CHAPTER 1 – INFORMATION AND PATHWAY
RUGBY SEVENS PATHWAY TO GOLD CHART

CHAPTER 2 – LAWS
RUGBY SEVENS GAME MANAGEMENT AND LAWS

CHAPTER 3 – SEVEN SESSIONS FOR RUGBY SEVENS

SESSION ONE
ATTACK CORE SKILLS – CATCH, PASS, ALIGNMENT & EVASION

1.1 ACTIVITY PLAN: WARM UP - SMARTRUGBY BODY SHAPE - FACE SLAP
1.2 ACTIVITY PLAN: WARM UP - SMARTRUGBY BODY SHAPE - KNEE SLAP
1.3 ACTIVITY PLAN: PASSING CHAIN
1.4 ACTIVITY PLAN: SHORT-LONG PASS
1.5 ACTIVITY PLAN: CATCH, PASS AND ALIGNMENT
1.6 ACTIVITY PLAN: 1 V 1 EVASION
1.7 ACTIVITY PLAN: REALIGNMENT
1.8 ACTIVITY PLAN: DROP OFF TOUCH

SESSION TWO
DECISION MAKING IN ATTACK AND TACKLE TECHNIQUE

2.1 ACTIVITY PLAN: CATCH, PASS AND ALIGNMENT
2.2 ACTIVITY PLAN: CONTINUAL 2 V 1
2.3 ACTIVITY PLAN: 1 V 1 FUNNEL
2.4 ACTIVITY PLAN: INTRO TO TACKLE
2.5 ACTIVITY PLAN: 1 V 1 TRACK AND TACKLE
2.6 ACTIVITY PLAN: DEFENCE AND COMMUNICATION

SESSION THREE
DEFENSIVE ALIGNMENT AND INTRODUCTION TO TACKLE CONTEST

3.1 ACTIVITY PLAN: SHORT-LONG PASS
3.2 ACTIVITY PLAN: 3 V 2
3.3 ACTIVITY PLAN: TACKLE TECH
3.4 ACTIVITY PLAN: LIVE 2 V 2
3.5 ACTIVITY PLAN: FIRST ARRIVAL DRIVE OUT TECHNIQUE
3.6 ACTIVITY PLAN: RUCK TOUCH
3.7 ACTIVITY PLAN: ROLE OF THE SWEEPER

SESSION FOUR
CONTACT AND TACKLE CONTEST

4.1 ACTIVITY PLAN: 1 V 1 EVASION
4.2 ACTIVITY PLAN: 2 V 1
4.3 ACTIVITY PLAN: WORKING IN 3S AT TACKLE CONTEST
4.4 ACTIVITY PLAN: 3 PLAYER TACKLE CONTEST
4.5 ACTIVITY PLAN: MIRROR INTO CONTACT
4.6 ACTIVITY PLAN: CONTINUOUS ATTACK

2 SEVEN SESSIONS FOR RUGBY SEVEN

SESSION FIVE
RESTARTS (SCRUM AND LINEOUT) AND GAME AWARENESS

5.1 ACTIVITY PLAN: WARM UP - SMARTRUGBY BODY SHAPE - KNEE SLAP
5.2 ACTIVITY PLAN: WARM UP - SMARTRUGBY BODY SHAPE - FACE SLAP
5.3 ACTIVITY PLAN: PASSING CHAIN
5.4 ACTIVITY PLAN: SCRUM
5.5 ACTIVITY PLAN: POD LIFTING WITH THROWER
5.6 ACTIVITY PLAN: 4 V 3
5.7 ACTIVITY PLAN: 7V3, V4, V5

SESSION SIX
RESTARTS (KICK OFF AND TAPS) AND GAME AWARENESS
6.1 ACTIVITY PLAN: 5 V 4
6.2 ACTIVITY PLAN: CONTINUAL SUPPORT DRILL
6.3 ACTIVITY PLAN: SCRUM
6.4 ACTIVITY PLAN: RESTART FORMATIONS
6.5 ACTIVITY PLAN: CONTINUAL ATTACK V DEFENCE

SESSION SEVEN
POSITIONS AND PLAY
7.1 ACTIVITY PLAN: 1 V 1 FUNNEL
7.2 ACTIVITY PLAN: POSITIONAL REQUIREMENTS FOR A SEVENS TEAM

CHAPTER 4 – NUTRITION, RECOVERY AND HYDRATION
TO BOOST FUEL RESERVES
TO BOOST FLUID RESERVES:
RECOVERY
RECOVERY TOOLBOX
WATER RECOVERY
PUTTING IT ALL TOGETHER
FIX UP

CHAPTER 5 – STRENGTH AND CONDITIONING
ACCELERATION AND MAXIMUM VELOCITY
CONDITIONING

CHAPTER 6 – TOURNAMENT WARM UP
POP PASS
GRID CATCH AND PASS
TACKLE CONTEST
3 V 2
1 V 1 TRACK
CHAPTER 1
INFORMATION AND PATHWAY
THE PATHWAY TO GOLD PROGRAM PROVIDES ACCESS AND OPPORTUNITIES TO ALL PLAYERS ACROSS AUSTRALIA, ENSURING ANY ATHLETE CAN ENJOY THIS HIGH ENERGY, EXCITING GAME. PLUS THERE’S THE OPPORTUNITY TO GO ON TO REPRESENT AUSTRALIA AT THE BIGGEST SPORTING EVENT ON THE PLANET – THE OLYMPICS!

HOW TO JOIN THE PATHWAY

• PARTICIPATE IN SCHOOL & CLUB SEVENS COMPETITIONS
• ATTEND PATHWAY TO GOLD DISCOVERY DAYS
• OVER 90 TALENT SCOUTS AND FULL TIME COACHES VIEW AND SELECT PLAYERS FOR INCLUSION INTO THE JUNIOR GOLD PROGRAM
• REGIONAL PLAYERS ARE IDENTIFIED VIA THE TALENT SCOUT NETWORK AND PROVIDED WITH ACCESS TO REGIONAL TRAINING CENTRES

THE PROGRAM PROVIDES:

• KEY MILESTONE PERFORMANCE MEASUREMENT OPPORTUNITIES
• NATIONAL AND/OR INTERNATIONAL COMPETITIONS
• UNDER 16, UNDER 18 & SENIOR AGE GROUPS
• SUPPORT FOR REGIONAL PLAYERS ENSURING CRITICAL ALIGNMENT AND ACCESS TO THE NATIONAL PROGRAMS FOR ALL PLAYERS

THIS NATIONAL SEVENS TALENT DEVELOPMENT PROGRAM IS THE PATHWAY FOR:

• MEN AND WOMEN
• ALL LEVELS FROM GRASS ROOTS THROUGH TO HIGH PERFORMANCE

THE PROGRAM AIMS TO:

• DEVELOP OUR FUTURE NATIONAL SEVENS REPRESENTATIVES AND OLYMPIANS
• OFFER AN ACCESSIBLE PATHWAY OF HIGH PERFORMANCE PLAYER DEVELOPMENT PROGRAMS, DELIVERED BY EXPERIENCED COACHES AND STAFF
• SUPPORT KEY STAKEHOLDERS INCLUDING COACHES AND PROGRAM COORDINATORS AT CLUB, SCHOOL, REGIONAL & PROVINCIAL LEVEL
• ALIGN WITH THE 15-ASIDE PATHWAY

COACHES AND TALENT SCOUTS WILL VIEW PLAYERS ACROSS ALL AGE GROUPS. SELECTION INTO NATIONAL PROGRAMS CAN OCCUR AT ANY STAGE OF A YOUNG PLAYER’S CAREER.
CHAPTER 2
LAWS
CHAPTER 2 – GAME MANAGEMENT AND LAWS

RUGBY SEVENS TAG U8+

BASICS

Playing Area

- 60m x 35m maximum, i.e. usually ½ field

Time

- Play consists of two 7 minute halves, with a 1 minute half-time. Final matches only may be two 10 minute halves, with a 2 minute half time.

Ball Size

- U8-U9: Size 3
- U10-U12: Size 4
- U13 and older: Size 5

Number of Players

- A team has seven (7) players on field. A team can have a squad of up to 12 players.
- Teams must match numbers on the field during play.

Substitutions

- Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped.)
Scoring

- A try is scored when a player places the ball on or over the opponents’ goal-line, and it is awarded 5 points.
- Conversions, Drop Goals and Penalty Goals are not permitted.

PLAYING THE GAME

Kick off

- Kick-offs to begin each half are punt kicks or drop kicks.
- The receiving team at a kick-off must be at least 5m back from half-way.
- The kicking team cannot recover the ball at a kick-off, the receiving team must be given space to field the ball.
- If a kick-off is unsuccessful in any way (eg. wrong kick, doesn’t go 5m, goes dead etc), another chance is provided until the kick is successfully taken.
- After a try, the non-scoring team takes a tap restart from the centre of the half-way line.

Kicking

- There is no kicking allowed in general play (scrum to the opposing team).

Tap Restart

- After an infringement, the referee awards either a scrum, a Free Kick (FK) or a Penalty Kick (PK). All Penalty Kicks and Free Kicks (FK) are taken as a tap restart.
- The infringing team must run back at least 5 metres from the mark.
- At a tap restart, the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

In-Goal

- If a player of either team is tagged in the in-goal, the game restarts with a 5 metre scrum to the attacking team.
- If the ball is put into in-goal by the attacking team and it subsequently becomes dead, play will restart with a tap restart at the centre of the 15-metre line by the defending team.
- If the ball is put into in-goal by the defending team and it subsequently becomes dead, play will restart with a 5 metre scrum to the attacking team.
**Foul play**

- No tackling allowed (PK).
- No fending allowed (PK).
- A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
- U8-U12: When a yellow or red card is issued, the player may be replaced.
- U13 and older: When a yellow or red card is issued, the player may not be replaced.

