

STUCK IN THE MUD

CORE SKILLS | GRIPPING AND CARRYING



1 - WARM UP CARD

AIM

To raise the heart rate and prepare the body and mind for exercise. To practise gripping and carrying of the ball and evasion skills

ORGANISATION

Set up a 20m x 20m grid

EQUIPMENT

Balls and cones

CORE SKILLS

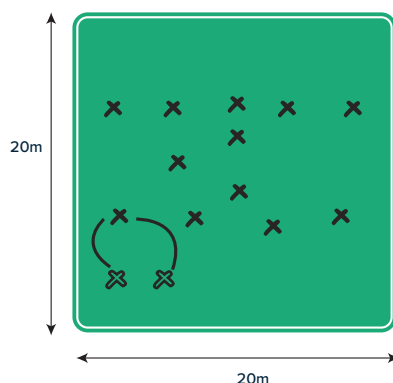
Gripping and carrying

EXPLANATION

- Two players (chasers) have a ball and have to touch the other players with the ball between the shoulder and waist, within the grid
- If the players without the ball step out of the grid they are classed as being touched
- The ball carrier must be holding the ball as the player is touched, for the touch to be effective
- When touched, the players stand with their arms out. The other players can get them back into the game by running underneath their arms from back to front
- When all players are touched, or the time limit set has elapsed, change the chasers

VARIATIONS

- **Easier (for the chasers)** - add more chasers, narrow the grid
- **Harder (for the chasers)** - remove a chaser, widen the grid
- Once a player has been touched they become the chaser, but they can't touch the player who's just touched them right away
- Once touched, players squat down and hold their hand up; they are released back into play by the players gently pulling down their arm
- If the surface allows, once players are touched they stand with their legs open and are allowed back in play when a teammate goes under their legs (back to front only)



1 - WARM UP

GRIPPING AND CARRYING

10 minutes

ACTIVITY OVERVIEW

SUGGESTED TIME
10 minutes

EQUIPMENT
Balls and cones

SET UP
20m x 20m grid

CORE SKILL
Gripping and carrying

COACHING POINTS - SKILL DEVELOPMENT

- Gripping - two hands, centre of ball, thumb and index finger greater than 90° arched palms
- Carrying - centre of body, elbows out

QUESTIONS

- Why is the Team A player successful?
- Can you see players who move away from the catchers?
- Can you see catchers who work together?

KEY

- CONE
- TEAM A LEADER
- TEAM B LEADER
- BALL
- BALL TRAVEL
- PLAYER DIRECTION OF TRAVEL
- NO-GO AREA
- GATE
- ZONE

GRIPPING AND CARRYING

CORE SKILLS | GRIPPING AND CARRYING



1 - TECHNICAL CARD

AIM

To develop the grip and carry left and right.

Activity 1

Player 1 runs out, picks up the ball at B and runs around the far cone (C). On the return journey, the player places down the ball at B, thus scoring a try, before rejoining the line at A. Progression — pick up one-handed carry right and one-handed carry left.

Progression — pick up two-handed carry — fend left and right at C. On the return journey, reload the ball at B before joining back of A.

NB — when the player uses a fend or a one-handed carry, check that the ball is still carried towards the centre of the body.

