half to step through with the inside leg (FPL) and practice correct follow through technique.

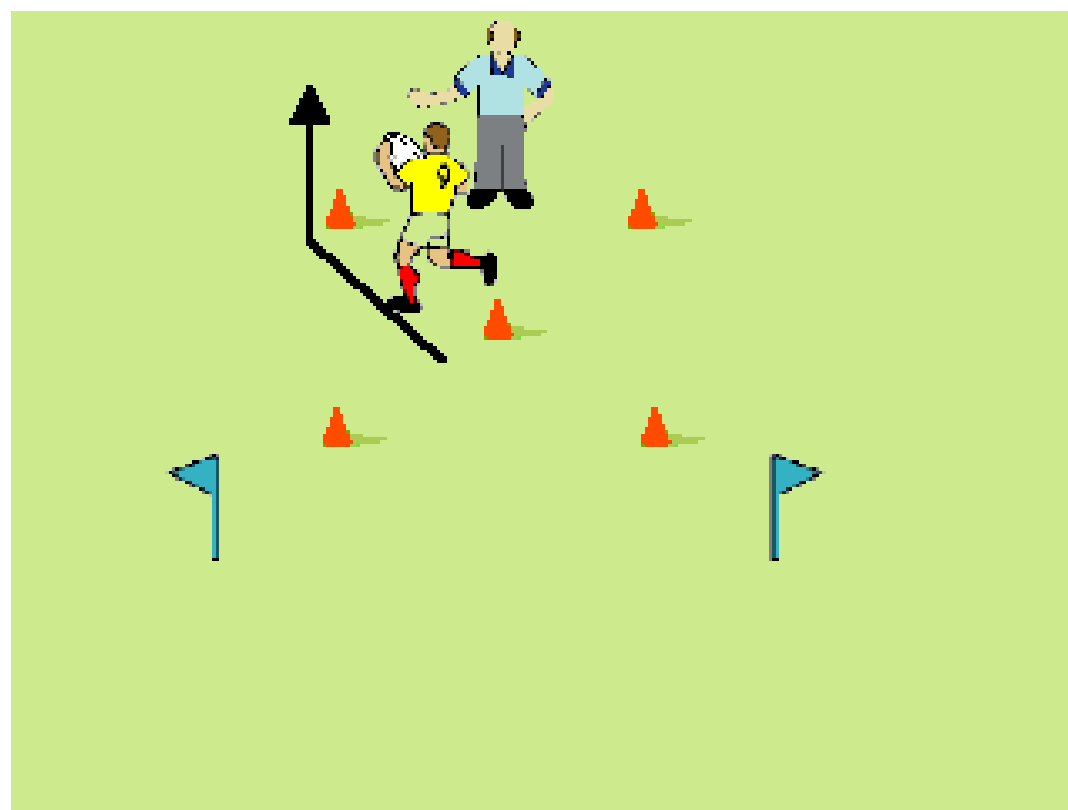
Coaching Points

Post Pass Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power.
- Foot of outside leg should be placed on the ground pointing towards receiver and not over extended providing a solid foundation to support body weight transfer and step through.
- Post-pass Execution
- Both arms and hands should be totally extended and pointing towards the receiver.
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'.

Running

- Maintain low body height
- Short quick steps to accelerate



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Vision & Running - Training

Eddy Drill

Drill Organisation

In an area 50m x 60m, 2 teams of 7 to 8 players oppose each other in a semi contact game. The scrumhalf and flyhalf remain on the attacking team. The attacking sides objective is to score a try within a set amount of phases, as instructed by the coach. The defending team halts the progress of the attacking players using a 2 handed tag. Each time an attacking player is tagged, possession must be secured immediately. If the defending team does structure the defence around the tag, the scrumhalf is encouraged to run and link with other attacking players. The aim of the activity is train the scrumhalf to identify running opportunities and practice passing in game like conditions.