**Knock-on and forward pass**

For the sake of game continuity, referees are encouraged to be lenient on the application of this Law. When the ball is dropped or thrown, the assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.

**Advantage**

For the sake of game continuity, referees are encouraged to allow play to continue after an infringement that is followed by an advantage to the non-offending team. This is called ‘advantage’ and is at the sole discretion of the referee.

Players are encouraged to continue playing until the referee blows his whistle.

**THE TAG**

**What is a tag?**

- A tag MUST be:
  - a two-handed touch, and
  - on the shorts only.
- Tags are not permitted on the jersey above the waist from either in front or behind.
- Tags are not permitted on the legs.
- The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence.

**What happens next?**

- The Referee will call “TAG” if performed correctly, or “PLAY ON” if not.
- Once the referee has called “TAG”, the referee may then call “TURN AND PASS”.
- Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged.
- If a player cannot pass for any reason, a tap restart is awarded to the team in possession.
Where does the defence go?

- There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence.
- To defend effectively, players may need to be encouraged to retreat backwards to remain in front of the attacking team.
- No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK).

SCRUM

Scrum setup

- 3 players from each team form the scrum.
- Both scrum-halves must stand on the same side of the scrum.
- All other players not taking part in the scrum must be back at least 5 metres.
- If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.

Scrum play

- Scrum engagement sequence is CROUCH – TOUCH – SET. The new sequence must be a controlled process with a clear non-verbal pause between ‘touch’ and ‘set’ to allow front-rowers to sight their target.
- There is no pushing in the scrum and the team throwing in the ball must win it.
- After gathering the ball, the scrum-half must pass it to a team-mate.
- If the scrum-half doesn’t pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

Scrum offside

- The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
- The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over.
- Opposition players must stay onside or bound until the scrum is over.
- If players are offside, the referee awards a Penalty Kick.
LINEOUT

Lineout setup

› When the ball goes out (‘in touch’) the referee awards a lineout. No quick throw-ins allowed.
› 2 players from each team stand as catchers 1 metre from the opposition players in a single line 4 metres away from the touch line.
› The thrower of the team in possession stands opposite their team’s first catcher.
› The thrower’s immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch.
› There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver must stay in position until they receive the ball from the lineout.
› All other players not taking part in the line-out must be back at least 5 metres.
› If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.

Lineout play

› The team throwing the ball in must win it.
› The ball is passed or knocked to the receiver who must then pass it to a team-mate.
› If the wrong team wins the ball or the receiver doesn’t pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

Lineout offside

› The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
› Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over.
› If players are offside, the referee awards a Penalty Kick.
RUGBY SEVENS CROSS-FIELD TACKLE U8-U9

BASICS

Playing Area

- 60m x 35m maximum, i.e. usually ½ field

Time

- Play consists of two 7 minute halves, with a 1 minute half-time. Final matches only may be two 10 minute halves, with a 2 minute half time.

Ball Size

- Size 3

Number of Players

- A team has seven (7) players on field. A team can have a squad of up to 12 players.
- Teams must match numbers on the field during play.

Substitutions

- Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped.)

Scoring

- A try is scored when a player places the ball on or over the opponents’ goal-line, and it is awarded 5 points.
- Conversions, Drop Goals and Penalty Goals are not permitted.
PLAYING THE GAME

Kick off

- Kick-offs to begin each half are punt kicks or drop kicks.
- The receiving team at a kick-off must be at least 5m back from half-way.
- The kicking team cannot recover the ball at a kick-off, the receiving team must be given space to field the ball.
- If a kick-off is unsuccessful in any way (eg. wrong kick, doesn’t go 5m, goes dead etc), another chance is provided until the kick is successfully taken.
- After a try, the non-scoring team takes a tap restart from the centre of the half-way line.

Kicking

- There is no kicking allowed in general play (scrum to the opposing team).

Tap Restart

- After an infringement, the referee awards either a scrum, a Free Kick (FK) or a Penalty Kick (PK). All Penalty Kicks and Free Kicks (FK) are taken as a tap restart.
- The opposing team must run back at least 5 metres from the mark.
- At a tap restart, the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

In-GOAL

- If the ball is put into in-goal by the attacking team and it subsequently becomes dead, play will restart with a tap restart at the centre of the 15-metre line by the defending team.
- If the ball is put into in-goal by the defending team and it subsequently becomes dead, play will restart with a 5 metre scrum to the attacking team.

Foul play

- No fending to the face or head allowed (PK).
- No jersey slinging tackles allowed (PK).
- A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
- When a yellow or red card is issued, the player may be replaced.

Knock-on and forward pass

- For the sake of game continuity, referees are encouraged to be lenient on the application of this Law. When the ball is dropped or thrown, the assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.
**Advantage**

- For the sake of game continuity, referees are encouraged to allow play to continue after an infringement that is followed by an advantage to the non-offending team. This is called ‘advantage’ and is at the sole discretion of the referee.
- Players are encouraged to continue playing until the referee blows his whistle.

**THE TACKLE**

**The tackle**

- A tackle occurs when the ball carrier is held by one or more opponents and is brought to ground. “Brought to ground” means a minimum of one knee on the ground.

**The tackler**

- A tackler is a player who makes a tackle and in the action of making that tackle goes to ground. “Going to ground” means a minimum of one knee on the ground.
- The tackler must first clearly release the tackled player and then either roll away or get to their feet before attempting to play the ball. The tackler must not hold onto the tackled player as they get to their feet.
- A tackler who regains their feet may play the ball from any direction at the tackle.

**Players who remain standing in a tackle (Assist Tackler)**

- Players who make a tackle or assist in making a tackle but remain on their feet and do not go to ground are not “tacklers”.
- Such a player must clearly release the tackled player and ball before going back to play the ball. This standing and/or assist tackler must show clear release, ie. ‘daylight’.
- Such a player may only play the ball after arriving at the tackle through their gate.

**The tacked player**

- As soon as a tackle has occurred, the tacked player must play the ball by releasing, placing, passing, or pushing the ball.
Arriving Players

- Players who play the ball after a tackle must do so from the direction of their own goal line (i.e. ‘through the gate’).
- Arriving players must demonstrate positive intent to stay on their feet. They must arrive supporting their own body weight and not deliberately go to ground to seal possession or deny a contest.

RUCK AND MAUL

After a tackle

- Any player on their feet who has their hands on the ball immediately after a tackle and before a ruck forms is allowed to keep contesting for the ball even if a ruck forms around them. No other arriving player at this point may play the ball with their hands.

Ruck

- A ruck is formed when one or more players from each team are on their feet in physical contact around the ball on the ground.
- Players must use their feet to win possession of the ball and must not use their hands.
- Players from both teams not taking part in the ruck must retire to an offside line which runs across the field through the hindmost foot of the hindmost player in the ruck.

Maul

- A maul is formed when the ball carrier is held by an opponent, a teammate of the ball carrier binds on and all players remain on their feet. A maul therefore has a minimum of 3 players, the ball carrier and one or more teammates and one or more opponents.
- Players must not collapse a maul as this is dangerous play.
- Players from both teams not taking part in the maul must retire to an offside line which runs across the field through the hindmost foot of the hindmost player in the maul.
**SCRUM**

**Scrum setup**
- 3 players from each team form the scrum.
- Both scrum-halves must stand on the same side of the scrum.
- All other players not taking part in the scrum must be back at least 5 metres.
- If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.

**Scrum play**
- Scrum engagement sequence is CROUCH – TOUCH – SET. The new sequence must be a controlled process with a clear non-verbal pause between ‘touch’ and ‘set’ to allow front-rowers to sight their target.
- There is no pushing in the scrum and the team throwing in the ball must win it.
- After gathering the ball, the scrum-half must pass it to a team-mate.
- If the scrum-half doesn’t pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

**Scrum offside**
- The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
- The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over.
- Opposition players must stay onside or bound until the scrum is over.
- If players are offside, the referee awards a Penalty Kick.

**LINEOUT**

**Lineout setup**
- When the ball goes out (‘in touch’) the referee awards a lineout. No quick throw-ins allowed.
- 2 players from each team stand as catchers 1 metre from the opposition players in a single line 4 metres away from the touch line.
- The thrower of the team in possession stands opposite their team’s first catcher.
- The thrower’s immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch.
- There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver must stay in position until they receive the ball from the lineout.
All other players not taking part in the line-out must be back at least 5 metres.

If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.

**Lineout play**

- The team throwing the ball in must win it.
- The ball is passed or knocked to the receiver who must then pass it to a team-mate.
- If the wrong team wins the ball or the receiver doesn’t pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

**Lineout offside**

- The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver.
- Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over.
- If players are offside, the referee awards a Penalty Kick.
RUGBY SEVENS CROSS-FIELD TACKLE U10+

BASICS

Playing Area

- 60m x 35m maximum, i.e. usually ½ field

Time

- Play consists of two 7 minute halves, with a 1 minute half-time. Final matches only may be two 10 minute halves, with a 2 minute half time.

