



# THE RUGBY CONTACT PROGRAMME

LAYING THE FOUNDATIONS FOR CONFIDENCE  
AND SAFETY IN CONTACT RUGBY



SPRINGBOKS.RUGBY







Any person coaching children must comply with all applicable safeguarding laws, policies, rules, and regulations to ensure a safe and protective rugby environment. This includes mandatory adherence to the **SA Rugby Safeguarding Policy**, as amended from time to time, available at <https://www.sarugby.co.za/general/safeguarding/>

Links to the applicable Youth Rugby Guideline education modules, relevant information and resources.

## Recommended Coach Education and Training: Non-contact Rugby(u6-8)

### World Rugby online education modules -

<https://www.world.rugby/the-game/training-education/elearning>

- Coaching Children (*All Coaches*)

## Compulsory Coach Education and Training: Contact Rugby (u9)

### 1. World Rugby online education modules -

<https://www.world.rugby/the-game/training-education/elearning>

- Coaching Children (*All Coaches*)
- Introduction to Coaching (*u/9 Coaches and upwards*)
- Tackle Ready (*u/9 Coaches and upwards*)
- Breakdown Ready (*u/9 Coaches and upwards*)
- World Rugby Level 1 Referee course or the newly launched SA Rugby Introductory Referee Course Level 1 (*u/9 Coaches and upwards*)  
(<https://passport.world.rugby/coaching/coaching-women-and-girls/>)
- Coaching Women and Girls (*u/9 Coaches and upwards*)

### 2. BokSmart online education modules - <https://my.boksmart.com>

- BokSmart(*u/9 Coaches and upwards*)
- Tackle Height Change Education  
<https://my.boksmart.com/Education/CourseContent?courseId=11>  
(*u/9 Coaches and upwards*)  
(Use this [link](#) to download the document that reviews the Tackle Height Change)
- Women's Rugby and Preparation for Contact – these skills and drills can be used for all players who are been introduced to contact for the first time. (*u/9 Coaches and upwards*)

### 3. SA Rugby Referee education modules –

To get access to the new SA Rugby Introductory Referee Course Level 1 please contact the SA Rugby Referee department: 021 – 928 7000 or <https://www.sareferees.co.za/general/sa-referees/> (*u/9 Coaches and upwards*)





# TRANSITION FROM NON-CONTACT RUGBY TO TACKLE RUGBY

The approved, evidence-based Tackle Age Framework sits at the heart of SARU's long-term player development strategy. It provides a clear and progressive approach to introducing rugby to young participants in a manner that prioritises safety, enjoyment, inclusion, and age-appropriate development.

Through this framework, young boys and girls are first exposed to rugby in engaging, game-based environments that foster fundamental movement skills, pre-contact rugby competencies, confidence, and a lasting enjoyment of the game, while laying the appropriate foundations for the later introduction of tackle rugby.

To support the safe and effective delivery of this approach, SARU has introduced the **Rugby Contact Programme for Confidence and Safety**. This programme is designed to guide players and coaches through the transition to contact rugby in a fun, movement-focused manner, systematically developing the skills, understanding, and confidence required to participate in the tackle version of the game from the Under-9 age group onwards.

The framework outlined below has been developed by the SA Rugby Participation and Development Department in consultation with the Tackle Age Task Team. It aligns fully with the nationally approved tackle age framework and reflects international best practice. Effective implementation is critical to its success, and the agreed approach has been developed in close collaboration with the SARU Referee Department.

## The age-appropriate participation structure is as follows:

- **Ages 0 - 7 (U7 and younger):** Tag Rugby Variations (Non-contact)
- **Age 8 (U8):** SA U8 T1 Rugby (non-contact)

- **U9 age-group:** Introduction of tackle rugby, following appropriate preparation.

## Standardised Introduction of Tackling

1. Tackling will be formally introduced only from the Under-9 age-group.
2. The structured **Rugby Contact Programme for Confidence and Safety** (six-structured training sessions) will be used to ensure young players are adequately prepared.

## The programme will be delivered:

- Introduced during the second half of the U8 season, and
- As part of a six-session U9 pre-season readiness block of 3 to 6 weeks.

This programme places emphasis on fundamental movement and contact-preparation skills, including falling, rolling, wrestling, and absorbing contact, to ensure a confident and safe transition into tackle rugby.

Should you have any questions or require further clarification, please do not hesitate to contact Nico Serfontein, Senior Manager: Community Rugby Development, at [NicoS@sarugby.co.za](mailto:NicoS@sarugby.co.za)

Prior to introducing "THE RUGBY CONTACT PROGRAMME" to all new and young athletes, all coaches and teachers must have completed the BokSmart Rugby Safety Programme and the Tackle Height Education Module.

## For more information visit the following site:

- The **BokSmart Rugby Safety Course** can be





This programme places emphasis on fundamental movement and contact-preparation skills, including falling, rolling, wrestling, and absorbing contact, to ensure a confident and safe transition into tackle rugby.

- The **BokSmart Rugby Safety Course** can be accessed and completed via **MyBokSmart**. For ease of reference, I have again included the document “**MyBokSmart Registration Process.pdf**”, available here: [Regulations emailer docs 2026](#)
- **Tackle Height Change Education Module** and review the accompanying explanatory document (also available via [Regulations emailer docs 2026](#))

SA Rugby would like to express its sincere appreciation to the Blue Bulls Rugby Union for the outstanding work undertaken in the development of The Rugby Contact Programme. We are deeply grateful for their willingness to share this programme with SA Rugby, and we thank them for their generosity, collaboration, and commitment to the safe and effective development of the game.





# AN INTRODUCTION TO SAFETY IN CONTACT FOR RUGBY PLAYERS



## 1. OBJECTIVE

To establish a programme that guides coaches to safely, gradually, and progressively introduces young rugby players to contact situations.

## 2. THE PROGRAMME: CORE COMPONENTS

- **Safety first:** Emphasising player safety throughout the programme by addressing all aspects of contact in rugby.
- **A guide to rugby contact:** Providing structured exercises that familiarise players with contact situations in a safe and progressive manner.
- **Coach education:** Supporting and training coaches to effectively teach contact skills while minimising the risk of rugby-related injuries.

## 3. CONTACT SKILLS

Contact skills consist of the following categories:

- Contact with the ground
- Contact with other players
- Contact with other players and the ground

Contact skills are developed by using the following exercises:

- Rolling
- Falling
- Pulling
- Pushing
- Wrestling
- Blocking
- Tackling

## 4. CONFIDENCE IN CONTACT: LESSON COMPONENTS

A lesson should include the following:

- Introductory warm up non-contact game with rugby balls
- Exercises to develop contact confidence
- Games that emphasise the teaching objectives

### Introductory games (Warm up)

#### AIM:

- Play and enjoy
- Ball carrying
- Evasive running and ball carrying
- Passing, catching and scoring tries
- Secure possession

#### ENSURE THAT:

- Maximum participation of players
- High activity rate (intensity)

### Skill development Through the following exercise categories:

- Falling
- Rolling
- Pushing
- Pulling
- Wrestling
- Blocking
- Tackling
- Scoring tries

#### AIM:

- To enhance the player's confidence in contact situations
- To develop contact skills in a progressive manner
- To strengthen core muscle groups and joints implicated in contact situations

#### ENSURE THAT:

- Safety is applied throughout this phase
- Players of same size compete against each other
- Exercises are repeated to maximise learning
- Well-executed actions are encouraged



## Game related games

### AIM:

- Ensure all contact-related games are conducted safely, with a clear emphasis on the correct application of contact skills. Decision-making and reaction in contact situations
- Score tries

### ENSURE:

- Progression
- Small groups first
  - 3 vs. 5 (players on knees)
  - 5 vs. 5 (tag, touch, grab, block and tackle)
- Larger groups
  - 7 vs. 7 (3 forwards, 4 backs, scrums and line outs)
  - 10 vs. 10 (5 forwards, 5 backs, scrums and line outs)
  - 15 vs. 15 (8 forwards, 7 backs, scrums and line outs)

## 5. LESSON STRUCTURE AND SET UP

- Safety first – ensure that the field and surface area are safe
- Equipment – cones, balls and other tools
- Space – size of playing field
- Time – how much time to spend on component
- Introductory games – warm up
- Video clips – illustrations
- Description of exercises
- Key factors – to teach and coach the details of a skills
- Additional exercises and more progressive exercises to use as options once the players mastered the skills of the initial exercises

## 6. THE COACH

Hints and strategies to assist the coach

### SPACE:

- Reducing the distance between players decreases the impact and force of the contact

### SIZES:

- Make sure that players of the same size work together in a group or in pairs

### SPEED:

- Managing player speed is critical, as higher speeds increase contact impact and lower speeds reduce it.

### ON KNEES:

- It reduces the impact of falling and making contact with the ground, because the player is close to the ground
- Players may never be attacked from the front (falling backward will cause injuries, allow only tackles from the side)

### TIME:

- Maintain planned times strictly and do not spend too much time on one activity or skill.
- Beginners get bored quickly

### ORGANISATION:

- Apply discipline and group organisation
- Players work in pairs in groups; they must not be too close to one another

## 7. COACHING METHODOLOGY

Teaching a skill:

- Explain what to do and why (key factors)
- Demonstrate how to execute exercises
- Players replicate the key factors demonstrated by the coach through clear explanation and demonstration. Coach to advise and make corrections
- Players must repeat the correct action as many times as possible, but within a time frame
- Coach a skill by using exercises:
  - Develop one skill in isolation
  - Develop the skill in combination with other skills
  - Develop the skill progressively against controlled oppositions (only by blocking, grabbing or using shields etc.)
  - Develop by simulation of specific game situations
  - Develop by game orientation – full contact





# 3. SAFETY PLANNING



## IMPORTANT:

- Emergency Action Plan (EAP) ([SA Rugby Safety In The Playing Environment Dec 2025](#))
- Schools/Clubs to have contact details of referred doctor/hospital in case of an emergency
- Make sure that you are able to reach the necessary medical people in case of an emergency situation.
- Do not neglect this, it is your responsibility to ensure a safe playing environment

## CONCUSSION

### What Is a Concussion?

A concussion is a type of brain injury that happens when you get a bump to the body or hit to the head – or even if your head hits the ground or something else. You don't have to be knocked out for it to be serious.

