



England  
Rugby

# RETURN TO SCRUMMAGING SESSION PLANS

# BIND



**#SCRUMTOGETHER**

### ONE WEEK PERIOD – SMALL UNITS (1V1 UP TO 5V5)

**PREPARATORY** - [Prepare to Scrum YouTube Playlist](#)

**ADVANCED** - [Principles of Scrummaging YouTube Playlist](#)

<b>DURATION</b>	Up to 20 minute segments to build into existing sessions.
<b>EQUIPMENT</b>	Cones, Balls (rugby and football), Bibs.
<b>PITCH</b>	<p>Appropriate size for the number of players, create two game zones (using co-coaches) if you have large numbers so players get more touches of the ball.</p>  <p><b>20m x 35m – suggested pitch size.</b></p>

#### **F.I.T.T PRINCIPLES**

Follow the guidance around Frequency, Intensity, Time & Type of activities for each phase with graduating return to scrummaging in mind.

#### **FREQUENCY**

Up to 3 times per week.

#### **INTENSITY**

Moderate- Controlled 1 v 1 up to 3 v 3 focusing on form.  
High- 5 person scrum (live or machine based).

#### **TYPE**

1 v 1 building to 5 v 5. Focus on position/posture and to accumulate time in position.

#### **TIME**

Total engagements per person = 20-30  
Total 5 person scrums per session = 10-15

#### **PURPOSE**

To reintroduce players to scrum based body movements around unit work.