Ball Size

- U10-U12: Size 4
- U13 and older: Size 5

Number of Players

- A team has seven (7) players on field. A team can have a squad of up to 12 players.
- Teams must match numbers on the field during play.

Substitutions

- Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped.)

Scoring

- A try is scored when a player places the ball on or over the opponents’ goal-line, and it is awarded 5 points.
- Drop Goals and Penalty Goals are not permitted.
PLAYING THE GAME

**Kick off**
- Kick-offs to begin each half and restart kicks after a score are drop kicks.
- After a try, the scoring team kicks off.
- The receiving team at a kick-off must be at least 10m back from half-way.
- If a kick-off is unsuccessful in any way (e.g. wrong kick, doesn’t go 10m, goes dead etc), a Free Kick is awarded at the centre of the half-way line to the receiving team.

**Kicking**
- Kicking is allowed in general play.

**Penalty Kicks and Free Kicks**
- After an infringement, the referee awards either a scrum, a Free Kick (FK) or a Penalty Kick (PK).
- The infringing team must run back at least 10 metres from the mark.
- The non-infringing team can either kick to touch and have a lineout with their throw, or take a tap restart.
- At a tap restart, the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.

**In-Goal**
- If the ball is put into in-goal by the attacking team and it subsequently becomes dead, play will restart with a drop out (drop kick) at the centre of the 15-metre line by the defending team.
- If the ball is put into in-goal by the defending team and it subsequently becomes dead, play will restart with a 5 metre scrum to the attacking team.

**Foul play**
- No fending to the face or head allowed (PK).
- No jersey slinging tackles allowed (PK).
- A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
- U10-U12: When a yellow or red card is issued, the player may be replaced.
- U13 and older: When a yellow or red card is issued, the player may not be replaced.
Knock-on and forward pass

- For the sake of game continuity, referees are encouraged to be lenient on the application of this Law. When the ball is dropped or thrown, the assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.

Advantage

- For the sake of game continuity, referees are encouraged to allow play to continue after an infringement that is followed by an advantage to the non-offending team. This is called ‘advantage’ and is at the sole discretion of the referee.
- Players are encouraged to continue playing until the referee blows his whistle.

THE Tackle

The tackle

- A tackle occurs when the ball carrier is held by one or more opponents and is brought to ground. “Brought to ground” means a minimum of one knee on the ground.

The tackler

- A tackler is a player who makes a tackle and in the action of making that tackle goes to ground. “Going to ground” means a minimum of one knee on the ground.
- The tackler must first clearly release the tackled player and then either roll away or get to their feet before attempting to play the ball. The tackler must not hold onto the tackled player as they get to their feet.
- A tackler who regains their feet may play the ball from any direction at the tackle.

Players who remain standing in a tackle (Assist Tackler)

- Players who make a tackle or assist in making a tackle but remain on their feet and do not go to ground are not “tacklers”.
- Such a player must clearly release the tackled player and ball before going back to play the ball. This standing and/or assist tackler must show clear release, ie. ‘daylight’.
- Such a player may only play the ball after arriving at the tackle through their gate.

The tacked player

- As soon as a tackle has occurred, the tacked player must play the ball by releasing, placing, passing, or pushing the ball.
Arriving Players

› Players who play the ball after a tackle must do so from the direction of their own goal line (ie. ‘through the gate’).
› Arriving players must demonstrate positive intent to stay on their feet. They must arrive supporting their own body weight and not deliberately go to ground to seal possession or deny a contest.

RUCK AND MAUL

After a tackle

› Any player on their feet who has their hands on the ball immediately after a tackle and before a ruck forms is allowed to keep contesting for the ball even if a ruck forms around them. No other arriving player at this point may play the ball with their hands.

Ruck

› A ruck is formed when one or more players from each team are on their feet in physical contact around the ball on the ground.
› Players must use their feet to win possession of the ball and must not use their hands.
› Players from both teams not taking part in the ruck must retire to an offside line which runs across the field through the hindmost foot of the hindmost player in the ruck.

Maul

› A maul is formed when the ball carrier is held by an opponent, a teammate of the ball carrier binds on and all players remain on their feet. A maul therefore has a minimum of 3 players, the ball carrier and one or more teammates and one or more opponents.
› Players must not collapse a maul as this is dangerous play.
› Players from both teams not taking part in the maul must retire to an offside line which runs across the field through the hindmost foot of the hindmost player in the maul.

SCRUM

Scrum setup

› 3 players from each team form the scrum.
› Both scrum-halves must stand on the same side of the scrum.
› All other players not taking part in the scrum must be back at least 5 metres.
› If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play

- Scrum engagement sequence is CROUCH – TOUCH – SET. The new sequence must be a controlled process with a clear non-verbal pause between ‘touch’ and ‘set’ to allow front-rowers to sight their target.
- A team must not intentionally wheel a scrum (PK).
- U10-U12: A team must not push the scrum more than 1 metre (FK).
- U13 and older: A team must not push the scrum more than 1.5 metre (FK).

Scrum offside

- The scrum is not over until the ball is completely out of the scrum (eg. even if the scrum-half has hands on the ball it is not out).
- The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over.
- Opposition players must stay onside or bound until the scrum is over.
- If players are offside, the referee awards a Penalty Kick.

LINEOUT

Lineout setup

- When the ball goes out (‘in touch’) the referee awards a lineout. No quick throw-ins allowed.
- 2 players from each team stand as catchers 1 metre from the opposition players in a single line 5 metres away from the touch line.
- The player throwing in stands on the touch line in the middle of the two lines of catchers (ie. on the line of touch).
- The thrower’s immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch.
- There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver must stay in position until they receive the ball from the lineout.
- All other players not taking part in the line-out must be back at least 10 metres.
- If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play

- A player from the team with the throw-in must throw the ball down the middle of the two lines of lineout players. The lineout is contested and either team may attempt to win the ball.
- There is no lifting or supporting allowed (FK).
- If the throw is not straight, the referee should offer the non-infringing team a scrum or another lineout with their throw-in.

Lineout offside

- The lineout does not end until the ball or a player carrying it leaves the lineout.
- Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over.
- If players are offside, the referee awards a Penalty Kick.
RUGBY SEvens Full-Field Tackle U13-U19

BASICS

Playing Area

› 100m x 70m maximum, i.e. full field

Time

› Play consists of two 7 minute halves, with a 1 minute half-time. Final matches only may be two 10 minute halves, with a 2 minute half time.

Ball Size

› Size 5

Number of Players

› A team has seven (7) players on field. A team can have a squad of up to 12 players.

Substitutions

› Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead (i.e. the game has stopped.)

PLAYING THE GAME

Laws of the Game

› Full field Sevens Rugby U13-U19 is played using the standard Laws of the Game with the variations included in the IRB Seven-a-side Variations, the IRB U19 Law Variations, and the ARU U19 Law Variations. The major variations are summarised below.
Scoring

- A competition organiser may allow or may not allow conversions.
- Conversions must be a drop kick.
- Conversions must be taken within forty (40) seconds of a try having been scored.
- Penalty goals must be a drop kick.
- Penalty goals must be taken within thirty (30) seconds of a penalty having been awarded.

Kick off

- After a score by one team, the scoring team kicks off.
- If a kick-off is unsuccessful in any way (eg. wrong kick, players in front of kicker, doesn’t go 10m, goes dead etc), a Free Kick is awarded at the centre of the half-way line to the receiving team.

Foul play

- A red card = sent off and cannot return. A yellow card = 2 mins in the sin-bin.
- When a yellow or red card is issued, the player may not be replaced.

SCRUM

Scrum setup

- 3 players from each team form the scrum.
- A front row player must not intentionally kick the ball out of the tunnel or out of the scrum in the direction of the opponent’s goal line.

Scrum play

- Scrum engagement sequence is CROUCH – TOUCH – SET. The new sequence must be a controlled process with a clear non-verbal pause between ‘touch’ and ‘set’ to allow front-rowers to sight their target.
- A team must not push the scrum more than 1.5 metre (FK).
- A team must not intentionally wheel a scrum (PK).
CHAPTER 3
SEVEN SESSIONS FOR RUGBY SEvens
SESSION ONE

Attack core skills – Catch, Pass, Alignment & Evasion

1.1 Activity Plan: Warm Up – SmartRugby Body Shape – Face Slap
1.2 Activity Plan: Warm Up – SmartRugby Body Shape – Knee Slap
1.3 Activity Plan: Passing Chain
1.4 Activity Plan: Short-Long Pass
1.5 Activity Plan: Catch, Pass and Alignment
1.6 Activity Plan: 1 v 1 Step
1.7 Activity Plan: Drop off Touch
1.8 Activity Plan: Realignment
**DRILL INTRO (BACKGROUND):**

This drill is designed to prepare participants for the training session ahead. The skills involved are also Rugby specific and highlight the strong body shape required to play the game. An element of fun and competition is added for participant enjoyment.

**SETUP**

**Players:** Players to form up in partners  
**Area:** 20m x 20m  
**Equipment:** Cones

**DRILL NOTES**

- Participants stand opposite each other and use their right hand to grasp their partners left wrist.  
- On the whistle players attempt to slap each face with their open hand.  
- Players should swap hands and repeat process.

