



England  
Rugby

# RETURN TO SCRUMMAGING SESSION PLANS

# SET



**#SCRUMTOGETHER**

# SET

## ONE WEEK PERIOD - FULL SCRUM PREPARATION

RETURN TO SCRUMMAGING

**PREPARATORY** - [Prepare to Scrum YouTube Playlist](#)

**ADVANCED** - [Principles of Scrummaging YouTube Playlist](#)

<b>DURATION</b>	Up to 20 minute segments to build into existing sessions.
<b>EQUIPMENT</b>	Cones, Balls (rugby and football), Bibs.
<b>PITCH</b>	<p>Appropriate size for the number of players, create two game zones (using co-coaches) if you have large numbers so players get more touches of the ball.</p>  <p><b>20m x 35m – suggested pitch size.</b></p>

### **F.I.T.T PRINCIPLES**

Follow the guidance around Frequency, Intensity, Time & Type of activities for each phase with graduating return to scrummaging in mind.

### **FREQUENCY**

Twice per week.

### **INTENSITY**

Moderate- Controlled 5 v 5 up to the 8 person scrum focusing on form.  
High- Competitive/live scrum triangles and 8 person scrums.

### **TYPE**

5-8 person scrum practice with a focus on position/posture and to accumulate time in position.

### **TIME**

Total engagements per person = 20-30  
Total 5-8 person scrums per session = 10-15

### **PURPOSE**

To reintroduce players to positional specific movements around the 8 person scrum.

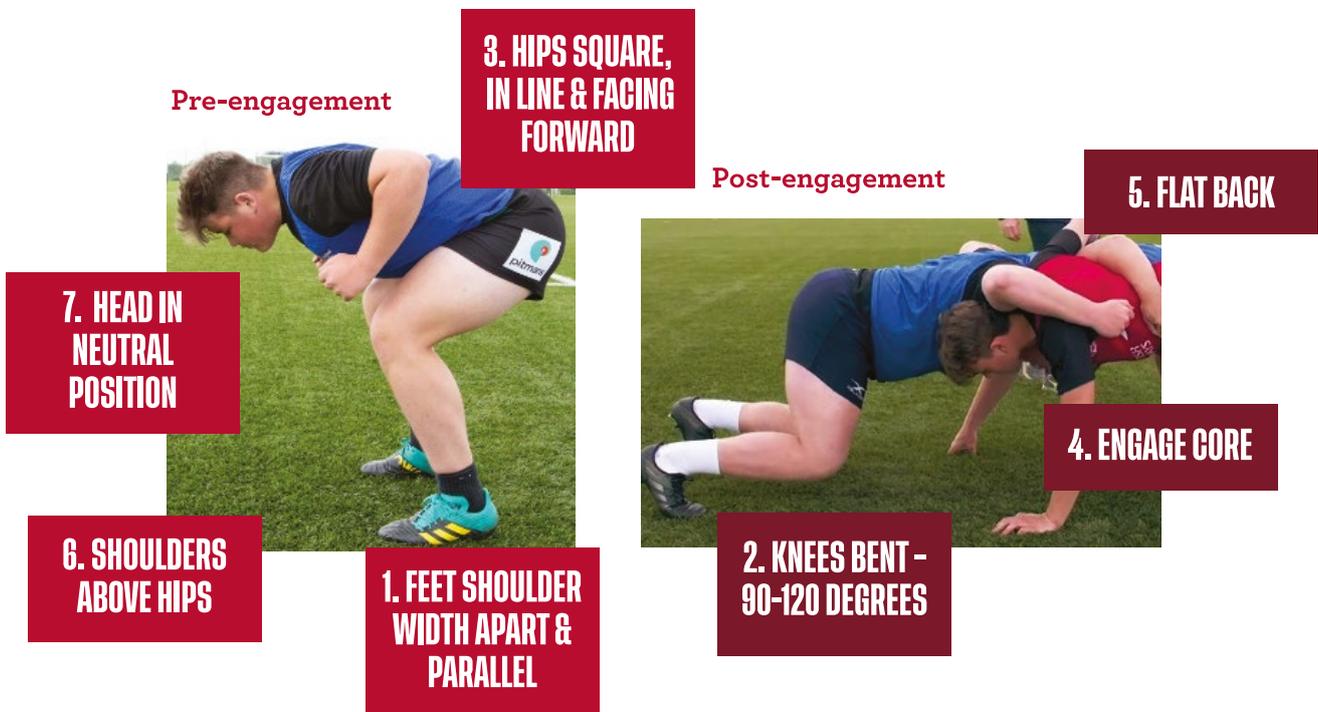
### **COACHES NOTES**

Coach to have 2 balls to keep any games active so players' heart rates don't drop. Use 1 rugby ball and 1 football if possible. Adapt pitch size to suit number of players/stretch/challenge.

**KEY COACHING POINTS**

**Scrummaging – Tower of Power (ToP)**

1. Feet shoulder width apart, lead with strongest foot.
2. Knees bent slightly (Post engagement 90 degree angle).
3. Hips square, in line and facing forwards.
4. Core engaged.
5. Flat back.
6. Shoulders above hips.
7. Head in a neutral position.



**\*These cover both the PRE-ENGAGEMENT and POST-ENGAGEMENT Tower of Power.**

**PRACTICAL DELIVERY NOTES**

Before any practical activities, the coach should be confident that the participants have the fitness/ability to participate in the planned exercises and are suitably prepared to take part in physical activity. Activity should be relevant to the Age Grade you are working with. The pitch and skill zone should be set up beforehand.