COACHING POINTS

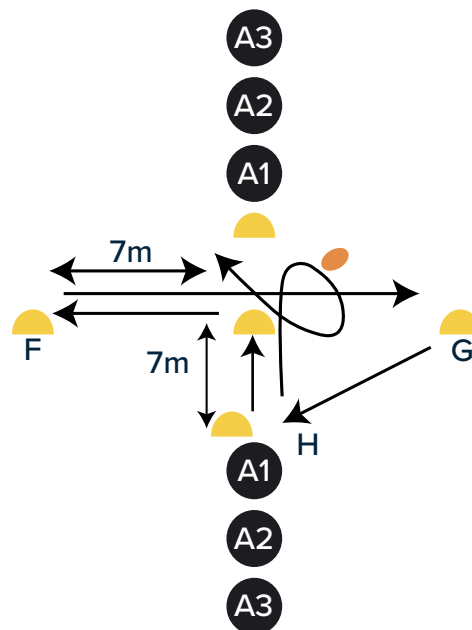
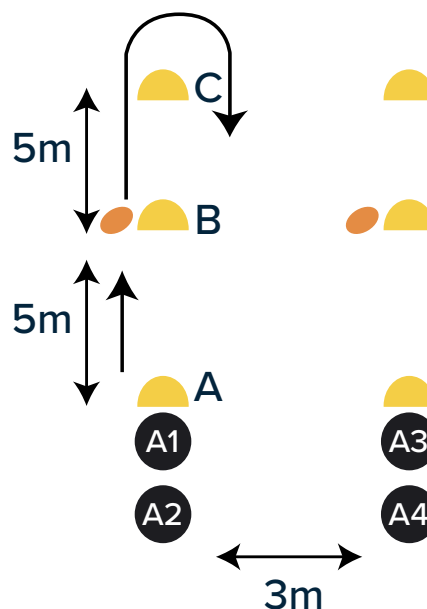
- | | |
|--|--|
| <ul style="list-style-type: none"> • Thumbs greater than right angle • Arched palms • Centre of ball • Elbows out • Centre of body • Two hands | <p>Traditional Method of Try Scoring</p> <ul style="list-style-type: none"> • Place the ball on the ground • Exert downward pressure with the ball and hand together |
|--|--|

Activity 2

- Groups of six players — A1 s run out with a ball matching each other's movements
- They run backwards to F
- And then forwards to G
- They then slide sideways to their respective start points at H

Variations

- As above at H, run forwards holding the ball in your right hand. Players meet in the middle and transfer the ball into their partner's left hand. Both players hold on to both balls, pushing with right hands to turn 180° anticlockwise
- Players now have their backs to the other team. They then turn and run forwards to rejoin that team and give the ball to A2
- Grip — relate to ball security
- Middle — centre body carry
- Two hands



KEY



CONE



PLAYER



BALL



PLAYER DIRECTION OF TRAVEL

TAKE THE HIT

CORE SKILLS | GRIPPING AND CARRYING



1 - GAME CARD

AIM

To test the grip and carry under pressure

ORGANISATION

Set up a 40m x 15m grid

EQUIPMENT

Balls, cones and shields

CORE SKILLS

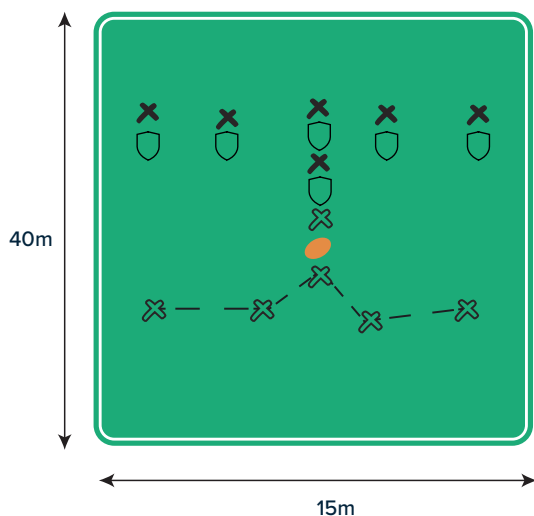
Gripping and carrying

EXPLANATION

- Defence with shields - retreat 5m from play-the-ball
- Attack has six plays to advance up field starting from own in goal
- Every player to touch ball at least once - think how to avoid contact. Defenders to try and put shot on with pads
- 'Hit' player to play-the-ball from knee
- Coach to control the play-the-ball
- Points awarded for each time ball is kept secure in contact
- Extra points for scoring a try

VARIATIONS

- **Easier (for the attack)** - widen the grid
- **Harder (for the attack)** - narrow the grid
- Add more defenders with shields
- Award extra points for successful offloads, tips or push throughs
- Reward the defenders for forcing the error on the attackers
- Give the attackers a set time period to gain points and then rotate with the defenders



1 - GAME CARD

GRIPPING AND CARRYING

20 minutes

ACTIVITY OVERVIEW

SUGGESTED TIME
20 minutes

EQUIPMENT
Balls and shields

SET UP
40m x 15m grid

CORE SKILL
Gripping and carrying

COACHING POINTS - SKILL DEVELOPMENT

- Gripping - two hands, centre of ball, thumb and index finger greater than 90° arched palms
- Carrying - centre of body, elbows out

QUESTIONS

- What are you doing to avoid contact?
- How do you keep the ball secure?
- When should you carry the ball in one hand?