**DIAGRAM**

![Image of drill in action](image-url)

**COACHING CUES**

- Players should try to maintain strong body shape  
- Bend at both knees and hips  
- Weight on balls of feet  
- Use dynamic foot and hand movements to resist and apply force

**COACHING NOTES**

- Depending on level of maturity, face slap might not be appropriate.  
- Slap can be replaced with touching of face or hair etc
### Chapter 3: Seven Sessions for Rugby Sevens

#### CORE SKILL
<table>
<thead>
<tr>
<th>Warm Up</th>
</tr>
</thead>
</table>

#### ACTIVITY NAME
| 1.2 Partner Knee Slap |

#### DRILL INTRO (BACKGROUND):
This drill is designed to prepare participants for the training session ahead. The skills involved are also Rugby specific and highlight the strong body shape required to play the game. An element of fun and competition is added for participant enjoyment.

#### SETUP
- **Players:** Players to form up in partners
- **Area:** 20m x 20m
- **Equipment:** Cones

#### DRILL NOTES
- Participants stand opposite each other approximately 1m apart
- On the whistle players attempt to slap the knee of their partner whilst not being slapped at the same time
- Players can keep score of slaps to determine a winner

#### DIAGRAM
![Diagram of players performing Partner Knee Slap drill](image)

#### COACHING CUES
- Players should try to maintain strong body shape
- Bend at both knees and hips
- Weight on balls of feet
- Use dynamic foot and hand movements to resist and apply force

#### COACHING NOTES
- Encourage players to concentrate on their body height and foot movement throughout
Effective catch and pass skills are critical to success in Sevens. This introductory activity is designed to allow development of the core skill in a closed environment. Coaches are encouraged to progress through this activity quickly if players are competent.

**SETUP**

- **Players:** Minimum 8
- **Area:** 2 x 20m channels
- **Equipment:** 4 footballs, 20 markers

**DRILL NOTES**

- 4 Players (A1 – A4) start at the end of the grid and on coaches instruction begin running forward performing a controlled lateral pass.
- Once the 4 players reach the end of the grid, fold around into the next channel and come back performing the lateral pass or return down the same channel with eyes up to avoid other team mates (A5 – A8).

**COACHING CUES**

- Alignment – Eyes Up, Depth, Width, Timing, Reload
- Catch/Pass/Support
  - Target – Reach & Meet, Hands Above Elbows, Hips Square
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square
  - Keep Moving Forward
  - Support
- Information Feed (support players feeding information to ball carrier)

**COACHING NOTES**

- Players can work in groups of 3, 4 or 5 – just adjust width accordingly.
- Progressions include increasing channel width, racing teams against each other, introducing a defender and allowing sequencing the pass to be a1 – a3 – a2 – a4.
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short &amp; Long Pass</td>
<td>1.4 Passing Chain</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

Effective catch and pass skills are critical to success in Sevens. This introductory activity is designed to allow development of the core skill in a closed environment. Coaches are encouraged to progress through this activity quickly if players are competent.

**SETUP**

**Players:** Minimum 8

**Area:** 4 x 10m channels

**Equipment:** 4 footballs, 20 markers

**DRILL NOTES**

- 4 Players (A1 – A4) start at the end of a grid (between the middle markers) and on coaches instruction begin running forward performing a controlled (short) lateral pass.
- Once the 4 players reach the end of the grid, they are to quickly move to the 4 markers (each player on one marker) and turn to face where they have come from.
- As soon as the ball carrier gets to the marker they begin moving forward performing a controlled (long) lateral pass.

**COACHING CUES**

- Alignment – Eyes Up, Depth, Width, Timing, Reload
- Catch/Pass/Support
  - Target – Reach & Meet, Hands Above Elbows, Hips Square
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square
  - Keep Moving Forward
  - Support
- Information Feed (support players feeding information to ball carrier)

**COACHING NOTES**

- Players can work in groups of 3, 4 or 5 – just adjust width accordingly
## CORE SKILL | ACTIVITY NAME
---|---
Catch, Pass and Alignment | 1.5 Passing Race

## DRILL INTRO (BACKGROUND):

Catch/Pass skills require repetition (practice) to achieve effective development. The coach can manipulate levels of pressure through competition, time, space and numbers. Players will benefit from Catch/Pass practice under various levels of pressure and will enjoy the competitive nature of the practice.

## SETUP

**Players:** 4 per team minimum  
**Area:** 25m grid up to ½ field  
**Equipment:** 2 Balls, Markers

## DRILL NOTES

- Vary the distance of the passes
- Once a players passes the ball they realign so as to receive the ball back along the line
- Once the sequence has been completed up and back, players can turn and complete another lap passing the ball just once along the line (ie A6 and B6 score the try) before returning to the initial starting line again passing the ball just once along the line (ie A1 and B1 score the try).
- The two teams attempt to complete the race first with limited skill errors (eg dropped ball)
- Two teams race with points scored for fastest team. Points are deducted for poor skill execution (eg dropped ball)

## DIAGRAM 1

On coaches call players A1 and B1 run forward at least 3m before passing to next player. Once players A6 and B6 receive the ball they pass back along the line. Players A1 and B2 score a try over the designated tryline.

## DIAGRAM 2

Once the try has been scored the teams turn and re-align before players A1 and B1 repeat the passing chain back to the opposite tryline.

## COACHING CUES

- Alignment – Eyes Up, Depth, Width, Timing, Reload  
- Catch/Pass/Support  
  - Target – Reach & Meet, Hands Above Elbows, Hips Square  
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square  
  - Keep Moving Forward  
- Talk off the ball

## COACHING NOTES

- Vary the space of the drill to mix up alignment and passing width/depth/timing.
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Evasion</td>
<td>1.6 1v1 Evasion</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

The increased space in Sevens provides greater one on one opportunity in space. Players with strong evasion skills are often more effective in attack, and therefore 1 v 1 evasion skills should be continually practiced and improved by all players.

**SETUP**

**Players:** Minimum 4  
**Area:** 1 10m x 10m grid  
**Equipment:** 4 footballs, 8 markers

**DRILL NOTES**

- Attackers and defenders line up on opposite sides of the grid.
- The ball carrier chooses a marker to run around (left or right), the defender then must run around the opposite marker.
- The players meet in a 1 on 1 contest in the middle of the grid with the defender attempting to tag the attacker, the attacker attempts to score a try.

**COACHING CUES**

- The ball carrier should take the ball forward at pace to fix the defender.
- Having committed to a defender, execute a side step through a change of running angle and speed.
- Ensure the attacker changes the angle of their running line rather than swerving in wide arcs.

**COACHING NOTES**

- Manipulate the size of the grid to challenge the attacking player – the smaller it is the harder it will be.
- Rather then having the attacker run into the grid with the football, use the next attacking player in line to pass the ball in.
- Introduce competition through a point system to ensure intensity and challenge.
DRILL INTRO (BACKGROUND):
The ability to position yourself off the ball is essential for successful attack in Sevens. It is important that players understand that they need to realign after they have been involved in a play so that they can support a ball carrier into contact or be prepared for the next phase of play after a tackle contest has occurred.

SETUP
Players: Groups of 4
Area: 20m x 20m
Equipment: 1 ball, markers

DRILL NOTES
- Players advance forward with the ball and pass laterally
- After each player has passed they need to adjust their running line to be able to support from depth and close to the ball runner
- Once players are comfortable with the concept increase the distance of grid and passing channels.

COACHING CUES
- Slow run and adjust running line to one of depth and closer to team mate that has received the ball
- Essential that players work on their support lines after passing the ball

COACHING NOTES
- Vary the distance of passes as players become more comfortable with realigning
- Drill can be used as warm up activity
- Progression to whistle can act as a tackle where supporters need to realign from a tackle contest situation
<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attack and Defence</td>
<td>1.8 Drop Off Touch</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**
Participants to be placed into Sevens game like situations with a focus on attacking and defensive situations.

**SETUP**

**Players:** Split participants into 2 teams with even numbers

**Area:** 70m x 50m or half field

**Equipment:** 1 ball, bibs if available

**DRILL NOTES**
- Normal Ruck touch cleanout rules apply
- Tagger must leave play and run around designated cone after being cleaned out before joining play again
- Designated cone should be well away from field of play
- Normal rules apply with non-scoring team to start with the ball on half way after a try is scored

**DIAGRAM 1**

**DIAGRAM 2**

**COACHING CUES**
- Identification of space
- Communication and execution of catch, pass, cleanout and evasion

**COACHING NOTES**
- Referee will be required
- Highlight opportunities for attack to exploit numerical advantage after a number of defenders are out of play
SESSION TWO

Attack core skills – Catch, Pass, Alignment & Evasion

2.1 Activity Plan: Catch, Pass and Alignment
2.2 Activity Plan: Continual 2 v 1
2.3 Activity Plan: 1 v 1 Funnel
2.4 Activity Plan: Intro to Tackle
2.5 Activity Plan: 1 v 1 Track and Tackle
2.6 Activity Plan: Defence and Communication
**CORE SKILL**

| Catch, Pass and Alignment | 2.1 Passing Race |

**DRILL INTRO (BACKGROUND):**

Catch/Pass skills require repetition (practice) to achieve effective development. The coach can manipulate levels of pressure through competition, time, space and numbers. Players will benefit from Catch/Pass practice under various levels of pressure and will enjoy the competitive nature of the practice.