Basically, your brain gets shaken up a bit, and that can mess with how it works for a while. Most of the time, these effects can happen quickly, don't last long and get better on their own. But sometimes, symptoms can stick around or worsen, so it's important that you're checked out by medical staff who know how to manage concussions properly.

## 1. How do you recognise a concussion?

### Signs of Concussion/Suspected Concussion (WHAT TO LOOK OUT FOR)

- Dazed, vacant or blank expression
- Lying motionless on the ground or very slow to get up
- Unsteady on feet
- Balance problems or falling over
- Incoordination
- Loss of consciousness or lack of responsiveness
- Confused or not aware of plays or events
- Grabbing or clutching of the head
- Convulsions
- More emotional or irritable
- Not remembering (Maddock's questions)

### Symptoms of Concussion/Suspected Concussion (WHAT THE PLAYER MIGHT TELL YOU)

- Headache
- Dizziness
- Confusion or feeling slowed down
- Struggling with or blurred vision
- Nausea or vomiting
- Fatigue
- Drowsy, feeling in a fog or difficulty concentrating
- A feeling of pressure in the head
- Sensitivity to light or noise

**THE PLAYER MUST BE IMMEDIATELY REMOVED FROM THE TRAINING SESSION AND MUST FOLLOW THE SA RUGBY CONCUSSION MANAGEMENT PROTOCOL. REFER THEM TO A MEDICAL DOCTOR TO CLEAR THEM OF ANY COMPLICATIONS, NOT FOR GOING BACK TO RUGBY.**



## 2. IF THE FOLLOWING “RED FLAGS” OCCURS WITHIN HOURS OR DAYS AFTER INJURY, THE PLAYER MUST BE TAKEN TO A DOCTOR OR HOSPITAL FOR FURTHER OBSERVATIONS:

- Important symptoms to monitor over the next 48 hours include:
  - Severe neck pain
  - Loss of feeling or use of an arm or leg
  - Confusion
  - Slurred speech
  - Deteriorating consciousness
  - Seizures (fits)
  - Repeated vomiting
  - Headaches that worsen

ANY of these require urgent medical attention.

## 3. A PLAYER MAY NOT CONTINUE WITH THE CONTACT EXERCISE PROGRAMME FOLLOWING A SUSPECTED OR CONFIRMED CONCUSSION. THE FOLLOWING INFORMATION MUST BE STRICTLY ADHERED TO:

- The player must undergo 21 Days active rest with no contact training or rugby
- The player must be examined by a medical doctor and cleared to return to contact rugby
- BokSmart: Return to Play protocol ([When Can A Player Safely Return To Play Updated Dec 2025](#))



### Concussions may occur in the following situations:

- When a player falls and their head strikes the ground.
- When a player jumps to contest a high ball and lands on their head.
- When a player is tackled and the head whiplashes before making contact with the ground.
- When the tackler places their head in front of the ball carrier during a tackle, resulting in the ball carrier colliding with the tackler's head.
- When the tackler uses incorrect technique or body position when engaging the ball carrier.
- When the tackler's head makes contact with the ball carrier's hip due to lowering the head, closing the eyes, or missing the correct tackle target.
- When the tackler places their head in front of the ball carrier's knees, resulting in contact with the knee, head, chin, or cheek.
- When two players attempt to tackle the same ball carrier and their heads collide behind the ball carrier.
- When the tackler is struck by the ball carrier's elbow during a tackle or while attempting to protect themselves.

The following link will provide you with everything you need to know about concussion: [Boksmart Concussion Information Pack](#)





# INJURY FREE RUGBY



**Injuries that are most likely to occur during different contact exercises may be limited if the following were observed:**

### 1. CONTACT WITH THE GROUND

- **Wrists:** Fingers must point in direction opposite to the fall or movement
- **Shoulders:** Players must pull shoulders inward to be able to roll
- **Neck:** The chin should be turned toward the shoulder that will be on top after the fall
- **Head:** The head should be held in such a way that it will not touch the ground during the fall

### 2. CONTACT WITH OTHER BODIES/PLAYERS

- **Heads:** Players must look at the opponent/ball carrier to be able to turn the head away from the danger zone and to expose their shoulder
- **Fingers:** The fingers and thumbs should be closed
- **Shoulders:** Side-on collision/contact will ensure protection of the shoulders and other body parts
- **Neck:** Players must not run with their heads down into any contact situation

### 3. CONTACT WITH PLAYER AND THE GROUND

- **Heads:** Head up, eyes open, expose the shoulder for contact
- **Fingers and hands:** Close the finger grip strongly and hold on tightly until contact with (fall to) the ground is completed
- **Shoulder:** Players must pull the shoulder inward to be able to roll in the fall
- Keep elbows away from the ground

### 4. THE TACKLE

Tackles must be made below the level of the sternum. For more information on this visit the MyBokSmart website and complete Tackle Height Change Education Module and review the accompanying explanatory document (also available via Regulations emailer docs 2026) as a matter of priority.

- **Heads:** Players must keep their heads up, eyes open,. Players must ensure that the contact is made with the exposed shoulder and arm
- **Neck:** The players should engage with their exposed shoulder, either above the hip of the opponent or above the knees from the side
- **Shoulders and fingers:** Grasp the ball carrier with both arms in a grip as tight as possible before going down





# LESSON

- 1.1 **Intro-Game:** Shadow chasing
- 1.2 **Contact:** With the ground – Rolling
- 1.3 **Contact:** With another player – Wrestling
- 1.4 **Contact:** With another player – Pushing
- 1.5 **Contact:** With another player – Pushing
- 1.6 **Contact:** With another player – Blocking
- 1.7 **Rugby game:** Touch rugby (3 touch)

## SKILL:

- **Agility** – Ball shifting

## SPACE AND PLAYERS NEEDED:

- Grids 5 x 5 m up to 10 x 10 m
- 3 – 5 Players in a grid

## TIME:

- 5 – 8 minutes

## WHAT TO DO:

- Divide in groups of two's or three's
- One ball carrier and 1 or 2 chasers (shadow)
- The ball carrier runs randomly in the grid while the shadow is attempting to stay close as possible to the ball carrier

## KEY FACTORS:

- Correct grip on the ball (ball carrier)
- See video

## AIM:

- Chaser to stay in touch (Shadow) with ball carrier to enhance his ability
- Ball carrier moves the ball from left to right and vice versa to enhance ball control while running

## EQUIPMENT:

- Cones for grids
- Balls

## ENSURE THAT:

- The ball is shifted frequently from the left to the right (carrying position)
- The shadow stays as close as possible to the ball carrier
- Players not to move out of grid

## PROGRESSION/ADDITIONAL:

- Make the grids bigger
- Let the "shadow" hold on to a tag of the ball carrier

## LESSON 1.1 INTRO GAME: STAY BEHIND (BALL-CARRIER)



## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/1.1.mp4>



**SKILL:**

- Rolling

**SPACE AND  
PLAYERS NEEDED:**

- Cones 3m apart on line, with 2 players in between

**TIME:**

- 4 – 6 minutes

**AIM:**

- To roll from left to right and back (sideways) by applying safe rolling techniques
- To apply safe rolling techniques

**EQUIPMENT:**

- Cones

**LESSON 1.2**

**CONTACT:  
WITH THE  
GROUND –  
ROLLING**

**WHAT TO DO:**

- Players lie on their backs
- Players roll from left to right on the ground (over stomach and back)
- Players must protect themselves by:
  - Keeping the arms and hands tightly against their bodies, hand palms showing outwards
  - Taking a deep breath and tighten all muscles
  - Keeping their heads away from the ground

**ENSURE THAT:**

- There is enough space between the players
- All players roll in the same direction

**PROGRESSION/ADDITIONAL:**

- Rolling and end up on all fours before starting the next roll to the other side
- Sitting on haunches and roll (sideways)
- Rolling and end up in spider position.

**KEY FACTORS:**

- Fingers and hands tight against the chest
- Inhale and tighten all muscles
- Keep the head up and away from the floor
- Pull the shoulders in and make the back as round as possible



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/1.2.mp4>



**SKILL:**

■ **Wrestling**

**AIM:**

- To make contact by wrestling an opponent while staying on the feet

**SPACE AND PLAYERS NEEDED:**

- Grids 3x3m (2 players per grid)
- Grids 4m apart

**TIME:**

- 4 – 8 minutes

**EQUIPMENT:**

- Cones

**WHAT TO DO:**

- 2 Players in a “box”
- On the whistle the players attempt to wrestle one another out of the box

**LESSON 1.3**  
**CONTACT:**  
**WITH ANOTHER**  
**PLAYER**  
(BREAK THE GRIP,  
WRESTLING AND  
LEG LIFTING)

**ENSURE THAT:**

- There is enough space between the “boxes”
- Players do not bump into players participating in other “boxes” when wrestled out of the “box”
- Players attempt to stay on their feet

**KEY FACTORS:**

- Keep feet wide apart (for more stability)
- Bend knees for more effective pushing

**PROGRESSION/ADDITIONAL:**

- Indicate one side where players must wrestle the opponent out of “box”
- 2 players vs 1 player



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/1.3.mp4>



**SKILL:**

- Pushing

**SPACE AND  
PLAYERS NEEDED:**

- Cones 3m apart on a line, with 2 players in between

**TIME:**

- 6 – 8 minutes

**AIM:**

- To apply favourable body and feet position while pushing
- To activate and strengthen the ligaments and muscles around the joints

