



# GRADUATED RETURN TO LIVE SCRUMS

**RUGBY**  
**AU**

*#part of more*





# INDIVIDUAL FOCUS – CAN BE DONE IN ISOLATION

Activity	intensity	Notes	Cues
Warmup – Squat / Plank / Reverse Bridge / Scrum Hold	4 sets	As per Physical Conditioning information	<ul style="list-style-type: none"><li>• See individual drills</li></ul>
Individual Scrum Posture	Reps of 10 3 sets	In front of a mirror, practice correct scrum posture	<ul style="list-style-type: none"><li>• Core on</li><li>• Feet pointing straight ahead</li><li>• Knees over the top of toes</li><li>• Hips square and facing the front</li><li>• Back flat from shoulders to pelvis</li><li>• Chest flat with shoulders pulling back</li><li>• Head flat with eyes forward</li></ul>
Bear Crawl	5 metres x 10	Start on all fours – move forward slowly maintaining correct body shape	<ul style="list-style-type: none"><li>• Core on</li><li>• Feet pointing straight</li><li>• Knees over the top of toes</li><li>• Hips square</li><li>• Back flat from shoulders to pelvis</li><li>• Chest flat with shoulders pulling back</li><li>• Head flat with eyes forward</li></ul>



## SMALL GROUPS – TOTAL 4-6 SESSIONS ON RETURN TO TRAINING (when contact training is allowed)

Activity	intensity	Notes	Cues
Warm Up – Bear Crawl drill	1 min	Have players work in pairs with one working and one coaching	As per previous session
Engagement 1	3 mins	<ul style="list-style-type: none"><li>In-engagement means "going across the space" and the focus is on feet on the ground, hips is the correct position and shoulders.</li><li>After-engagement means "getting through the point of contact" with focus on toes pointing in the correct direction, knees just behind hips, hips square and flat, back flat with shoulders out and head flat, eyes up.</li><li>Nice and stable after engagement with weight forward.</li></ul>	As per previous session
Engagement 2	3 mins	<ul style="list-style-type: none"><li>Have players in the in-engaged position with their core 'on'.</li><li>Get them to lift one leg off the ground - ensuring their hips remain in the same position (no twisting, dipping or pushing out) and no body shifts (as an adjustments for having weight on one leg).</li><li>Next get players to take small steps, slowly forward remembering to keep their hips on the one plane.</li></ul>	



## SMALL GROUPS (CONT)

Activity	intensity	Notes	Cues
Scrum machine body shape drills	3-5 mins	<ul style="list-style-type: none"><li>• All of the below activities can be preceded by completing the same scenarios on a scrum machine if available</li></ul>	Body shape
1 V 1 FRONT ROW DYNAMIC	2-3 mins	<ul style="list-style-type: none"><li>• Have players on their knees offset against a partner.</li><li>• Players bind and get off knees keeping one arm on the ground to assist with their balance.</li></ul>	Body shape
2 V1 FRONT ROW DYNAMIC	3-5 mins	<ul style="list-style-type: none"><li>• Players will work in an unstable environment in a 2v1 situation.</li><li>• Players start on their knees with the single player packing against the other two players.</li><li>• Players are to focus on the six principles and shape after contact.</li><li>• When satisfied the players are maintaining their shape, get them to move forward/back and keep shape.</li></ul>	Body shape



## SMALL GROUPS (CONT)

Activity	intensity	Notes	Cues
3 V 3 FRONT ROW DYNAMIC	3-5 mins	<ul style="list-style-type: none"><li>• Players will work in an unstable environment in a 3v3 situation.</li><li>• Players start as per a normal scrum pre-engagement as two front rows.</li><li>• Players are to focus on the six principles and shape after contact.</li><li>• The focus is on three-steps forwards and back, while keeping the six principles maintained.</li></ul>	



## GROUP TRAINING (2-4 sessions)

Activity	intensity	Notes	Cues
Warm Up	5-7 mins	Consistently warm up using a selection of the drills listed in the Small Groups training sessions	<ul style="list-style-type: none"><li>Constantly stress the key points around body shape</li></ul>
Building the scrum - machine	10 mins	<ul style="list-style-type: none"><li>Rotate players through the scrum machine if available</li><li>Have prop, lock and flanker pack as an individual unit (both sides of the scrum can do this while the hooker and No 8 continue with 1 v 1 activities)</li></ul>	
Building the scrum - live	10 mins	<ul style="list-style-type: none"><li>Repeat the machine activities but with each "side " of the scrum packing against each other. The hooker should be added to the Loosehead side.</li></ul>	<ul style="list-style-type: none"><li>No engagement</li><li>Build slowly</li><li>Focus on holding shape – not a pushing contest</li></ul>



## GROUP TRAINING – LIVE (2 sessions)

Activity	intensity	Notes	Cues
Warm Up	5-7 mins	Consistently warm up using a selection of the drills listed in the Small Groups training sessions progressing into drills listed in the small group training sessions	<ul style="list-style-type: none"><li>Constantly stress the key points around body shape</li></ul>
Building the scrum - live	10 mins	<ul style="list-style-type: none"><li>Front Row vs Front Row</li><li>Tight 5 vs Tight 5</li><li>Have prop, lock and flanker pack as an individual unit (both sides of the scrum can do this while the hooker and No 8 continue with 1 v 1 activities)</li></ul>	
Building the scrum - live	10 mins	<ul style="list-style-type: none"><li>8 v 8 – no engagement</li><li>8 v 8 – hold shape only no pushing</li><li>8 v 8 – no engagement with pushing</li><li>8 v 8 – live scrums</li></ul>	





# RESOURCES

- Warmup activities:

<https://australia.rugby/participate/coach/coaching-resources/coaching-videos---compete-and-perform/compete/physical-development>

- Scrum activities

<https://australia.rugby/participate/coach/coaching-resources/coaching-videos---compete-and-perform/compete/set-piece>