

UPS AND UNDERS

CORE SKILLS | BALL RETRIEVAL



4 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practise picking up a ball and scoring a try

ORGANISATION

Set up a 20m x 20m grid

EQUIPMENT

Balls and cones

CORE SKILLS

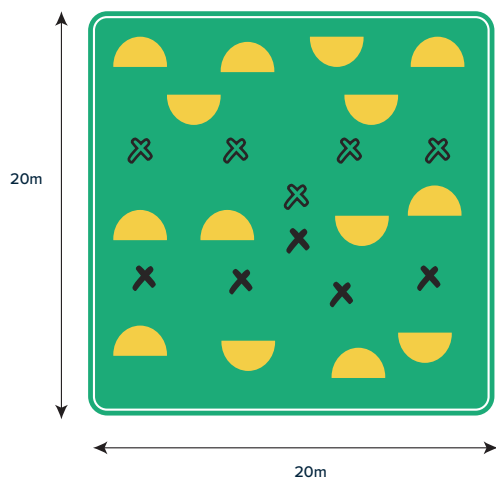
Ball retrieval

EXPLANATION

- Two teams of six
- Start off with all cones/markers placed randomly around an area facing upwards and downwards
- One team must try to get all cones/markers the correct way up (Ups) and at the same time the other team are turning them over (Unders)

VARIATIONS

- Amend the width and length of the grid
- Award points for the most cones turned up or over
- Replace cones/markers with balls, pick up the ball and put it down elsewhere in the grid
- Use two colours of cone, pick up ball and place it down on your team's cone colour. Count up the balls on different coloured cones at the end of the game. If the ball is not picked up with two hands, the coach is to call and the player must place the ball on the opposition coloured cone.



4 - WARM UP
UP AND UNDERS
10 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 10 minutes
	EQUIPMENT Balls and cones
	SET UP 20m x 20m grid
	CORE SKILL Ball retrieval

COACHING POINTS - SKILL DEVELOPMENT	
•	Eyes on ball or cone, move quickly towards ball or cone, straddle the ball or cone, chest over the ball or cone, pick up with two hands

QUESTIONS	
•	How did you decide who picked up which ball?
•	What helped you secure the ball effectively?

KEY



BALL RETRIEVAL

CORE SKILLS | BALL RETRIEVAL



4 - TECHNICAL CARD

AIM

To develop effective ball retrieval low and high

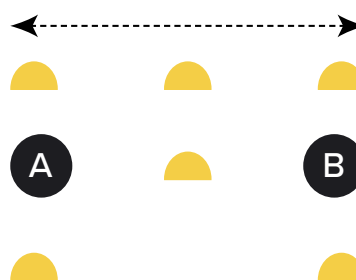
ACTIVITY 1

Moving Ball

In pairs, facing one another, player A executes a grubber kick towards player B, who moves towards the ball and picks it up

COACHING POINTS

- Lean the body close to the ground (you may wish to emphasise chest parallel to the ground)
- Extend the hands
- Be prepared to catch the ball if it bounces up
- Emphasise that it may be necessary to get the ball under control using other parts of the body (hands/chest) and to keep hands out of the way until the player feels they have sufficient control
- To secure possession of a moving ball, it may be necessary to fall on the ball. Please refer coaches to safe falling, which was covered during the tackling module



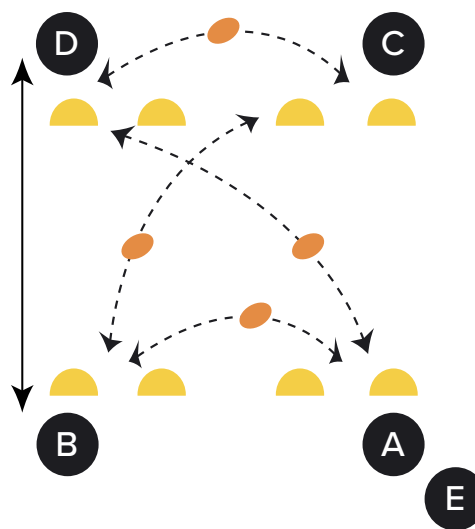
ACTIVITY 2

High Ball Retrieval

- Player A executes a kick to player B who catches it and kicks it to player C. Player C catches the ball and kicks it to player D who repeats and kicks to player E

COACHING POINTS

- Keep eyes on the flight of the ball
- Move quickly into position (anticipate expected landing point)
- Arms should be held out and upwards in a searching manner with fingers spread
- Allow ball to land in the cradle formed by the hands, forearms and chest
- Trap the ball as high as possible on the chest with the hand and forearm
- At the point of catching the ball, round the shoulders, keep elbows together, bend the knees and turn side into opposition, thus giving self-protection and ensuring any dropped ball is in a backwards direction