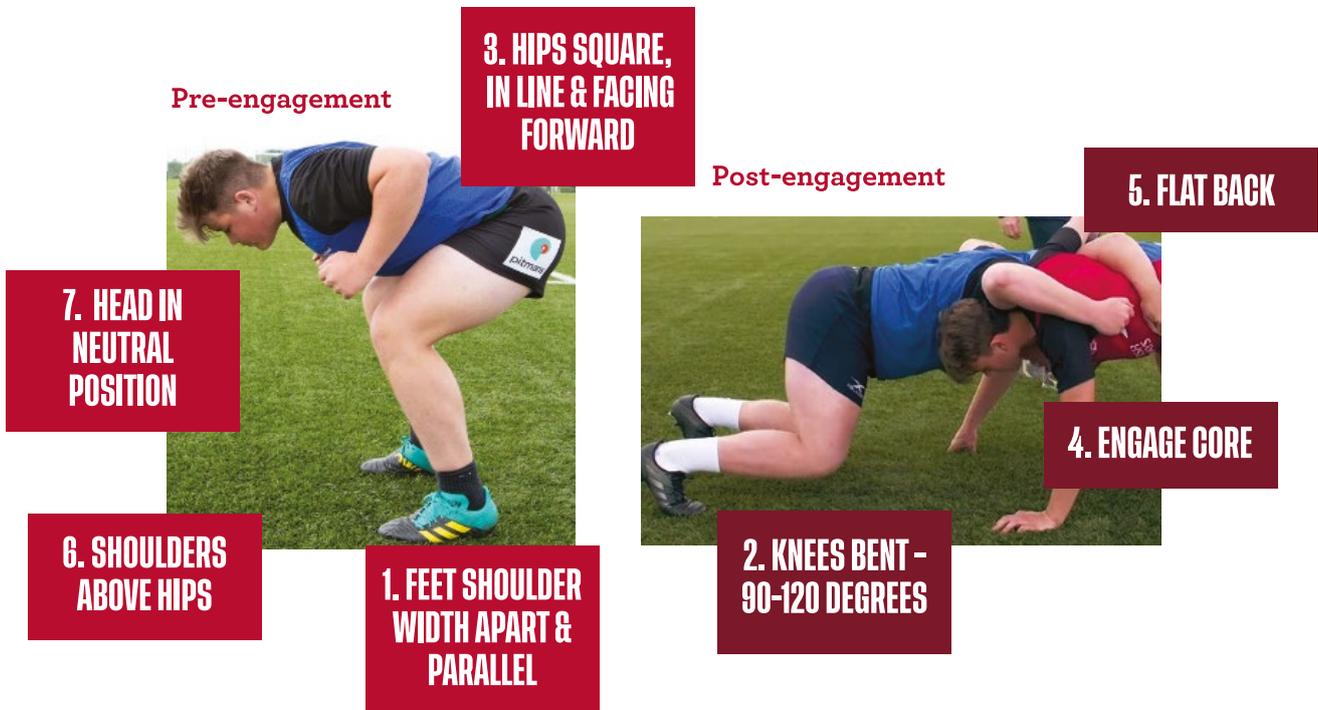
#### **COACHES NOTES**

Coach to have 2 balls to keep any games active so players' heart rates don't drop. Use 1 rugby ball and 1 football if possible. Adapt pitch size to suit number of players/stretch/challenge.

**KEY COACHING POINTS**

**Scrummaging – Tower of Power (ToP)**

1. Feet shoulder width apart, lead with strongest foot.
2. Knees bent slightly (Post engagement 90 degree angle).
3. Hips square, in line and facing forwards.
4. Core engaged.
5. Flat back.
6. Shoulders above hips.
7. Head in a neutral position.



**\*These cover both the PRE-ENGAGEMENT and POST-ENGAGEMENT Tower of Power.**

**PRACTICAL DELIVERY NOTES**

Before any practical activities, the coach should be confident that the participants have the fitness/ability to participate in the planned exercises and are suitably prepared to take part in physical activity. Activity should be relevant to the Age Grade you are working with. The pitch and skill zone should be set up beforehand.

**WE HIGHLY RECOMMEND COMPLETING THE ACTIVATE WARM-UP BEFORE STARTING THE SESSIONS – [CLICK HERE FOR MORE](#)**

# BIND ONE WEEK PERIOD

Incorporate these **ACTIVATE** exercises into your session and encourage your players to engage with the Activate exercise program, 3 - 5 times per week.

**BEAR CRAWL: RESISTED STATIC NECK CONTRACTIONS:** [Watch it here](#)

**SINGLE LEG ARABESQUE:** [Watch it here](#)

**BRONCO'S:** [Watch it here](#)

**ZOMBIE SQUATS:** [Watch it here](#)

**Option 1: Some players can be in the Game Zone whilst others are in the Skill Zone area. Alternatively, these elements can be run in isolation from each other with numbers needed in mind.**

**GAME ZONE -**  
Tower of Power Touch [Watch here](#)

### Purpose

To introduce the Pre-Engagement Tower of Power body position in a game.

### Description

- Equal teams with a magic player if uneven numbers who plays on the attacking team.
- Ready4Rugby based (2 touch rugby) - On the first touch the player can keep going.
- On the second touch (by a different defender) they must put the ball down in front of them.
- Then the defender & attacker perform pre-engagement TOP.
- The coach decides whose TOP is better;
  - Attack = Keep ball
  - Defender = Win ball back (contest for possession)

### Progressions

- Nearest player to the ball carrier and defender performs the ToP too = 4 players total (not bound)
- Nearest two players to the ball carrier and defender performs the ToP too = 6 players total (not bound)
- Coach can call crouch-bind-set to initiate, observe and analyse.

**SKILL ZONE -**  
1 v 1 & 2 v 2 engagement sequence in to the post engagement TOP  
[See skill zone in video here](#)  
[and another here](#)

### Purpose

To allow players multiple opportunities to practice the engagement sequence against an opposing player in a controlled environment.

### Description

- In groups of 3 - 1 v 1 plus the third player acting as a referee or observer.
- The referee player calls 'crouch - bind - set' for players to get in to the Pre-Engagement Tower of Power (See left).

### Crouch - Check for;

- Positive body shape - ToP.
- Distance apart should be forehead in line with ear & not touching the opposition.
- Front rows same height.

### Bind - Check for;

- Positive body shape - ToP.
- Bind is on the back or side, not the arm.

