### Scrum – Front Row Passport (Resources)





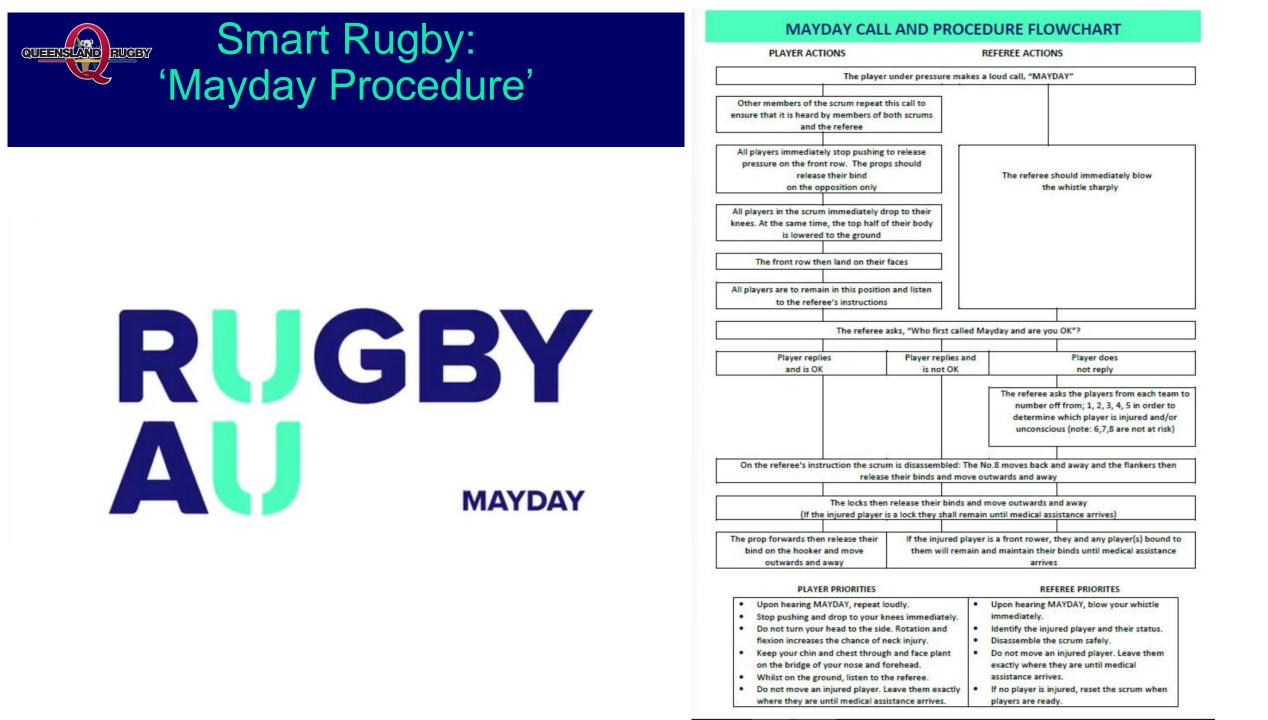
### **Pathway Skills Curriculum**

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING 3
	FRONTROW	Setup	Feet pointing forward	Knees over the top of feet (in line with shoulders)	Hips square and facing forward
			Back flat (from shoulders to pelvis)	Chest flat (shoulders pulling back together)	Head flat (eyes looking forward)
	"FRONTROW BINDING"	Hooker	Sets the height	Feet slightly spilt but not too far (affects hip angle)	Avoid coming up and opening shoulder on loosehead bind
		LHP	Set low to high on hooker	Plant inside leg in a strong position	Loose bind + bicep curl to bring hooker in close
SCRUM		тнр	Set low to high on hooker	Plant inside leg in a strong position	Bind is behind and low/Outside arm loaded to close off space
	ENGAGEMENT	Pre Engagement - Going Across the Space	Feet on the ground	Hips in correct position	Shoulders in correct position
		During Engagement - Getting Through the Point of Contact	Toes pointing forward	Knees just behind hips	Hips square & flat/back flat/shoulders out/eyes up
		Post Engagement - Stability	Nice & stable	Weight going forward	

A new <u>'Pathway Skills Curriculum'</u> has been released by Rugby Australia to assist coaches across all age groups and formats; providing them with a robust framework to help with player development.

