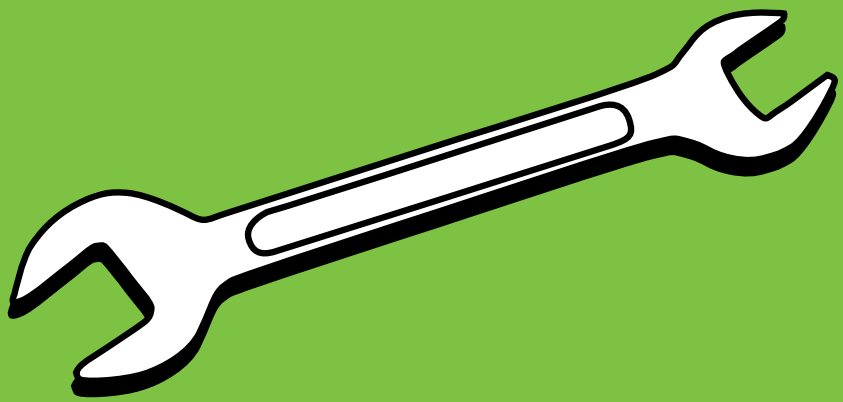
12 HANDY TOOLS FOR NOVICE RUGBY COACHES



BetterRUGBY COACHING

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TOOL NO.1

How to Stay Safe

These days safety is everything. Rugby's a rough sport and you, the coach, need to take the right precautions.

Plan for Emergencies

Rugby is a contact sport and there will be unavoidable incidents during training or games which require hospital visits or other treatment. As a club you should put together a short policy document outlining your procedures in these (hopefully rare) cases.

The document should include the names of the coaches with first aid qualifications along with their contact details as well as outlining under which circumstances players will be taken to hospital. It should also include details of the nearest Accident and Emergency hospital to your club.

You should let parents know the exact procedure which will be followed if their child requires hospital treatment. This should involve phoning the parents (or other contact) as soon as possible to give them details of the incident. Make sure you therefore have up to date emergency contact details for all your players and check them regularly.

Risk Assessments

You are fully responsible for the health and safety for the players in your care. It is essential that you are aware of any medical problems that individuals have and have emergency contact details for all players in your care. Ensure that there is always a first aid trained adult present (with a properly equipped first aid bag) at training sessions and games. Here are some health and safety tips:

- Thoroughly check the training or playing surface. Look for glass, dog dirt, drinks cans and any other potential hazard. Check also whether it is wet, frozen or sun baked. If in any doubt don't use it.
- Ensure players have appropriate and safe equipment. For instance, legal studs, mouth guards, shoulder pads.
- Don't allow injured players to train or play. You must be 100% positive they are fit enough to take part.
- If in doubt get advice from your governing body or local sports council.

Injury Prevention

Whenever players are at training or playing matches their wellbeing is your responsibility. Rugby is a contact game and players and parents accept that injuries will occur. However it is your job to make sure everything is done to minimise the risks.

Playing surface: Check that the surface is in a suitable condition to use, if there are any doubts then either find another area to use or cancel training, matches.

Equipment: Check all equipment before use (this includes the players' personal kit), ensure contact shields and suits are in good order, check that any poles being used are properly inserted in the ground. If in doubt about any equipment then don't use it.

Training: Ensure your training sessions are suitable for the age and level of the players and the time of year. Don't do intense contact sessions early in the season when the ground is hard. Don't do complicated rucking sessions with inexperienced players. If injuries occur make sure they are recorded.

Insurance Cover

There is an increasing trend for individuals to seek compensation through the courts for any sort of accident or injury.

All your coaches should be covered by their governing bodies' insurance providing they have completed a recognised coaching course and are registered by the club. Schools will need to have their own insurance in many cases to cover contact rugby.

Make sure you have fully completed consent forms for all children taking part in any activity. If a new player turns up make sure a parent or guardian completes a form straight away and before the child takes part in any activity, even a warm-up or game of touch.

Keep complete records of any injuries and accidents that occur while the children are in your care however trivial they might seem. These will be important if there ever needs to be an inquiry into an incident.

Of course the best form of protection is prevention. You need to make sure you have a complete set of risk assessments in an accessible place and make sure they are up to date.

TOOL NO.2

How to Protect Children

Sadly, we live in a world of lawyers and litigation. It pays to know your responsibilities and potential liabilities.

