

12 Players

Ruck Touch Rugby

Objective – Develop rucking ability of defenders and attackers. The touch game will also develop hand catch, offload and spatial awareness skills.

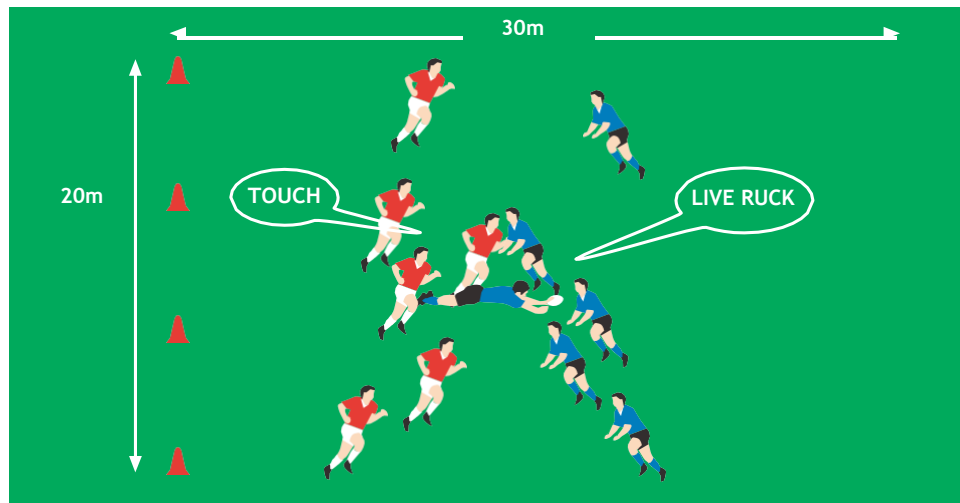
Equipment needed:

- Balls: 2
- Cones: 1 stack
- Bibs: 6

Suggested time allocation:

- 10 – 15 minutes

Set-up Diagram:



How to play:

- Usual touch laws - offload after two steps or two seconds.
- When touch is made, ball carrier goes to ground and presents - live ruck - no more than 1 player from each side in the ruck.
- Ensure ball presentation skills are high, even if a tackle has not been made.

Coaching points/Key factors:

Ball presentation

1. Avoid head on tackles - try to dodge the defender first
2. When tackled - drive the legs to keep moving forward
3. When brought to ground extend the arms and with two hands present the ball as close to support as possible and as far away from the opposition as possible.

Arriving players

1. Arrive through the tackle gate
2. Maintain a strong, stable and low body position
3. Chin off the chest, head up, hands up
4. Sight the target
5. Keep the spine in line with the direction of drive
6. Start the drive from a low body position
7. Make contact with defender using the shoulder and arms, not the head
8. Close arms around opponent
9. Drive the player away and clear the ball
10. Bind with a team-mate to improve stability

Difficulty:

- Coach to determine how active defenders are (depending on success of attack).
- Coach can add or remove defenders from areas.
- Coaches call 'tackle' when they want the next touch to be a tackle - this will keep players thinking.
- Progress to more than one attacker and defender in the contact.