

The Ultimate Guide to Rugby Union Technique Tactics Training - Crowood Sports Guides

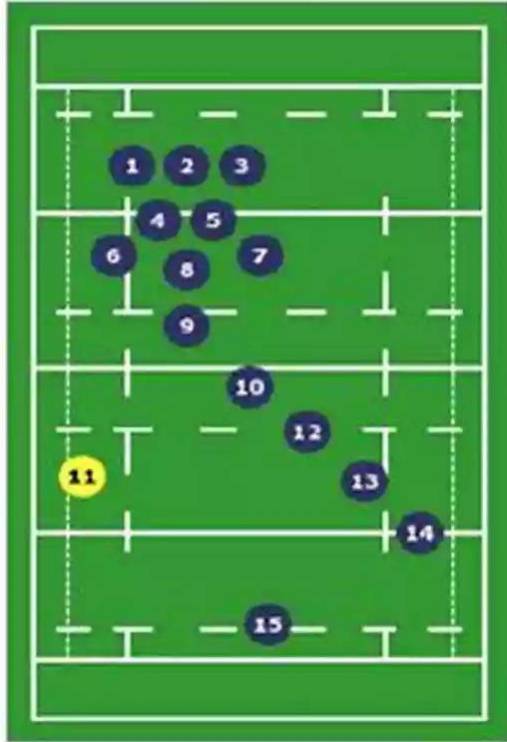
Rugby union is an exhilarating sport that requires a combination of skill, teamwork, and tactics. Whether you are a beginner or an experienced player, there are always ways to improve your technique and enhance your performance on the field. This comprehensive guide, brought to you by Crowood Sports Guides, will delve into the intricacies of rugby union technique tactics training, providing you with valuable insights and tips to take your game to the next level.

Mastering the Basics

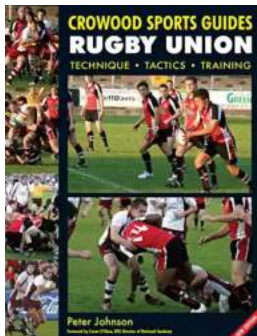
Before diving into the advanced techniques and tactics, it's crucial to master the fundamentals of rugby union. A strong foundation will set the stage for a successful rugby career. Some of the essential basics include:

The Basics

The Players and their positions



- Each side consists of 15 players
- Eight forwards and seven backs
- A total of seven substitutes are allowed for international matches



Rugby Union: Technique Tactics Training

(Crowood Sports Guides) by Peter Johnson (Kindle Edition)

★★★★☆ 4 out of 5

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- **Passing:** Learn various passing techniques such as spin pass, pop pass, and long pass. Accuracy and technique are key to effective passing.
- **Tackling:** Understand the different types of tackles, including the front-on tackle, side tackle, and ankle tap. Proper tackling technique will prevent your opponents from making ground.
- **Positioning:** Gain knowledge about the different positions in rugby union and the specific roles and responsibilities associated with each position. Understanding positioning will enhance your decision-making on the field.
- **Running:** Develop your running technique, including sprinting, side-stepping, and evasive maneuvers. Agility and acceleration are vital for breaking through the opposition's defense.
- **Scrum:** Learn the intricacies of scrummaging, including body positioning, engagement, and binding. Strong scrums provide a foundation for a successful attack.

Advanced Techniques

Now that you have a strong understanding of the basics, it's time to explore the advanced techniques that will give you an edge on the field:

1 Split your players into pairs. Put each pair 5m either side of a ruck pad on the ground, with a ball on one side of the pad.

2 Call out two players from one group, and one from the other. They stand close to the pad. The spare player stays 5m back.

3 When you say "go", the players challenge to win the ball, with the player 5m back coming forward to help.

4 Either the players on the side of the ball drive over the ball, or the other side steal the ball or drive over the ball themselves.

5 Repeat the exercise with the ball on the other side of the ruck pad.

6 Develop by adding players to both groups.

NOTE: The law says that once a ruck is formed, no player is allowed to play the ball with their hands. A ruck is when a player from each team is in contact over the ball on the ground.

You will need

- 1 ruck pad
- 1 ball
- Cones
- Bibs (optional)

Got more players?
Rotate players quickly or, if you have enough ruck pads, set up more drills alongside.

