

01.2

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

the waratah way...



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Scrum:

Tactics, &
Problem Solving

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Scrum: Tactics & Problem Solving

Hooking the ball (on own feed)

The hooker is the player responsible for the hooking of the ball once it is put into the scrum. This is done by striking the ball with the right foot (while all weight is on the left) and guiding the ball back through the locks. If the props binds are correct, the hooker should have little problem striking and tilting the hips. Once the ball has been won, it is important for the hooker to re-assume the strong body position and assist in the transferring of forces into the opposition.

The channels for ball distributions are clearly identified in figure 3

CHANNEL 1 – Travels down the inner left side of the scrum to the left of the number 8. It is a quick strike with the intention of clearing the ball quickly.

CHANNEL 2 – Is a quick strike, which while controlling the ball is directed down the middle of the scrum. This is probably the most common channel.

CHANNEL 3 – Requires a longer sweeping action to bring the ball back down the right side of the scrum. This channel gets the ball away from the opposing scrum half.

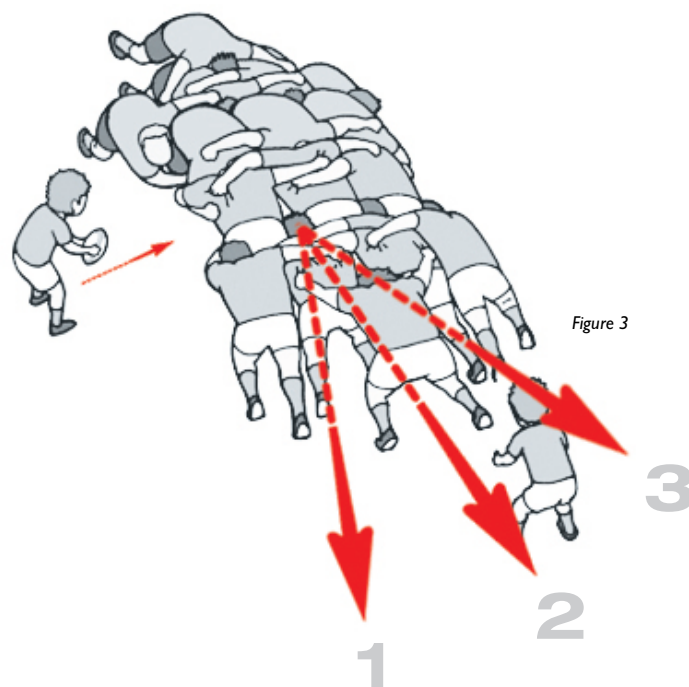


Figure 3

Engagement

Zero tolerance on pulling out once both sides are crouched as it is dangerous.

Hips and knees must be in front of feet on engagement – this is common problem. This equates to weight being on the balls of the feet ready for engagement.

Front rows should avoid falling into the scrum as it requires the opposition to catch them and is a common cause of collapsed scrums. Front rows should push through the knees and hips to remain stable

Tight Head Up

The tight head should pack slightly in front of the loose head and hooker. This is to allow the tight head to lead into the scrum and take the initiative. This will also allow the tight head to counter the “natural wheel” of the scrum created by there being 2 loose heads.

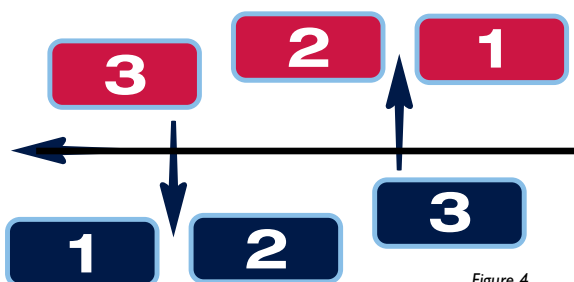


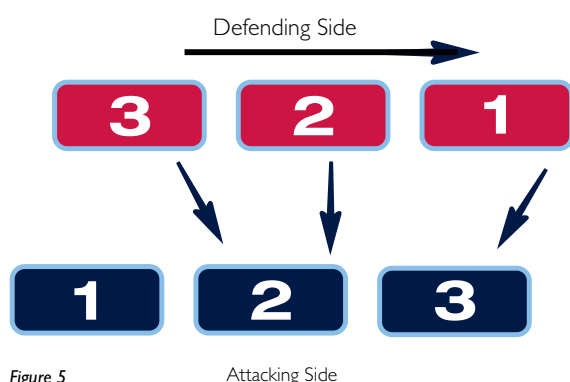
Figure 4

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Off Set Packing

When a defending team wishes to attack the attacking team's ball they may choose to pack off centre in a way which places immense pressure on the opposition hooker and tight head. This method of packing allows the defending team to isolate the hooker and tight head on the attacking team.