The Curriculum Structure on the following pages will assist in the planning and implementation of skills, drills identified and tailored for use with the different age groups.

This document along with the Rugby Australia coaching recourses will help to guide and assist coaches on their coaching journey.





# 4-Week Training Plan

TIME	ACTIVITY	KEY POINTS	TIME	ACTIVITY	KEY POINTS
0-7	Warmup Exercises (All players)	<ul> <li>* Mobility: Crawl; assisted squat; back extensions.</li> <li>* Flexibility: Hip flexor; glute/lat stretch</li> <li>* Stability: Core exercises; plank</li> <li>* Strength (Neck): Isometrics</li> <li>o Standing <u>w</u> partner moving to squat</li> <li>o 2 players hands/knees; 3<sup>rd</sup> player push up/back on neck</li> <li>o Players paired: reverse plank using neck</li> </ul>	0-5	Warmup Exercises (All players)	<ul> <li>* Mobility: Crawl; assisted squat; back extensions.</li> <li>* Flexibility: Hip flexor; glute/lat stretch</li> <li>* Stability: Core exercises; plank</li> <li>* Strength (Neck): Isometrics</li> <li>o Standing w partner moving to squat</li> <li>o 2 players hands/knees; 3<sup>rd</sup> player push up/back on neck</li> <li>o Players paired: reverse plank</li> </ul>
7-12	Six-Principles (All players) 1 v 0 1 v 1	<ul> <li>* Feet shoulder width apart, toes pointing directly forward</li> <li>* Knees bent directly beneath the hips, over toes</li> <li>* Flat back, <sup>3</sup>/<sub>4</sub> squat position, buttock</li> <li>* out' (Pelvic Tilt)</li> <li>* Chest 'out'</li> <li>* Chin up off the chest and focused down, eyes forward</li> <li>* Core 'on'</li> </ul>	5-10	Six-Principles (All players) 1 v 0 1 v 1	using neck           * Feet shoulder width apart, toes           pointing directly forward           * Knees bent directly beneath the hips,           over toes           * Flat back, ¾ squat position, buttock           'out' (Pelvic Tilt)           * Chest 'out'           * Chin up off the chest and focused
12-20	Bodyshape Engagement Exercises (Front Row + Locks)	* 1v1 - 2v2 - 3v3 * Hold 10sec	<u></u>		down, eyes forward * Core 'on'
20-25	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	* Hold 3 sec – then 1-2-3 steps * Hold 10sec * Hold 3 sec – then 1-2-3 steps * May Day	10-15	Bodyshape Engagement Exercises (Front Row + Locks)	* 1v1 – 2v2 – 3v3 * Hold 10sec * Hold 3 sec – then 1-2-3 steps
	Week One - 25 Minutes n		15-20	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	* Hold 10sec * Hold 3 sec – then 1-2-3 steps

Week One - 25 Minutes per session

Provides time for learning the key competencies of playing in the scrum. The key areas are:

- Six Principles
- Binds
- Push-Pull mechanics
- May Day

Week 2 - 20 minutes per session

\* May Day

Refines the learning and allows coach to identify the areas of development/specialisation

requirements.