### Set - Check for;

- Positive body shape - ToP.
- Allow players time to adjust feet and binds to remain in a safe and legal position.

### Progressions

- Now on the call of crouch – bind – set, after the players have engaged the players re-adjust their feet so they are in the Post-engagement ToP (see diagram above).
- Players have a ball in front of them, they take it in turns to move forwards 2 steps against a bit of pressure from their partner (don't strike for the ball, just move over it).
- Move to 2 v 2 engagements- 2 bound front row vs 2 bound front row.
- Move to 2 v 2 engagements- front row plus lock vs front row plus lock.

### SKILL ZONE - The Strike [Watch here](#)

#### Purpose

To allow hookers to explore striking the ball whilst maintaining stability.

#### Description

- Set up a tackle cylinder in an upright position, with a player holding it for stability.
- Hooking player to adopt a split stance scrummaging position against it, using outside foot as a pivot.
- Third player to feed a ball in to strike. Coach or player can stand behind to refeed the ball.

**Option 2: Some players can be in the Game Zone whilst others are in the Skill Zone area. Alternatively, these elements can be run in isolation from each other with numbers needed in mind.**

### **GAME ZONE – Scrum Touch [Watch here](#)**

#### **Purpose**

To develop players ability to maintain a safe and effective post-engagement Tower of Power moving forwards / backwards.

#### **Description**

- After the second touch the attacking player continues to put the ball down in front of them opposite the defensive player.
- The coach then calls **Crouch-Bind-Set with the two players engaging 1 v1 over the ball**, the attacking player then moves forwards 2-3 steps for a scrum half (only on the attacking team) to pass the ball out.

NOTE: There is no contest between the players, the aim is to practice holding the Post-Engagement ToP under pressure.

#### **Re-gather**

The attacker and defender may need to re-gather their position;

- Position feet shoulder width apart with 90 degree angles at the knees.
- Sink hips towards the floor.
- Expand chest out and up as the player drives forwards.
- Follow with short foot steps to re-position feet.

#### **Progressions**

- Nearest player in attack and defence joins. Engage 2 v 2 as front players, as per the previous skill zone.
- Nearest player in attack and defence joins. Engage 2 v 2 as a front row and second row, as per the previous skill zone.

### **SKILL ZONE – 1 v 2 engagement [Watch here](#)**

#### **Purpose**

To allow players multiple opportunities to practice the engagement sequence against opposing players in a controlled environment.

#### **Description**

- In groups of 4 – 1 v 2 (front row based) plus the third player acting as a referee or observer.
- The focus being on the single player engagement against controlled resistance of two players.
- The referee player calls ‘crouch – bind – set’ for players to get in to the **Pre-Engagement Tower of Power**.

#### **Progressions**

- Progress to 2 front row players vs 3 front row players with focus on the pair.
- Progress to 3 v 3 front row players.

#### **Re-gather**

- Position feet shoulder width apart with 90 degree angles at the knees.
- Sink hips towards the floor.
- Expand chest out and up as the player drives forwards.
- Follow with short foot steps to re-position feet.

**SKILL ZONE –**  
**The 5 person scrum** [Watch here](#)**Purpose**

To build and engage the 5 person scrum.

**Description**

- Unopposed, build the front row initially. Props to find a good low body position around the hooker adopting the ToP in relation to each position.
- Three pairs of shoulders should be square and observable.
- Two second rows to bind up (initially from two knee start for stability).
- Second rows to bind with front row.
- Engage 5 players against 5 players using crouch-bind-set.

**Options**

- If numbers don't permit 5 v 5, consider 5 v 3 engaged under control.
- Alternatively, a scrum machine can be used.

**PLAYER SIGNPOSTS AFTER EACH SESSION:**

For best performance gains encourage your players to engage with the **Activate** exercise program, 3 - 5 times per week. Also to practice the two fundamental movement skills of the Hinge and Squat.

**The Hinge:** [Watch here](#)

**The Squat:** [Watch here](#)