**SETUP**

**Players:** 4 per team minimum  
**Area:** 25m grid up to ½ field  
**Equipment:** 2 Balls, Markers

**DRILL NOTES**

- Vary the distance of the passes
- Once a player passes the ball they realign so as to receive the ball back along the line
- Once the sequence has been completed up and back, players can turn and complete another lap passing the ball just once along the line (ie A6 and B6 score the try) before returning to the initial starting line again passing the ball just once along the line (ie A1 and B2 score the try).
- The two teams attempt to complete the race first with limited skill errors (eg dropped ball)
- Two teams race with points scored for fastest team. Points are deducted for poor skill execution (eg dropped ball)

**DIAGRAM 1**

On coaches call players A1 and B1 run forward at least 3m before passing to next player. Once players A6 and B6 receive the ball they pass back along the line. Players A1 and B1 score a try over the designated tryline.

**DIAGRAM 2**

Once the try has been scored the teams turn and re-align before players A1 and B1 repeat the passing chain back to the opposite tryline.

**COACHING CUES:**

- Alignment – Eyes Up, Depth, Width, Timing, Reload
- Catch/Pass/Support
  - Target – Reach & Meet, Hands Above Elbows, Hips Square
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square
  - Keep Moving Forward
- Talk off the ball

**COACHING NOTES:**

- Vary the space of the drill to mix up alignment and passing width/depth/timing
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Draw and Pass</td>
<td>2.2 Continual 2 v 1</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**
All players must be able to identify space, make a decision and execute a two attacker v one defender situation successfully.

**SETUP**

**Players:** Minimum 4  
**Area:** 10m x 10m grid  
**Equipment:** 4 footballs, 8 markers

**DRILL NOTES**

- Three players spread evenly in the middle of a 10m x 10m grid and are numbered 1, 2 and 3.
- The coach calls a number, and that player runs to one end of the grid, turns and is the defender.
- The remaining two players run to the opposite end of the grid, turn, receive a pass from A and attempt to score a try at the opposite end of the grid.
- The defender attempts to stop the attacking team with a two handed tag on the ball carrier.

**COACHING CUES:**

- The ball carrier should take the ball forward at pace to fix the defender and conserve space for the support player.
- Alignment – Eyes Up, Depth, Width, Timing, Reload
- Catch/Pass/Support
  - Target – Reach & Meet, Hands Above Elbows, Hips Square
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square
  - Keep Moving Forward
  - Support
- Talk off the ball (support players feeding information to ball carrier)

**COACHING NOTES:**

- Manipulate the size of the grid to challenge the attacking players - the smaller it is the harder it will be.
- Numbers of attackers and defenders can easily be manipulated eg. 3 v 2, 5 v 3, 6 v 4.
- Introduce competition through a point system to ensure intensity and challenge.

---

**Diagram 1**

```
A
A1 A2 A3
```

**Diagram 2**

```
A
A1 A2 A3
```
Rugby Sevens Resource Pack

**CORE SKILL**

<table>
<thead>
<tr>
<th>Tracking</th>
</tr>
</thead>
</table>

**ACTIVITY NAME:**

<table>
<thead>
<tr>
<th>2.3 1 v 1 Funnel</th>
</tr>
</thead>
</table>

**DRILL INTRO (BACKGROUND):**

Tracking is the term used to describe the defender moving forward in defense to take time and space from the ball carrier and the attacking team. Tracking should always be practiced before tackling and is fundamental to developing effective and safe contact.

**SETUP**

<table>
<thead>
<tr>
<th>Players: Minimum 4</th>
<th>Area: 3 x rectangle grids (eg. 3 x 5, 5 x 7, 7 x 10)</th>
<th>Equipment: 4 footballs, 12 markers</th>
</tr>
</thead>
</table>

**DRILL NOTES**

- A1 and D1 stand on the side of the first of three progressively larger grids (see diagram).
- A1 and D1 leave together and enter the first grid with A1 attempting to score a try and D1 attempting to tag A1.
- A1 and D1 then continue to the next grid (run through to the other end) and repeat the contest.
- Once the grid in front is clear, the next A and D can start.
- As the grids increase with size, tracking becomes more difficult for the defender.

**DIAGRAM 1**

![Diagram 1](image1)

**DIAGRAM 2**

![Diagram 2](image2)

**COACHING CUES**

**FAST**

- Align – Opponent
- Accelerate forward

**CONTROL**

- Shorten Stride – Paddle Steps, Hips Square

**FAST**

- Re-accelerate – Feet Close and Driving
- Two hand tag on target

**COACHING NOTES**

- Size and number of funnels can be changed to challenge the defender
- Ensure consistency under fatigue
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tackle</td>
<td>2.4 Introduction to Tackle</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

- A safe and effective tackle technique is an important skill of all Sevens players.
- Players align in pairs at the opposite ends of the grid with one player, nominated as the defender, kneeling down. The partner, nominated as the attacker, stands holding a ball facing the defender.
- Ensure players are spaced at least 5m apart.

**SETUP**

**Players:** Minimum 2  
**Area:**  
**Equipment:** 8 footballs  
14 markers

**DRILL NOTES**

- When instructed, the attackers walks towards the defenders nominated shoulder and gets tackled to the ground.
- All attackers should go at the same time.
- The defender should make multiple tackles on their left and right should before swapping roles with their partner.
- The attacker should work hard to place the ball once tackled.
- The tackler must release the tackled player and get to their feet as quickly as possible.

**DIAGRAM 1** | **DIAGRAM 2**

<p>| | | | | | | |</p>
<table>
<thead>
<tr>
<th></th>
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</tbody>
</table>

**COACHING CUES**

- Activate Shoulder On – Lock Head On, Chin up, Grip, Stick, Squeeze
- Release & React

**COACHING NOTES**

- Coaches are encouraged to progress this activity by getting the defender to one knee and increasing the speed of attacker to a quick jog.
### DRILL INTRO (BACKGROUND):
- Players align in pairs at the opposite ends of the grid.

### SETUP
**Players:** Minimum 2  
**Area:** 5m x 5m grid  
**Equipment:** 2 footballs, 8 markers

### DRILL NOTES
- The defender passes the ball to the attacker (between hips and shoulders) who attempts to score at the opposite side of the grid.
- The defender attempts to track in close and make a one on one tackle to prevent a try being scored.

### DIAGRAM 1
![Diagram 1]

### DIAGRAM 2
![Diagram 2]

### COACHING CUES

<table>
<thead>
<tr>
<th>FAST</th>
<th>CONTROL</th>
<th>FAST</th>
</tr>
</thead>
</table>
| • Align – Opponent & Team mate  
• Accelerate | • Shorten Stride – Paddle Steps, Hips Square | • Re-accelerate – Feet Close and Driving  
• Activate Shoulder On – Lock Head On, Grip, Stick, Squeeze  
• Release & React |

### COACHING NOTES
- The activity can be made more difficult for the defender by increasing the size of the grid.
- As a variation:  
  - a teammate can pass the ball into the attacker to replicate a game scenario.  
  - A1 and D1 can start on opposite corners of the grids, with A1 able to score on either side.
**DRILL INTRO (BACKGROUND):**

An effective defence will work together to minimize the options and space of the attacking team. Once the first two principles of defence are worked through, the defence will make decisions around regaining possession. Players must understand the principles of defence:

1. To Minimise Options
2. To Minimise Space
3. Regain Possession

Open drills allow players to gain a strong understanding of the principles of defence.

**SETUP**

**Players:** 8 minimum  
**Area:** 20x10m up to 40x10m  
**Equipment:** Ball, Markers

- (4 attackers, 4 defenders)

**DRILL NOTES**

- Work with the same amount of attackers as defenders.
- Defenders are to get a ‘shoulder on’ to replicate a tackle.
- Attack attempts to score a try on each attack. A point is scored for each try.
- After either a successful (try) or unsuccessful (tackle) attack the attacking team must get the ball back to the starting line before beginning a new attack.
- Work on a time limit (eg 1 ½ min) for the defence to limit the attacking team to as little points as possible.

**Diagram 1**

The attacking team may start the ball anywhere along their starting line. The defending team maintains alignment and minimises options and space for the attacking team.

**Diagram 2**

The attacking team gets the ball back to their starting line before starting another attack. The defenders must work back to the tryline before moving forward.

**COACHING CUES**

1) **FAST**
   - Align – Opponent & Team mate
   - Accelerate

2) **CONTROL**
   - Shorten Stride – Paddle Steps, Hips Square

3) **FAST**
   - Re-accelerate – Feet Close and Driving
   - Activate Shoulder On – Lock Head On, Grip, Stick, Squeeze
   - Release & React

4) **INFORMATION FEED** (defenders feeding information to each other)

**COACHING NOTES**

- Coaches need to monitor the players’ ability to work together and appreciate the principles of defence.
- Attack must work hard and at a high standard to ensure the defence is tested and benefit from quality practice.
- Fatigue will become an element of this game that will affect performance.
- Additional players can be added to build pressure.
- Game Progression: to build on this game add a bonus point for every successful offload immediately post contact to a support player either side of the tackler. This will ensure the defenders work after the ball has been passed – never knock off.
SESSION THREE

Defensive alignment and introduction to tackle contest

3.1 Activity Plan: Short-Long Pass
3.2 Activity Plan: 3 v 2
3.3 Activity Plan: Tackle Tech
3.4 Activity Plan: Live 2 v 2
3.5 Activity Plan: First arrival drive out technique
3.6 Activity Plan: Ruck Touch
3.7 Activity Plan: Role of the Sweeper
**CORE SKILL**  | **ACTIVITY NAME**  
---|---  
Short & Long Pass  | 3.1 Passing Chain

**DRILL INTRO (BACKGROUND):**
Effective catch and pass skills are critical to success in Sevens. This introductory activity is designed to allow development of the core skill in a closed environment. Coaches are encouraged to progress through this activity quickly if players are competent.

