

RDO WORKSHOP

FEBRUARY 2010

SCRUM

Mike Casey

- From $\frac{3}{4}$ set to full, knees and hips move first, not the back.
- At engagement, legs to fire first, not shoulders.

Tight-head:

- To promote the TH side, inside foot forward so as to hit the inside of the space between the hooker and the LH on engagement - angling in on the hooker. LH on far side to ease off.
- After the touch, leave binding arm out, bent, in front of shoulder. Important that the tight-head gets his bind in first enabling him to immediately push the head of the opposition Loose-head out limited his ability to go forward and get underneath the Tight-head. Binding elbow is to then squeeze in on the Loose-heads head so as to keep him locked.

Italy

- Gap between the All Black Loose-head and Hooker too wide, enabling the Italian Tight-head to 'splice' into the space provided. Once in, Tight-head dropped his bind placing arm around the Loose-heads neck, twisting him in towards the center of the scrum.
- **Prevention:** At the $\frac{3}{4}$ crouch, hooker to promote his left shoulder (arm bound on to his loose-head) to make the space as narrow as possible. Loose-head to race for his bind whilst doing his best to get his head under the Tight-heads chest (right side).

Locks

- Inside foot to be used as the trigger.
- This allows for continual connection with and thus power through the prop on engagement.

Flankers

- Inside leg planted – outside foot used as the trigger – as per locks trigger, allows for a continual connection with the prop on the engagement.
- Flanker to stay straight, using head (not shoulder or torso) to assist in keeping the prop straight.
- Should the opposition wheel Loose-head side up, on the feed the flanker on his Loose-head side to drop back on the lock bound on to in order to prevent the opposition halfback from interfering with the release of the ball....as wheel will put the ball closer to the opposition $\frac{1}{2}$ back should that player move forward with the ball when hooked.

Tight-Head

- If the Loose-head does not bind fast enough or does not get a decent bind, the scrum will more than likely collapse on that side as the Loose-head is not 'locked' into the scrum as the Tight-head is....it is also the Loose-head who keeps the scrum up.

MAUL

- Set up is as per a scrum set-up except with the ball-carrier facing the rear.
- Middle row need to be a low and in same body position as the locks at scrum time.
- Once the 'front' three (ball-carrier and two blocks) are in place, the 3rd arriving player in takes the ball.
- Those entering the maul after the third person, 'splice' either side, not binding on to that 3rd player.
- Once the 4th arriving player is in, the ball carrier slips back behind the 4th and 5th players to the back spot (#8 at scrum time).
- Should any further arriving players join, they repeat the actions of the 3rd and 4th players (either side of the ball-carrier). Once they are in, the ball-carrier then slips back again.
- **AIM:** To reduce the amount of transferring of the ball between players – keep ball carrier as the one player – keep the ball carrier protected and at the back of the maul.

- If setting a maul at a lineout, have a strong player in as receiver, so that player becomes the 3rd one in and thus the ball-carrier.
- This strong player can also act as a demolition ball, should the opposition set a maul from their throw. This player can gain momentum before joining and hopefully will be able to tie up/demolish that maul before it gets set and/or gains momentum.
- If your maul gets under pressure, angle inwards – direct all the pressure towards the centre. The aim behind doing this is to take the maul through the middle of the opposition players (popping out through the center)...keeps the inside tight and strong.

LINEOUTS

Chris Gibbes.

- Speed lineouts – Get to the ball before the opposition.

KEY FACTORS

- Throwers:
 - Hand position on ball.
 - Both hands follow through
 - An even hand placement.
 - Hands and fingers at point of release the same position as at the set-up

- Use elbows as a 'hinge' (Tricep extension)
 - No wings – prevents follow-through and prevents a 'chest' throw.
 - Small drop only – for power – start behind the head – small drop then fire.
 - No head dip – this creates drag.
 - Look up at the target
 - Stand tall – chest out (plumb up)
 - Trunk stable.
 - Balance stable – feet either side by side or one in front of the other.
 - Hand finish – throw to the target.
 - Don't 'bounce' the hands
 - Finish hands at the point of release.
 - Weight transfer – Core, Hips, Drop – Fire through.
 - Front throw – bullet
 - Middle/back – hooker technique no different apart from height change.
- Jumpers
 - Aim to catch at 12 o'clock.
 - Inside foot back (body slightly facing the LOT)
 - Inside foot 'snaps' to the outside foot (beside), then up.
 - Stand tall.
 - Fire (go up) upon the inside foot hitting square.
 - Timing of throw and movement of lifters on the movement of the jumper.
 - No bounce at the bottom – snap and go.
 - In the air, legs together – point toes.
 - Straightness – hands to ball.
 - Arms at 12 o'clock – fingers forward – catch with the fingers.
 - Delivery – once caught, bend outside elbow and release to the receiver – the elbow bends assists with the speed and accuracy of the transfer.
 - Lifters
 - Eyes up – hands above elbows.
 - Front lifter square to the jumper.
 - Back lifter – eyes down, facing the LOT.
 - Back lifter – feet underneath – feet out (Charlie Chaplin)
 - Back lifter – hand above hips.
 - Back lifter – use peripheral vision.
 - Back lifter – first movement closest foot towards jumper – step – snap back foot beside the leading foot (shoulder width) – thumb grip (Thumb to bum) – grip and push – lock out.
 - Know the calls.
 - Queue on movement of the jumper.
 - Lifters – chest to chest.

**Lifters and thrower to the lineout first – soon as thrower has ball – call made – jumper in....
Don't delay the execution.**

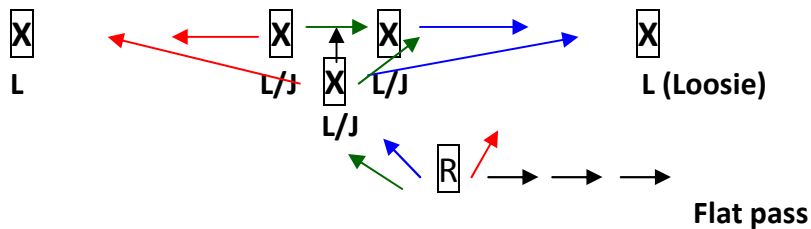
Lineout Drills

- Thrower
 - Laying on tackle bag – feet on the ground – ball in throwing start position – throw ball directly up – catch as comes back down - repeat.
 - Progression – Feet up on bag (brings core into the throw- balance)
Feet in the air.
 - Sitting on a swiss ball throwing to another also sitting on a swiss ball.

- Jumper
 - Practice steps as described....inside foot back – snap together – up.
 - Movement back and forward – one lead – other follow – straight up and down the line – using peripheral vision to follow the leader.

- Lifters
 - Lifters either side of a tackle bag – both lifters 'go' moving in and lifting tackle bag.
 - Progression – lay ladders either side of tackle bag – run through ladders and lift bag.
 - Progression – grabbing and throwing weight bag (held by two others).

Alternate Formation – 4 Man Lineout.



- **RED** – Floater moves into space between front lifter and 2nd player.
- **BLACK** – Floater moves into space between 2nd and 3rd players.
- **BLUE** – Floater moves into space between 3rd and 4th players.
- **GREEN** – Floater moves behind 3rd player to become a lifter. Lifts 3rd player.

Entry based on where the opposition hole is.