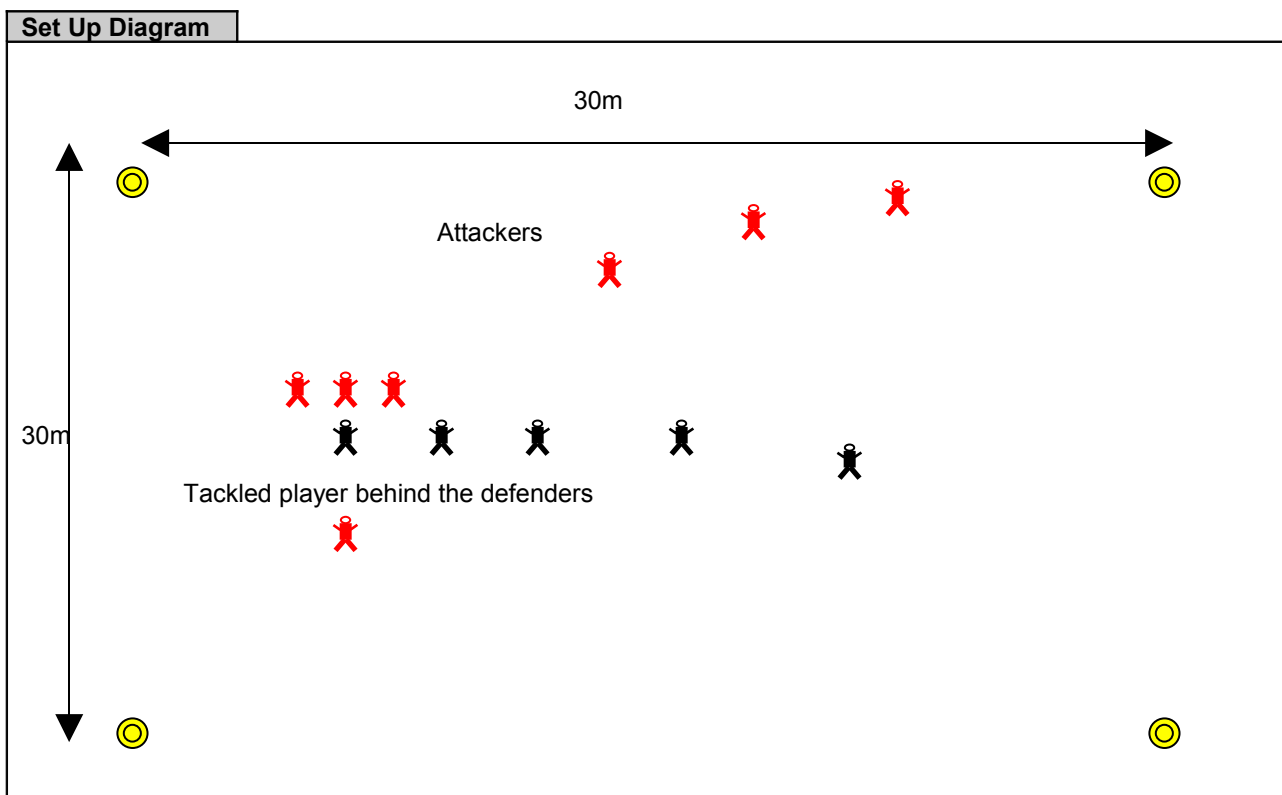


Drill No.	Ruck Touch	Date	June 2006
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Objective	Spatial awareness, Communication, Decision making, Attacking skills into space
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Equipment		Drill Requirements	
Balls	1	Area	30x30 grid
Cones	4	Players	All
Shield	N/A	Time	
Bags	N/A		
Suits	N/A		
Bibs	N/A		

Drill Description
<ul style="list-style-type: none"> When a player is touched or tagged, they and the defender go to the floor to simulate a ruck The coach can then say he wants 3 attackers to clear the ruck before scrum half passes away The defender who made the touch and the nearest inside defender must go to their knees Have more attackers than defenders to ensure even numbers from the ruck Attack lose the ball if they set the ruck up in front of the defenders.



Key Coaching Points	Relevance to the game
<ul style="list-style-type: none"> Closest players clear the ruck Body position at the ruck Need to generate quick ball at the breakdown area Positives and negatives of ruck ball Attack and defence working of the ball Depth of support Angle of running and movement on to the ball 	<p>Highlights the importance of the supporting players to the ball carrier in contact situations in order to maintain possession and produce quick ball for continuity. Body positions for rucking can also be coached. Can stop the game at the contact area cordon it off and look at coaching the ruck effectively (who clears, how do they clear etc.) before going back to the game.</p>