**SETUP**

- **Players:** Minimum 8  
- **Area:** 4 x 10m channels  
- **Equipment:** 4 footballs, 20 markers

**DRILL NOTES**
- 4 Players (A1 – A4) start at the end of a grid (between the middle markers) and on coaches instruction begin running forward performing a controlled (short) lateral pass.
- Once the 4 players reach the end of the grid, they are to quickly move to the 4 markers (each player on one marker) and turn to face were they have come from.
- As soon as the ball carrier gets to the marker they begin moving forward performing a controlled (long) lateral pass.

**COACHING CUES**
- Alignment – Eyes Up, Depth, Width, Timing, Reload  
- Catch/Pass/Support  
  - Target – Reach & Meet, Hands Above Elbows, Hips Square  
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square  
  - Keep Moving Forward  
  - Support  
- Information Feed (support players feeding information to ball carrier)

**COACHING NOTES**
- Players can work in groups of 3, 4 or 5 – just adjust width accordingly.
Chapter 3: Seven Sessions for Rugby Sevens

CORE SKILL

<table>
<thead>
<tr>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attack and Defence</td>
</tr>
</tbody>
</table>

DRILL INTRO (BACKGROUND):

This drill is designed to test both attack and defence. Attackers have a numerical advantage right throughout so skill execution should see positive results. Defenders are forced to work hard and will often be found in similar situations in a Sevens game.

SETUP

| Players: 5 or more | Area: 20m x 20m | Equipment: Cones and balls |

DRILL NOTES

- 3 attackers position themselves behind starting cone.
- 2 defenders position themselves behind starting cone.
- Attackers must all run around blue cone and attack.
- Defenders must all run around red cone and defend.
- Defenders should aim for a two handed tag and attackers should aim to score the try.

COACHING CUES

- Heads up and scanning defensive line
- Communication
- Depth in support

COACHING NOTES

- Size of grid can be adjusted to cater for skill level
- Half back clearing pass to attackers can be added
- Attacking and defending cones can be adjusted to create more or less pressure
**Rugby Sevens Resource Pack**

**3.3 4 Tackle Drill – Side & Front on Tackle**

**DRILL INTRO (BACKGROUND):**
Players must be provided the opportunity to practice the entire tackle sequence at training. Such practice can be closed (ie very controlled practice environment/drill) or open (ie limited controlled game situation or drill). A player’s level of awareness of options available and subsequent decision making along with skill execution level will provide the coach with knowledge on how to best practice the tackle sequence.

**SETUP**
- **Players:** 3 minimum (1 defender, 2 attackers)
- **Area:** 5 x 10m
- **Equipment:** Ball, Markers (4 colours)

**DRILL NOTES**
- The colour marker called by the coach will dictate the type and side of the tackle (ie side on or front on; right side or left side).
- Attacking players must run at good speed to challenge the defender.
- The defender will execute four tackles in succession.
- The defender must move through the entire tackle sequence including the ‘release & react’ phase.

**ON THE CALL OF THE COACH**
- The defender must run around the marker before executing the tackle. The attacking players run straight down the middle channel of the grid starting their run when the defender rounds a marker.

**COACHING CUES**
**FAST**
- Align – Opponent
- Accelerate

**CONTROL**
- Shorten Stride – Paddle Steps, Hips Square

**FAST**
- Re-accelerate – Feet Close and Driving
- Activate Shoulder On – Lock Head On, Grip, Stick, Squeeze
- Release & React

**COACHING NOTES**
- Coaches can view the four tackles before providing specific and constructive feedback.
- The drill serves as an effective maintenance drill where players can practice ‘live’ tackling in a closed environment on a regular basis.
- For higher level players the drill can involve two defenders and two attackers within a larger grid. The attacking players may carry a ball to increase the team defence component of the activity and levels of decision making.
Chapter 3: Seven Sessions for Rugby Sevens

### CORE SKILL

<table>
<thead>
<tr>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tackle Contest</td>
</tr>
</tbody>
</table>

### DRILL INTRO (BACKGROUND):

Effective defending will rely on a player’s ability to be aware of the various actions going on around them. For example ‘timing’ a tackle will require the player to be aware of what the options are to the ball carrier and his supporters, what their options are and those of his fellow defenders, how they can minimize these options and the space available to the attacking players before making a decision – a fair sized sequence of events! Controlled practice of ‘live’ tackling will provide players with real time practice opportunities that otherwise would only be encountered in a game – if this was the case what is the point of practice/training?

### SETUP

**Players:** 3 minimum  
**Area:** 6 x 6m grid x 3 alongside each other  
**Equipment:** Ball, Markers

### DRILL NOTES

- Players should perform at full speed in this drill to ensure effective practice.
- The defender must move through the entire tackle sequence including the ‘release & react’ phase.
- Once players have completed one sequence of the drill in a grid they should change positions and move to the next grid to complete again.

### DIAGRAM 1

<table>
<thead>
<tr>
<th>Grid 1</th>
<th>Grid 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>D1</td>
<td>D2</td>
</tr>
<tr>
<td>P......</td>
<td></td>
</tr>
<tr>
<td>A1</td>
<td>A2</td>
</tr>
</tbody>
</table>

The drill starts with the ball carrier (A1) calling for the ball from the passing player (P). The defenders (D) align opposite the attacking players and react to their movements.

### DIAGRAM 2

<table>
<thead>
<tr>
<th>D1</th>
<th>D2</th>
</tr>
</thead>
<tbody>
<tr>
<td>P</td>
<td>A1......A2</td>
</tr>
</tbody>
</table>

For shoulder contact only the attacking players can attack any way they choose. For a controlled ‘live tackle’ the ball must be passed to A2 and the tackle will be made in the second half of the grid.

### COACHING CUES

**FAST**
- Align – Opponent & Team mate
- Accelerate

**CONTROL**
- Shorten Stride – Paddle Steps, Hips Square

**FAST**
- Re-accelerate – Feet Close and Driving
- Activate Shoulder On – Lock Head On, Grip, Stick, Squeeze
- Release & React

### COACHING NOTES

- The drill serves as an effective maintenance drill where players can practice ‘live’ tackling in a controlled environment on a regular basis.
- Players need to be working both sides of their body as a defender. Becoming one shoulder dominant creates an ineffective defender.
- The drill can be built upon to include more attackers and defenders and can include elements of contact.
<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive Out</td>
<td>3.5 First Arrivial Drive Out Technique</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**
Maintaining possession is essential for the attacking team to build pressure and create opportunities. The first arriving support player to the tackle contest will need to be effective at the drive out or seal. This will also require clear decision making determined by the actions of arriving opposition players.

**SETUP**

Players: Groups of 3  
Area: 10m channels  
Equipment: 1 ball between 3 players

**DRILL NOTES**
- Attacker one runs a short distance prior to being tackled by defender 1 who is on their knees. Defender 1 should release and regain their feet and attempt to steal the ball. Attacker 2 arrives at tackle contest and drives defender 1 away from the tackle contest area.  
- Progress drill by adding a 2nd defender who arrives at the tackle contest also.

**DIAGRAM**

![Diagram](image)

**COACHING CUES**
- Strong body shape – flat back, low body height, chin up,  
- Support from depth, through the gate,  
  - Dip – lower body height  
  - Sight contact area – Under opposing players shoulders  
  - Drive upwards and away with active footwork  
  - Wrap arms  
  - Seal slightly past the ball if no defender threat is near

**COACHING NOTES**
- Ensure ball carrier assists support players by working hard on the ground to affect a long place  
- Ensure players are arriving through the gate at the tackle contest  
- Progression can incorporate players to be all on their feet throughout the drill
Chapter 3: Seven Sessions for Rugby Sevens

### CORE SKILL

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cleanout</td>
<td>3.6 Ruck Touch with Cleanout</td>
</tr>
</tbody>
</table>

### DRILL INTRO (BACKGROUND):
Participants to gain an understanding of effective cleanout technique in a game like environment.

### SETUP

**Players:** Split participants into 2 even teams  
**Area:** 50 x 70 m or half a Rugby field  
**Equipment:** 1 ball, bibs if available

### DRILL NOTES

- Players to play a game of two handed touch with following roles:
  - Tagged player goes to ground and presents ball with long place
  - Tagger stands over tagged player once tag is completed
  - Team mate of tagged player must execute a clean out of opposing player standing over tagged player
  - Normal rules apply to game, scrums and lineout can be incorporated

### COACHING CUES

- Low to high body position
- Strong body shape with focus on chin up
- Enter tackle contest over the ball and drive opponent away and move past the ball

### COACHING NOTES

- Focus on participants who display effective clean out technique
- Allow for game to flow and provide ample repetition opportunities
A sweater is a defensive position that specifically covers line breaks and kicks in Sevens Rugby. The sweater generally positions themselves approx. 10-15m behind the front 6 defenders and aligns 1 pass inside the ball as it is passed by the attacking team.

