

POSITIONAL REQUIREMENTS

GENERAL

The scrum half is the key player in the team. He is at the centre of all that happens. He is the link between the forwards and the backs, the co-ordinator who dictates when the ball is to be produced and often the person who decides where the ball goes and what happens next.

He is the key player in deciding the calls at lineouts and scrums, an accurate passer of the ball, a good tackler, quick off the mark, an evasive runner, a motivator, a decision maker, a reader of the game and a tactician.

PASSING

The scrum half must be able to pass the ball quickly, without delay, off either left or right hand accurately, to the receiver.

KICKING

Ideally, the scrum half should be able to kick with either foot and should be able to effect high 'box' kicks over scrums, lineouts rucks or mauls. To execute these kicks successfully, he should use the protection of the breakdown, scrum or lineout and take only one step back as he performs the kick.

RUNNING

A scrum half who can make a break using powerful acceleration will present a threat to the opposition. However, this should be done selectively, where there are gaps in defences.

DEFENCE

In scrum defence, the scrum half may play a number of roles. He should work closely with his back row and be one of the first players to tackle. He could also decide to follow the ball around if the opposition back row picks and go. He could decide to concentrate on pressurising the opposition's fly half if the ball is passed. At rucks and mauls, the scrum half is likely to be a defensive organiser.

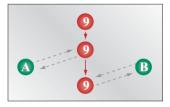
PRACTICES

TECHNIQUE AND SKILL

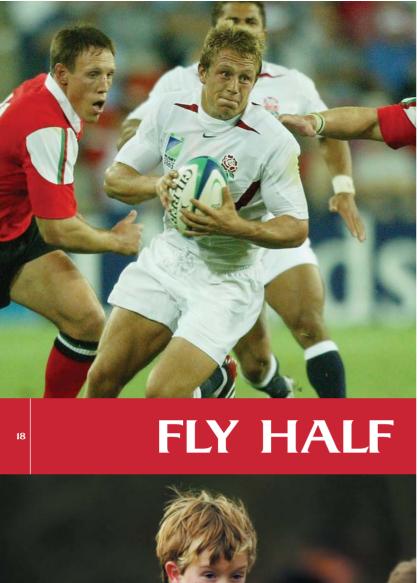
- Practise under varying pressure, to the left and right:
- The standing pass;
- The pivot pass;
- The dive pass;
- The reverse pass.
- Practise passing the ball when receiving it from a lineout, scrum, ruck or maul:
- Practise high hanging kicks off his right and left feet to land in a marked area for accuracy.

HANDLING (unopposed in groups of 3 plus a feeder) Equipment: 2 balls

Aim: to practise basic passes (standing, divot and dive)



- The feeder should deliver the ball in a variety of ways to the scrum half, 9, from the air, along the ground, to the left and to the right. The scrum half should feed the two fly halves, 10, alternatively. The fly half should return the balls to the feeder. The practice should be repeated after two balls from the other direction.
- The outside halves should initially act as a static target and then subsequently take the ball on the





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The number 10 is the pivotal position in the team. The fly half is a key decision maker, as he will often decide the direction (left or right) and the width (close or wide) of the next play, or the depth of the kick (short or long). He could also decide to run the ball and make a break.

ATTACK

The fly half should decide how 'flat' he can take the ball (close to the gain line) in order to threaten the defence. He may attempt to break or retain possession on contact. He is also responsible for bringing his centres, wings and forwards into play with a variety of passes or kicks.

DEFENCE

The fly half plays a full role in defence as a tackler and he will help to co-ordinate back line defence from set pieces.

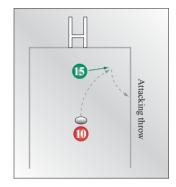
KICKING

The fly half should be a competent kicker out of hand to add to his attacking capabilities. He should be able to make high hanging kicks, chips, grubber and diagonal kicks, with the key aim of retaining possession. He often restarts play with drop kicks. He may also have to make clearing kicks to 'touch' under pressure in defence.

PRACTICES

TECHNIQUE AND SKILL

- Practise receiving the ball from his scrum half from both sides and at varying lengths of pass;
- Practise receiving a ball and making a break using explosive acceleration;
- Practise evasive running skills to avoid contact and beat defences;
- All types of kicks should be practised with either foot under varying pressure - using a series of targets.



Practise kicking towards touch but keeping the ball in play to force the opposition to concede a lineout.