Anticipate Problems

Anticipate problems before they arise and put in place procedures to avoid the situations.

Risk assessments should be completed for all activities and will help you consider all potential problems.

Some of the things to think about in a risk assessment are the changing facilities, the ratio of coaches to players, background checks of the coaches, transport to games, the training facilities, equipment, parental consent, emergency contact details, medical conditions and allergies, and first aid provision.

Be Aware

Being constantly aware is essential in child protection, as ignorance is never an excuse. Keep a log book of your players (confidentially) and record any accidents that occur in training or in games.

You should also record anything unusual. Changes in behaviour, unexplained marks and injuries or players becoming isolated from the squad. All these things can be signs of some form of abuse or bullying.

Make sure your players know that you and the other coaches are always available for a chat in private. You could talk to them on the pitch away from everyone else or at the corner of a large room in the clubhouse.

Parental Consent

Getting consent from parents and guardians is essential for everything you do at your rugby club. Make sure they are fully aware of the potential dangers of playing rugby and of the safety precautions you and your coaches take to make everything as safe as possible. Outline your first aid provision and your procedures if a player needs medical attention.

At the start of the season give all parents a consent form to read and sign, include things like travelling to away games, taking photos and videos of the players in games and during training, and permission for you to act in loco parentis while the players are in your charge.

Finally, make sure all parents and guardians provide you with full medical details which might affect their child while you are in charge and an emergency contact number.

Disclosure checks

In most countries it is a legal requirement for all adults (16 and over) to have their background checked by the police before working with young children. In countries where it is not a legal requirement most sports governing bodies insist on it. If they don't, then I recommend that your club should!

You will be able to find the requirements for your country through your governing body. Your club will usually be required to register and provide the contact details of a "child protection officer", or equivalent.

If parents are going to put their children in your care, then you need to ensure that every precaution is taken to ensure the safety of those children. It may seem like a hassle to organise but it could save your club from a lot more trouble in the long run.

Be a Father Figure

As a coach of a junior rugby team you will come in to contact with a wide range of children from a wide range of backgrounds. It is inevitable that to some of these children you will be a "father" figure in their lives.

This role can be very difficult to accept if all you want to do is turn up and coach. However, you have a responsibility to the welfare of your players. Sometimes you will need to provide time for individuals who want advice or simply to tell you something that is praying on their minds.

Make sure you are not on your own with these children as you need to protect yourself as well. Listen to what they have to say, for many of them this will be all they want. Hand out advice carefully and if you are not sure what help to give then get your own advice.

Never promise to keep what the child may tell you a secret. In most cases they will understand this and tell you anyway. If they don't, reassure them that you will always be available to listen to them with discretion, but insist that secrecy is not an option.

TOOL NO.3

An Emergency Session

You are delayed at work, the kit locker is shut and you have 15 children waiting for you as you enter the changing room door. Here is Dan Cottrell's emergency session.

1 While You Get Changed

You cannot send them outside (too dangerous), so ask them to stay in the changing room and split into four groups. Each group has to come up with four rugby questions that the other group won't be able to answer, though they must be able to answer themselves. During the training session, you can use these questions.

2 Straight onto the Pitch, With Numbers

Warm up with the numbered exercise routine. Building gradually "one", assign an action to each number. For instance, left hand on the ground, then right hand down and then both hands. Others could be a press up, a sit up, a star jump, three seconds of quick feet. Call out the numbers, emphasising speed into the action, but accuracy in the exercise. The group jog with you as you shout the numbers.

3 Rucking Groups

Split the players into groups of three. You are going to improve the player's body position for driving into contact. Two players lie next to each other on their backs with their arms crossed over their chests. Keep enough space between them for the third player to stand.

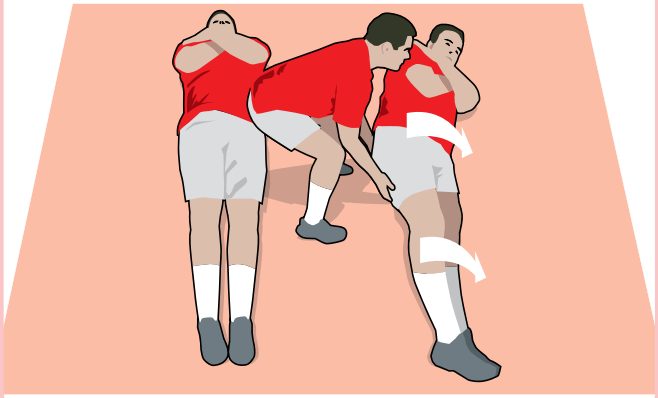
The standing player rolls over one of the lying players onto his front. He then turns and rolls over the other player. Then he turns back to roll the first player back onto his back, and repeats this with the other player. He works for thirty seconds before the players swap round.

