

# POSITIONAL REQUIREMENTS

#### **GENERAL**

The lock is a key ball winner in many areas of the field, but particularly in the lineout and restarts. As the locks tend to be bigger players, and are difficult to tackle, they should be competent at running with the ball in hand.

#### **SCRUM**

The lock, as an individual, must have an excellent scrummaging technique which contributes to the total effectiveness of the scrum as a unit. The locks provide the 'powerhouse' drive of the scrum, and therefore have to work closely with their props to optimise the drive. They should develop a strong bind through the props' legs (or around the hips for U12s), pulling the prop on to his own shoulder. The two locks should also bind so that they pull each others' hips close together, and have a flat back, ready to drive.

#### LINEOUT

The locks tend to jump to retrieve the ball in the lineout. Locks need to develop their ability to jump from a stationary position, or moving forwards and backwards. They should be expert at catching the ball whilst in the air in a variety of situations (e.g. one-handed, two-handed, in front of the jumper, or arching backwards to catch a looping ball). Locks also need to be strong in the arms and upper body to resist competition in the air for the ball from opponents.

## **RESTARTS**

Similar to the lineouts, the lock, being one of the taller and stronger players, should seek to catch the ball from his own and opponents' restart kicks. They should practise trying to take the ball as high as possible, by either catching, or catching and playing the ball back towards his players.

## **PRACTICES**

#### **SCRUM**

- Practise scrummaging (on a machine and against opposition) whilst supervised;
- Practices should include individual work, work with his fellow lock and with the front three and back row on:
- Body position, dynamic driving position - flat back, legs in driving position.

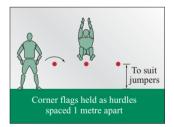
#### LINEOUT

- Practise jumping going forwards, backwards and straight up, leading with the left foot and right foot;
- Practise catching the ball in the air with one hand and two hands;
- Basketball is an excellent game for developing handling and jumping skills.

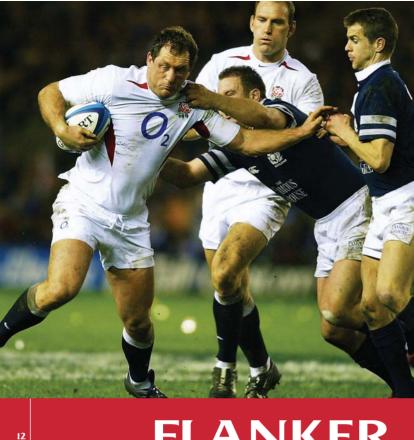
# JUMPING (individuals unopposed in groups of 8)

Equipment: 3 corner flags

Aim: to develop height in jumping



- Three corner flags should be held as hurdles, at an appropriate height off the ground to suit the jumpers, by three pairs of players.
   The corner flags should be held parallel to the ground on top of open, upturned palms and to be, say, 1 metre apart or at a distance to suit the jumpers.
- The two jumpers, working singly or as a pair, should jump sideways off both feet over the hurdles, extending their arms fully, moving along the three hurdles and back again. Repeat as required.



# **FLANKER**



# POSITIONAL **REQUIREMENTS**

### **GENERAL**

Flankers form part of the back row of the forwards. They may play left and right of the scrum or 'open' and 'blind' of the scrum. Together with the number 8, flankers are the essential link in ensuring that play maintains its movement forward they retain possession, recycle the ball and give the team continuity. In defence, they are key players in winning possession from opponents.

#### **SCRUM**

A flanker's first role at the scrum is to push and add stability to the pack. If the flanker is on the side of the put-in, he should be helping to control the ball, if required, when it has been struck by the hooker. Once the scrum is over, flankers should be first away to support play. On opponents' scrums, flankers should add to the eightman drive and be up quickly to defend once the ball is played.

#### **LINEOUT**

The flanker's role in the lineout is varied. One flanker, often the stronger of the two, helps to support or lift a jumper, whilst the other, often the quickest and best ball handler, stands at the back of the lineout to support the attack and sweep up. In defensive lineouts, the flanker at the back will look to put pressure on the opposition backs.

#### **DEFENCE**

In defence, the flankers must pressure the opposition inside backs. At the tackle area, flankers try and disrupt possession by either stealing the ball on contact, stepping over the ball and driving off opponents (if it is grounded), or by picking the ball up.

## CONTINUITY/OPEN PLAY

A flanker should ensure that he is in support of play as often as possible. He should be a competent ball carrier, able to manage contact in the tackle area, and ensure that possession of the ball is maintained.

# **PRACTICES**

#### **SCRUM**

- Practise scrummaging (on a machine and against opposition) whilst supervised;
- · Practices should include individual work, and work with the front five and back row on:
- Body position, dynamic driving position - flat back, legs in driving position;
- Back row moves and ploys.