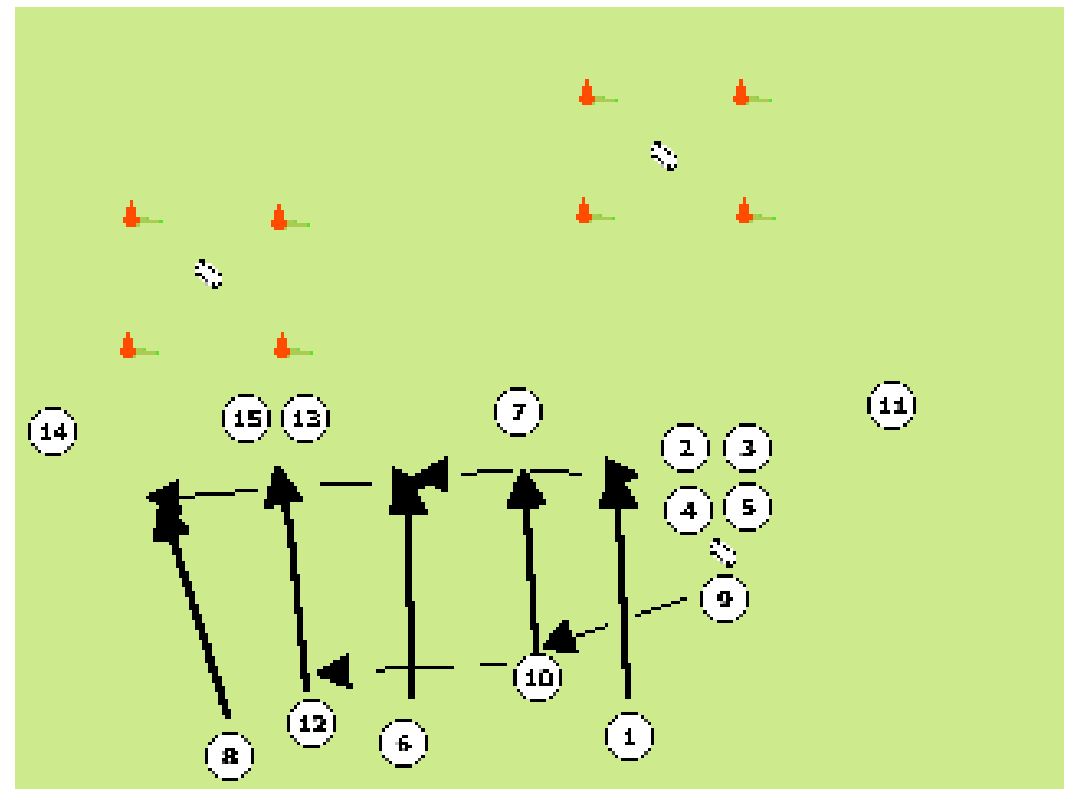
Coaching Points

Pass Execution

- Approach from directly behind the ball
- Correct body position prior to passing the ball - squat position
- Feet as close to the ball as possible
- Step through pass

Running

- Use of peripheral vision to sight running opportunities
- Should not stand up from 'squat position' early as this is an ideal starting position
- Initiate speed with short quick steps



VRS Drill – Progression 1

Drill Organisation

In a 20m x 20m channel grid, 5 tackle bags are placed on one side of the grid. The tackle bags are positioned so that 3 are grouped together and the 2 end bags are 2m to either side. Two defending players with tackle shields patrol the space within the grid and attempt to halt the attacking raid by denying space and time of the attacking players.

The 1st defender attempts to cover the space between the tackle bags. The 2nd defender patrols the space 5m behind the tackle bags. The attacking raid is initiated by the scrumhalf running into the unguarded space between the tackle bags. After making the break scrumhalf links with the support players.