The players on the ground should be rigid and not assist the working player.

Check for good technique. The working player should bend at the hips and knees. They need to use both hands to turn over the players, keeping their heads up as they do it. solid base with the feet. If they are overbalancing then check foot and head positions.

Develop this by joining two groups together. You can either place four players on the ground, so the other two players have to step over someone they have rolled over to roll over another player. If you want to add some fun, and depending on the type of players involved, get two players to hug each other on the ground, and the pair on their feet have to role them over.

Rucking Groups



4 Driving Groups

Get them back in their groups of three again, and make two players bind together. They face the third player, who puts his head between their hips, binding around their middle. He then drives them back for 10 metres, before they turn and go back the other way. Swap around and repeat for each player.

This works on good driving positions. Check for short steps and straight backs. Encourage some resistance from the bound pair. It is not a race.

Finish with a Game

Play a full game of rugby, but focus on one or two coaching points. For instance, passing before contact, or tackle technique.

TOOL NO.4

The Art of Coaching Children

When you start coaching you need to know as much about "how" to coach as "what" to coach. Here's a quick starter.

Talking to a Group (and Getting Them to Listen)

Talking to a group of children can be a huge challenge for many coaches, especially those who are used to working with groups of adults.

Before starting to talk you need to consider how to make sure your players are listening to what you are saying. Here are some "dos" of getting and keeping children's attention.

Attention

Make sure you have all the players' attention before you start talking. Off the cuff questions are a good way to gain attention at the start.

Once your players get in to the routine, and realise that you are only going to talk for a short time before they will be off and active again, they will settle much more quickly.

Balance

Following the ancient Chinese proverb "I hear I forget, I see I remember, I do I understand", the more activity and the less talking the better. Remember also the 30 second rule: you should never spend more than 30 seconds at a time talking to your players during training.

Limit It

Keep your chats short and sharp. "Little and often" is an excellent motto. Tell the players one or two things at a time between activities. During a 10 minute exercise you might bring the players in for four 30 second chats which all repeat variations of the same one or two points.

Face the weather

Whether in rain, wind or bright sun, make sure the players are protected from the weather conditions and can see you clearly. If necessary, that may mean you will have to talk to them facing into the weather.

Don't Use Jargon

Use the language that the players use and give examples that they can relate to. You will need to teach them the basic terms associated with the game but keep it limited. Use examples of them doing things well and get them to demonstrate these techniques to their peers.

Engage Brain Before Mouth

Think about what you want to say and the points you want to get across before you start speaking. Once you start hesitating the players will soon switch off.

If you need to, make some brief notes before training highlighting the main points they need to focus on. You can refer to these while the players are working.

Include the Children with Questions and Comments

Always include the players. Ask them questions, for feedback and ideas, and if anyone has anything to add. Not only will this keep them engaged it gives them a real sense of ownership about their training and makes them feel valued. You will also get some interesting points and ideas from them which you may not have thought of.

Put Plenty of Energy into It

Be animated when talking to your players. Plenty of facial expressions and body language helps children pick up on what you are saying. Be enthusiastic: if you're not why should they be?

TOOL NO.5

Coaching Picking Up the Ball

The ball will be on the ground for a number reasons. For instance after a tackle, or from dropped passes, rucks, tapped down lineouts, or just loose ball. Players need good technique to gather the ball quickly and to be balanced to either move away or take contact.

The Technique

- The player should take small steps approaching the ball.
- The player should keep his eyes on the ball and not look for opposition players coming in.
- He should get his body over the ball and side on to the opposition, with one foot each side of the ball .
- The player should have a wide stance with hips low to the ground.
- He should pick up the ball with both hands and pull it into the chest.
- The ball carrier should now look at the attacking options available.

