



Players: Groups of 3

1v1 Scrum Practice

Objective – To develop basic scrummaging technique.

Equipment needed:

- N/A

Suggested time allocation:

- N/A

Coaching points/Key factors:

Body position

1. Feet approximately shoulder-width apart.
2. Bend at the knees and hips.
3. Keep head and shoulders above hips at all times.
4. Ensure that feet, hips and shoulders are square.
5. Keep a straight flat back with spine in line with the direction of drive.
6. Keep chin off chest and look through eyebrows.
7. Remain stable, balanced and comfortable in the crouch position.

Pre-engagement

1. Assume the correct body position for your position.
2. Bind firmly and continuously to your team-mates throughout.
3. Keep weight off heels and stay on the balls of the feet.
4. Prepare for engagement on the referee's call by ensuring foot positioning and binding are correct.
5. If not in a safe position, shout "Not ready ref".
6. Front rows keep eyes focused on the target area - "Sight your slot" - which is always to the left of the player in front of you.
7. Do not attempt to engage before the referee's call.

Scrum engagement

1. The front rows should set up opposite their engagement slot rather than directly in front of their opposition. Their slot is to their left of the opposition player.
2. Engage using the following sequence:
 - a. Crouch – referee will call "Crouch" and front rows must crouch in readiness for the "Bind" call
 - b. "Bind" – referee will call "Bind" and props using their outside arm must bind to their opposite prop in the following manner:
 - i. Loose-head prop must bind on the opposing tight-head prop by placing the left arm inside the right arm of the tight-head and gripping the tight-head prop's jersey on the back or side
 - ii. Tight-head prop must bind on the opposing loose-head prop by placing the right arm outside the left upper arm of the opposing loose-head prop and gripping the loose-head prop's jersey with the right hand only on the back or side.
 - c. "Set" – following a pause, the referee will then call set when the front rows are ready. The front rows may then engage. The "Set" call is not a command but an indication that the front rows may come together when ready.
3. Props must not exert downward pressure.
4. The scrum is complete when the ball emerges from the scrum or the referee / game coach blows the whistle, in which case all players must immediately stop pushing.

How to play:

- Two players pair up and get into correct body positions.
- Player A coaches Player B on their technique before coming together.
- Both players then line up in front of one another (on knees to start) and engage (ensure they engage to the left).
- Players then slowly rock back and forwards (maintain solid technique throughout) - rock for 10 secs max.
- Coach to provide on technique at this point and correct poor posture.
- Progress so that the players are on their feet.

Difficulty:

- Increase to engaging in an upright position (on-feet).
- Progress to 2 v 2 and then 3 v 3 then 5 v 5 scrummaging.