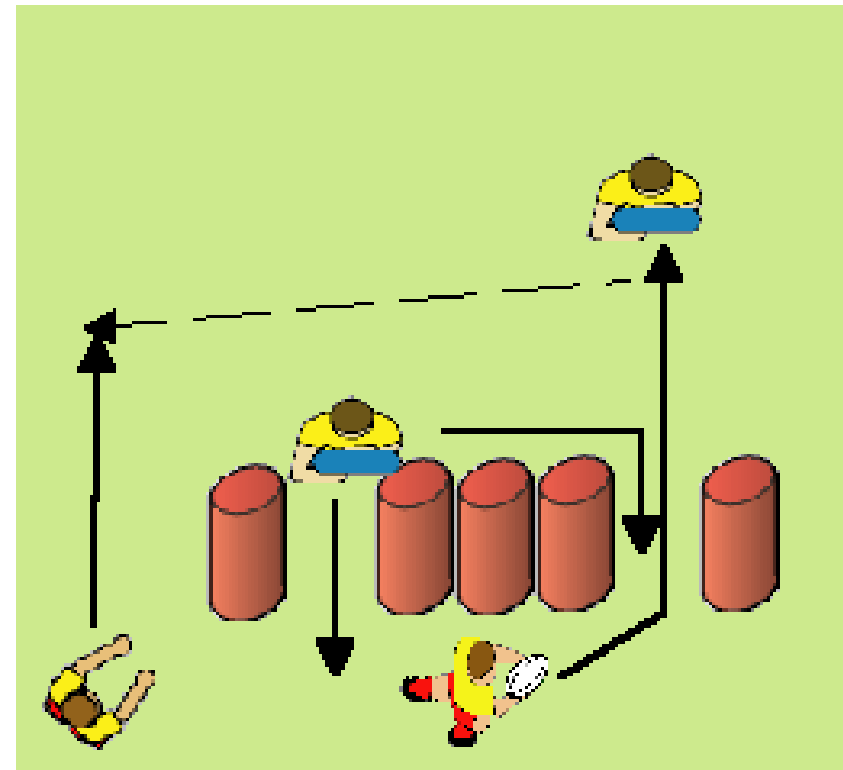
Coaching Points

Passing

- Approach each breakdown from behind
- Correct body position prior to passing the ball – squat position
- Feet as close to the ball as possible
- ‘Step through the pass’

Running

- Use of peripheral vision to sight running opportunities around the ruck area
- Should not stand up from ‘squat position’ early as this is an ideal starting position
- Initiate speed with short quick steps
- Go forward as much as possible, scanning play directly in front. Peripheral vision should be used to sight to either side whilst running forward



VRS Drill – Progression 2

Drill Organisation

In a 20m x 20m channel grid, 5 tackle bags are placed on one side of the grid. The tackle bags are positioned so that 3 are grouped together and the 2 end bags are 2m to either side. Two defending players with tackle shields patrol the space within the grid and attempt to halt the attacking raid by denying space and time of the attacking players.

The 1st defender attempts to cover the space between the tackle bags. The 2nd defender patrols the space 5m behind the tackle bags. The attacking raid is initiated by the 1st receiver running into the unguarded space between the tackle bags. The scrumhalf is to select the correct support line.

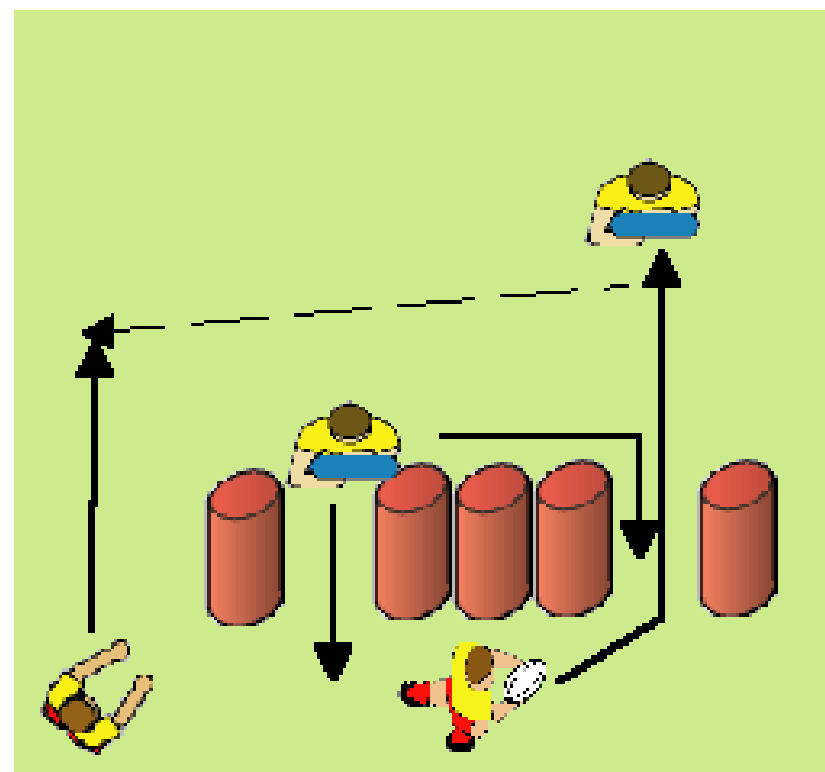
Coaching Points

Passing

- Approach each breakdown from behind
- Correct body position prior to passing the ball – squat position
- Feet as close to the ball as possible
- ‘Step through the pass’

