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coaching tips & tricks from
the best in the game...

the waratah way...



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Scrum:

Mechanics & Roles

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Scrum: Mechanics & Roles

Feeding side (attacking team) is looking to provide:

- ❑ Stable scrum to win ball
- ❑ Provide platform to launch attack
- ❑ Side up to attack from in order to take the opposition back row out of the game and increase attacking potential and options

Non feeding side (defending team) is looking to:

- ❑ Pressure and destabilize the attacking team scrum
- ❑ Win ball back
- ❑ Tactically create movement in order to close down options of the attacking team

Scrum Working Units

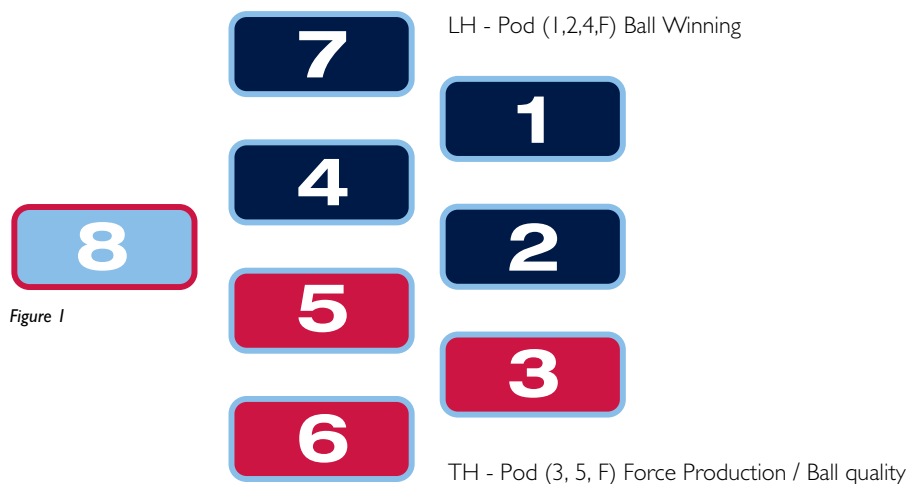


Figure 1

Force production unit

- ❑ In attack this unit is responsible for the quality of the ball for their team.
The quality of their work will dictate how stable the platform is for the next phase in attack.
- ❑ In defence the force unit is attempting to disrupt the ball winning unit of the feeding side.
- ❑ In general terms the tallest, heaviest or strongest second rower should be in this unit to provide optimal support to the tight head.

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Scrum: Mechanics & Roles

Ball Winning Unit

- In attack the major responsibility is ensuring that their side wins the ball.
- In defence the ball winning unit is looking to blunt and/or dominate the attacking teams force production unit. If they succeed the quality of the ball available to the attacking team will suffer, possibly negating first phase options.