**EQUIPMENT:**

- Cones

**LESSON 1.4**

**CONTACT:  
WITH ANOTHER  
PERSON –  
PUSHING**

**WHAT TO DO:**

- 2 Players between the cones
- One player on either side of the line
- Players place their hands on their opposition's shoulders
- Players should take a very low body position before they start pushing

**ENSURE THAT:**

- The players are in a low pushing position
- Players attempt to push one another away and to enter into opponent's territory
- The players lower their knees and not their hips

**KEY FACTORS:**

- Heads up/eyes open
- Backs straight
- Feet shoulder width and further apart
- Shoulders slightly higher than their hips
- Drop the knees/don't drop the hips
- Push with both legs until go forward is gained

**PROGRESSION/ADDITIONAL:**

- Stand back-to-back and push backwards



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/1.4.mp4>



**SKILL:**

■ **Wrestling**

**SPACE AND  
PLAYERS NEEDED:**

- Cones 2m apart on line, with 2 players in between

**TIME:**

- 6 – 8 minutes

**AIM:**

- To push another player and perform the correct body position for cleaning and scrumming
- To gain confidence in getting their heads in and up

**EQUIPMENT:**

- Cones

**LESSON 1.5**

**CONTACT:  
WITH ANOTHER  
PERSON –  
PUSHING**

**WHAT TO DO:**

- Players start on their hands and knees, with their right/or left ears touching before they engage
- Engage with head under the chest of the opposing player
- On the signal of the coach the players attempt to cross the line by pushing

**ENSURE THAT:**

- The heads are under the chests
- The players force their heads up
- Players do not lock their legs in a straight position but keep their legs bended by keeping their knees close to the ground

**KEY FACTORS:**

- Feet wide apart
- Heads under the chest of opposing players
- Backs straight/head forced upwards
- Lift the knees only a fist length away from the ground
- Keep knees very low while pushing

**PROGRESSION/ADDITIONAL:**

- Players lie down on their backs and then on the signal, jump up, gain the correct position, head in, engage and push



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/1.5.mp4>





#### SKILL:

- **Blocking**

#### SPACE AND PLAYERS NEEDED:

- 3 Grids (2 x 2m) and 9 players

#### TIME:

- 4 – 6 minutes

#### AIM:

- To prevent players going forward and entering the “box”

#### EQUIPMENT:

- Cones for 3 grids
- Balls

## LESSON 1.6

### CONTACT: WITH ANOTHER PLAYER – BLOCKING

#### WHAT TO DO:

- 2 defenders per “box” – guarding
- 3 attackers attempt to enter “boxes”
- 2 defenders per “box” attempt to prevent attackers entering boxes by applying blocking techniques
- Defenders should stay outside the box

#### KEY FACTORS:

- Defenders place bodies between attackers and box to prevent them entering the box

#### ENSURE THAT:

- All contact is made under the shoulders
- Coach to explain/ demonstrate correct blocking techniques
- Defenders and attackers are rotated

#### PROGRESSION/ADDITIONAL:

- Runners attempt, to get as many balls inside the “boxes” as they can in 20 – 30 – 40 Seconds



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/1.6.mp4>



#### **SKILL:**

- Passing, catching, running and support

#### **AIM:**

- Play a rugby related game
- To score tries

#### **SPACE AND PLAYERS NEEDED:**

- Grid of 20x20m/ 30x30m
- 5 – 8 players in a team

#### **TIME:**

- 10 minutes

#### **EQUIPMENT:**

- Balls (1 per group)
- Cones

## **LESSON 1.7**

### **RUGBY GAME: TOUCH RUGBY (3 TOUCH)**

#### **WHAT TO DO:**

- Player's score tries
- Players defend by touching a ball carrier with both hands and claiming the touch
- Play two handed touch (3 touch rule applies)
- If ball carrier is touched, he/she must stop within 3 paces and put the ball down on ground for a supporting player to play
- First supporting player must pass, cannot run

#### **ENSURE THAT:**

- That players pass the ball to a team mate that's in a better position
- That all players are involved
- Offside rules apply
- Smaller team size will ensure better player involvement

#### **KEY FACTORS:**

- No bundling of players (spacing)
- First supporter to identify himself as the "passer"
- Encourage quick passing off the ground



#### **VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/1.7.mp4>

# LESSON

- 2.1 **Intro Game:** Ball touch
- 2.2 **Contact:** With the ground – Rolling
- 2.3 **Contact:** With another player – Wrestling
- 2.4 **Contact:** With another player – Wrestling
- 2.5 **Contact:** With another player – Pulling
- 2.6 **Contact:** With another player – Blocking
- 2.7 **Rugby Game** – Touch rugby

## SKILL:

- **Agility** – Evading

## AIM:

- To apply evasive running by avoiding being touched with the ball

## SPACE AND PLAYERS NEEDED:

- Grids of 5x5m or 10x10m
- 3 – 6 players in a grid

## TIME:

- 4 – 6 minutes

## EQUIPMENT:

- Cones for grids
- 1 Ball per grid

## WHAT TO DO:

- One player with the ball attempts to touch as many players with the ball in 20/30 sec
- Rotate ball carrier
- When a player is touched, he should execute one of the following:
  - Fall down and roll once
  - Fall down, roll once and simulate a presentation of the ball
  - Put another player on his back and turn around once to the left and once to the right

## LESSON 2.1 INTRO GAME: BALL TOUCH

## ENSURE THAT:

- Ball carrier not to touch the same player consecutively

## PROGRESSION/ADDITIONAL:

- 2 Ball carriers in a larger grid competing in 20/30 sec
- More players in the grid
- Changing the size of the grid



## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/2.1.mp4>





**SKILL:**

- **Falling and rolling**

**SPACE AND  
PLAYERS NEEDED:**

- 3m between cones on a line
- 1 player between cones

**TIME:**

- 4 – 6 minutes

**WHAT TO DO:**

- Players on their haunches, execute a forward roll over one shoulder (left and right)
- Players stand upright fall and roll Sequence:
  - Knee
  - Hip
  - Hand
  - Elbow
  - Shoulder
  - Back
- Players walk and execute the roll
- After each roll players must regain their upright stance

**AIM:**

- To introduce safe falling and rolling from a standing position

**EQUIPMENT:**

- Cones (Depending on how many players)

**ENSURE THAT:**

- Coach spends ample time on correct demonstration of techniques (see key factors)
- Safety measures are applied
- Progression is applied:
  - Slow to fast
  - Haunches to standing
  - Walking to jogging

**PROGRESSION/ADDITIONAL:**

- Player rolls over another player lying down
- Players rolls/dives over a player who is standing on his hands and knees
- Perform exercise with a ball

**LESSON 2.2**  
**CONTACT:  
WITH THE  
GROUND –  
ROLLING**

**KEY FACTORS:**

- Fingers should point in the opposite direction of the rolling direction
- Players should pull their shoulders up to protect the neck
- They should turn their chins away from the rolling direction
- The hand, shoulder and back should form a “wheel” to roll (See video)
- Their heads should never make contact with the ground



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/2.2.mp4>



#### SKILL:

- **Wrestle** and going forward

#### AIM:

- To introduce contact with another player through pushing and wrestling

#### SPACE AND PLAYERS NEEDED:

- Grids 3x3m
- 2 Players per grid with a ball

#### TIME:

- 6 – 8 minutes

#### EQUIPMENT:

- Cones
- Balls

#### WHAT TO DO:

- On the signal of the coach players must attempt to wrestle one another out of the “box” in 5 – 10 seconds

## LESSON 2.3 CONTACT: WITH ANOTHER PLAYER – WRESTLING

#### ENSURE THAT:

- Contact is lower than the shoulders
- Players stay on their feet

#### KEY FACTORS:

- Always start with feet shoulder width apart
- Body always in a crouched square position facing forward
- Knees always slightly bent
- Apply short quick steps

#### PROGRESSION/ADDITIONAL:

- Indicate only one side of the grid where the player can push one another out “the gate”
- Use two players against one to push and wrestle him/her out of the “gate”



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/2.3.mp4>



**SKILL:**

- **Balanced pushing**

**AIM:**

- To enhance a better body position to transfer the power in a specific direction

**EQUIPMENT:**

- Cones

**SPACE AND  
PLAYERS NEEDED:**

- Grids 3x3m
- TIME:**
- 4 – 6 minutes

**ENSURE THAT:**

- Players lean against one another before the coach signals

**WHAT TO DO:**

- 2 Players with their backs against one another
- On the signal of the coach their bodies are lowered and players attempt to push one another (backwards) out of the “box”

**LESSON 2.4**  
**CONTACT:**  
**WITH ANOTHER**  
**PLAYER –**  
**BACK-TO-BACK**  
**REVERSE**  
**PUSH**

**PROGRESSION/ADDITIONAL:**

- To perform the pushing action with elbows locked in
- Squad up and down (see video)

**KEY FACTORS:**

- Always bend knees
- Feet shoulder width and wider
- Head up and eyes open
- Keep the body pushing stance as low as possible



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/2.4.mp4>





**SKILL:**

- Pulling

**AIM:**

- To prevent an opponent moving forward by pulling/holding player back

**EQUIPMENT:**

- Cones

**SPACE AND  
PLAYERS NEEDED:**

- From try-line to 22m (distance)
- Cones 2m apart on a line with 2 players in between

**TIME:**

- 6 – 8 minutes

**LESSON 2.5**

**CONTACT:  
WITH ANOTHER  
PLAYER –  
PULLING**

**ENSURE THAT:**

- The player in front is leaning forward in a driving position and running with a high knee action
- Players are rotated
- There is ample space between groups
- Players are moving in the same direction

**WHAT TO DO:**

- Players positioned in pairs
- Player 1 in front of player 2
- Player 2 grips player 1 with both hands-on pockets of pants
- On the signal of the coach, player 1 attempts to move forward while player 2 resists by attempting to pull player 1 back