Running

- Use of peripheral vision to sight running opportunities around the ruck area
- Should not stand up from ‘squat position’ early as this is an ideal starting position
- Initiate speed with short quick steps
- Go forward as much as possible, scanning play directly in front. Peripheral vision should be used to sight to either side whilst running forward



Minefield – Progression 1

Drill Organisation

Using the team's theoretical pattern of play as a guide, 6 individual 2m x 2m grids and a ball (placed in the centre of the grid) are positioned accordingly in half a rugby field. The grids represent the 'contest for ball' or breakdown.

Directed by the flyhalf, the scrumhalf approaches the nominated grid and ball and using the correct technique exercises the instructions given by the flyhalf. The flyhalf will direct the scrumhalf to a particular grid and to execute a pass, run or kick the ball. The activity continues until all six balls in each grid have been played

Coaching Points

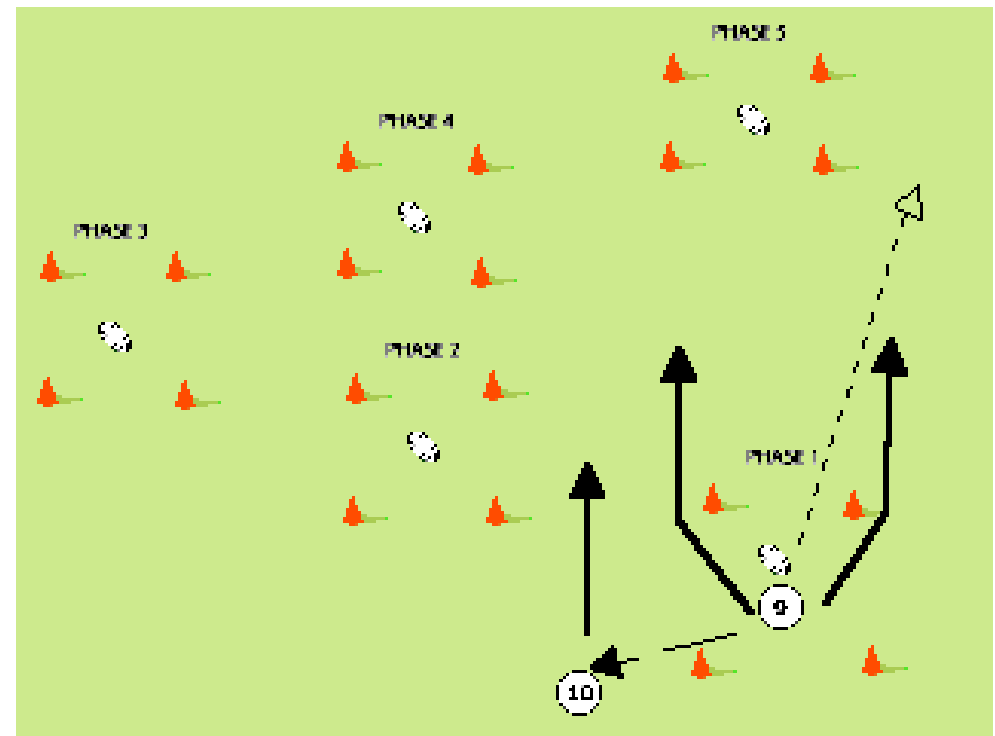
As much as this activity is about communication between the halves, it is essential that the scrumhalf execute the various tasks with precision, using the correct technique at each grid.

Passing

- Approach each breakdown from behind
- Correct body position prior to passing the ball - squat position
- Feet as close to the ball as possible
- Correct passing mechanics
- Step through the pass

Running

- Use of peripheral vision to sight running opportunities
- Should not stand up from 'squat position' early as this is an ideal starting position
- Initiate speed with short quick steps



Minefield – Progression 2

Drill Organisation

Using the team's theoretical pattern of play as a guide, 6 individual 2m x 2m grids and a ball (placed in the centre of the grid) are positioned accordingly in half a rugby field. The grids represent the 'contest for ball' or breakdown.

