**CPD Title: Crouch Bind Set to Scrum - Introduction | Timings: 15 minutes | Resources: Classroom Session - PPT, Speakers, flip chart and pen**

Learning Outcomes:

* 1. Understand the fundamentals of the assembling the Scrum
	2. Develop understanding of the key coaching points needed to coach the above fundamentals

Assessment Method:

* Allow coaches to discuss and feedback responses
* Allow coaches to discuss and feedback responses

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| Slide Title | Key Learning / Delivery Point (s) | Timing | Resources | Task Method | Delivery Focus |
| Crouch Bind Set to Scrum | * Welcome coaches and players to the venue and thank them for their support of the regional coach development programme
 | 1 | * PPT
 |  | CDO lecture |
| Introductions | * Introduce yourself and the guest deliver (if applicable)
 | 1 | * PPT
 |  | CDO lecture |
| House Keeping | * Ensure you have carried out a H&S check and established the relevant detail relating to the venue to cover the House Keeping points
* Run through slide informing detail as appropriate
 | 1 | * PPT
* H&S form
 |  | CDO lecture |
| Video | * Show video in PPT if have one
 | 1 | * PPT
 |  | CDO lecture |
| Workshop Running OrderThe Why | * Q&A the importance of having correct technique
* Get Learners to shout out answers
* CDO to flipchart responses
* Safety elements
* Starting position
 | 1 | * PPT
 | Question andAnswer | CDO facilitate |
| The What | * The Correct technique for the assembly of the scrum
* The laws associated with it
 | 1 | * PPT
 | Coach Discussion | Guest facilitate |
| Resources | * Coaching Locker
* Coaching resource.
 | 1 | * PPT
 | Coach Discussion | Guest facilitate |

 **Title: Coaching Practical | Timings: 75 minutes (delivery) | Resources: Balls, Cones, Shields, Tackle tubes**

Learning Outcomes:

1. Engage in practical coaching of the assembly of the scrum

Assessment Method:

* Allow coaches opportunity to coach demonstrated exercises and provide feedback where appropriate

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| Slide Title | Key Learning / Delivery Point (s) | Timing | Resources | Task Method | Delivery Focus |
| Coaching Practical | * CDO instruct coaches to move to the outside location using the onscreen points
* Allow time in programme for location transition
 | 75 | * PPT
 |  | CDO lecture |
| Warm up Building the front row3v3Building up the 6Building up the 8Calls | * Re- emphasise the profile position and all the key coaching points.
* Produce the profile required and test the position stability through gently pushing focusing on not moving the feet.
* Drop Drill
* 1v1 recapping on the body position
* Start with the hooker – Hooker sets the height of the crouch
* Brings right foot forward to act as break – weight distributed onto that foot.
* Props bind (On shorts or jersey) at a 45-degree angle pivoting off inside foot to decrease movement and increase tightness of bind.
* There is no preference to who binds first as long as they both replicate each other.
* Coaches to reinforce that the key points here are: -
	+ Height – Law Should remain above hips
	+ Movement (NO MOVEMENT)
	+ Tightness of bind

Show demonstration – identify all key points then let the players have a go with the coaches in coaching checking for stability by pushing the players and grabbing hands to see tightness of binds. (In groups of 4 – 3 players 1 coach* Set up two front rows with all the key points from the previous section.
* Introduce scrum calls – crouch (the players should already be in this due to the hooker setting the height)
* Bind – The correct placement of where the loose head binds on the opposing tight head (inside grip on the tight heads back/sides jersey) rotate hand and take away any natural breaks of elbow) and the opposing tight head to have the outside bind again gripping the jersey on the back/side of the loose head. Slight bend of arm to increase power. Readjust feet backwards to entre the scrum in a strong pushing position.
* Heads of the opposing front rows to be at the side (temples) of each other
* On the set call players to engage – dropping their knees and chest to manage their strong position and eyes looking forward
* Repeat from an unorganised position e.g. 3v3 touch

Show demonstration – identify all key points then let the players have a go with the coaches* Firstly to add the 2nd rows – general rule of thumb tallest player takes the high bind, shortest player to pull shoulder out to align them in the correct position.
* There are 2 options on how they enter the front row

Either to drop to one knee (inside knee) or to drop to both knees. (Due to players physical literacy start with 2 knees and build up to 1 knee)* The props open the channel of where the heads should go by tilting knee side ways (on the call of open), 2nd rows place their heads in and props then lock them in by tilting knee back. (Key KP No foot movement)
* Both second rows then bind between the props legs with outside arm and grip the props inside pocket -with the back of the hand aiming to touch his own cheek. Key coaching point here is to push elbow through to tighten the bind.
* No 8 to bind on 2nd rows with a split foot stance and its he who picks them by them up by the hips and drives head in the gap between 2nd rows up on call of crouch by the referee.
* Coach can check binding and stability before either packing down against machine or against another pack.
* Repeat set from an unorganised position e.g. 6v6 touch
* Have a go against another pack now with 6 players each side making sure the coach goes through the whole set up process from the start.
* Use the calls to practice and reinforce the foot readjustment and drop of knees and looking forward

Show demonstration – identify all key points then let the players have a go with the coaches* Add flanker to the scrum – Talk about middle 4 not just 2nd rows and flankers.
* Flankers to take a bind across the back of the 2nd row and drop to both knees.
* Head to be placed on props bum cheek and body parallel to the touchline. Re-emphasise everything pushing North/South
* Again pack down against a machine or another 8

Show demonstration – identify all key points then let the players have a go with the coaches* Couch – front row to crouch so that backs are flat and core and profile position are set. No 8 to pick up 2nd rows, flankers raise off knees
* Bind – Props take a bind, and place heads in line at each other’s temples, feet readjust.
* Set – shoulders engage and profile shape is found by dropping the knees, whilst looking forwards at all times.
* Ready – reinforce grip and building tension compressing the scrum without any foot movement by lowering knees and chest.
* Now - all to drive straight using short steps and chasing feet. (Not to get long in the leg)

Show demonstration – identify all key points then let the players have a go with the coaches- Show 8v8 one team using the calls of ready and the other just holding.* Final drill – 5 cones placed around area coach calls colour both packs go to colour and form up. Coach to set scrum and engage it.
* Repetition is the key here
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| www.wrucoaching.co.uk | * Explain that the exercises that have been observed are the starting point for development practices
* In order to develop players, they have to be challenged in different ways
* These are some examples of how players can be challenged
* Run through each point one at a time and explain how it can challenge the player to develop
* CDO to refer coaches to WRU Coaching Locker for more information on Clearing Pass and other relevant topics
 |  |  |  | CDO |
| Contact the Team | * Q&A
* CDO to refer coaches to their Regional CDO for further opportunities
* Thank you and good night
 |  |  |  | CDO  |