**KEY FACTORS:**

- The player in front must:
  - Lean forward
  - Run with high knee action
  - Aggressive arm action
- The player at the back:
  - Keep his arms bent, never straight
  - Give way so that the front player is allowed to run forward with resistance



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/2.5.mp4>



**SKILL:**

- Stopping a player going forward

**SPACE AND PLAYERS NEEDED:**

- 10 cones for outside circle
- 5 cones for inside circle
- 8 – 15 players

**TIME:**

- 6 – 8 minutes

**AIM:**

- Inner players are preventing the outside players to enter their circle through blocking them out

**EQUIPMENT:**

- Balls 1 per group
- Cones

**ENSURE THAT:**

- The outside players run around the outside circle before the signal to penetrate the inner circle
- Coach demonstrates blocking techniques

**WHAT TO DO:**

- Attackers run around outside of circle
- Defenders positioned inside the circle
- On the signal of the coach, the attackers attempt to reach the smaller inner circle
- The defenders must attempt to stop the attackers by applying the blocking (stopping) techniques
- Rotate defenders and attackers after 3 – 5 attempts

**LESSON 2.6**  
**CONTACT:**  
**WITH ANOTHER**  
**PLAYER –**  
**BLOCKING**

**PROGRESSION/ADDITIONAL:**

- Provide each outside player a ball to try and score in the inner circle

**KEY FACTORS:**

- Take up a low forward crouched position
- Get the body between the ball carrier and the inner circle
- Keep the head up and eyes open
- Use smaller power full steps after collision to ensure ball carrier is not advancing forward



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/2.6.mp4>

### SKILL:

- Handling and contact skills

### AIM:

- To provide players the opportunity to:
  - Pass
  - Catch
  - Do evasive running
  - Make contact with the ground
  - To score tries

### SPACE AND PLAYERS NEEDED:

- Grid of 20x20m (5 vs 5)
- Grid of 30x30m (7 vs 7)
- Grid of 50x50m (10 vs 10)

### TIME:

- 10 – 20 minutes

### EQUIPMENT:

- Balls 1 per group
- Cones

### WHAT TO DO:

- Play touch rugby
- Scores tries
- Players defend by touching the ball carrier with both hands and claiming the touch
- When a player is touched, he falls down roll once and present the ball backwards to a supporting player
- The first supporting player is only allowed to pass the ball

## LESSON 2.7 RUGBY GAME: TOUCH RUGBY

### ENSURE THAT:

- The ball is controlled while doing the rolling action (see video demonstration)
- Coach explains the rules of the game when a player is on the ground
- The defending team forms a defending line 5m back away from the touched player

### KEY FACTORS:

- No bundling to ensure space between the players (5m and further)
- The first supporter must identify himself as “passer” (communication)
- The receiver of the pass must be in depth to allow passing and running

### PROGRESSION/ADDITIONAL:

- Walk and play game (no running allowed)
- Run at normal pace
- Bigger grids – more players



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/2.7.mp4>





# LESSON

## 3

- 3.1** **Introduction game:** Intercept
- 3.2** **Contact:** With the ground – Rolling
- 3.3** **Contact:** With the ground – Falling
- 3.4** **Contact:** With another player – Pushing, pulling and wrestling
- 3.5** **Contact:** With another player – Blocking
- 3.6** **Contact:** With another player and the ground – Rugby on their knees
- 3.7** **Contact:** With the ground – Scoring a try

### SKILL:

- **Passing and catching**

### SPACE AND PLAYERS NEEDED:

- Grid of 5x5m (4 players) – 1 interceptor
- Grid of 10x10m (8 players) – 2 interceptors

### TIME:

- 5 – 8 minutes

### WHAT TO DO:

- Group of players move freely in grid passing the ball to one another
- 1 or 2 defenders attempt to intercept passes
- Players in possession of the ball is not allowed to run
- When the defender intercepts a pass, the passer and the defender change roles

### KEY FACTORS:

- Supporters run into open spaces
- Passes to be executed in hands of supporter
- Correct grip on ball (see video)

### AIM:

- Passing and position to receive a pass – seek open “space”
- Communication and reacting

### EQUIPMENT:

- Cones for grids
- 1 ball per grid

### ENSURE THAT:

- Passers and defenders rotate
- Players to remain in grid
- The receivers are running into positions “space” to be able to receive a pass

### PROGRESSION/ADDITIONAL:

- Use 1 ball
- Use 2 balls
- Players must use a specific pass:
  - Classic
  - From between the legs
  - From above the head
  - One handed
  - Spin-passes

## LESSON 3.1 INTRO GAME: INTERCEPT



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/3.1.mp4>

#### SKILL:

- **Ball control in contact**

#### AIM:

- To introduce safe rolling techniques and ball control in the contact situation

#### SPACE AND PLAYERS NEEDED:

- Cones on the line, 3m apart
- 2 players in between with 1 ball

#### TIME:

- 5 – 8 minutes

#### EQUIPMENT:

- Cones
- Balls

## LESSON 3.2

### CONTACT: WITH THE GROUND – ROLLING

#### WHAT TO DO:

- Player A sits on haunches (ball in hand)
- Player B lies on stomach in front of player A
- On the signal of the coach, player A performs a forward roll over player B, without touching him

#### ENSURE THAT:

- Coach demonstrates the action correctly
- Coach applies support to ensure safe application of action by player
- Player A does not touch or make contact with player B
- See video for grip on the ball.

#### KEY FACTORS:

- The fingers of the hand that breaks the fall should always point in the opposite direction of the fall
- When rolling, keep the arms, back and shoulders in the “wheel” positions for an easier rolling action
- Pull legs in to form a small bundle to improve the roll

#### PROGRESSION/ADDITIONAL:

- Player B positions on hands and knees



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/3.2.mp4>



#### **SKILL:**

- **Ball control and presentation**

#### **SPACE AND PLAYERS NEEDED:**

- Cones 10m apart in channels
- Players perform action between cones

#### **TIME:**

- 8 – 10 minutes

#### **WHAT TO DO:**

- Player A performs the falling and ball presentation technique from a standing position with ball in hand
- Player B picks the ball up and performs the same action

#### **KEY FACTORS:**

- The “grip” on the ball:
  - Hold the ball around the one end while covering the other end with the inside of his elbow and arm against body
  - Press the ball “tight” against the body
  - After breaking the fall, put both hands on the ball and roll
  - Present the ball an arm length away in front of his face
- Falling contact sequence:
  - Knees (to the side)
  - Hips
  - Hand
  - Elbow
  - Shoulders
  - Back

#### **AIM:**

- Players to execute the correct safe falling action
- Players to present ball backwards correctly when making contact with the ground

#### **EQUIPMENT:**

- Cones
- Balls

#### **ENSURE THAT:**

- The contact sequence is executed correctly (see key factors)
- Coach demonstrates the correct falling techniques to ensure safe falling
- The correct “grip” on the ball is applied

#### **PROGRESSION/ADDITIONAL:**

- Ball carrier falls alternatively to left and right
- Ball carrier walks, jogs and runs
- Ball carriers fall, roll over once and place ball
- Ball carrier is tackled by a defending player on his knees

## **LESSON 3.3**

### **CONTACT: WITH THE GROUND – FALLING**



#### **VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/3.3.mp4>





#### SKILL:

- Pushing, pulling and wrestling

#### AIM:

- Players apply the following contact techniques:
  - Pushing
  - Pulling
  - Wrestling

#### SPACE AND PLAYERS NEEDED:

- Grids 2 x 2 m

#### TIME:

- 4 – 6 minutes

#### EQUIPMENT:

- Cones

#### WHAT TO DO:

##### Exercise 1: Pulling

- 2 players in “box” face one another with knees slightly bent
- Arms extended forward and players to grip each other’s forearms/ or hooked in on the elbows
- On the signal of the coach the players attempt to pull one another out of the “box”

##### Exercise 2: Pushing

- 2 players in “box”
- Players put their hands on the shoulders of the opposition
- On the signal of the coach players attempt to push one another out of the “box”

##### Exercise 3: Wrestling

- 2 players in “box”. On the signal of the coach the players attempt to wrestle one another out of the “box”

#### ENSURE THAT:

- The exercises are executed in a dynamic way
- That players react quickly to the different exercises presenting

#### PROGRESSION/ADDITIONAL:

- Increase numbers as well as the size of the grid
- Allow more passing
- Players play on their feet in small grids

## LESSON 3.4 CONTACT WITH ANOTHER PLAYER: PULLING, PUSHING & BLOCKING



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/3.4.mp4>



**SKILL:**

- **Stopping a player going forward**

**SPACE AND PLAYERS NEEDED:**

- 10 cones for outside circle
- 5 cones for inside circle
- 8 – 14 players

**TIME:**

- 6 – 8 minutes

**WHAT TO DO:**

- Attackers (8) run around outside circle
- Defenders (6) positioned inside the circle
- On the signal of the coach, the attackers attempt to reach the smaller inner circle
- The defenders must attempt to stop the attackers by applying the blocking (stopping) techniques
- Change defenders and attackers after 3 – 5 attempts
- Avoiding player to cross the line through “blocking”

**KEY FACTORS:**

- Defenders use small steps to get their bodies between the outside player and the inner circle
- Defenders are positioned lower by crouching their backs forward
- Stop the “attackers” to go forward by getting their bodies between attacker and inner circle

**AIM:**

- Players from outside the circles attempt to move into the smaller inner circles while the players in the inner circles apply the correct blocking techniques to prevent them

**EQUIPMENT:**

- Cones

**ENSURE THAT:**

- The outside players are running around the outside circle
- That the inner guards are blocking them to reach the inner circle
- The running direction changes frequently