The flyhalf will direct the scrumhalf to a particular grid and to execute a pass, run or kick the ball. The coach can also stand behind the ball in various grids and direct the half to run using a hand signal. The activity continues until all six balls in each grid have been played.

Coaching Points

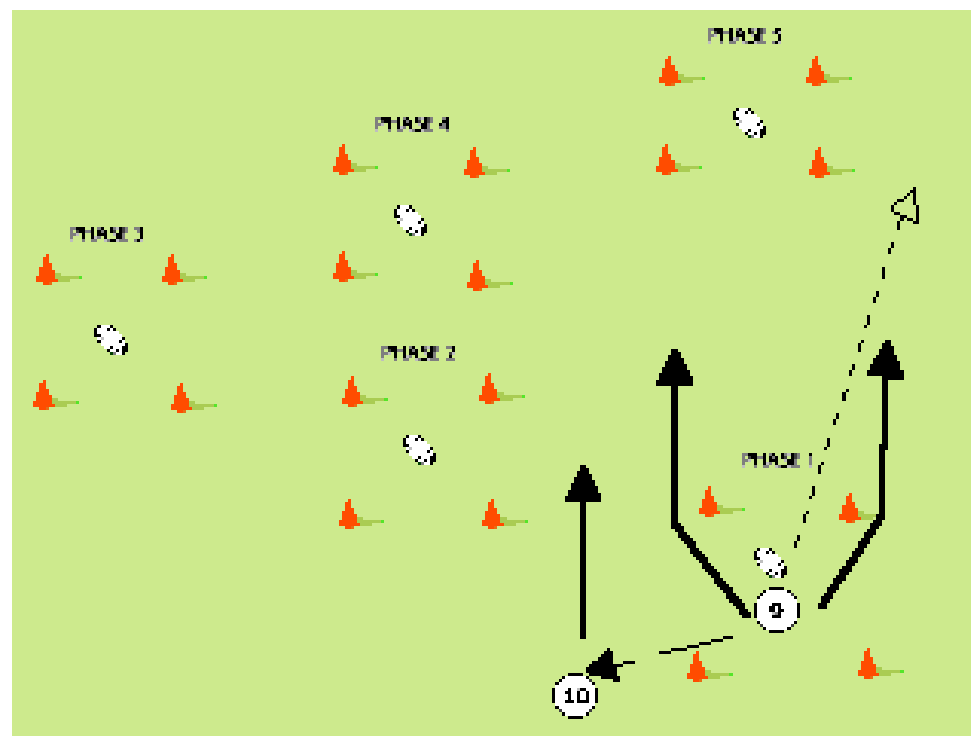
As much as this activity is about communication between the halves, it is essential that the scrumhalf execute the various tasks with precision, using the correct technique at each grid.

Passing

- Approach each breakdown from behind
- Correct body position prior to passing the ball - squat position
- Feet as close to the ball as possible
- Correct passing mechanics
- Step through the pass

Running

- Use of peripheral vision to sight running opportunities
- Should not stand up from 'squat position' early as this is an ideal starting position
- Initiate speed with short quick steps



Mine field – Progression 3

Drill Organisation

Using the team's theoretical pattern of play as a guide, 6 individual 2m x 2m grids and a ball (placed in the centre of the grid) are positioned accordingly in half a rugby field. The grids represent the 'contest for ball' or breakdown.

The flyhalf will direct the scrumhalf to a particular grid and to execute a pass, run or kick the ball. Defensive forwards can be added to the activity to practice their defensive running lines against the flyhalf and 2 other backs. If there is no defence at the breakdown the half should run or be encouraged to run. The activity continues until all six balls in each grid have been played.