Picking Up the Ball



Easy Exercises to Improve the Pick Up

1. Players in pairs roll the ball out for each other. The chasing player follows the ball and picks it up using the technique described above and passes back to their partner.
2. Groups of four in Indian file start on the touchline with a ball at the front. The first player runs out three or four metres, places the ball and becomes a defender two metres beyond the ball. The next player picks up the ball as described and either beats the defender or passes to one of the support players. The defender can try and disrupt the pass to test how strong the player's body position is. The next ball carrier places the ball and becomes the defender and the exercise continues across the width of the pitch.

TOOL NO.6

Coaching the Tackle

Tackling is a fundamental rugby skill but needs to be taught in a fun, safe and progressive way. Paul Tyler looks at the tackling techniques your players need to practise regularly.

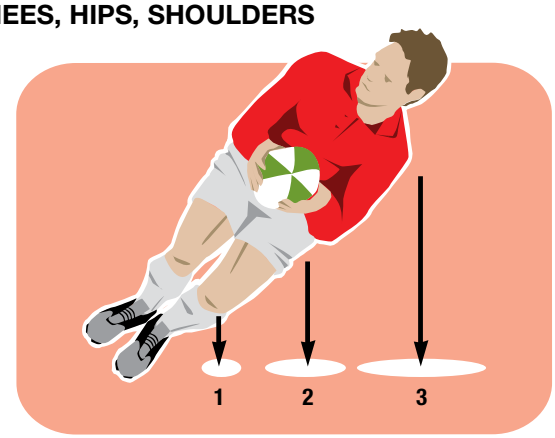
The Golden Rules of Teaching Tackling

- SAFETY is always the priority – if it looks unsafe, stop.
- The player being tackled must hold a ball.
- Teach your players how to fall before letting them tackle each other.
- Progress the skill slowly.
- Never push a player on when they are not ready.
- Always correct poor technique immediately.

Teach Your Players How to Fall

When most players fall their natural reaction is to put out a hand to break the descent. This can lead to a broken wrist or stamped on hand. It is likely that your team will lose control of the ball and the opposition win it.

KNEES, HIPS, SHOULDERS



Crumpling

This is a basic technique from Judo and will ensure your players fall safely. Get your players to:

1. Stand holding a ball in two hands.
2. Lean to the side and bend their knees slightly.
3. Fall so their knees hit the ground first, followed by one hip.
4. Turn their upper body so the back of one shoulder hits the ground next and the ball is protected.

The Tackle

Start by teaching the side-on tackle as it is the easiest and least scary for both tackler and tackled player.

1. The tackler starts from a kneeling position. The ball carrier should be standing still.
2. The tackler should focus on the target (the ball carrier's thigh).
3. The tackler puts their head BEHIND and tight into the ball carrier's thigh.
4. The tackler's arms go tightly around the upper legs.
5. The tackler leans forward and pushes into the ball carrier's thigh with their shoulder (the tackler should NEVER pull with their arms).
6. The tackler should hold on tight until the ball carrier is on the ground.

To progress the tackler starts from a crouched position. The ball carrier stands still. They follow the same steps (1 – 6) as above. Make sure the ball carrier falls safely every time. As the players improve, change the speed of the ball carrier, and the stance of the tackler.

Simple tackling games

- Play full contact rugby at walking pace and in a small area to encourage lots of tackles.
- Make the ball carriers hold the ball in two hands.
- Don't allow any hand offs.
- Make sure all tackles are below the waist and that the technique is good throughout.

TOOL NO.7

Start Young Players Spin Passing

***Colin Ireland** takes us through the basics of spin passing, whilst **Paul Tyler** explains why you should be teaching your players to spin pass as early as possible.*

Coaching the Spin Pass in 8 Easy Steps

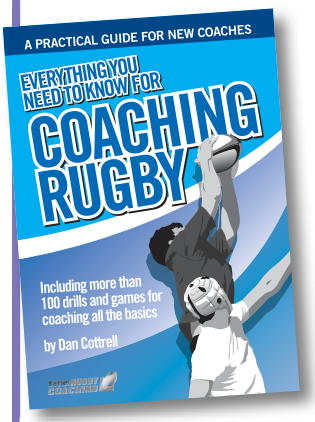
Here are the eight steps to coaching the spin pass. I have assumed throughout that the players are right handed. However, it is simple to adapt the techniques for left handed players.