**DRILL NOTES**

- Team 1 to position themselves ready to attack
- Team 2 position themselves as 6 front defenders opposite 7 attackers leaving 1 attacker unmarked on open wing. 7th defender to position themselves in sweater role.
- As attacking team advance and pass the ball the sweater needs to position themselves so that they are able to make a two handed tag on unmarked player when the ball gets to this player
- Sweeper should practice moving from left to right open players and also be deep enough to cover any kicks that are put through

**COACHING CUES**

- Sweeper position
- 10-15m behind defensive line
- 1 pass inside the ball

**COACHING NOTES**

- A team should have at least 3 players capable of playing the sweater role
- A defensive philosophy should be developed that incorporates when and where a sweater is used in a game
- Sweeper should also be an excellent communicator and provide defensive information to the front line defenders
SESSION FOUR

Contact and tackle contest

4.1 Activity Plan: 1 v 1 Evasion
4.1 Activity Plan: 2 v 1
4.3 Activity Plan: Working in 3s at tackle contest
4.4 Activity Plan: 3 Player tackle contest
4.5 Activity Plan: Mirror into Contact
4.6 Activity Plan: Continuous Attack Game
**CORE SKILL**

| Evasion | 4.1 1v1 Evasion |

**DRILL INTRO (BACKGROUND):**

The increased space in Sevens provides greater one on one opportunity in space. Players with strong evasion skills are often more effective in attack, and therefore 1 v 1 evasion skills should be continually practiced and improved by all players.

**SETUP**

| Players: Minimum 4 | Area: 1 10m x 10m grid | Equipment: 4 footballs, 8 markers |

**DRILL NOTES**

- Attackers and defenders line up on opposite sides of the grid.
- The ball carrier chooses a marker to run around (left or right), the defender then must run around the opposite marker.
- The players meet in a 1 on 1 contest in the middle of the grid with the defender attempting to tag the attacker, the attacker attempts to score a try.

**COACHING CUES**

- The ball carrier should take the ball forward at pace to fix the defender.
- Having committed to a defender, execute a side step through a change of running angle and speed.
- Ensure the attacker changes the angle of their running line rather than swerving in wide arcs.

**COACHING NOTES**

- Manipulate the size of the grid to challenge the attacking player - the smaller it is the harder it will be.
- Rather then having the attacker run into the grid with the football, use the next attacking player in line to pass the ball in.
- Introduce competition through a point system to ensure intensity and challenge.
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attack and Defence</td>
<td>4.2 2 v 1</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**
This drill is designed to test both attack and defence. Attackers have a numerical advantage right throughout so skill execution should see positive results. Defender is forced to work hard and will often be found in similar situations in a Sevens game.

**SETUP**
- **Players:** 3 or more
- **Area:** 10m x 10m
- **Equipment:** Cones and balls

**DRILL NOTES**
- 2 attackers position themselves behind starting cone.
- 1 defender positions themselves behind starting cone.
- Attackers must all run around blue cone and attack.
- Defender must run around red cone and defend.
- Defender should aim for a two handed tag and attackers should aim to score the try.

**DIAGRAM 1**

**DIAGRAM 2**

**COACHING CUES**
- Heads up and scanning defensive line
- Communication
- Depth in support

**COACHING NOTES**
- Size of grid can be adjusted to cater for skill level
- Half back clearing pass to attackers can be added
- Attacking and defending cones can be adjusted to create more or less pressure
<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Support</td>
<td>4.3 Working in 3’s at Tackle Contest</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

The ability of a team to maintain possession through continuity will have a large impact on a team’s ability to score points in Sevens. With fewer players involved in the tackle contest, accuracy is vital to maintaining possession. A player’s understanding of their role at the tackle contest is vital and must be practiced.

**SETUP**

<table>
<thead>
<tr>
<th>Players:</th>
<th>Area:</th>
<th>Equipment:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Split players into groups of 3</td>
<td>20m x 20m grid</td>
<td>1 ball for each group</td>
</tr>
</tbody>
</table>

**DRILL NOTES**

- Players to advance forwards and pass laterally to team mate
- Emphasis on support line and realignment after passing
- On coach’s whistle, ball carrier goes to ground, 1st support player arrives and takes space over and past the ball, 2nd support player arrives and acts as half back

**DIAGRAM 1**

- •

**DIAGRAM 2**

- •

**COACHING CUES**

- Support lines after passing
- Reaction to whistle and simulated tackle contest

**COACHING NOTES**

- This drill can be used in a warm up
- Drill can be expanded to include more than 3 players
- Drill can be extended to include continuity and defenders
Chapter 3: Seven Sessions for Rugby Sevens

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**DRILL INTRO (BACKGROUND):**

Rugby's point of difference as a contact game is the continual contests for possession. Players must develop the skills and awareness to contest and secure the ball or contest and win the ball. Although the contest may begin as a one on one contest, all players will be involved in the retaining or winning of possession and how effectively the ‘winning’ team uses the ball.

**SETUP**

**Players:** 11 minimum  
**Area:** 20m channel  
**Equipment:** 1 x Football, 4 x Tackle Pads

**DRILL NOTES**

- A link player passes the ball to one group of three attacking players (A1, A2, A3) who take the ball into contact against 2 defenders (D1, D2) who are holding tackle pads.
- The three attackers win the ball and pass to the link man, who passes to the next three attackers (A4, A5, A6) who take the ball into the two defenders D3, D4.
- The first attackers are working hard off the ball to reload and realign for the next pass.
- The team makes it way down the 20m channel before changing roles and returning.

**COACHING CUES**

**Ball Carrier**
- Target – Eyes Up, Accelerate/Decelerate, Ball away from contact
- Control – Keep Moving Forward, Strong Body Shape
- Adapt – Pump the Legs, Fight (on feet and when on the ground), Present

**Support/Opposition**
- Target – Eyes Up, Accelerate/Decelerate
- Control – Skim & Win Space, Shoulders under Shoulders, Keep Moving Forward, Strong Body Shape
- Adapt – Pump the Legs

**COACHING NOTES**

- Encourage the ball carrier to attempt to beat the first defender.
- The defenders can progress from hit shields, to contact suit or to live defenders.
**Drill Intro (Background):**

Rugby’s point of difference as a contact game is the continual contests for possession. Players must develop the skills and awareness to contest and secure the ball or contest and win the ball. Although the contest may begin as a one on one contest, all players will be involved in the retaining or winning of possession and how effectively the ‘winning’ team uses the ball. The practicing of this key element of the game in an open environment/drill is a very important part of a team’s training program.

**Setup**

- **Players:** 6 minimum (3 attackers, 3 defenders)
- **Area:** 4m per player in width, 3m apart
- **Equipment:** Ball, Contact suits (optional)

**Drill Notes**

- The attacking team attempts to retain possession.
- The defending team attempt to regain possession.
- Full laws apply except in defence where the initial tackle can only be one on one.
- A 3 sec rule at the tackle contest can be included. If the ball is not recycled by the attacking team within 3 sec then it is considered a turnover.
- Upon a turnover the attacking team remains in attack and the drill starts again.
- Teams are awarded points each time they are successful in what they are attempting to achieve.

**Diagram 1**

- **B4**
- **B2**
- **B1**
- **B3**
- **B5**

The teams stand opposite each other. Team A pass the ball along their line. On the coaches call the player with the ball takes the ball into contact. Support players and defenders react accordingly.

**Diagram 2**

- **B4**
- **B2**
- **B3**
- **B5**
- **A1**
- **A3**

Not all players need to enter the contact – awareness and decision making are very important. Additional phases will impact the decisions of the attacking and defending players.

**Coaching Cues**

**Ball Carrier**

- Target – Eyes Up, Accelerate/Decelerate, Ball away from contact
- Control – Keep Moving Forward, Strong Body Shape
- Adapt – Pump the Legs, Fight (on feet and when on the ground), Present

**Support/Opposition**

- Target – Eyes Up, Accelerate/Decelerate
- Control – Skim & Win Space, Shoulders under Shoulders, Keep Moving Forward, Strong Body Shape
- Adapt – Pump the Legs

**Coaching Notes**

- Build in extra players to add to the contest. With added numbers watch for over commitment at the tackle contest by attacking and defending players.
- The number of phases to retain or regain possession can be increased from one to add a RELOAD element to the drill.
- The coach can manipulate the game rules to isolate elements (eg a bonus point for every ball maulled through contact)
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attack</td>
<td>4.6 Continuous Attack Game</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

An effective attack will recognise and exploit opportunities in the defensive line. In order to do this players must appreciate the principles of attack:

1. To maximize options  
2. To maximize space  
3. Support

These principles need to be recognised and understood by all players in order for a team to attack effectively. Open drills allow players to gain a strong understanding of the principles of attack.

**SETUP**

**Players:** 9 minimum  
(5 attackers, 4 defenders)  
**Area:** 20x10m up to 40x10m  
**Equipment:** Ball, Markers

**DRILL NOTES**

- Work with a least one less defender than attackers.  
- Defenders are to get a ‘shoulder on’ to replicate a tackle  
- Attack attempts to score a try on each attack. A point is scored for each try.  
- After either a successful (try) or unsuccessful (tackle) attack the attacking team must get the ball back to the starting line before beginning a new attack.  
- Work on a time limit (eg 1 ½ min) for the attack to score as many tries as possible.

**DIAGRAM 1**

The attacking team may start the ball anywhere along their starting line.