Coaching Points

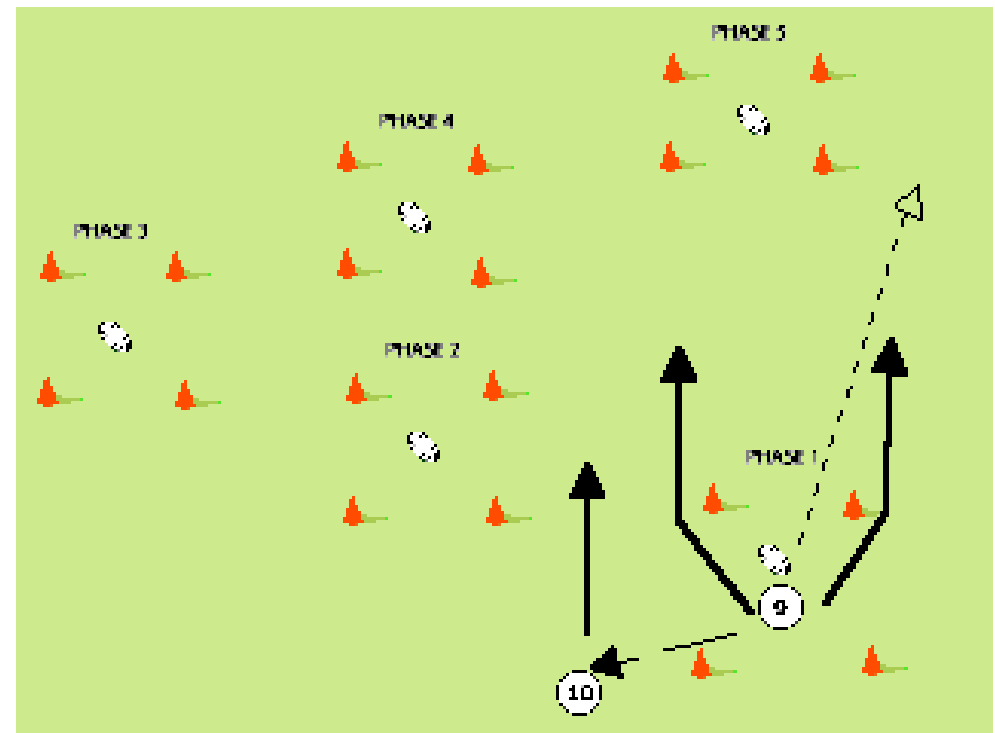
As much as this activity is about communication between the halves, it is essential that the scrumhalf execute the various tasks with precision, using the correct technique at each grid.

Passing

- Approach each breakdown from behind
- Correct body position prior to passing the ball - squat position
- Feet as close to the ball as possible
- Correct passing mechanics
- Step through the pass

Running

- Use of peripheral vision to sight running opportunities
- Should not stand up from 'squat position' early as this is an ideal starting position
- Initiate speed with short quick steps





Lineout - Passing

Standing Hipsters – Progression 1

Drill Organisation

In a 10m x 10m grid 2 players stand on one side of the grid, facing the same direction. The players will pass the ball to each other using the following technique.

The player holds the ball on the further most hip from the receiver with corresponding arm and hand (Force Production Arm & Hand – inside arm). Hand placement should be slightly off centre of the ball and thumb should not be used to grip the ball. The half steps towards the receiver (widen stance - leg closest to the receiver) to initiate the 1 arm pass to the receiver. The passing arm action is initially a push from the hip followed by the arm extending across the body towards the receiver to generate the passing motion.

Coaching Points

Pre-pass Execution

- Majority of Body weight should be placed on inside leg
- Feet should no more than shoulder width apart and knees slightly bent
- Hand placement should be slightly off-center towards the back of the ball

During Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power
- Foot of outside leg should be placed on the ground pointing towards receiver
- Force production arm & hand should roll slightly over the ball with the little and ring finger playing a dominant role to generate ball spin and direction

Post-pass Execution

- Arm/s should be totally extended and hands pointing towards receiver
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'



Standing Hipsters – Progression 2

Drill Organisation

In a 10m x 10m grid 2 players stand on one side of the grid, facing the same direction. The players will pass the ball to each other using the following technique.

The player holds the ball on the further most hip from the receiver with corresponding arm and hand (FPA & Hand – inside arm). The pointer finger of hand (arm closest to receiver) should be placed on the end, inside of the ball and used to guide the ball. The half steps towards the receiver (widen stance - leg closest to the receiver) to initiate the pass to the receiver. The passing arm action is initially a push from the hip followed by the arms extending across the body towards the receiver to generate the passing motion.