**PROGRESSION/ADDITIONAL:**

- Provide each outside player a ball to try and score in the inside circle
- Inside players try to get outside while the outside players “block” them

**LESSON 3.5**  
**CONTACT:**  
**WITH ANOTHER**  
**PLAYER –**  
**BLOCKING**



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/3.5.mp4>



#### SKILL:

- **Contact**

#### SPACE AND PLAYERS NEEDED:

- Grids 5x5m (3vs3)

#### TIME:

- 5 – 10 minutes

#### AIM:

Players to learn how to:

- Make contact with opponent (wrestling)
- Wrestle with ball in hand and score tries
- To control contact by utilising small spaces
- To introduce going forward/ blocking
- Keeping possession

#### EQUIPMENT:

- Balls

## LESSON 3.6

### CONTACT WITH ANOTHER PLAYER AND THE GROUND: RUGBY ON THEIR KNEES

#### WHAT TO DO:

- Teams of 3 players a side play rugby on their knees
- Coach to indicate try line
- Attackers attempt to score tries
- When a try is scored the game restarts at the middle of the grid by the team that gave the try away
- No rules except no contact should be allowed above the shoulders on the neck and head
- See video for progression

#### ENSURE THAT:

- Safe contact is made
- Only wrestling below shoulders
- No player allowed to stand up to gain advantage
- Players in grid are more or less of the same size

#### KEY FACTORS:

- Make sure players go forward into contact
- Hold and control the ball in contact situations by applying the correct grip



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/3.6.mp4>

### SKILL:

- Scoring a try

### SPACE AND PLAYERS NEEDED:

- Grid 7x5m box
- 3 balls in a grid
- 6 players in a grid

### TIME:

- 4 – 6 minutes

### WHAT TO DO:

- Place the defenders on the try-line behind one another
- Place the attackers with a ball in hand inside the touchline, behind one another, facing the corner flag (5m away)
- The attacker with ball attempts to score a try in a corner of the grid
- The defender attempts to touch him before he scores the try

### KEY FACTORS:

- The grip on the ball (see video)
- The control of the ball when scoring the try
- The roll after the touch down should be encouraged

### AIM:

- Players learn how to score tries by making contact with the ground

### EQUIPMENT:

- Cones
- Balls

### ENSURE THAT:

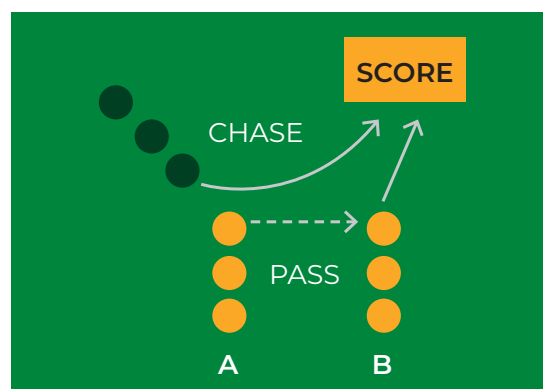
- The pressure on the ball carrier is applied slowly to ensure a successful score

### PROGRESSION/ADDITIONAL:

- One player must pass the ball to the try scorer
- More pressure by bringing the defender closer to the attacker and make more passes

## LESSON 3.7

### CONTACT: WITH THE GROUND – SCORING A TRY



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/3.7.mp4>



# LESSON

# 4

- 4.1 **Introduction Game:** Structure and spacing
- 4.2 **Contact:** With the ground – Falling
- 4.3 **Contact:** With another player – Pushing
- 4.4 **Contact:** With another player – Blocking
- 4.5 **Passing:** Opposed
- 4.6 **Play rugby** (on their feet)
- 4.7 **Touch rugby**

## SKILL:

- Running, passing, catching and ball presentation

## SPACE AND PLAYERS NEEDED:

- Grids 20x20m (6 players a side)
- Grids 30x30m (9 players a side)

## TIME:

- 10 – 15 minutes

## WHAT TO DO:

- See video for structure
- When ball carrier is touched, he must fall roll once and present the ball
- The touched player must present the ball as far backwards as possible in front of his face

## KEY FACTORS:

- Hold the ball around the one end while he covers the other end with the inside of his elbow and arm against body when falling to the ground
- Press the ball “tight” against the body
- After breaking the fall, put both hands on the ball and roll
- Present the ball as far backwards as possible in front of the head
- Contact sequence when falling:
  - Knees
  - Hips
  - Hand
  - Shoulders

## AIM:

- To play a rugby related game and score tries
- To execute contact with the ground skills (falling and presentation of the ball)
- First supporter to pass presented ball

## EQUIPMENT:

- Cones for grids
- 1 Ball per grid

## ENSURE THAT:

- Only 3 players at the ruck:
  - Ball-Carrier
  - Spider
  - Passer
- 3 players in the attacking line – “spacing”
- Last receiver starts the 1st arrival spider and next player passes

## PROGRESSION/ADDITIONAL:

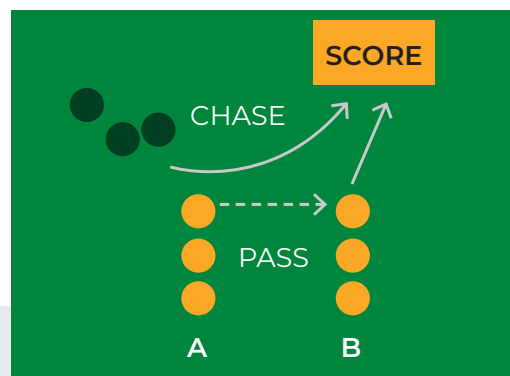
- Fall, roll and “pop” the ball to the passer (the first supporter)

## LESSON 4.1 INTRODUCTION GAME: STRUCTURE AND SPACING



## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/4.1.mp4>





**SKILL:**

- **Ball control and body position “spider”**

**SPACE AND PLAYERS NEEDED:**

- Cones on the line  
3m apart
- 2 players in between

**TIME:**

- 8 – 15 minutes

**AIM:**

- To set a target for the presentation of the ball when in contact with the ground
- To secure the ball before “cleaning”
- To ensure a good body position before cleaning

**EQUIPMENT:**

- Cones
- Balls

**WHAT TO DO:**

- Ball carrier falls from standing position and present the ball
- The first supporting player takes up position (arm length from head of ball carrier) feet wide apart to set the target
- Ball carrier presents the ball in target area between the supporter’s feet (see video)

**LESSON 4.2**  
**CONTACT:**  
**WITH THE**  
**GROUND –**  
**FALLING AND**  
**SECURING**  
**THE BALL**

**ENSURE THAT:**

- The supporter is low and his feet are much wider than his shoulders
- The ball carrier places the ball between the “spiders” feet (target)
- The spider holds on to the ball carrier’s jersey but supports his own bodyweight

**PROGRESSION/ADDITIONAL:**

- Passing the ball to one another and support by becoming the “spider” (first supporter)

**KEY FACTORS:**

- The “spider” grips the jersey of the ball carrier on the shoulder
- He pulls his face towards his hands with short bended arms (Look up!)
- He sets a target for the ball carrier to present the ball through his legs by taking up a very wide stand with the outside foot outside the ball carrier’s head
- He then drops his knees very low to ensure a squat position
- Head up, eyes open



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/4.2.mp4>



#### SKILL:

- Executing a strong low body-position
- How to transfer maximum power on to the opposition

#### AIM:

- To gain confidence of where player's heads should be in the contact to be safe
- To gain and maintain a strong and safe low body position

#### SPACE AND PLAYERS NEEDED:

- Cones 3m apart on a line
- Two players between the cones either side of the line

#### TIME:

- 6 – 10 minutes

#### EQUIPMENT:

- Cones
- Balls

#### WHAT TO DO:

- 2 Players on either side of the line
- On knees and hands, ears touching
- On the signal of the coach the players place their heads under opponent's chest and push

## LESSON 4.3 CONTACT WITH ANOTHER PLAYER: PUSHING

#### ENSURE THAT:

- The players keep their knees low
- That they force their heads in and up under the opposition player chest
- The players feet are wide apart

#### KEY FACTORS:

- Feet wide apart
- Knees just a fist height from the ground
- Back straight – head up, look up
- Head in under the chest of the opposing player
- Squat upwards and push hard from both feet at the same time

#### PROGRESSION/ADDITIONAL:

- Players attempt to pick one another up after the pushing



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/4.3.mp4>

### SKILL:

- Evasion and blocking

### SPACE AND PLAYERS NEEDED:

- 1 Grid 2x2m
- 4 players

### TIME:

- 4 – 6 minutes

### AIM:

- Defender must prevent attacker from entering a “box” (blocking)

### EQUIPMENT:

- Cones
- Balls

### WHAT TO DO:

- One defender in the middle “box”
- One attacker with a ball in front of middle “box”
- The ball carrier will attempt to reach an open box before the defender grabs him
- When the ball carrier is grabbed, he must still attempt to get inside the “box” by driving hard to get the go forward into the “box”

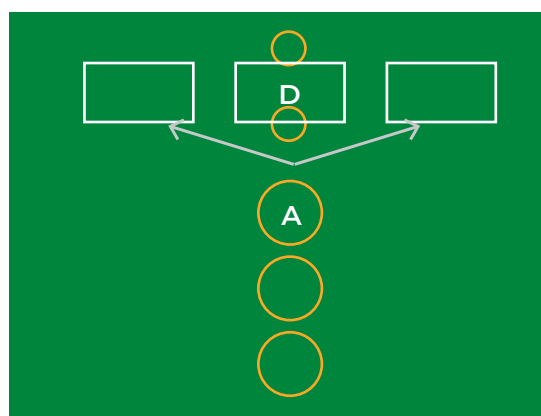
### ENSURE THAT:

- Defenders and attackers are rotated
- No tackling and wrestling to the ground only blocking and grabbing