# 4-Week Training Plan

TIME	ACTIVITY	KEY POINTS	TIME	ACTIVITY	KEY POINTS
0-5	Warmup Exercises (All players)	<ul> <li>* Mobility: Crawl; assisted squat; back extensions.</li> <li>* Flexibility: Hip flexor; glute/lat stretch</li> <li>* Stability: Core exercises; plank</li> <li>* Strength (Neck): Isometrics</li> <li>o Standing w partner moving to squat</li> <li>o 2 players hands/knees; 3<sup>rd</sup> player push up/back on neck</li> <li>o Players paired: reverse plank using neck</li> </ul>	0-5	Warmup Exercises (All players)	<ul> <li>* Mobility: Crawl; assisted squat; back extensions.</li> <li>* Flexibility: Hip flexor; glute/lat stretch</li> <li>* Stability: Core exercises; plank</li> <li>* Strength (Neck): Isometrics</li> <li>o Standing w partner moving to squat</li> <li>o 2 players hands/knees; 3<sup>rd</sup> player push up/back on neck</li> <li>o Players paired: reverse plank using neck</li> </ul>
5-8	Six-Principles (All players) 1 v 0 1 v 1	<ul> <li>* Feet shoulder width apart, toes pointing directly forward</li> <li>* Knees bent directly beneath the hips, over toes</li> <li>* Flat back, <sup>3</sup>/<sub>4</sub> squat position, buttock</li> <li>* out' (Pelvic Tilt)</li> <li>* Chest 'out'</li> <li>* Chin up off the chest and focused down, eyes forward</li> <li>* Core 'on'</li> </ul>	5-8	Six-Principles (All players) 1 v 0 1 v 1	<ul> <li>* Feet shoulder width apart, toes pointing directly forward</li> <li>* Knees bent directly beneath the hips, over toes</li> <li>* Flat back, <sup>3</sup>/<sub>4</sub> squat position, buttock 'out' (Pelvic Tilt)</li> <li>* Chest 'out'</li> <li>* Chin up off the chest and focused down, eyes forward</li> <li>* Core 'on'</li> </ul>
8-12	Bodyshape Engagement Exercises (Front Row + Locks)	* 1v1 – 2v2 – 3v3 * Hold 10sec * Hold 3 sec – then 1-2-3 steps	8-12	Bodyshape Engagement Exercises (Front Row + Locks)	* 1v1 – 2v2 – 3v3 * Hold 10sec * Hold 3 sec – then 1-2-3 steps
12-15	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	* Hold 10sec * Hold 3 sec – then 1-2-3 steps * May Day	12-15	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	* Hold 10sec * Hold 3 sec – then 1-2-3 steps * May Day

#### Week 4 - 15 minutes per session

Builds on the previous week and leads into the weekend testing.

Provides further opportunity to focus in on the key areas of the scrum so players are confident and

Provides the opportunity to ficus in on the key areas of the scrum to ensure that when contestable, all players are confident and safe.



# **Online link : Six Principles of the Scrum**







#### WHAT TO DO

Feet are pointing in the direction you want to go (forward)
 Knees over the top of toes (in line with shoulders)
 Hips square and facing the direction you want to go.
 Back flat, from shoulders to pelvis
 Chest flat, with shoulders pulling back together.
 Head flat, with eyes forward.

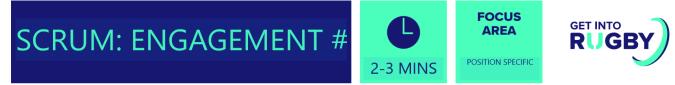


COACHING TIPS	VARIATIONS
* Player must understand that by working through the six-principles, they are ensuring they have correct, safe body shape when scrummaging.	
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS
	* Feet.
* What is the problem with having your knees too narrow or too wide?	* Knees.
* What position should your back and shoulders be in?	* Hips.
* Where should be looking prior to engagement?	* Shoulders.
	* Chest.
	* Head





# Online link : Scrum Engagement #1



#### WHAT TO DO

1. In-engagement means "going across the space" and the focus is on feet on the ground, hips is the correct position and shoulders.

 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.
 Nice and stable after engagement with weight forward.



COACHING TIPS     * Pre-engagement: Six principle focus.     * In-engagement: Three principle focus.     * After-enagement: Six principle focus ensure weight forward.	VARIATIONS
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS
* What's the most important aspect of the post-engagement? * How can we make sure that the scrum is square, solid and synchronised?	* Six principles





# Online link : Scrum Engagement #2









#### WHAT TO DO

Have players in the in-engaged position with their core 'on'.
 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).
 Next get players to take small steps, slowly forward remembering to keep their hips on the one plane.