Coaching Points

Pre-pass Execution

- Majority of body weight should be placed on inside leg
- Feet should no more than shoulder width apart and knees slightly bent
- Hand placement should be slightly off-center towards the back of the ball

During Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power
- Foot of outside leg should be placed on the ground pointing towards receiver
- Force production arm & hand should roll slightly over the ball with the little and ring finger playing a dominant role to generate ball spin and direction

Post-pass Execution

- Arm/s should be totally extended and hands pointing towards receiver
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'





Standing Hipsters – Progression 3

Drill Organisation

In a 10m x 10m grid 2 players stand on one side of the grid, facing the same direction. The players will pass the ball to each other using the following technique.

The half holds the ball on the further most hip from the receiver with both hands. Hand placement should be slightly off centre of ball and thumb should not be used to grip the ball. The half steps towards the receiver (widen stance - leg closest to the receiver) to initiate the pass to the receiver. The passing arm action is initially a push from the hip followed by the arms extending across the body towards the receiver to generate the passing motion.

Coaching Points

Pre-pass Execution

- Majority of Body weight should be placed on inside leg
- Feet should be no more than shoulder width apart and knees slightly bent
- Hand placement should be slightly off-center towards the back of the ball

During Execution

- Weight transfer from inside leg (FPL) to the outside leg (closest to receiver), should initiate pass sequence and power
- Foot of outside leg should be placed on the ground pointing towards receiver
- Force production arm & hand should roll slightly over the ball with the little and ring finger playing a dominant role to generate ball spin and direction

Post-pass Execution

- Arm/s should be totally extended and hands pointing towards receiver
- Inside leg (FPL) should follow through with transfer of body weight and a step taken. This action is called 'stepping through the pass'



Lineout Pass – Progression 1

Drill Organisation

Scrumhalf stands facing the lineout. The coach hands the ball to the scrumhalf who is in a standing position. The scrumhalf executes the pass using correct technique and body positioning to the flyhalf/first receiver.

Coaching Points

Pre-Pass execution

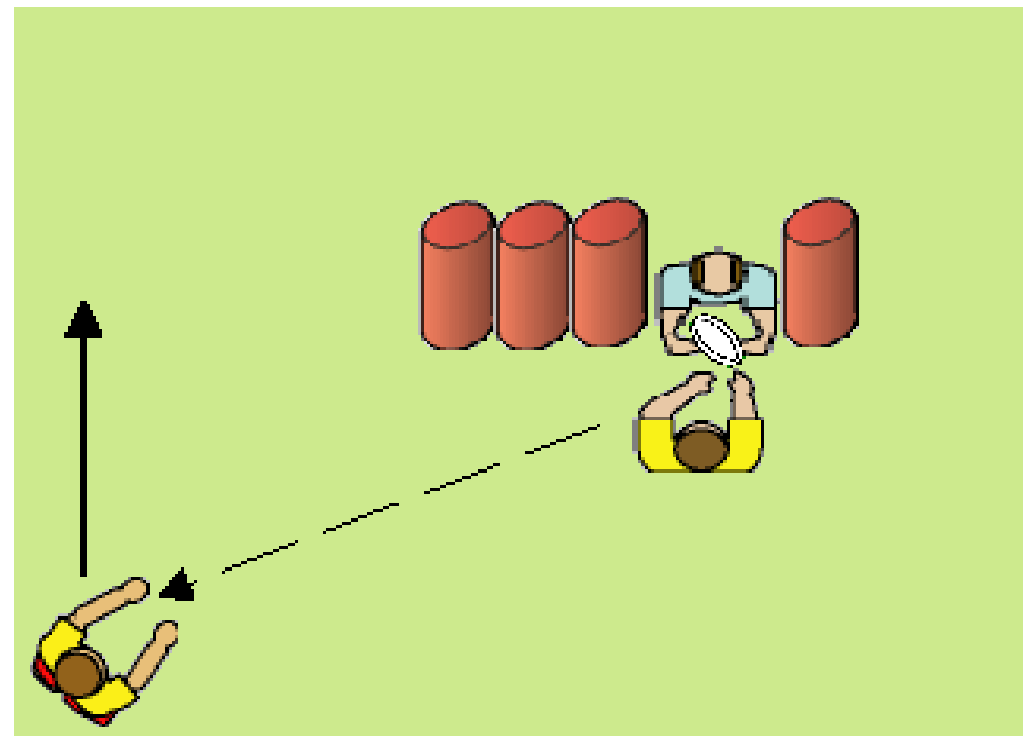
- Feet should be shoulder width apart and the majority of body weight should be on the inside leg (FPL)
- Hand placement should be slightly off-center towards the back of the ball
- The scrumhalf takes the ball on his hip (furthest from receiver).

