

Learning Outcomes:

1. Understand the fundamentals of the Scrum
2. Develop understanding of the key coaching points in the set up of the scrum

Assessment Method:

- Allow coaches to discuss and feedback responses
- Allow coaches to discuss and feedback responses

Slide Title	Key Learning / Delivery Point (s)	Timing	Resources	Task Method	Delivery Focus
Scrum Ready	<ul style="list-style-type: none"> • Welcome coaches and players to the venue and thank them for their support of the regional coach development programme • 	1	<ul style="list-style-type: none"> • PPT 		CDO lecture
Introductions	<ul style="list-style-type: none"> • Introduce yourself and the guest deliver (if applicable) 	1	<ul style="list-style-type: none"> • PPT 		CDO lecture
House Keeping	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • PPT • H&S form 		CDO lecture
Video	<ul style="list-style-type: none"> • Show video in PPT 	1	<ul style="list-style-type: none"> • PPT 		CDO lecture
Workshop Running Order The Why	<ul style="list-style-type: none"> • Q&A the importance of having correct technique • Get Learners to shout out answers • CDO to flipchart responses • Safety elements • Starting position 	1	<ul style="list-style-type: none"> • PPT 	Question and Answer	CDO facilitate
The What	<ul style="list-style-type: none"> • Profile preparation • Perfecting the Profile • Engagement 	1	<ul style="list-style-type: none"> • PPT 	Coach Discussion	Guest facilitate
Resources	<ul style="list-style-type: none"> • Coaching Locker • Coaching resource. PDF 	1	<ul style="list-style-type: none"> • PPT 	Coach Discussion	Guest facilitate

Learning Outcomes:

1. Engage in practical coaching of scrummaging activities with live players

Assessment Method:

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

Slide Title	Key Learning / Delivery Point (s)	Timing	Resources	Task Method	Delivery Focus
Coaching Practical	<ul style="list-style-type: none"> • CDO instruct coaches to move to the outside location using the onscreen points • Allow time in programme for location transition 	75	<ul style="list-style-type: none"> • PPT 		CDO lecture
Profile Preparation	<ul style="list-style-type: none"> • Deliverer to establish the importance of the foundations • Building of the profile <ul style="list-style-type: none"> ○ Feet position – <ul style="list-style-type: none"> ▪ Shoulder width apart ▪ Slight bend in knees ▪ Feet facing forwards ○ Pelvic tilt <ul style="list-style-type: none"> ▪ Push bum backwards ▪ Switch on core ▪ Promote proud chest ○ Engage scaps <ul style="list-style-type: none"> ▪ On all 4's ▪ Slight bend of elbows ▪ Engage core ▪ Squeeze shoulder blades together ○ Head <ul style="list-style-type: none"> ▪ In neutral position ▪ Demo to high and to low ▪ Demo correct example ○ Crouch <ul style="list-style-type: none"> ▪ Take height from legs ▪ Squat forward chest in front of knees ▪ Heels to remain on floor 	20	<ul style="list-style-type: none"> • Balls • Cones • Pads 	Demonstrations & Practical Coaching	Guest facilitate and demonstrate CDO facilitate coaching how skills

Perfecting the Profile

- Deliverer to establish the importance of perfecting the profile
 - Holding the profile
 - Keeping rigid
 - Reinforce all the key points of the profile position
 - Checking for stability
 - Push shoulders and thighs
 - Switch on core
 - Profile after fatigue
 - Allow players to go through process
 - Engage profile position
 - Knees not under hips but slightly back
 - Raise on to feet
 - Check for stability
 - Ball Press
 - Both hands on ball
 - Back flat
 - Reinforce key profile points
 - Tyre push
 - Hands on tyre
 - Push tyre
 - Straight back
 - Short steps
 - Head in neutral
 - Harness pull
 - Give examples of poor practice
 - Shoulders below hips

- Good points
- Flat back
- Short steps

20

- Balls
- Cones
- Pads

Demonstrations
& Practical
Coaching

Guest lecture
Or
CDO

Engagement	<ul style="list-style-type: none"> • Deliverer to establish the importance of the engagement • Engagement against a sled <ul style="list-style-type: none"> • Calls • On bind call move feet back • Engagement against tackle tube <ul style="list-style-type: none"> • Calls • Engage with a flat back • Chase feet to be under body not long legged • 2 player engagement against tackle tube <ul style="list-style-type: none"> • Always to the left • Calls • Reinforce key points • Fault ID • 1v1 <ul style="list-style-type: none"> • One to push forward one to receive push • Hips/back flat • 2v1 <ul style="list-style-type: none"> • Again reinforce the coaching points 	20	<ul style="list-style-type: none"> • Balls • Cones • Pads 	Demonstrations & Practical Coaching	Guest lecture Or CDO
www.wrucoachinglocker.co.uk	<ul style="list-style-type: none"> • 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 				
Contact the Team	<ul style="list-style-type: none"> • Q&A • CDO to refer coaches to their Regional CDO for further opportunities • Thank you and good night 				CDO