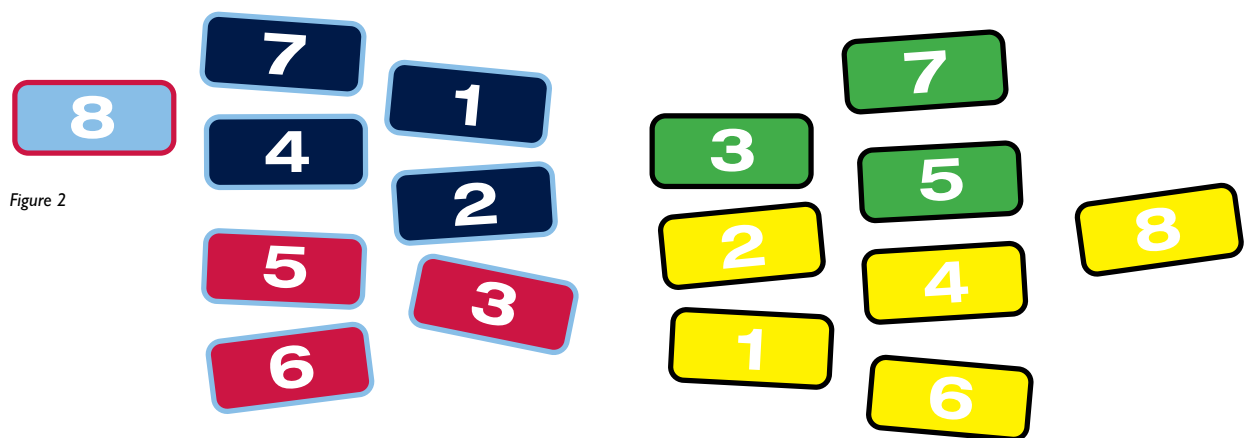


Figure 2 illustrates the two sides of the scrum working in conjunction and the angles in which they will be looking to achieve.

Scrum Mechanics

Force generation is determined by:

- Scrum culture and attitude
- Efficiency of the front row to generate force
- Capacity of the front row to generate force
- Capacity of the back row to generate force
- Capacity of the back 5 to generate force
- Height of the scrum

Scrum: Mechanics & Roles

Understanding the Roles / techniques of the front rowers in the scrum

Feeding (attacking) team

Loose Head (feeding)

- Provide hooker with adequate comfort and protection to win the ball
- Win the hit just beyond the mid line of the scrum
- Work with inside shoulder, hip and knee to under and square to negate the opposition tight head boring in on his hooker (protect his hooker)
- Look to get long bind on tight head to provide stability and allow him to manipulate tight head into a vulnerable position
- Draw binds (our hooker and opp. tight head) in order to engage tight head and relieve pressure on the hooker to allow strike
- By remaining square, winning the hit, pushing straight and getting under his opposition tight head he can give his team the best possible chance to win the ball and take pressure to win the ball and take pressure off his teams tight head prop on the other side of the scrum

Tight Head (feeding)

- Win the hit, lead in by engaging fractionally earlier
- Looking to be strong and stable to create a solid platform to provide his hooker with the best opportunity to win possession
- Wants to push straight to give his team the best possible chance to win the ball
- Look to get head through gap between opp. loose head and hooker to avoid loose head packing onto his sternum
- Protect his hooker which may mean he has to push out on the opposition loose head

Hooker (feeding)

- Hooker sets the height of the scrum
- Drive forward on engagement to give best possible body position
- Anticipate engagement call to get the best possible hit just beyond the mid line of the scrum and not allow opp. hooker and tight head to get under him
- Work low in an effort to get onto opp. tight head and hooker with shoulder below and open chest up and drive through

Feeding Pack

- Win the hit and the ball through timing by hitting the opp. past the mid line
- Chase feet and drive legs in order to maintain pressure
- Control and set platform for the next phase

Non Feeding (defending) team

Tight head (non feeding)

- Win the hit, lead the scrum in
- Look to split the opp. hooker and loose head by attempting to get head through the gap between them using forehead as a rudder. This will also prevent opp. loose head getting into his sternum area. If successful go a long way to giving ascendancy to his scrum
- Work his inside shoulder to attack the opp. hooker
- Pressure opp. hookers strike by obstructing his view of the ball. Also pressure opp. hooker when foot lifts off the ground to strike for ball
- Pull opposition loose head to him and get underneath

Loose head (non feeding)

- Win hit to take ascendancy away from opp. tight head
- Pull binds on with hooker to negate opp. tight head/ force production side
- Pack onto opp. tight head preferably with neck and right shoulder underneath sternum
- Disrupt opp. ball by generating a wheel, boring up making the hooker and tight head prop uncomfortable

Hooker (non feeding)

- Pressure opp. hookers strike under their right shoulder. On the strike the opposition shoulder may lift presenting an opportunity to apply pressure
- Look to pack low onto opp. tight head in conjunction with loose head.

Non Feeding pack

- Win hit past the mark by chasing feet or to disrupt hit
- Disrupt the platform by a variety of measures pressure up/down, wheeling
- Give back row best opportunity to disrupt next phase
- Negate options available to opp. by controlled wheeling