

# The Brady Bunch

## What you tell your players the session is about:

- 1 Moving the ball away from the mass of opposition.
- 2 Making decisions about continuity so the ball keeps going forward.

## What you tell your players to do:

- 1 Identify the spaces in the opposition defence and moving the ball to the weakest point.
- 2 Above all, go forward with support, so possession can be maintained.



### what to shout

- "Pass early and support."
- "Accuracy of pass before speed of pass."
- "Go forward into gaps, otherwise pass the ball."
- "Change angles of running to draw in defenders."



### what to look for

- Attackers spreading out into an evenly spaced line – easy to defend, so players should try to offer different depths and widths.
- Ball lost in contact too often – the ball carrier, if they have to take contact, should try to be strong and move towards their support if they are isolated.



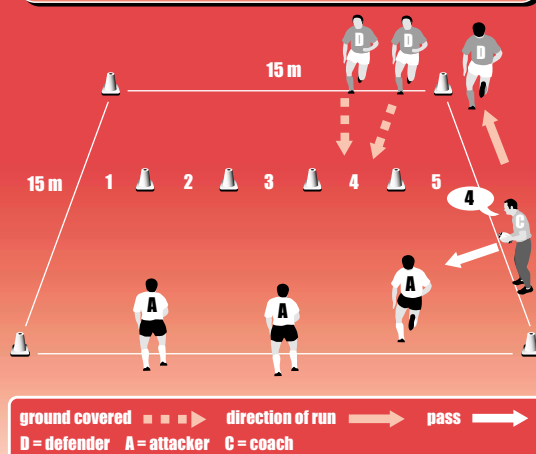
### what to think about

Can you avoid using miss passes to get the ball wide? Are we a team that needs to avoid contact or are we a team which is unlikely to beat teams on the outside, so need to exploit our physicality? Do we want to pass a long time before contact, just before contact or in contact? Can all our players make decisions?

## What you get your players to do:

In a 15 metre square box, spread out four cones about five metres from one end in a line, to indicate five channels. Each channel has a number. You stand halfway up one side of the box with three defenders, whilst three attackers stand at the end of the box, furthest from the cones, facing in. You whisper a number to the defenders and then shout "go". They run around the corner furthest from the attackers and then through the channel indicated by your number. You throw a ball to the attackers when you are ready for them to attack.

### Brady bunch



### Development

- 1 Use tag/touch or tackle.
- 2 Change the width of the box and the numbers of players in each team depending on the success rates.
- 3 Give two numbers for the defenders, so they defend from two channels.
- 4 Change the type of pass you set the attackers off with.
- 5 Make the attackers start next to you as well and then run round into the box to attack.

### How would I put this into a game situation:

Clump bunches: split into two equal teams, ten metres apart, facing each other. Section off the width of the pitch into four channels (say from touchline to 15m, 15m to the middle, and so on). Each section has a letter. You shout out one, two or three letters to each side and they are only allowed to stand in those channels. Keep them moving around the channels until you throw the ball to one of the sides and then a game begins. Play on until a breakdown and reset.

# How to use smart sessions

Print off the session and take it to training. It should take you less than five minutes to read the instructions, set up the session, and then you are ready to communicate what happens to your players.

## Number of players

You only need six players to complete a session, though it can easily be expanded to meet your needs. With lots more players you could have a number of sessions working at the same time.

## Timings

The timings are for a twenty minute session, but it can be expanded or reduced to meet your needs. It's your call.

As a rule of thumb 10 minutes would be enough time for a well executed first drill, development and feedback. Any shorter and you have not explored the full skill range or asked enough questions of the players. Longer is fine as long as you feel the session is developing. The game related element adds another 10 minutes.

## Equipment

The equipment used is simple. A set of cones (or trainers or tops) as markers and a couple of balls.

You can add in tackle bags, suits and rucking shields where you feel you need them – we just assume that you don't have them because sometimes the shed is locked or another coach is using them.

## Training area

The size of the training area is left for you to decide. Smaller players need a smaller area, but the session will never need more than a 20m x 20m grid for initial drills. The smaller the area the more intense the training.

## The standard and age groups

Smart sessions are based on the core skills of rugby. They will challenge any standard because a player can always perform the core better.

The "development" ideas can be used to differentiate between the different standards of your players; the "think about" section can challenge the more advanced; the "game related situations" can change the contact situations the teams face.

## Elements of the session

### What to tell your players the session is about:

This is your introduction and outlines the objectives of the session. Just read this out. The players then have an objective. Return to this at the end of the session to see if you have achieved your objectives.

### What you tell your players to do:

This is how you want your players to achieve the objectives. You can tell the players straight away how to achieve the objectives, or you can tease it out of them as the session goes on.

### What you get your players to do:

This shows you how the session is going to work. Depending on what is going to be achieved, it sets out what actions the players are going to take. There are no exact measurements, or complicated patterns – the approach is "simple, stupid, successful". Slow motion the first few patterns – get the drill right and the skill right first before speeding up. Use the "What to shout" prompts to keep the players focused. Use the "What to look for" to keep your eye on why the players might be failing.

### Development

No session is worth doing unless there is some form of progression. Normally there will be an increase in pressure, say by adding more defenders, or by restricting the time available. Other areas for you to think about are: Where do I stand as coach? Do I throw the ball into the grid?

### How would I put this into a game situation?

All the elements of the session are geared to the game, but this section puts the session one step away from a full game, with attack, defence and a goal line.

### What to shout

Have the words handy, because apart from the usual words of encouragement, it is good to shout the key factors to players. Of course you can hold some of these "shouts" back and ask the players to identify how they can improve.

### What to look for

You need to keep your eyes open for "best practice". This section helps you identify quickly where players might go wrong so you can quickly put them right.

### Think about

Here you have the chance to challenge the players and situation, either by using feedback or just asking yourself the questions. It is a little more advanced and might not be appropriate for your players.

### Where does it fit:

To help you file and order our coaching we have given you the core areas of individual and team skills that the session covers.



## 50 GREAT BACKS MOVES

Dan Cottrell

Get your hands on a copy of my coaching guide: **50 Great Backs Moves**.

A single backs move can win a match. This **unique coaching tool** contains **50** blistering moves that could transform your team's backs play.

*"A must for any coach"* Adrian Curran, Dhuibhne RFC, Ireland.

To order or to find out more go to [www.rugby-coach.com/50bm](http://www.rugby-coach.com/50bm)  
You can save an amazing £41 if you order both the hard copy and pdf file!