1. In pairs, players stand four metres apart facing each other. One has a ball.
2. The ball carrier holds the ball in their right hand and across their palm. They put their left foot forward to turn slightly sideways towards their partner.
3. The ball carrier swings their right arm back and then throws the ball to their partner as if bowling a ball in a bowling alley.
4. The ball should roll off the fingers and travel to the partner spinning through the air.
5. Repeat the practice for the second players, and allow the players to throw the ball back and forth until they are comfortable with the technique.
6. Then the players should repeat the action, but now turning their hand round so the thumb and the point of the ball are pointing towards their partner. The ball should travel through the air spinning point first.
7. Once comfortable with this, the players should repeat the action, but this time putting their left hand on the ball to support it and guide its accuracy.
8. Once the players have learned and mastered the techniques, practise it often so they become equally proficient from either hand, passing left and right.

Spin Pass – The Upsides

- The ball will travel further, quicker and more accurately if it moves through the air point first.
- The ball should be easier to catch than a ball tumbling or lobbed in an arc to achieve distance.

Everything You Need to Know for Coaching Rugby



Coaching Rugby is designed to help you build your players' techniques, skills and understanding of the whole game from ages 8 to 16.

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TOOL NO.8

Let the Game Be the Teacher

Play more games in training and help your players reach their full potential. Just follow Colin Ireland's simple guide.

Players who have good sense on the pitch seem a rare commodity – and young players more so. Wise coaches are turning to games during training to enhance the players' awareness. And we know that young players love to play games, yet how often do you play games in your training?

What is "Game Sense"?

Game sense is an approach to coaching where techniques and skills are developed in games and game related practices. Your players are set challenges and problems to solve. They enjoy this interaction, motivating them to work harder in training. It also asks them to think what they are doing and why.

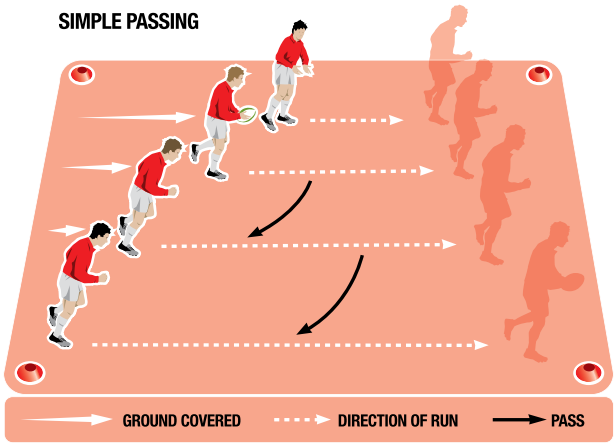
What do You Do?

- **Facilitate the Session:** let the players have freedom to coach themselves, encourage them to discuss their mistakes.
- **Question the Players:** don't just give them the answers, make them think about their actions and decisions and explain them to the other players.
- **Adapt the Games:** keep changing the rules and aims of the games so players have to adapt to different situations.

Be patient with the system of game sense. The rewards may not be apparent immediately, but from my experience across many school and club youth sides, it is worth the wait.

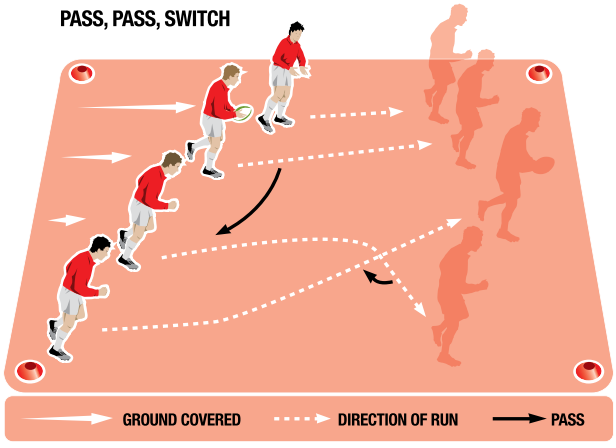
4 Simple Steps to Turn a Drill into a Game

Step 1 Basic Shuttle Passing Drill



Groups of four run across the square passing.

