



Drill: Scrum shape

1. Coach talks players getting into a strong scrum shape
2. Start with them standing in a group so they can all see each other
3. Move them onto the ground in pairs
4. Use analogies to help you get players to understand the positions (i.e. to get the strong back and upper body position: imagine you're hanging off a cliff and then pulling yourself up)

Can you see?

- Big Chest
- Scapulars pulled back
- Hinging at hips first
- Head square and neutral

You could ask...

- When do you feel strongest?
- Can you feel what your body looks like?
- What does this position look like to you?

Progressions

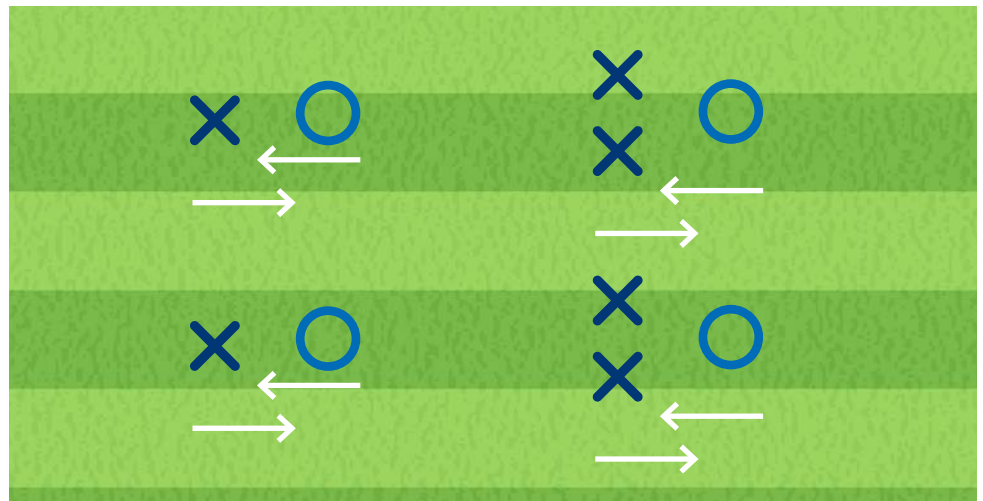
- Get players to coach each other in the different positions

Drill: Scrum connection

1. Players start in pairs.
2. Get players to find their scrum shape on the ground
3. Players then work with each other by getting into shape by connecting and applying pressure to each other
4. Get the players into 3s and have 2 connect to each other against 1

Progressions

- Add more numbers (i.e. 2 vs 2, 3 vs 3, 5 vs 5)
- Try connections with different positions connecting (i.e. Props and locks or no.8 and locks vs front row)



Can you see?

- Players in a strong scrum shape – chest strong, head neutral, scapulars pushed together
- Players able to handle movement and pressure when connecting

You could ask...

- When do you feel at your strongest?
- If there is movement how can you stay in a strong position?
- What does your body do when it doesn't feel strong?