**WE HIGHLY RECOMMEND COMPLETING THE ACTIVATE WARM-UP BEFORE STARTING THE SESSIONS – [CLICK HERE FOR MORE](#)**

# SET ONE WEEK PERIOD

Incorporate these **ACTIVATE** exercises into your session and encourage your players to engage with the **Activate** exercise program, 3 - 5 times per week.

**BEAR CRAWL: RESISTED STATIC NECK CONTRACTIONS:** [Watch it here](#)

**SINGLE LEG ARABESQUE:** [Watch it here](#)

**BRONCO'S:** [Watch it here](#)

**ZOMBIE SQUATS:** [Watch it here](#)

**Option 1: Some players can be in the Game Zone whilst others are in the Skill Zone area. Alternatively, these elements can be run in isolation from each other with numbers needed in mind.**

## GAME ZONE - Scrum Touch Progression (2 v 1 & 3 v 2)

### Purpose

To develop players ability to maintain a safe and effective Post-Engagement Tower of Power moving forwards / backwards.

### Description

- Equal teams with a magic player if uneven numbers who plays on the attacking team.
- Ready4Rugby based (2 touch rugby) - On the first touch the player can keep going.
- On the second touch (by a different defender) the attacking player puts the ball down in front of them, opposite the defensive player.
- A defending player joins the toucher.
- The coach then calls Crouch-Bind-Set with the two defending players engaging with the attacker 2 v 1 over the ball, the attacking player then moves forwards 2-3 steps for a scrum half (only on the attacking team) to pass the ball out.

NOTE: There is now a controlled contest between the players, the aim is to allow the single player to move forward and practice holding the ToP Post-Engagement under pressure.

### Re-gather

The attacker and defenders may need to re-gather their position;

- Position feet shoulder width apart with 90 degree angles at the knees.
- Sink hips towards the floor.

## SKILL ZONE - Scrum Triangles [Watch it here](#)

### Purpose

To allow players to practice the various body positions related to each playing position of the 8 person scrum, without going 8 v 8.

### Description

- Players to set up in a 3 v 3/4 scrum triangle, with one group having 1 player at the front with 2 behind and the opposing group having 2 at the front and 1/2 behind.
- Players getting in to a Post-Engagement ToP but not pushing.

### Progressions

- Both sets of 3/4 players engage together using the current engagement sequence, led by a referee/coach to adopt the ToP positions.
- Referee/coach to control 2 step movements from each pack (taking it in turns), followed by a re-assessment (re-gather) and a re-engagement of the ToP. Use whistle to end activity and rebuild in a different area.

1. Can the player maintain body shape alone?
2. Can they maintain body shape under pressure?

If not they need to be supported to improve their Tower of Power and physical fitness using exercises from the previous session plans.

- Expand chest out and up as the player drives forwards.
- Follow with short foot steps to re-position feet.

**Progressions**

- Play 2 attackers v 3 defenders at each scrum.
- Restart the game with a 2 v 1 or 3 v 2 scrum when the ball goes dead or is knocked on.

**Option 2: Some players can be in the Game Zone whilst others are in the Skill Zone area. Alternatively, these elements can be run in isolation from each other with numbers needed in mind.**

### GAME ZONE – Scrum Touch Triangles [Watch here](#)

#### Purpose

To develop players ability to maintain a safe and effective positional specific Post-Engagement Tower of Power moving forwards / backwards.

#### Description

- Continuation of scrum touch from previous weeks.
- On the 2nd/3rd or even 4th touch the attacking team decides which scrum triangle they want (2 at the front or 1). They then highlight which positions they will be and then the opposition form the opposing positions.
- The attacking team keep the ball and work together to maintain their core body shape and a positive ToP stepping forwards over the ball under realistic pressure to allow the attack to step over the ball (no strike or hook yet).
- The defence still have to stay back 5 metres but - Consequence: If the defenders feel the attack is in a poor ToP, they can ask to challenge with the coach and if agreed can come forwards to the back foot of the scrum.

#### Progressions

- Allow a contest for the ball following the correct engagement sequence, if the scrum becomes unsafe stop and re-set or penalise.
- Allow a scrum half from each team to come up to the scrum, if the ball is won, the scrum half from the defending team cannot come past the tunnel.

### SKILL ZONE – The 8 person scrum

#### Purpose

To build and engage the 8 person scrum.

#### Description

- Unopposed, build the front row initially. Props to find a good low body position around the hooker adopting the ToP in relation to each position.
- Three pairs of shoulders should be square and observable.
- Two second rows to bind up (initially from two knee start for stability).
- Second rows to bind with front row.
- Back row players to bind onto second rows.

#### Options

- Engage 8 players against 5 players using crouch-bind-set in a controlled way. This should allow all to maintain balance and body position initially.
- Allow the attacking hooker to strike for the ball in the 8 v 5 scrum.
- If numbers permit, engage 8 v 8 under control.
- If numbers permit, engage 8 v 8 with a competitive push and strike.
- Alternatively, a scrum machine can be used.

### PLAYER SIGNPOSTS AFTER EACH SESSION:

For best performance gains encourage your players to engage with the **Activate** exercise program, 3 - 5 times per week. Also to practice the two fundamental movement skills of the Hinge and Squat.

**The Hinge:** [Watch here](#)

**The Squat:** [Watch here](#)