What to tell your players

- "No hands in a ruck!"
- "Stay on the feet, short steps going forward"
- "Aim to get lower than the opposition player"

Key

Ground covered - - - - -

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- **Kicking:** Master different types of kicks, such as grubber kick, punt kick, and drop kick. Pinpoint accuracy and distance will allow you to exploit the opposition's weaknesses.
- **Offloading:** Develop the skill of offloading the ball after contact to keep the play alive and maintain momentum. Timing and awareness are crucial for effective offloading.

- **Support Play:** Understand the importance of support play in creating scoring opportunities. Learning to read the game and positioning yourself correctly will maximize your impact.
- **Rucking:** Learn the techniques involved in rucks, including clearing out opponents and securing possession. Rucking is vital for maintaining possession and quick ball turnover.
- **Lineouts:** Gain knowledge about lineout formations, lifting techniques, and timing. Lineouts are strategic opportunities to regain possession and launch attacks.

Tactical Considerations

Rugby union is not just about individual skills; it's also about teamwork, strategy, and tactics. Here are some tactical considerations that can give you an advantage:



- **Game Plan:** Develop a game plan based on your team's strengths, weaknesses, and the opposition's style of play. Having a well-defined game plan will allow for better organization and execution on the field.
- **Set Piece Plays:** Work on set piece plays such as scrum moves, lineout variations, and backline moves. These plays can catch the opposition off guard and create scoring opportunities.
- **Defensive Structure:** Understand different defensive systems and positioning. A well-organized defense can nullify the opposition's attacking threats and create turnovers.
- **Decision Making:** Develop quick decision-making skills to read the game and make the right choices under pressure. Good decision-making can turn

a potential opportunity into a game-changing moment.

- **Game Awareness:** Develop a heightened sense of awareness by studying game footage, analyzing opponents, and staying up-to-date with current rugby trends. Game awareness will aid in anticipating moves and exploiting weaknesses.

Training Tips and Resources

Training is the key to improving your rugby union skills and tactics. Here are some tips and resources to help you in your training journey:

- **Structured Training Sessions:** Create structured training sessions that focus on specific skills, techniques, and tactics. This allows for targeted improvement and progression.
- **Physical Conditioning:** Incorporate strength, speed, and endurance training into your routine to enhance your overall physical capabilities on the field.
- **Mental Preparation:** Work on mental resilience, focus, and visualization techniques to perform at your best during high-pressure situations.
- **Seek Expert Guidance:** Consider hiring a rugby coach or joining a rugby club that offers professional training programs. Expert guidance can accelerate your progress and provide valuable feedback.
- **Study Resources:** Utilize resources such as books, online tutorials, and videos to expand your knowledge and gain insights from experts in the field. Crowood Sports Guides offer a wide range of rugby union training books that cover various aspects of the game.

The Path to Success

Becoming a proficient rugby union player requires dedication, passion, and continuous improvement. By mastering the basics, exploring advanced techniques, considering tactical aspects, and training effectively, you will increase your chances of success on the rugby field. Crowood Sports Guides offer an extensive collection of rugby union training books that can further enhance your understanding and skills. So, equip yourself with the right knowledge, put in the hard work, and get ready to take your rugby game to new heights!



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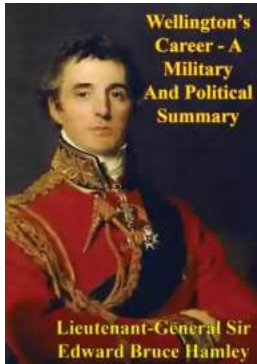
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Crowood Sports Guides provide sound, practical advice that will help make you a better player whether you are learning the basic skills, discovering more advanced techniques or reviewing the fundamentals of your game. Featured in this new, substantially revised and updated edition of Rugby Union are: star tips, kit checks, rules checks and key points; skills and techniques at every level; action and sequence photographs; helpful, detailed diagrams in colour; an to rules and equipment. Aimed at those learning the basic skills as well as those who wish to discover more advanced techniques or to review the fundamentals of the game. Superbly illustrated with 150 colour photographs and 50 2-colour

diagrams. Foreword by Conor O'Shea, the RFU Directory of the National Academy.



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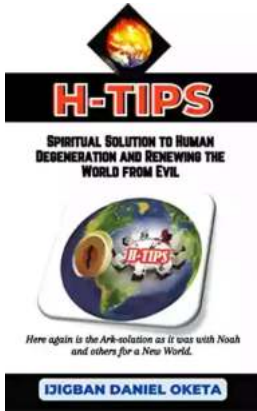
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