## LESSON 4.4 CONTACT: PASSING AND SCORING A TRY UNOPPOSED

### KEY FACTORS:

- Ball carrier attempt a dummy run to one box and then turn to another
- Ball must be carried in the arm furthest away from defender
- When ball carrier is grabbed, he places both hands on ball to ensure possession is secured



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/4.4.mp4>



### SKILL:

- Holding the defender before the pass

### AIM:

- To let the ball carrier to run to the defender in the box before he passes to a team mate who runs into the empty "box"
- To encourage passing to a player in a better (free) position

### SPACE AND PLAYERS NEEDED:

- 2 Grids 2x2m and 4m apart
- 3 players and 1 ball

### TIME:

- 5 – 10 minutes

### EQUIPMENT:

- Cones
- Balls

### ENSURE THAT:

- That the ball carrier passes the ball before he enters into the box with the defender inside

### WHAT TO DO:

- The player with ball runs towards the box with a defender in the "box"
- As soon as he reaches the "box" he passes to a team mate who runs into an empty "box"

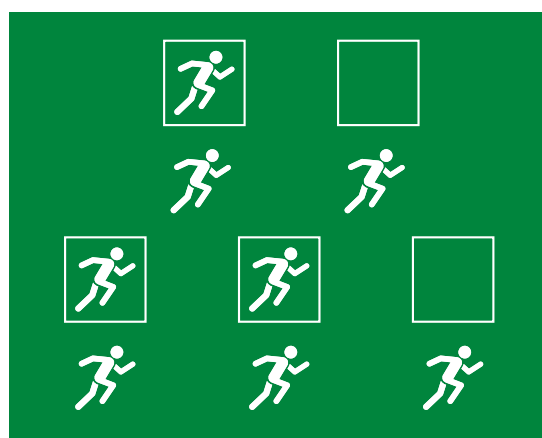
## LESSON 4.5 PASSING: OPPOSED

### PROGRESSION/ADDITIONAL:

- 3 boxes with 2 defenders and 3 attackers (pass the ball to the player with an empty box in front of him)

### KEY FACTORS:

- Ball carrier runs with the ball in both hands
- He executes a hold-line before passes
- The receiver runs straight and through the empty "box"



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/4.5.mp4>



**SKILL:**

- **Contact**

**SPACE AND PLAYERS NEEDED:**

- 5x5 m grid
- 3vs3 in each grid with 1 ball

**TIME:**

- 4 – 8 minutes

**AIM:**

- To introduce contact in a controlled small space where the impact of the contact is controlled by short distances between the players
- To reduce the intensity of the collision

**EQUIPMENT:**

- Cones
- Balls

**WHAT TO DO:**

- 3vs3 players in box
- Players attempt to score tries /on their feet
- Following contact to be executed:
  - Pulling – pushing – wrestling – blocking – grabbing
  - Protecting the ball
  - Driving forward

**ENSURE THAT:**

- No tackling or wrestling to ground – occurred
- The ball is held in a protected way so that it could not be ripped or lost in contact situations

**LESSON 4.6**  
**PLAY RUGBY**  
**(ON THEIR FEET)**

**PROGRESSION/ADDITIONAL:**

- More players
- Bigger box
- Harder collisions

**KEY FACTORS:**

- Forward body position over the ball
- Correct grip is applied
- Ball is kept away from the defender
- Keep body between the ball and the opposition
- Always go forward



**VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/4.6.mp4>

#### SKILL:

- Handling skills – Falling and presenting the ball

#### AIM:

- To apply the skill of contact with the ground and protecting the ball

#### SPACE AND PLAYERS NEEDED:

- 15x15m = 4vs4
- 30x30m = 7vs7
- 50x50m = 10vs10

#### TIME:

- 15 minutes

#### EQUIPMENT:

- Cones
- Balls

#### ENSURE THAT:

- The supporter “spider” reacts quickly to secure possession
- Supporting players are open targets to be able to receive a pass

#### WHAT TO DO:

- Play 3 touch (both hands)
- When player is touched, he must fall and place the ball
- Next supporting player “spider” steps over ball (target area) protect the ball
- 3rd Player, picks the ball up and passes it on

## LESSON 4.7 TOUCH RUGBY WITH SPIDER

#### KEY FACTORS:

- The ball carrier places the ball with both hands between the feet of his supporter
- The supporter takes a forward squat-position over the ball “spider”
- See key factors of “spider” (Lesson 4.3)
- Supporters are in good position to receive a pass



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/4.7.mp4>



# LESSON

# 5

- 5.1 Introduction Game:** Touch Rugby  
**5.2 Contact:** With another player – Spider (securing and cleaning)  
**5.3 Contact:** With another player – Cleaning  
**5.4 Contact:** With another player and contact with the ground  
**5.5 Contact:** With another player and the ground – Tackling  
**5.6 Contact:**  
**5.6.1** With the ground  
**5.6.2** With another player  
**5.6.3** With the ground and another player (tackle)  
**5.7 Rugby Game:** Grab-rugby, with presentation of the ball and the execution of the “spider”

## SKILL:

- Running, passing, catching and securing possession

## SPACE AND PLAYERS NEEDED:

- Grids 20x20m (5 – 7 players a side)
- Grids 30x30m (8 – 10 players a side)

## TIME:

- 10 – 15 minutes

## WHAT TO DO:

- Play 3 touch. Touch executed with both hands
- When a player is touched, he falls down, rolls once and present the ball
- The next player secures the ball by forming a “spider” position on the ball carrier while the 3rd player becomes the passer
- Players regain their feet quickly and re-align
- Get position to be able to receive the ball in space
- Be ready to react to support ball carrier

## AIM:

- Warm up
- To play a rugby related game and score tries
- To apply contact with the ground skills (falling and presenting to secure possession)
- Control and presenting the ball at all times

## EQUIPMENT:

- Cones
- 1 Ball per grid

## ENSURE THAT:

- All players are involved
- The players react quickly on what the ball carrier does
- Players are encouraged to make passes to players in better positions

## KEY FACTORS:

- Supporters run into open spaces
- Passes to be executed in hands of supporter
- Correct grip on ball (see video)

## LESSON 5.1 INTRO GAME: TOUCH RUGBY



## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/5.1.mp4>



#### SKILL:

- **Body position:** Securing and cleaning (spider)

#### AIM:

- To gain confidence by applying the correct body position when cleaning

#### SPACE AND PLAYERS NEEDED:

- Cones 3m apart on a line

#### TIME:

- 8 – 10 minutes

#### EQUIPMENT:

- Cones
- Ball (1 ball between 2 players)

## LESSON 5.2

### CONTACT WITH ANOTHER PLAYER: SPIDER (SECURING AND CLEANING)

#### WHAT TO DO:

- Two players stand back-to-back with ball between them
- On the signal of the coach the players go down, place their heads in and under the opposite players over the ball and push

#### ENSURE THAT:

- The players place their heads in under the opponent's chest
- That they keep their knees low to ground for good low body position
- Their feet are wide apart for good balance and power control
- That they push upwards

#### KEY FACTORS:

- Heads in first and up
- Backs straight
- Spine in line in direction of pushing
- Keep knees low – legs wide apart
- Hold on to ball carrier with short bended arms
- Grab opposition and pull him in tight
- Push from a forward squat-position and slightly upwards over the ball



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/5.2.mp4>



#### **SKILL:**

- Low body position when cleaning
- Presentation of the ball on the ground

#### **SPACE AND PLAYERS NEEDED:**

- 3 Cones, 3m apart on a line and 2 players in between

#### **TIME:**

- 10 – 20 minutes

#### **WHAT TO DO:**

- Player with ball lying down ready to present the ball
- The “cleaner” spider” protects the ball by holding on to the jersey on the shoulder of the tackled player
- “Spider” sets the target with feet wide apart so that the ball is presented through his legs by player on the ground
- After the ball is presented the “spider” blows through as if he is cleaning a opposition away
- Cleaners go over spider on to opposition

#### **AIM:**

- To develop a good strong body-position over a tackled player

#### **EQUIPMENT:**

- Cones
- Balls

#### **ENSURE THAT:**

- All players perform the “spider/clean” and presentation of the ball actions frequently

## **LESSON 5.3** **CONTACT: WITH** **A PLAYER –** **SPIDER AND** **CLEANING**

#### **PROGRESSION/ADDITIONAL:**

- Let the ball carrier walk forward then fall down for the “spider” to set the target and clean
- Introduce opposition to compete for the ball

#### **KEY FACTORS:**

- The spider (first supporter after the tackle) holds on to the tackled players shoulder (short arms)
- Feet placed wide apart (setting the target)
- Always one foot outside the head of the tackled player
- Keep the knees very low to ensure that the hips are lower than the shoulders
- Stay in a forward squat-position to be able to push the arriving opposition away over the ball



#### **VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/5.3.mp4>

#### SKILL:

- Securing the ball on the ground and good body position

#### AIM:

- To support a ball carrier going into contact, by securing possession quickly
- Quick reaction of the “spider”

#### SPACE AND PLAYERS NEEDED:

- Cones 5m apart on line with 2 players in between
- 4 pairs and scrumhalf in a working group

#### TIME:

- 6 – 10 minutes

#### EQUIPMENT:

- Cones
- Balls

#### ENSURE THAT:

- That quick repeat of action is executed
- That the front and second player changes positions

#### WHAT TO DO:

- The passer (scrumhalf) passes the ball to the front player of the first pair
- The first player with the ball goes to ground and present the ball while the second player performs the “spider”
- The scrumhalf passes the ball to the next pair and so on

## LESSON 5.4 CONTACT: WITH ANOTHER PLAYER AND CONTACT WITH THE GROUND

#### PROGRESSION/ADDITIONAL:

- Do the exercise walking and then running
- Introduce opposition to compete for the ball by blocking and pushing

