

Bump and roll

What you tell your players the session is about:

- 1 Bump into the contact, then roll into the space by the defender.
- 2 Provide support to the ball carrier into and out of the contact.

What you tell your players to do:

- 1 Ball carrier: attack the defender. Step into and out of the contact, before rolling around to one side.
- 2 Supporter: be prepared to either support the ball carrier in the contact, take an offload or move to support if the ball carrier rolls off.



what to shout

- "Keep the ball away from the contact point"
- "Take a dynamic step into the contact – keep balanced whilst taking the contact"
- "Dip your hips and turn them to release yourself from the contact zone"
- "Don't bump and roll twice – offload before the next contact"



what to look for

- The supporters getting in behind the ball carrier. They should keep to either side to offer options. The supporters will then find it easier to angle in towards the contact zone if the ball carrier fails to roll.
- The ball carrier rolling too early. The ball carrier must bump into the opponent to initiate the roll, aim at the sides of the defender and then roll with the flow.



what to think about

Can your players roll off either shoulder, or should they concentrate on rolling one way? The supporters can learn a bumper's preferred style and react accordingly. Two hands or one hand carrying the ball into contact? Two hands keeps the ball more secure and means more options to offload. One hand allows the ball carrier to fend off (hit, bump and extend the arm, not a straight arm hand off).

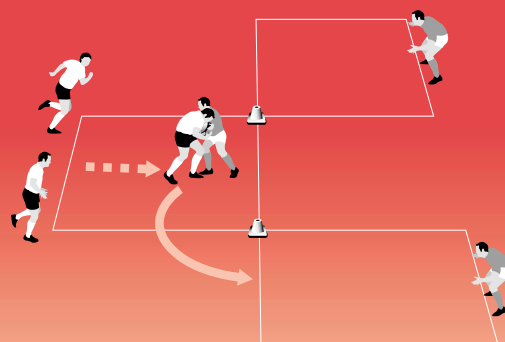
What you get your players to do:

Set out three small boxes, one in the middle and two on the corners of one edge. Put a defender in each box. One ball carrier runs into the first box. He bumps and rolls left or right. If successful, he runs into the next box and with a supporting player tries to beat the next defender.

If unsuccessful, one of the supporting players tries to secure the ball and, with the second supporting player backing up, attempts to beat one of the defenders.

Encourage the ball carrier to go out of the side of the first box (hence promoting the roll).

Bump and roll



Development

- 1 Both the supporters become involved in the roll and the other defender comes across into the box being attacked.
- 2 Place the defenders alongside each other, three metres apart.

How would I put this into a game situation?

Mark out a wide pitch 20 metres wide by 10 metres long, with four or five a-side. Both teams start on their respective try lines. Pass the ball to one of the teams and the game commences. No pass is allowed to go more than two metres. This should test the close contact skills of attackers, their footwork and their ability to exploit small gaps.

The game stops either when a ruck is formed and the ball takes more than three seconds to be released, or a try is scored.



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.



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
You can save an amazing £41 if you order both the hard copy and pdf file!