KEY



CONE



PLAYER



BALL



PLAYER DIRECTION OF TRAVEL

DEFUSE THE SITUATION

CORE SKILLS | BALL RETRIEVAL - HIGH BALL, MOVING BALL, STATIONARY BALL



4 - GAME CARD

AIM

To effectively retrieve the ball from different types of kick

ORGANISATION

Set up a 30m x 30m grid

EQUIPMENT

Balls and cones

CORE SKILLS

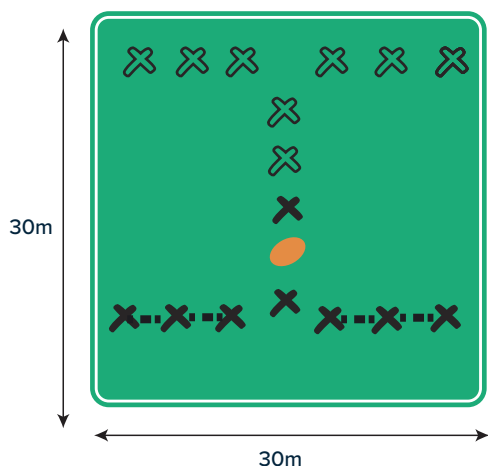
Ball retrieval - high ball, moving ball, stationary ball

EXPLANATION

- Number of players: eight in each group
- Eight attackers and eight defenders
- Attacking team start on the 30m line and attack the try line
- Attacking team have three plays
- Attacking team must kick on the last play
- Rotate attack and defence after each set of three plays
- Points are awarded to the defence for catching a high kick, chip kick or retrieving a grubber kick
- The team that scores the most points wins

VARIATIONS

- Easier (for the attackers) - increase the size of the playing area
- Harder (for the defenders) - reduce the size of the playing area
- Allow kicks on any play
- Award extra points if the ball is diffused within the in goal area or the ball is retrieved within the in goal area and brought back out into the field of play
- After a kick has been defused, continue with the defence now becoming the attack, and play out a game with six plays for each side



4 - GAME CARD
DEFUSE THE SITUATION
20 minutes

ACTIVITY OVERVIEW	
	SUGGESTED TIME 20 minutes
	EQUIPMENT Balls and cones
	SET UP 30m x 30m grid
	CORE SKILL Ball retrieval - high ball, moving ball, stationary ball

COACHING POINTS - SKILL DEVELOPMENT	
•	Stationary ball - eyes on ball, move quickly towards ball, straddle ball, chest over the ball, pick up with two hands
•	Moving ball - get in position quickly, eyes on ball, readjust position as necessary on approach, both hands out towards the ball (ball could be controlled with other body parts as well)
•	High ball - move towards the ball, eyes on the ball, arms outstretched towards the ball, turn palms of your hands towards you, guide ball into your body
•	Overhead - move towards the ball, eyes on the ball, arms outstretched towards the ball, catch the ball with two hands above your head

QUESTIONS	
•	When defending, where do you position yourself for the kick?
•	When would you change your position?

KEY



CONE



TEAM A LEADER



TEAM B LEADER



BALL



BALL TRAVEL



PLAYER DIRECTION OF TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

BALL RETRIEVAL

CORE SKILLS | TO DEVELOP EFFECTIVE BALL RETRIEVAL LOW AND HIGH



4 - MOVEMENT CARD

STABILITY | STOPPING, BENDING, TWISTING, JUMPING AND STOPPING

SYMPTOM

Gets within close proximity of ball, but fails to get into position to stop the ball effectively enough

SOLUTION

Allow player to develop anticipation skills by:

- using balls of various shapes and sizes, starting with oversized balls
- feeding at varying speeds and from varying distances
- initially feeding slowly over a short distance repetitively

Use 'restricted view' (eg with back turned to receiver) feeds to hone the skill once some proficiency has been achieved, and reintroduce rugby ball

SYMPTOM

Is beaten to the high ball by the opposition

SOLUTION

Further develop anticipation skills as above and introduce different heights to the feed

Develop jumping skills further:

- Tilt head upwards with eyes focused on target
- Bend knee on take-off leg
- Extend hips, knees and ankles forcefully, with arms lifting upwards
- Turn shoulders to lift lead arm (opposite to take-off leg)
- Straighten body before catching
- Controlled landing (bent knees, feet shoulder width apart) as close to point take-off as possible



OBJECT CONTROL | COLLECTING, SCOOPING, GRIPPING AND CARRYING

SYMPTOM

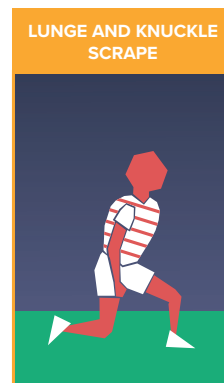
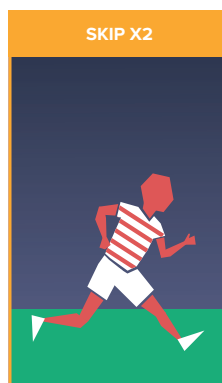
Has difficulty in completing the whole skill fluently

SOLUTIONS

Support player in concentrating on fluency of the various stages of movement within the skill:

- Adjusting the body to get into position, developing the correct footwork (through the development of sidestepping, hopping, skipping, stopping)

- Ensuring a stable base is formed (through the development of stooping, bending and twisting)
- Receiving the ball effectively using appropriate grip to gather the ball into the body (through the development of gripping and catching)



LOCOMOTION | RUNNING, SKIPPING, HOPPING AND SIDESTEPPING

SYMPTOM

Arrives within close proximity of ball unprepared in terms of body positioning

SOLUTION

Check player's ability to walk and run effectively (See Card 1 for more details)

Develop sidestepping, concentrating on:

- smooth, rhythmical action
- trailing leg lands next to lead leg
- both legs flexed at right angles in preparation for push

After push, there is a moment when both feet are off the floor. Feet remain close to the ground throughout