#### KEY FACTORS:

- Ball carrier present the ball in front of his face
- The spider binds on the shoulder of the ball carrier while forming the spider position
- Always have one foot outside the head of the ball carrier's head
- The spider binds with short arms on the shoulder of the ball carrier to make it impossible for the opposition to get his head under him and to push him off the ball



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/5.4.mp4>



#### SKILL:

- Safe tackling and being tackled

#### SPACE AND PLAYERS NEEDED:

- Cones 3m apart with 2 players in between with a ball

#### TIME:

- 8 – 12 minutes

#### WHAT TO DO:

- To execute the side on tackle with both players on their knees
- The tackler executes the safety key factors of the tackle
- The ball carrier executes the correct fall and presentation of the ball
- After this start with the progression as indicated below
- See video for progression

#### KEY FACTORS:

- Head up, eyes open
- Back straight
- Arms open
- Head behind the ball carrier/after the tackle on top
- Hit with the shoulder above the belt area
- Pull the arms in and around the tackled player while pressing his head firmly against the ball-carrier
- Tackler hold on to tackled player with firm grip and head position on top of tackled players body until they are both on the ground

#### AIM:

- To gain more confidence to tackle and to be tackled
- To eliminate the fear of being tackled and executing a tackle

#### EQUIPMENT:

- Cones
- Balls

#### ENSURE THAT:

- Players are executing the exercise with confidence before progressing to the next exercise
- That all tackles are executed in the same direction to avoid collisions between the groups

## LESSON 5.5 CONTACT: WITH ANOTHER PLAYER AND THE GROUND – TACKLING

#### PROGRESSION/ADDITIONAL:

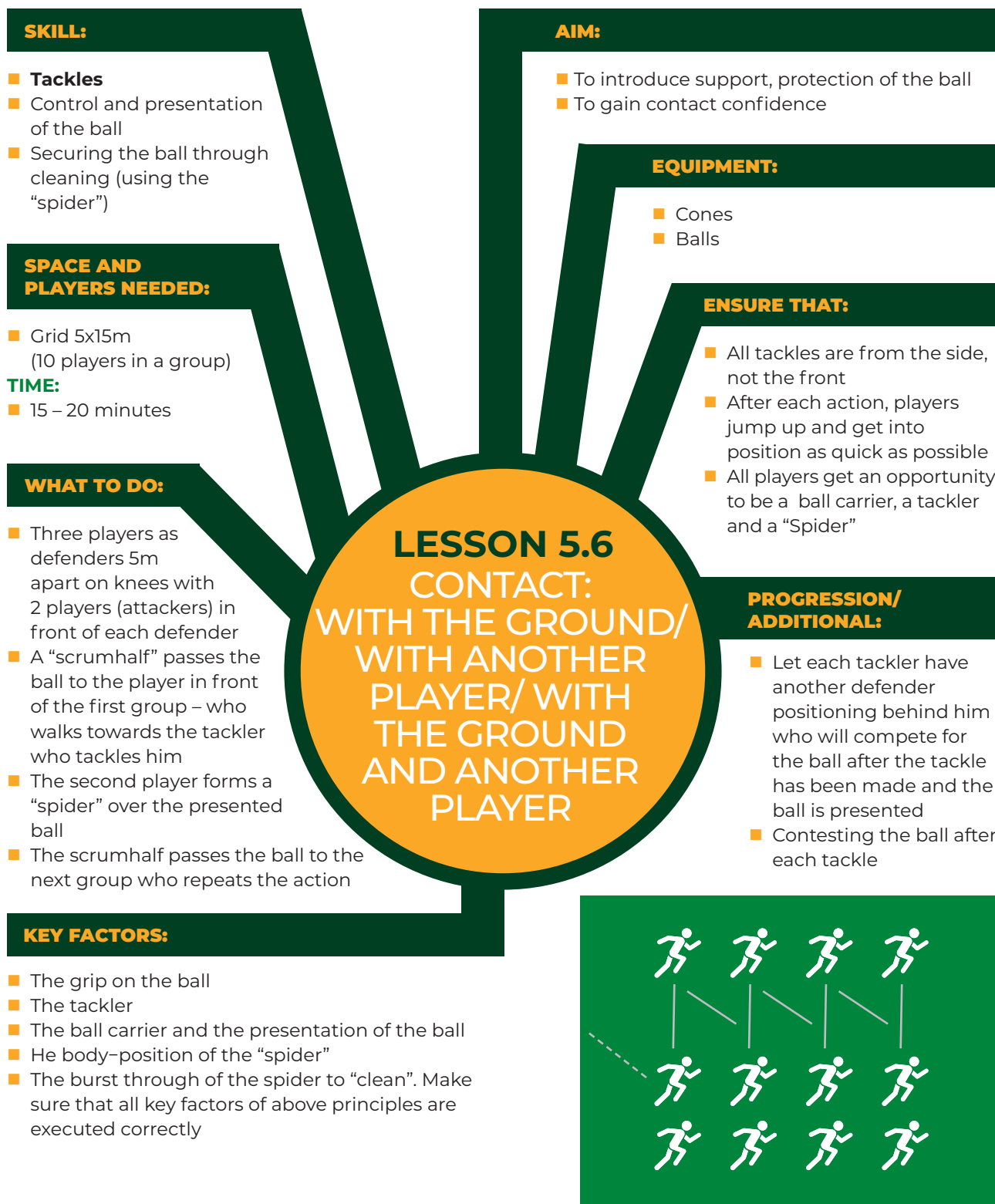
- Increase the players speed progressively by:
  - First while walking on their knees
  - By tackler on his haunches and the ball carrier walking upright
  - Both players upright walking and then jogging



#### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/5.5.mp4>





## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/5.6.mp4>



#### SKILL:

- Passing
- Catching
- Running
- Support
- Presentation of ball
- Securing of ball

#### SPACE AND PLAYERS NEEDED:

- Grids 15x15m (6 vs 6)
- Grids 40x40m (8-10 vs 8-10)

#### TIME:

- 10 – 15 minutes

#### WHAT TO DO:

- When a player is grabbed, he goes down and presents the ball backwards on the ground
- The next player will come in as the “spider” while the grabber contest for the ball
- The next player becomes the passer
- Players must score tries

#### KEY FACTORS:

- Enforce the basic key factors of each action
- See previous relevant lessons

#### AIM:

- To assess how the players, execute and apply previous learned contact skills
- To ensure ball possession through the quick execution of the spider on the ball

#### EQUIPMENT:

- Cones
- Balls

#### ENSURE THAT:

- Players go forward while keeping possession
- Players react quickly concerning their duty in the different positions – go forward, spider and passer
- The different actions are explained and demonstrated clearly

#### PROGRESSION/ADDITIONAL:

- Play full contact rugby with only rucks and penalty's
- No rules except:
  - Off-side
  - Hands in the ruck
  - High grabs and dangerous play

## LESSON 5.7 RUGBY GAME: GRAB-RUGBY, WITH THE PRESENTATION OF THE BALL AND THE EXECUTION OF THE “SPIDER”



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/5.7.mp4>

# LESSON

- 6.1 **Introduction Game:** Grab-rugby (with presentation and “spider”)
- 6.2 **Contact:** With another player – Cleaning
- 6.3 **Contact:** With another player and the ground – Tackle
- 6.4 **Contact:** With another player and the ground – Tackle
- 6.5 **Passing and scoring**
- 6.6 **Contact:** With another player – scrumming (pushing)
- 6.7 **Rugby Game:** Play rugby

## SKILL:

- Passing
- Run
- Pass
- Catch
- Support
- Ball presentation
- Securing position

## SPACE AND PLAYERS NEEDED:

- Grids 20x20m (6 players a side)
- Grids 30x30m (9 players a side)

## TIME:

- 8 minutes

## WHAT TO DO:

- Let the players play grab-rugby
- The defending team can only block or grab the attackers
- When a player is blocked, or grabbed he goes forward and then down and present the ball and a supporter execute the spider position before the 3rd player passes the ball

## KEY FACTORS:

- See lesson 4.1 and 5.1

## AIM:

- To assess the player's application of previously learned contact skills
- To engage players in simulated rugby situations

## EQUIPMENT:

- Cones for grids
- 1 Ball per grid

## ENSURE THAT:

- Players go forward while keeping possession
- Key factors of all the different skills are correctly executed

## PROGRESSION/ADDITIONAL:

- Adding more players in the same space so that this action could happen more

### LESSON 6.1 INTRODUCTION GAME: GRAB-RUGBY (WITH PRESENTATION AND “SPIDER”)



## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/6.1.mp4>



#### SKILL:

- Securing and cleaning

#### SPACE AND PLAYERS NEEDED:

- Box 2x2m
- 3 players in a grid with a ball

#### TIME:

- 8 – 10 minutes

#### WHAT TO DO:

- One player with the ball in the middle of the “box”
- Two players – one in opposite sides of the “box”
- The player with the ball falls down and present the ball to anyone/side
- The two standing players react and fight for possession
- One securing (when the ball is presented in his direction) and the other contesting

#### KEY FACTORS:

- Apply the foot and body position key-factors
- See video

#### AIM:

- Players to execute the correct body position when cleaning
- To enhance the contact confidence of the players

#### EQUIPMENT:

- Cones
- Balls

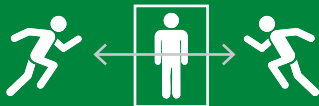
#### ENSURE THAT:

- The spiders secure the ball by getting their heads in first and pushing over the ball while the other player contest by trying to push the “spider” off the ball
- The defending player tries to form the spider with hand on the ball for a turn- over
- The attacking spider secure possession by forming the spider on the shoulder of the ball carrier while securing the ball

#### PROGRESSION/ADDITIONAL:

- Let the 2 supporters stand back-to-back on the same side of the box, then run to their defending or attacking position after the players with the ball had fallen down and presented the ball in any direction