During execution

- Feet of outside leg should be placed on the ground pointing towards
- The receiver and not over extended providing a solid foundation to support body weight transfer and step through.

Post pass

- Inside leg (FPL) should follow through with transfer of body weight and a step taken towards the receiver. This action is called, “Stepping through the pass.”



Lineout Pass – Progression 2

Drill Organisation

Scrumhalf stands facing the lineout. The coach throws the ball from a height. Scrumhalf must position himself to catch the ball on his hip. The scrumhalf executes the pass using correct technique and body positioning to the flyhalf/first receiver.

Coaching Points

Pre-Pass execution

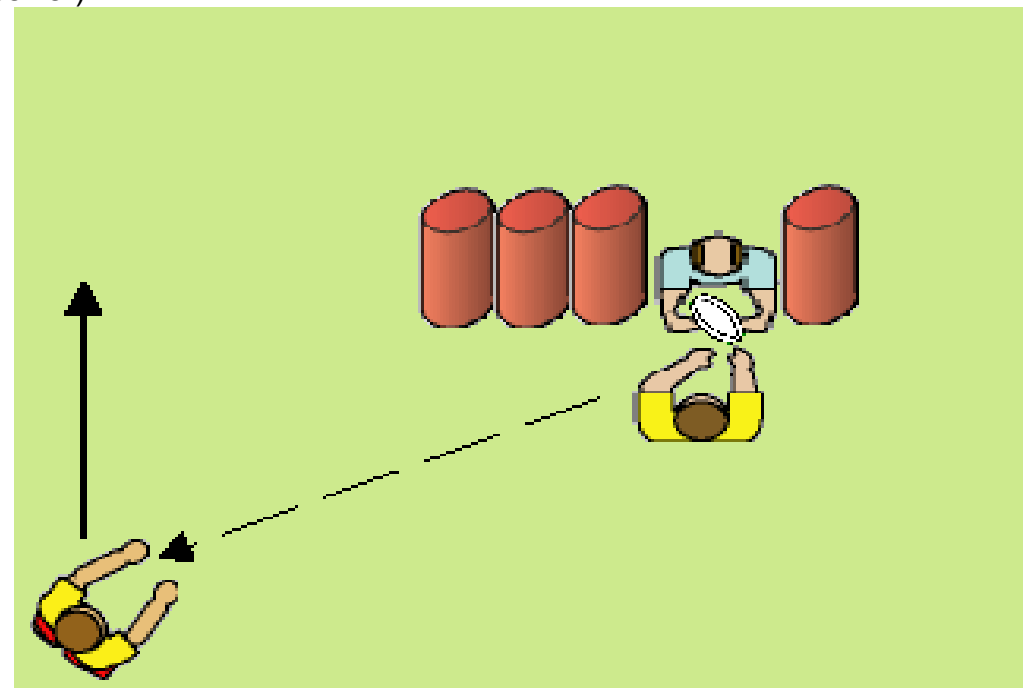
- Feet should be shoulder width apart and the majority of body weight should be on the inside leg (FPL)
- Hand placement should be slightly off-center towards the back of the ball
- The scrumhalf takes the ball on his hip (furthest from receiver).

During execution

- Foot of outside leg should be placed on the ground pointing towards the receiver and not over extended providing a solid foundation to support body weight transfer and step through.

Post pass

- Inside leg (FPL) should follow through with transfer of body weight and a step taken towards the receiver. This action is called, “Stepping through the pass.”



Lineout Running Options

Drill Organisation

Scrumback stands facing the lineout. A line of tackle bags should represent the first players in the lineout. A defender is situated at the back of the lineout. The coach hands the scrumhalf the ball who is in a standing position. Defender runs towards the first receiver opening up a gap for the scrumhalf to dummy and run through.

Coaching Points

- Maintain technique in order to bluff the defender.
- Scrumhalf should run sideways first with short quick steps to generate speed.
- Then throw a dummy pass to the first receiver.
- The scrumhalf should change his running angle and increase his speed accelerating with short quick steps through the gap at the back of the lineout.