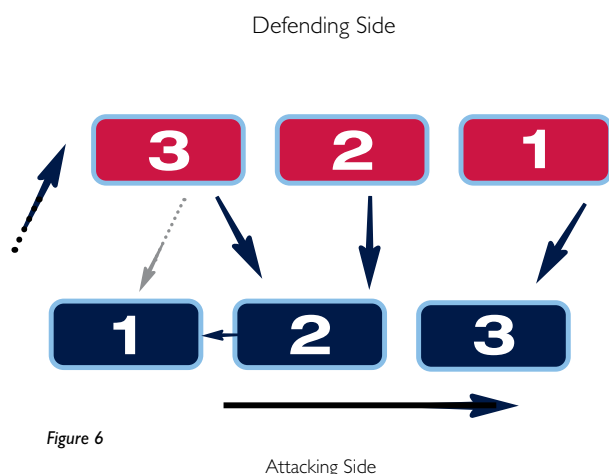


Note the movement to the left and the packing by the defending team isolates the attacking tight head and hooker leaving the loose head separate.

Figure 5

As shown above this places immense pressure on the stability side of the attacking scrum. The hookers strike is also under pressure from this type of packing.

In order to counter this type of packing the attacking scrum attacking team should look to tighten the binds between the loose head and the hooker in order to engage the defending tight head. This should ensure that the pressure transfers to the loose head rather than the hooker. The defending team can also step to the right in order to negate the attacking sides attempt to isolate the hooker and the tight head



Note the attacking loose head and hooker tightening their binds to engage the defending tight head and step to the right to negate the off set packing.

Figure 6

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Scrum Wheeling

A legal wheel involves all players remaining in a pushing position. This can be gauged through the hips of the players and whether they remain together throughout the duration of the scrum.

A wheel can occur through the following means:

- ❑ Through the natural wheel of the scrum (caused by the loose heads)
- ❑ Through good scrummaging getting the loose or tight side up whilst remaining in a pushing position
- ❑ Through defending tight head backing away and not remaining in a strong pushing position creating an opposition or attacking team loose head wheel (illegal)
- ❑ Through defending loose head separating hips from hooker and moving the scrum around creating a loose head up style wheel (illegal)
- ❑ Through a "whip wheel". All players from the wheeling side involved in the scrum stepping quickly to the side to create the required momentum to wheel the scrum (illegal)

Countering the wheel

- ❑ Throughout the wheel at some point the opposition (defending team) is going to move out of a strong driving position in order to create the wheel. At this point the attacking team should look to drive through the wheeling (defending) scrum countering the wheel by keeping their hips and shoulders facing down the field.
- ❑ The wheel may also be countered through stepping with the wheel. For example if team A is trying to create a loose head (getting its left hand side up) team B can counter this by stepping right (to the tight head side). This will move the entire scrum to the right negating the wheel. This can be very difficult to achieve as the wheel can happen (esp. the whip wheel) before this can be achieved.

Scrum Collapse

Scrum collapse can be caused by a number of incidents:

- ❑ Tight head diving in and the opposition front row failing to "catch them"
- ❑ Failure to bind either by the loose head or tight head
- ❑ Overextension of the legs
- ❑ Throwing of the bind by the tight head in order to avoid the pressure coming from the loose head and hooker
- ❑ Tight head pulling down on the loose heads arm due to binding too low

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Guiding Principles of the Scrummage

- ❑ Scrum as 8
- ❑ Scrum Height
- ❑ Push/work for the duration (4-6 secs)
- ❑ Complete assembly before opposition
- ❑ Win engagement contest
- ❑ Right shoulder on every attacking scrum
- ❑ Lateral/ forward diagonal movement to disrupt oppositions ball
- ❑ Body height
- ❑ More efficient the scrum the more resources which can be allocated to other parts of the game
- ❑ Scrum management

Referee and the scrum

Engagement sequence

CROUCH - TOUCH - PAUSE - ENGAGE

- ❑ Prior to each game respectfully ask the referee to outline his engagement protocol to your front row, then raise any issues which you may have
- ❑ After the match seek out the referee to discuss any issue or question you have which may have arisen during the match.