#### LINEOUT

- · Practise correct supporting technique for lineout jumpers (U16s and above);
- · Practise blocking and binding techniques to protect the ball and iumper:
- · Practise jumping techniques as per a lock.

#### **OPEN PLAY**

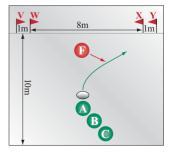
- Practise running with the backs and number 8 to learn:
- Backs' timing and alignment;
- Support play and decisions at the contact area.
- Practise playing the ball before, during and after contact;
- Practise supporting the ball carrier - when to receive a pass and which running line to take;
- · Practise falling on loose ball and playing the ball off the floor.

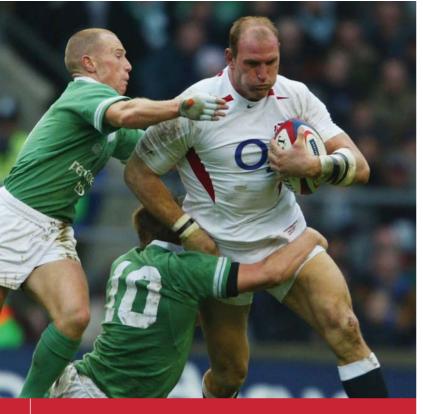
#### CONTACT

#### Equipment:

3 balls, 4 corner flags/cones Aim: to practise tackling

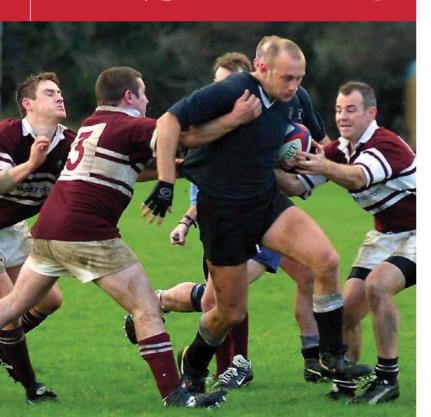
Attackers A, B and C should attempt to score, in turn, between the flags at either V-W or X-Y. Flanker, F, must try to prevent a score. Attackers should set off as the previous player either scores or is tackled, and should carry a ball.





# NUMBER 8

14



# POSITIONAL REQUIREMENTS

#### **GENERAL**

The number 8 is usually a ball carrier, with good quality running and handling skills, and an aggressive tackler. As a key decision-maker, he is part of the spine of the team - 2, 8, 9, 10 and 15.

As part of the back row, he should work closely with his flankers to provide the essential link that maintains a forward movement of play. The number 8 must retain possession, recycle the ball and give the team continuity. In defence, he is an important figure in winning possession of the ball from the opposition.

#### **SCRUM**

In the scrum, the number 8 binds the locks together by having his shoulders against each player, whilst his arms pull them inwards. As he drives, this helps to transmit all the force in the scrum forwards. The number 8 has to control the ball at the back of the scrum with his feet, whilst maintaining his binding on the locks. He may need to transfer the ball to his right foot to allow his scrum half to pass the ball without interference from the opposite number 9. The number 8 may also pick up the ball from the scrum to start any back row moves.

#### LINEOUT

Traditionally, a number 8 has been a third lineout jumper due to his size. However, number 8s now may be required to lift or support a jumper.

#### **DEFENCE**

The number 8 should work with his flankers to provide defensive cover close to the breakdown or inside his own backs. If a flanker has been beaten on the inside, then the number 8 should be in a position to make the tackle. At the scrum, the number 8 should be the second tackler, after the flanker, around the sides of the scrum.

#### CONTINUITY/OPEN PLAY

The number 8 should ensure that he is in support of play as often as

possible - he is often the second forward to the breakdown from scrums. He should be a competent ball carrier, be able to manage contact in the tackle area and ensure that possession of the ball is maintained.

# **PRACTICES**

#### **SCRUM**

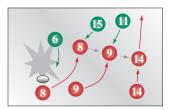
- Practise scrummaging (on a machine and against opposition) whilst supervised;
- Practices should include individual work, and work with the front five and back row on:
- Body position, dynamic driving position - flat back, legs in driving position;
- Back row moves and ploys;
- Controlling the ball at feet whilst static and whilst moving forwards or backwards;
- Timing of the pick up and drive, or pick up and pass;
- 'Locking out' the scrum.

#### LINEOUT

- Practise correct supporting technique for lineout jumpers (U16s and above);
- Practise blocking and binding techniques to protect the ball and jumper;
- Practise jumping techniques as per a lock.

# OPEN PLAY

- Practise running with the backs and flankers to learn:
- Backs' timing and alignment;
- Support play and decisions at the contact area;
- Practise playing the ball before, during and after contact;
- Practise supporting the ball carrier when to receive a pass and which running line to take.



Develop your speed of breaking and passing from the scrum.