

Wrap switches

What you tell your players the session is about:

- 1 Changing the angle of attack.
- 2 Stepping through spaces created by the passer, who takes out the defender.

What you tell your players to do:

- 1 Perform a normal switch or cut pass, with the passer running into a defender, after delivering the ball.
- 2 Receiver changes the angle of the run after receiving the pass to follow the line of the passer, in other words, "wrap around".



what to shout

- "Attack the defensive line with pace"
- "Change the angle late to interest the defender"
- "Pass into the path of the receiver, not to the receiver"
- "Sharp turns and then accelerate"



what to look for

- Passing too early. Your players must draw in the defender and make contact immediately after pass.
- The receiver turning too early. Keep defenders "honest" by making them think the receiver is coming their way.



what to think about

Which players are capable of the "wrap switches"? How do your other players run supporting lines? How near to the breakdown can your side afford to run a "wrap switch" – too close and the cover will be there in force.

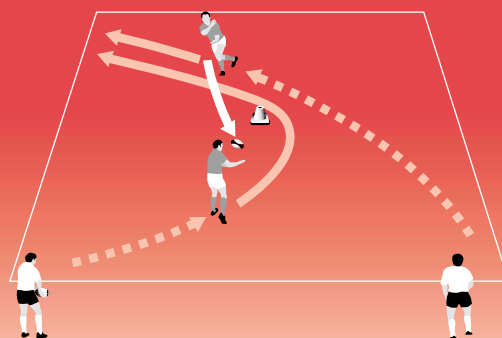
What you get your players to do:

Warm up: by running simple switch runs. Place two players on two corners at one end of a 10 metre square box. The ball carrier and the receiver each run diagonally across the box to the opposite corner.

Main drill: instead of the receiver continuing his run to the opposite corner, he turns just after receiving the ball and follows the path of the passer. A cone in the middle of the box will help with running lines.

Repeat with another pair behind, with the ball starting on the other corner. So the drill can be run back from the other end of the box, once both pairs have gone through. This will mean different partners for the ball carriers.

Wrap switches



Development

- 1 Have a feeder on either side of the box to start the move.
- 2 Use a defender who comes out to defend the passer – the passer must try to pass just before contact.

How would I put this into a game situation:

Set up two sides with a three player scrum and a four player backline (any players can play in any position). Play in a 20 square metre box, with the scrum starting on the edge of the box. The winners of the scrum have to develop the play.

Encourage them to use "wrap switches" from first phase and second phase situations.



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 box 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 box?

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.



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Dan Cottrell

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