COACHING TIPS	VARIATIONS	
* After-engagement: Six principle focus ensure weight forward. * Watch hip and foot movement.		
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS	
* What does our body shape do if we take large steps? Is this good or bad? Why?	* Six principles. * Hips moving in the one plane (Not ice-skating)	





# Online link : Front Row Binds





# <u>Online link : Scrum – Live Front Row 1Vs1</u>

### **SCRUM: LIVE FRONT ROW #1**





#### WHAT TO DO

1. Have players on their knees offset against a partner.

2. Players bind and get off knees keeping one arm on the ground to assist with their balance.

3. The coach need to identify and adjust players if their six principles fall away.



COACHING TIPS	VARIATIONS
* Make sure all players are focused on the six principles throughout this drill.	
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS
* What happens if you look to the ground? * Where do your shoulders have to be?	* Six principles. * Binds * Pressure adjustment





### Online link : Scrum – 2 Vs 1 Front Row Dynamic







#### WHAT TO DO

1. Players will work in an unstable environment in a 2v1 situation.

- 2. Players start on their knees with the single player packing against the other two players.
- 3. Players are to focus on the six principles and shape after contact.

4. When satisfied the players are maintaining their shape, get them to move forward/back and keep shape.

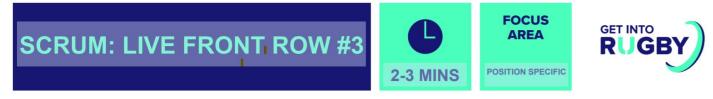


COACHING TIPS	VARIATIONS	
* Make sure all players are focused on the six principles throughout this drill.	* Player movement forward (pushing square) and sideways (staying square).	
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS	
* What happens if you look to the ground? * Where do your shoulders have to be?	* Six principles. * Binds * Pressure adjustment	





## Online link : Scrum – 2 Vs 1 Front Row Dynamic



#### WHAT TO DO

Players will work in an unstable environment in a 3v3 situation.
 Players start as per a normal scrum pre-engagement as two front rows.

3. Players are to focus on the six principles and shape after contact.

4. The focus is on three-steps forwards and back, while keeping the six principles maintained.



COACHING TIPS	VARIATIONS
* Make sure all players are focused on the six principles throughout this drill.	* Player movement forward (pushing square) and sideways (staying square).
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS
<ul> <li>* What happens if you look to the ground?</li> <li>* Where do your shoulders have to be?</li> <li>* How can you move forward / backwards as a unit?</li> </ul>	* Six principles. * Binds * Pressure adjustment





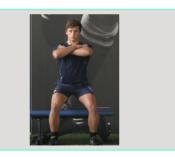


#### WHAT TO DO

The first test in this series of four, assesses a player's ability to complete a squat successfully.
 The player needs to squat into a 90 deg position without losing their upright shape (by learning forward or pushing their burn back).

3. Start with hands crossed on chest (Level 1), progress to broomstick behind shoulders (Level 2), then extending the broomstick above and slightly behind the head (Level 3).

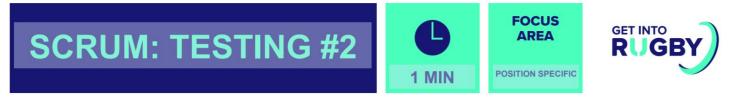
4. The player needs to lower themselves in a controlled manner, hold, then rise in a controlled again.



* Look for flexibility (or limitations) through ankles, hips, glutes and hamstrings.	
* Where a player fails to meet the competency remedial activities will need to be sort via an accredited professional.	* Working with your S&C coach, progress from unloaded to loaded bars.
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS
	* Squat within same plane.