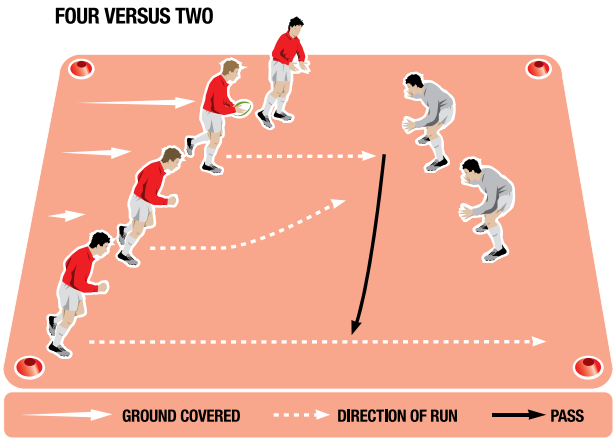
Step 2



- Players vary the length of passes.
- Use switches, miss passes and loops.
- Change angles of running.
- Encourage communication and variety.

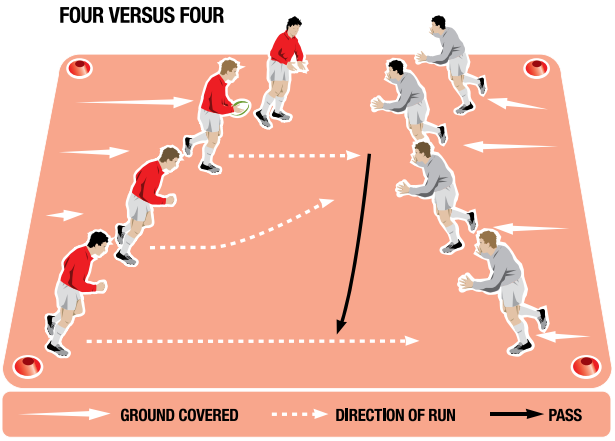
TOOL NO.8

Step 3

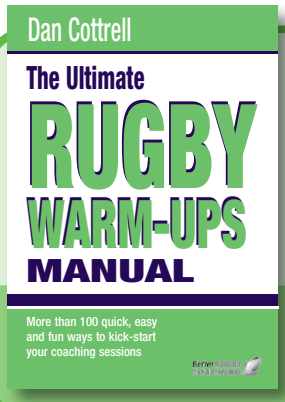


- Add two defenders. The drill has become game related.
- Encourage players to find their own solutions.
- Ask questions: What did you do to beat the defenders? What are the defenders doing to stop you? What skills are you using to beat the defenders? These questions will give you feedback on the players understanding of the situation and where they need help.

Step 4



- Play a four v four full contact game.
- All the players are involved, both in attack and defence.
- Techniques are performed under pressure.
- The players have fun. Never again will you hear “when are we getting a game?”



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TOOL NO.9

A Coach's Code of Conduct

Colin Ireland considers an ideal coach's code of conduct. How many can you tick off?

Parents: Information and Communication

- ❑ Provide a seasonal diary of the times and dates of training, matches and competitions.
- ❑ Agree issues relating to duty of care (e.g. responsibility for travelling to and from games). This may need to be done with parents and administration.
- ❑ Encourage parents to attend coaching sessions and games. Make them aware that the "win at all costs" ethos is not accepted in rugby union.
- ❑ Ensure parents are aware of what is unacceptable touch-line behaviour.
- ❑ Ensure parents have realistic aspirations for their children and are aware of their strengths and weaknesses.
- ❑ Inform parents about specialist equipment that is required (e.g. mouth guards), and from where it can be purchased.

Player Centred

- ❑ Recognise the importance of fun and enjoyment when coaching young players. Most learning is achieved through "doing".
- ❑ Appreciate the needs of your players before the needs of rugby.
- ❑ Be a positive role model. Understand all that this implies.
- ❑ Keep winning and losing in perspective. Encourage your players to behave with dignity in all circumstances.
- ❑ Provide positive verbal feedback in a constructive and encouraging manner to all your players both during coaching sessions and games.
- ❑ Provide experiences that are matched to your players' age and ability, as well as their physical and mental development.
- ❑ Ensure all children are coached in a safe environment and there is adequate first aid readily to hand. Make sure you have medical records about each player. For example, information about allergies, medical conditions (e.g. asthma, diabetes, etc), blood group.
- ❑ Keep a working and charged mobile 'phone with you at all times during coaching sessions and games, and when you have responsibility for your players (e.g. when they're in the changing rooms, driving them to games).
- ❑ Avoid overplaying your best players. Use a squad system to give everybody a satisfactory amount of playing time.
- ❑ Never allow a player to train or play when injured.
- ❑ Ensure good supervision of young players, both on and off the field.
- ❑ Young players should not be exposed to extremes of heat, cold, or an unacceptable risk of injury.

