

3 seconds, 3 rucks

Faster rucks for cleaner ball

Quick rucks allow more attacking opportunities because the defence has to adjust fast and might leave gaps. That doesn't mean loads of rucks, but high tempo play to create go forward ball.

Set up

Players: 8 attackers v 6 defenders.
 Area: 20m square.
 Equipment: One ball.

Game notes

- Play normal rugby rules, but do not allow kicking.
- A ruck which lasts more than 3 seconds means the end of that attempt.
- Allow three attempts before changing the teams around.
- Be tough on the ruck laws for both sides. Restart the game if the defence infringes.

Score

- 1 point for a try.

What to call out

- "Support the ball carrier into contact"
- "Drive in over the ball, taking out threats"
- "Good leg drive in the contact to provide a better target"

Coaching notes

- ✓ A ruck occurs when a player from each side is bound over the ball. This is when you should start your countdown.
- ✓ Encourage players to stay on their feet at the ruck and to ruck beyond the ball. Players that "seal off" tend to create slow ruck ball because they stop at the ball. It is not allowed by the laws either.

