

**MAUL & RUCK**

By the end of this module, coaches will have a better understanding of and the tools to coach continuity of possession in the Maul & Ruck area by appropriate and effective support to utilise the ball carrier's needs and options. The course is offered to three different coaching populations with the content and approaches appropriate to the level of players being coached.

**Coaches of Children (7-12)**

This course will develop the coach's understanding of the principles of play and how to incorporate these principles with a child centred approach. The coach will be more effective in assisting young players to learn and understand the concepts of the maul & ruck and not just the contact skills. The course will also develop coach's ability to:

- develop their understanding of the principles of play and how to incorporate these principles with a child centred approach.
- assist young players to learn and understand the concepts of the contact area and the skills required to retain possession when in contact.
- encourage the coach to develop good technique in both Ruck and Maul.
- develop the support roles of the attacking players in a manner that children may be able to associate and understand.
- recognise and encourage innovation from players.

**Coaches of Youth Players (13-18)**

This course will develop the coach's understanding of the principles of play and how to incorporate these principles in to practices while maintaining continuity in attack. The coach will be more effective in assisting players at youth levels to understand the concepts of decision making and not just contact skills. The course will also:

- develop their understanding of the principles of play and how to incorporate these principles while maintaining continuity at the breakdown and contact areas.
- assist players to understand the concepts of the contact area and not just coach contact skills.
- challenge traditional methods of coaching the contact area.
- develop an understanding of high tempo attack and how to maintain tempo at the break down and contact.
- clarify the role of each player arriving at the contact and examine why players may not understand their role.
- explore the benefits of micro maul, set up maul, driving maul, rolling maul.
- develop better decision making from attacking support players regarding the breakdown and contact areas.

**Coaches of Adult Players**

This course will refine a coach's understanding of the principles of play and how to incorporate these principles into adult rugby to enable players to make decisions in the contact area and maintain continuity. The course will also:

- develop their understanding of the principles of play and how to incorporate these principles while maintaining continuity at the breakdown.
- challenge traditional methods of coaching the contact area.
- enable coaches to challenge and develop player understanding of the contact area.
- develop an understanding of high tempo attack and how to maintain tempo at the break down.
- explore the benefits of micro maul, set up maul, driving maul, rolling maul
- examine the relevance of rucking techniques:-
  - sealing off, clearance rucking, pick and drive
- develop better decision making from attacking support players regarding the breakdown through scanning.