#### WHAT TO DO

1. The second test in this series of four, assesses a player's neck strength and shoulder flexibility.

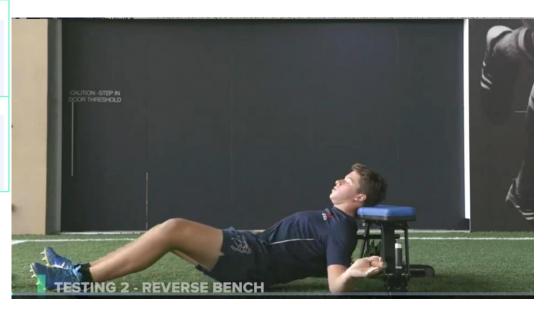
2. The player sit with their back to a bench, feet tucked in; they place their head on the bench and rise with knees at 90 deg.

3. Start with hands crossed on chest (Level 1), progress to broomstick behind shoulders (Level 2).

4. The player need to hold this position for 10 secs.



COACHING TIPS	VARIATIONS	
<ul> <li>* Look for neck strength and flexibility (or limitations) through shoulders.</li> <li>* Where a player fails to meet the competency (cannot keep weight through the neck) remedial activities will need to be sort via an accredited professional.</li> </ul>	* Working with your S&C coach, progress from unloaded position to applying more pressure by moving the position of the feet.	
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS	
* Was your head just on the bench or your neck as well? * Where did you feel the pressure when your back was straight?	* Neck strength.	







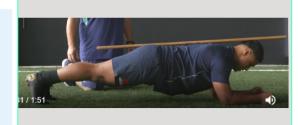


FOCUS AREA



#### WHAT TO DO

- 1. The third test in this series of four, assesses a player's core strength.
- 2. The player lies prone on the ground with hands at head height.
- 3. On the call they lift off the ground supporting their weight with their feet (toes) and arms (in line with body). 4. The player need to hold this position for 45 secs.

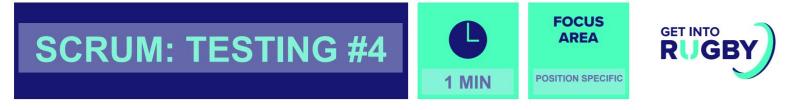


		1
COACHING TIPS	VARIATIONS	
* Look at player's ability to maintain core strength by keeping their body in the same plane.	* Working with your S&C coach, progress from unloaded position to applying more pressure by moving the position of the feet and arm position.	CAUTION -STEP IN DOOR THRESHOLD
QUESTIONS FOR UNDERSTANDING	FOCUS SKILLS	0 E
* What happened when you dropped your buttocks? * What should you do when you raise into the plank position?	* Core strength.	

**TESTING 3 - BRIDGE/PLANK** 

5





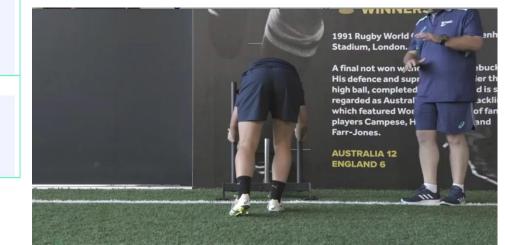
### WHAT TO DO

The final test in this series of four, assesses a player's ability to hold scrum shape.
 The player grips a sled (or other appropriate object) at 60cm above ground and sets themselves into the scrum position.

3. The player need to hold this position for 10 secs.



COACHING TIPS	VARIATIONS
* Look at player's ability to maintain the six principles by keeping their body in the same plane.	* Working with your S&C coach, progress from unloaded position to applying more weight and movement to the sled.
<b>QUESTIONS FOR UNDERSTANDING</b>	FOCUS SKILLS
<ul> <li>* What happened when you dropped your buttocks?</li> <li>* When were you most efficient in the pushing position?</li> </ul>	* Six principles * Core strength.





# Mobility & Functional Strength

### Isometric neck exercise



### Bear crawl static neck contractions



### Standing with partner moving to squat



### Assisted squat (double -leg)



### <u>Plank</u>



### Front bridge with leg raise





# Mobility & Functional Strength

### Front side front bridge



### Side plank with leg lift



### Side bridge with leg raise



### Partner assisted standing row



### Single Leg Glute Bridge



### Partner deadlift around the neck