## LESSON 6.2 CONTACT: WITH ANOTHER PLAYER – SPIDER



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/6.2.mp4>

## LESSON 6.3 CONTACT: WITH WITH ANOTHER PLAYER AND THE GROUND – TACKLE

### SKILL:

- The tackle and being tackled

### AIM:

- To gain more contact-confidence as a tackler and being tackled
- To execute a safe tackle
- To ensure a safe absorption of being tackled

### SPACE AND PLAYERS NEEDED:

- Cones on line, 3m apart with 2 players in between

### TIME:

- 6 – 8 minutes

### EQUIPMENT:

- Cones
- Balls

### WHAT TO DO:

- Let the players tackle one another in the following ways:
  - On the knees
  - By walking
  - Upright with the tackler on his haunches

### ENSURE THAT:

- The ball carrier goes forward in the contact first to ensure he gets the tackler behind him
- All tackles are side-on tackles and not front-on tackles while players are on their knees
- Front-on tackles are executed when players walk or run

### KEY FACTORS:

- Ensure that all key factors are executed correctly by the tackler (see lesson 5.5)
- Ensure that the attacker:
  - Avoid the shoulder of the defender
  - That he executes the correct “grip” on the ball
  - That the ball is held away from the defender
  - That he “goes forward” in the contact to ensure that he gets behind the tackler
  - That he turns towards the tackler before falling and presenting the ball (that the falling sequence are executed – knee, hip, hand and shoulder)
  - That he places the ball far back through the legs of the spider

### PROGRESSION/ADDITIONAL:

- Let the 2 supporters stand back-to-back on the same side of the box, then run to their defending or attacking position after the players with the ball had fallen down and presented the ball



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/6.3.mp4>





#### **SKILL:**

- The tackle

#### **SPACE AND PLAYERS NEEDED:**

- Grid 2 x 2m
- 4 – 6 players at a box

#### **TIME:**

- 6 – 10 minutes

#### **WHAT TO DO:**

- The defender take position on one corner of the box
- The attacker in the middle of the opposite side
- The attacker runs towards the opposite corner of the defender
- The defender steps in and executes a tackle
- The attacker keep his elbows together with the palms of his hand, showing towards the defender
- The defender tackles and drives him out of the box

#### **AIM:**

- To encourage players to gain confidence through this contact skill exercise (tackler and being tackled)
- To apply full tackle in a controlled area

#### **EQUIPMENT:**

- Cones

#### **ENSURE THAT:**

- The attacker protects himself by the way he holds his arms and hands in front of his body (see demonstration in video)
- Rotate players on left and right sides

#### **PROGRESSION/ ADDITIONAL:**

- Progressively enlarge the space between the two to ensure more speed and harder collisions (contact)
- Collisions

## **LESSON 6.4** **CONTACT:** **WITH ANOTHER PLAYER AND** **THE GROUND –** **TACKLE**

#### **KEY FACTORS:**

- The tackler:
  - Stays up before dipping into contact
  - Target just above the belt of the attacker
  - He must “hit” in an upwards movement
  - He must try and get as much as possible arm around the attacker
  - After the “hit” (contact) he must drive as hard as he can in a forward direction to drive the attacker backwards stopping him from going forward
- The tackled player:
  - Ensure that he keeps his elbows together He drives as hard as he can onto the contact and to reach the opposite side of the “box”



### **VIDEO CLIP:**

<https://trainingcentre.bullscoaching.co.za/videos/6.4.mp4>



#### SKILL:

- Decision making
- Passing and moving the ball to the open box (space)

#### SPACE AND PLAYERS NEEDED:

- 2 boxes 2x2m and 5m apart with 8 players

#### TIME:

- 8 – 10 minutes

#### WHAT TO DO:

- Start with 2 “boxes”
- One defender in the first box and the 2nd “box” empty
- 2 players with a ball
- The first player runs towards the “box” with the defender in it and pass to his supporter who runs to the empty “box” and scores a try

#### KEY FACTORS:

- Hold the defender in the 1st box
- Execute a good pass
- Receiver runs straight

#### AIM:

- To encourage players to pass the ball to the freeman of a team mate who is in a better position

#### EQUIPMENT:

- Cones
- Balls

#### ENSURE THAT:

- The players pass before they get in the “box”
- That the receiver runs through the empty box which will ensure straight running

#### PROGRESSION/ADDITIONAL:

- Do the same with 3 “boxes” and 2 passes

## LESSON 6.5 PASSING AND SCORING



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/6.5.mp4>



### SKILL:

#### ■ Scrum

### SPACE AND PLAYERS NEEDED:

- Grid 5x5m (3 vs 3)
- Grid 15x15m (7 vs 7)

### TIME:

- 5 – 7 minutes

### WHAT TO DO:

- The players bind on one another
- 2 Sets of 3's bind on one another as 2 front rows
- Let the front row go down and scrum against one another (but not pushing yet)
- The scrumhalf put the ball in and the hooker must hook the ball
- 3 Players act as a backline (10, 12 and wing) to play from this scrum with the scrumhalf

### AIM:

- How to bind as a front row (1,2 and 3) and onto the opposition
- How to put the ball into the scrum and how to hook the ball

### EQUIPMENT:

- Cones
- Balls

### ENSURE THAT:

- The players are binding correctly
- The players don't push but they are binding firmly on one another as well as on to the opposition
- The placing of their feet ensures more stability

## LESSON 6.6 CONTACT: WITH ANOTHER PLAYER – SCRUMMING (PUSHING)

### PROGRESSION/ ADDITIONAL:

- 5 Forwards and 5 backs (30m x 30m grids)

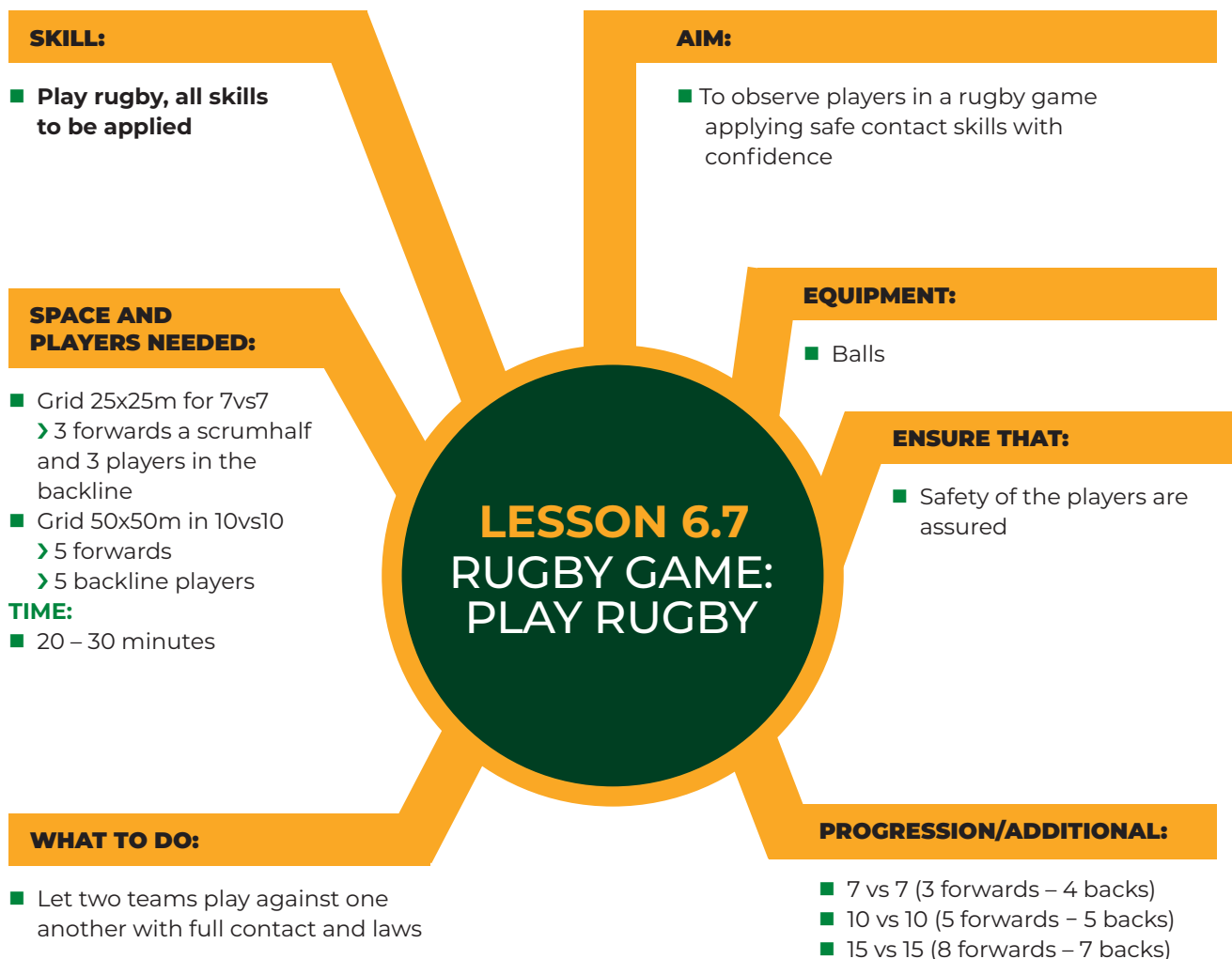
### KEY FACTORS:

- The loose head prop (no 1) first binds onto the hooker
- Then the tight head (no 3) binds onto the hooker
- Then the hooker binds on to the props under their arm pits
- Then the hooker binds on to the props onto their arm pits
- The tighthead binds over the loose head's right arm on his jersey
- The elbows must be pulled to player's rib after binding to ensure stability
- All outside feet must be slightly in front of the inner feet except the loose head prop



### VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/6.6.mp4>



## VIDEO CLIP:

<https://trainingcentre.bullscoaching.co.za/videos/6.7.mp4>