Coaching Knowledge

- Develop an awareness of nutrition as part of an overall education in lifestyle management.
- Respect all officials and the decisions they make (remember it could be you refereeing next week). Ensure your players recognise that they must do the same.
- Ensure your knowledge and strategies are up to date and in line with the union approach.
- Be aware of, and abide by your union's recommended procedures for taking young people on residential tours at home and abroad.

Summary

Use this code of conduct as a guide of good practice for yourself and other coaches in your club and school. Set the standards for yourself and others and the players will respond in a positive way by setting their own standards. Organise a coaches meeting to discuss the codes and how your club or school could implement them.

Have fun and enjoy the coaching experience!

TOOL NO.10

Know the Most Important Rugby Laws

Everyone who plays and coaches rugby knows that the ball needs to be passed backwards, but they are less certain on many of the other laws. You are not going to learn the whole law book before your next session, so here is a quick guide to the ones that make a real difference.

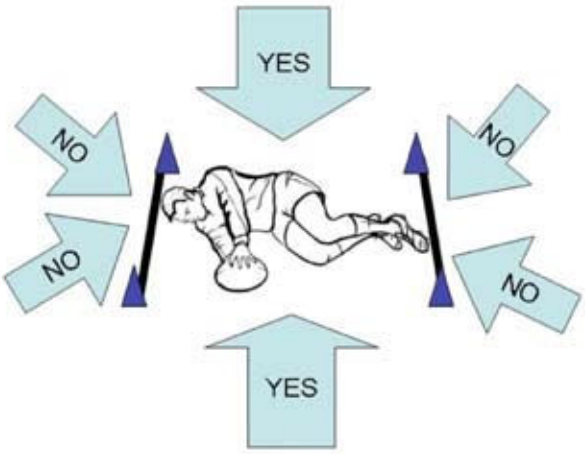
1 What Happens at the Tackle?

A tackled player is the ball carrier who is on at least one knee, and held by a tackler. He has to release the ball and roll away. When he lands on the ground he has one chance to either place the ball towards his own team or pass it away from his prone position.

After that he must release it. As a referee, if they are no opposition players contesting for the ball, then the ball carrier has longer to release the ball. However he does not allow the opposition to contest fairly for the ball, then he should be penalised.

To play the ball once it is on the ground, players must be on their feet and have entered through the "gate". This means a player must arrive at the ball with his backside facing his own try line.

The only player exempt from going through the "gate" is the tackler.



2 What Is Allowed at a Ruck?

A ruck is where a player from each side is bound over the ball. This is the key at junior levels where sometimes lots of players are competing from the ball on the ground and no one is bound on. As long as the players are on their feet and have arrived through the gate, then they can use their hands until there is some binding.

Once the players have bound on, everyone else must let go of the ball. If they have picked it up before someone binds on them, then it is maul.

NO RUCK



RUCK



In managing the ruck, if you can, make sure the players:

- Stay on their feet.
- Don't put their hands on the ball.
- Don't enter the ruck from the side.
- Remain behind the hindmost feet if they are not bound on.

3 Front Rows and Engagement

Unless you are a qualified referee, you should not referee competitive scrums. However you might still need to set up some scrums in practices. There are two areas to get right first.

1. The front rows must engaged square. That means hips and shoulders are in line and the spine is pointing forwards.
2. They must engage using the correct sequence. That is: crouch, touch, pause, engage.

TOOL NO.11

Refereeing Your Own Games

All coaches are called upon to referee at some stage, whether it's in fixtures versus other teams or internally at practice game sessions. Colin Ireland explains how game management is crucial to allow the players to develop their skills while learning the laws.

Know the Latest Thinking

Recently, an emphasis has been placed on encouraging and training referees to "manage" a game, rather than "control" it. Modern thinking and more knowledgeable players and coaches appreciate this attitude.

The Key Guidelines

- A referee should be an adjudicator NOT an enforcer. The important consideration for the referee is how the adjudication should be managed.
- Learn when to manage minor technical infringements by talking to the offender initially, before penalising on the second occasion.
- Be prepared for new tactics by the players.
- Get the scrum and line-out right first time to set the theme for the rest of the game.
- Use the captains to help manage the game.