KEY

- CONE
- TEAM A LEADER
- TEAM B LEADER
- BALL
- BALL TRAVEL
- PLAYER DIRECTION OF TRAVEL
- NO-GO AREA
- GATE
- ZONE
- SHIELD

GRIPPING AND CARRYING

CORE SKILLS | TO DEVELOP THE GRIP & ONE-HANDED CARRY LEFT & RIGHT



1 - MOVEMENT CARD

STABILITY | BALANCING, TWISTING, TURNING, DECELERATING AND STOPPING

SYMPTOM

Player is off balance when trying to grip and carry the ball.

SOLUTIONS

Player establishes a firm base when stationary, with feet spread evenly, shoulder width apart.

Player strides evenly with and without use of arms and can change direction fluently (see running and sidestepping on Card 4).

SYMPTOMS

Player has restricted movement and is unable to protect the ball during the carry. Player finds it difficult to adjust the body effectively enough to either take the tackle or offload.

SOLUTIONS

Develop core stability, sufficient flexibility and strength in player to rotate upper body in both directions, and resist force applied by opponents.

OBJECT CONTROL - GRIPPING AND CARRYING

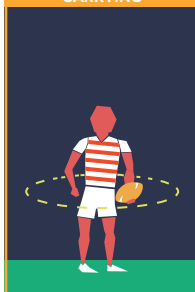
SYMPTOM

Player often loses control of the ball.

SOLUTIONS

Develop strength and flexibility in fingers, wrists, elbows and shoulders to allow player to be able to grip and carry effectively.

GRIPPING AND CARRYING



Allow the player to develop a better 'feel' for the ball by

- using a variety of objects that demand different styles of grip and carry (tennis balls, footballs, basketballs, balloons)
- questioning the player as to which is the most appropriate way of gripping and carrying the different objects

- reducing the parts of the body used to grip - one-handed, two finger control to illustrate the importance of how the hands oppose each other during the grip, and fingers squeeze for extra support

Move the ball around the body with eyes closed

LOCOMOTION - RUNNING AND SIDESTEPPING

SYMPTOM

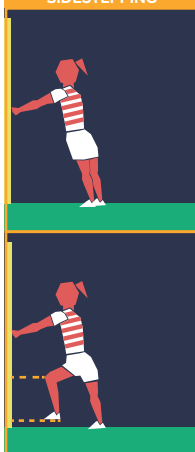
The player loses control of the ball during the carry.

SOLUTIONS

Check player's ability to walk effectively:

- Arms swing opposite to forwards foot and stay outside of body line
- Feet planted just either side of a straight line
- Relaxed, upright body position
- Little vertical lift
- Heel-toe contact

RUNNING AND SIDESTEPPING



Check player's ability to run effectively:

- 'Drive' leg extends fully
- Recovery thigh is parallel to ground
- Recovery leg and foot are in line with body
- Arms bent at right angles and swing backwards and forwards from the shoulder (opposite arm to leg)
- A point when both feet are off the ground
- Develop the player's ability to run without using the arms for additional force in a straight line

Running drill against a wall, body with slight lead forwards and support leg straight. Drive leg reaching thigh parallel and foot with toe up. Practise running activities with arms behind and beside the body, and stationary at chest height without the ball, concentrating on even and consistent stride length and foot placement, irrespective of the restriction placed on arms.

Introduce sidestepping and other evasive movements after the player has mastered the correct technique for gripping and carrying during straight line running.