

# Scrum basics

## The session

### What you tell your players the session is about:

- 1 Understanding the basic body positions for the scrummage.
- 2 Understanding the basic foot positions for the scrummage.

### What you tell your players to do:

- 1 Keep the hips below shoulders and the “spine in line”.
- 2 Have a steady base across both feet, with the feet slightly wider than a shoulder width apart.



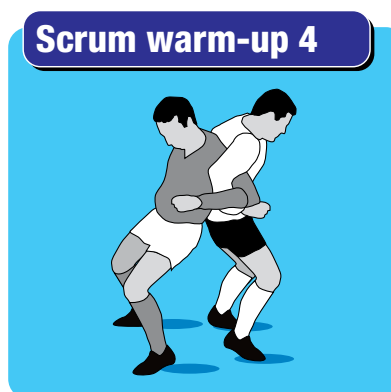
### What you get your players to do:

**Warm-up 1:** One partner lies on their back, their body as straight and rigid as possible. The other partner rolls them along like a log.

**Warm-up 2:** One partner lies on their back, their body as straight and rigid as possible. The other partner tries to lift them up by the shoulders until they are standing. Keep the body straight and rigid.

**Warm-up 3:** “Plank push” – One partner stands. The other kneels in front of them and puts two hands on their chest to stop them falling forward. The kneeling player takes one hand away and holds for five seconds. They change hands and hold again. The standing partner should be in a leaning, straight position throughout.

**Warm-up 4:** Two players interlock arms, back to back. Then, in a controlled manner they rise up and down, keeping their chins off their chest.



## Developing the session

The training session can be developed to improve player stance as follows.

**Foot placement:** A player pushes with two hands against some form of static resistance, for instance a wall, fence or even another player kneeling at right angles. Adjust the feet to make sure they are parallel.

**Body shape:** Starting with a player on all fours, adjust the chin, chest and back so that a ball can be balanced on their back. Get them to walk about with a ball balanced on their back and their head up.

## Coach's notes



### What to call out

- “Push your chest through and shoulders up”
- “Keep your knees under your hips”
- “Keep your chin off your chest”
- “Bend at the hips, not with your back”



### What to look for

- The players' feet not set square. Use a line as a guide to help them build a mental picture and “muscle memory”.
- Players not keeping the back parallel to the ground. Use the “angry cat/happy cat” demonstration. “Angry cat” has its back arched up, which is wrong. Make the players reverse this position for the ideal shape. Can you balance a ball on their back?



### What to think about

Revising this practice regularly during the season to maintain good technique.