Communication

Be firm and decisive, making decisions quickly. An occasional joke often relaxes a pending tense situation, but I am aware that I DON'T want to be a comedian. I like to give brief and concise explanations of decisions but always avoid debating decisions.

I use the "communication" tools in this order:

1. Whistle
2. Signal
3. Talk

Anticipation: The Top Referee's Tool

Prevent difficult situations developing by ensuring players know that if they are not abiding by the laws of the game, they will be penalised.

Develop Your Understanding of the Game

To learn to understand the game better, it is well watching and discussing games at all levels from a referees point of view. I have known referees to get a video of themselves refereeing and to seek advice from more experienced referees on their performance.

Signals

You need to learn the basic signals, which are scrum, knock on, free kick, penalty, and advantage. They should become automatic. You should be positive in indicating a penalty (straight out at 45 degrees) as opposed to a try (straight up vertically). This is especially important near the goal line. And remember that not only are you refereeing, but you are also teaching and coaching the youngsters the laws/rules of the game that they will take through their rugby careers.

Whistling

A lack of whistling is a good thing. It means the game had a lot of flow and continuity with the players working hard. It also suggests a lot of talking to the players encouraging and coaching them to play in a positive fashion. It's easy to criticise the referee but in many cases it's the lack of skill or organisation of the players that lets them down and this should be the focus of the coach.

TOOL NO.12

Plan To Succeed In 5 Minutes

Effective planning, leads to effective coaching, leads to effective performance, says Paul Tyler. But what can you do if you've only got five minutes to plan a session for your team and you've no idea what you are going to do?

Here is my simple guide to help you plan an effective session in no time. I have included my template planning form at the back of this issue for you to print out and use.

Set goals for the session – What do you want to achieve? Keep goals simple and bring the players on at their pace.

Review previous sessions or games – What did you practise in the last session? Do you want to reinforce this? What could your players improve on from their last game?

Resources – How many players and how much space will you have? Do you have the kit you need?

Make your sessions complementary – A good session follows a theme throughout. When you split the units, make sure the forwards and backs work on the same theme. So if you are looking to improve your handling, think about ways that each unit could help the other.

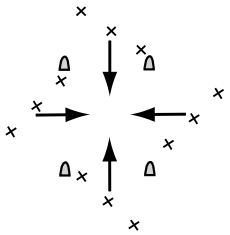
Complete and keep a planning form – I always like to keep a reminder of what I want to practise in my pocket. I complete and print out a form for every session I run.

The following is an example completed planning form. I planned this session in five minutes. I have included more detail than I might usually by way of illustration. In this session I have concentrated on attacking from depth with the forwards supporting from a ruck. In another session I might be working on set piece attack and support.

Remember to keep all your session plans so you can look back to see what you have done, or to repeat or update the session at a later date.

An example session planning form

Date: *1st June 2007* **Session Goal(s):** *Improve passing and attacking from depth*

	Time	Outcome	Kit	Drills/Games
Warm up	*5'*	*Footwork, groundwork, body positions*	*Lots of cones. 20m box*	*"Cone wars" game. Spread out loads of cones in a box. Have two teams, one team to turn cones upside down, the other to turn them the other way up. Develop with teams running around box passing balls to each other. Blow whistle to start.*
Section 1	*10'*	*Improve depth in attack*	*4 cones. 1 ball*	*"Attack the square"* *– Players must be deep to start* *– Mustn't go past the line* *– Must have accurate hands* *Groups of 3 attack the square. Pop the ball to the next group. Keep going until whistle. Then change direction.* 
Section 2	*10-15'*	*Backs: second phase moves. Forwards: Ruck and loop*	*Cones and four balls. Tackle bags if necessary.*	*Backs: Practise "off the cuff" switches, misses or simple straight running.* *Forwards: Run forward in groups of five, create two man ruck, and then pass and loop for four passes. All players to touch ball. (If time, put forwards and backs together)*
Section 3	*15'*	*Game awareness*	*Half pitch. Two balls*	*"Fijian touch." Three touch rugby. Turnover on third touch. The team in possession put their ball on the ground. The other team pick up on their own ball and play until the third touch. Opposition then return to their own ball.*