

Rugby Drills: 125 Activities To Improve Your Coaching Sessions

Rugby is a dynamic and physically demanding sport that requires a strong combination of skills, strategy, and teamwork. As a coach, your role is vital in shaping and developing your players to their fullest potential. One way to achieve this is by incorporating a variety of rugby drills into your coaching sessions. In this article, we'll explore 125 rugby drills that can help improve different aspects of the game and make your coaching sessions more engaging and effective.

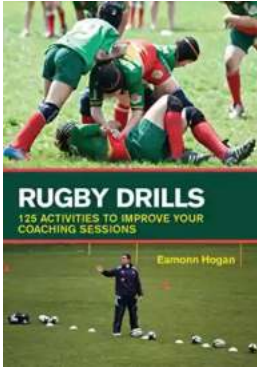
The Importance of Rugby Drills

Rugby drills play a crucial role in the development of players. They provide opportunities to reinforce existing skills, introduce new techniques, enhance physical fitness, and improve overall team cohesion. Whether you are coaching a youth team or a professional squad, incorporating a diverse range of drills can benefit players of all levels. By utilizing a wide range of drills, you can cater to the individual needs of your players and challenge them to constantly improve.

Warm-Up Drills

1. Agility ladder drills - Focuses on footwork and quickness. 2. Shuttle runs - Enhances speed and changes of direction. 3. High knees - Improves lower body strength and flexibility. 4. Side lunges - Targets the hip muscles and improves stability. 5. Jumping jacks - Increases heart rate and warms up major muscle groups. 25. Arm circles - Warms up the upper body and improves shoulder mobility.

Rugby Drills: 125 Activities to Improve Your Coaching Sessions by Pamela Lillian Valemont(Kindle Edition)



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Passing and Receiving Drills

26. Partner passing - Practicing accurate and efficient passing technique. 27. Triangle passing - Develops quick decision-making and ball movement. 28. Double tackles - Enhances strength and coordination during contact situations. 29. Overhead catches - Improves catching techniques and hand-eye coordination. 30. Evasion drills - Enhances agility and the ability to avoid tacklers. 60. Lineout throws - Focuses on precision and timing in lineout situations.

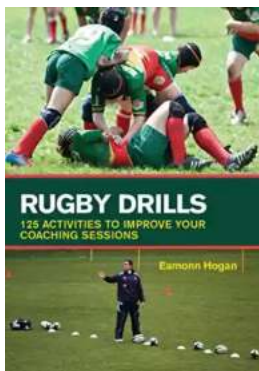
Tackling and Defensive Drills

61. Rugby league tackle - Teaches proper tackling technique. 62. Defensive shape drills - Develops defensive positioning and communication. 63. Ruck drills - Improves speed and efficiency in securing the ball. 64. Breakdown tackles - Enhances tackling technique during ruck situations. 65. Defensive decision-making - Challenges players' ability to read the opposing team's attack. 95. Scramble defense drills - Improves the team's ability to quickly recover and reorganize in defense.

Set Piece Drills

96. Scrum engagement - Focuses on proper scrum technique and timing. 97. Lineout lifts - Enhances the accuracy and effectiveness of lineout lifts. 98. Mauls - Develops coordination and strength in maul situations. 99. Scrum half drills - Improves passing and decision-making skills for scrum halves. 100. Backline moves - Enhances the synchronization and execution of backline plays. 125. Counter-attack drills - Develops the ability to quickly transition from defense to attack.

Coaching rugby requires a carefully planned and executed approach. By incorporating a variety of drills into your coaching sessions, you can create a dynamic learning environment that challenges your players and improves their skills and overall performance. The list of 125 rugby drills provided in this article offers a comprehensive range of activities that target various aspects of the game, ensuring that your coaching sessions are both engaging and effective. So go ahead, try out these drills, and watch your players thrive on the field!



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Crowood's Rugby Drills is a collection of 125 activities, practices and games designed to improve coaching sessions at all levels of the game. The drills are

organised into chapters according to a particular skill or phase of the game, from the warm up to handling, contact, lineout, scrum, kicking and defence. Each chapter starts with a series of simple activities before progressing through to more complex ones, each broken down into step-by-step explanations and diagrams, as well as guidance on how to increase the level of difficulty. Tried and tested over a number of years, and proven to work in developing skills and teamwork with players of all abilities, many of the drills were created by the author, while some have been used by the most famous coaches in the world. All of them were designed for use without the need for specialist and/or expensive equipment. Aimed at new coaches of youth and adult rugby, as well as coaches who want to review/improve their methods, it offers lots of ideas and is superbly illustrated with 250 colour diagrams.



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