**COACHING CUES**

- Alignment – Eyes Up, Depth, Width, Timing  
- Catch/Pass/Support  
  - Target – Reach & Meet, Hands Above Elbows, Hips Square  
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square  
  - Keep Moving Forward  
  - Support  
- Information Feed (support players feeding information to ball carrier)

**COACHING NOTES**

- Coaches need to monitor the players’ ability to recognise the spatial cues and exploit the space effectively.  
- Players will need to maintain appropriate depth/width to provide options in attack and to enable effective support. Watch for players standing too shallow on initial alignment thus reducing options. Players can begin as ‘pocket’ support rather than all in lateral support roles.  
- Support players must feed information into the ball carrier to assist effective choices.  
- Fatigue will become an element of this game that will affect performance.  
- Additional players can be added to build pressure.  
- Game Progression: to promote support in this game add a bonus point for every successful offload immediately post contact to a support player either side of the tackler.
SESSION FIVE

Restarts (Scrum and Lineout) and Game Awareness

5.1 Activity Plan: Warm Up - SmartRugby Body Shape - Knee Slap
5.2 Activity Plan: Warm Up - SmartRugby Body Shape - Face Slap
5.3 Activity Plan: Passing Chain
5.4 Activity Plan: Scrum
5.5 Activity Plan: Pod lifting with thrower
5.6 Activity Plan: 4 v 3
5.7 Activity Plan: 7v3, v4, v5
<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Warm Up</td>
<td>5.1 Partner Knee Slap</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

This drill is designed to prepare participants for the training session ahead. The skills involved are also Rugby specific and highlight the strong body shape required to play the game. An element of fun and competition is added for participant enjoyment.

**SETUP**

- **Players:** Players to form up in partners
- **Area:** 20m x 20m
- **Equipment:** Cones

**DRILL NOTES**

- Participants stand opposite each other approximately 1m apart
- On the whistle players attempt to slap the knee of their partner whilst not being slapped at the same time
- Players can keep score of slaps to determine a winner

**DIAGRAM 1**

![Diagram](image)

**COACHING CUES**

- Players should try to maintain strong body shape
- Bend at both knees and hips
- Weight on balls of feet
- Use dynamic foot and hand movements to resist and apply force

**COACHING NOTES**

- Encourage players to concentrate on their body height and foot movement throughout
Chapter 3: Seven Sessions for Rugby Sevens

### Coaching Cues

- Players should try to maintain strong body shape
- Bend at both knees and hips
- Weight on balls of feet
- Use dynamic foot and hand movements to resist and apply force

### Coaching Notes

- Depending on level of maturity, face slap might not be appropriate.
- Slap can be replaced with touching of face or hair etc

---

### Core Skill | Activity Name
---|---
Warm Up | 5.2 Partner Face Slap

### Drill Intro (Background):

This drill is designed to prepare participants for the training session ahead. The skills involved are also Rugby specific and highlight the strong body shape required to play the game. An element of fun and competition is added for participant enjoyment.

### Setup

**Players:** Players to form up in partners  
**Area:** 20m x 20m  
**Equipment:** Cones

### Drill Notes

- Participants stand opposite each other and use their right hand to grasp their partners left wrist.  
- On the whistle players attempt to slap each face with their open hand.  
- Players should swap hands and repeat process.

### Diagram

![Diagram of players participating in the drill]
**CORE SKILL**

<table>
<thead>
<tr>
<th>Introduction to Catch and Pass</th>
</tr>
</thead>
</table>

**ACTIVITY NAME**

| 5.3 Passing Chain |

**DRILL INTRO (BACKGROUND):**

Effective catch and pass skills are critical to success in Sevens. This introductory activity is designed to allow development of the core skill in a closed environment. Coaches are encouraged to progress through this activity quickly if players are competent.

**SETUP**

| Players: Minimum 8 | Area: 2 x 20m channels | Equipment: 4 footballs 20 markers |

**DRILL NOTES**

- 4 Players (A1 – A4) start at the end of the grid and on coaches instruction begin running forward performing a controlled lateral pass.
- Once the 4 players reach the end of the grid, fold around into the next channel and come back performing the lateral pass or return down the same channel with eyes up to avoid other team mates (A5 – A8).

**DIAGRAM 1**

- A1 A2 A3 A4

**DIAGRAM 2**

- A5 A6 A7 A8
- A1 A2 A3 A4

**COACHING CUES**

- Alignment – Eyes Up, Depth, Width, Timing, Reload
- Catch/Pass/Support
  - Target – Reach & Meet, Hands Above Elbows, Hips Square
  - Fire Wrists – Hands Above elbows, Point & Shoot, Hips Square
  - Keep Moving Forward
  - Support
- Information Feed (support players feeding information to ball carrier)

**COACHING NOTES**

- Players can work in groups of 3, 4 or 5 – just adjust width accordingly.
- Progressions include increasing channel width, racing teams against each other, introducing a defender and allowing sequencing the pass to be a1 – a3 – a2 – a4.
Chapter 3: Seven Sessions for Rugby Sevens

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrum</td>
<td>5.4 Scrum Engagement</td>
</tr>
</tbody>
</table>

**DRILL INTRO (BACKGROUND):**

There are on average 3-4 scrums per Sevens match. Players need to be aware of positional requirements and roles of players involved in the scrum. Suitable practice uncontested and contested should be practiced at training.

**SETUP**

**Players:** Groups of 3  
**Area:** 10m x 10m  
**Equipment:** 1 ball

**DRILL NOTES**

- Explain body shape required for scrummaging.
- Explain positions and practice internal binding technique of hooker and props.
- Explain and practice external binding techniques between 2 front rows.
- Explain and practice engagement sequence.
- Explain and practice MAYDAY safety procedure.

**DIAGRAM**

**COACHING CUES**

- Feet shoulder width apart, knees bent directly beneath hips
- Flat back with pelvic tilt (buttock out)
- Chest out drawing shoulders back
- Chin up off chest and look forwards
- Switch core on and breathe

**COACHING NOTES**

- Incorporate competition between 2 front rows once players are comfortable with their roles
- Practice MAYDAY safety procedure
**Core Skill**

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Restarts - Lineout</td>
<td>5.5 Pod lifting and role of thrower</td>
</tr>
</tbody>
</table>

**Drill Intro (Background):**

There are on average 3-4 lineouts per Sevens match. Players need to be aware of positional requirements and roles of players involved in the lineout. Suitable practice uncontested and contested should be practiced at training.

**Setup**

**Players:** Groups of 4  
**Area:** Sideline, 5m and 15m lines  
**Equipment:** 1 ball

**Drill Notes**

- Explain role of lineout thrower (throw must be straight and travel at least 5m)
- Explain roles of lineout jumper and lifters (binds, timing of jump with lifting and jumping technique)
- Lifter and jumpers should practice jump and lift with lifters bringing the jumper back to ground safely.
- Incorporate thrower with jumper and lifters, thrower should move to a position close to the lineout pod after throwing so that they can receive the ball from the catcher.

**Diagram 1**

**Diagram 2**

**Diagram 3**

**Coaching Cues**

- Thrower – square, strong body positions, release with hand towards the target
- Lifters – strong body shape, flat back, chest out, bend at knees, step together at top of lift, bring jumper back to ground safely
- Jumper – strong body shape, hands close together in front of face, explode upwards, switch on core for stability

**Coaching Notes**

- Incorporate competition between 2 lineout pods once players are comfortable with their roles
- Incorporate movement for lineout lift as a progression for players
**CORE SKILL**

<table>
<thead>
<tr>
<th>Attack and Defence</th>
</tr>
</thead>
</table>

**ACTIVITY NAME**

| 5.6 4 v 3 |

**DRILL INTRO (BACKGROUND):**

This drill is designed to test both attack and defence. Attackers have a numerical advantage right throughout so skill execution should see positive results. Defenders are forced to work hard and will often be found in similar situations in a Sevens game.

**SETUP**

- **Players:** 7 or more
- **Area:** 30m x 20m
- **Equipment:** Cones and balls

**DRILL NOTES**

- 4 attackers position themselves behind starting cone.
- 3 defenders position themselves behind starting cone.
- Attackers must all run around blue cone and attack.
- Defenders must all run around red cone and defend.
- Defenders should aim for a two handed tag and attackers should aim to score the try.

**DIAGRAM 1**

```
X X X
D D D
X X X X
A A A A
```

**DIAGRAM 2**

```
X X X
D D D
X X X X
A A A A
```

**COACHING CUES**

- Heads up and scanning defensive line
- Communication
- Depth in support

**COACHING NOTES**

- Size of grid can be adjusted to cater for skill level
- Progression can allow 2 phases for attack to score
- Half back clearing pass to attackers can be added
- Attacking and defending cones can be adjusted to create more or less pressure
### DRILL INTRO (BACKGROUND):
This drill is designed to test both attack and defence. Attackers have a numerical advantage right throughout so skill execution should see positive results. Defenders are forced to work hard and will often be found in similar situations in a Sevens game.

### SETUP

Players: 7

Area: 70m x 50m or 1/2 field

Equipment: 1 ball

### DRILL NOTES

- 7 attackers position themselves between tryline and half way.
- Drill starts with 3 defenders kicking the ball out to attackers from under the posts.
- Attackers have 3 phases against 3 defenders to score a try
- Once a try is scored or 3 tags are made the drill starts again with 4 defenders and 4 phases to score and continues to 5 defenders and five phases to score.
- Normal laws apply, tagged player must go to ground and place with one support player simulating clean out and one support players acting as half back

### DIAGRAM 1

![Diagram 1]

### COACHING CUES

- Heads up and scanning defensive line
- Communication passed from outside in
- Tackle contest simulation needs to be accurate

### COACHING NOTES

- This game can be used for conditioning as well as skill development
- Players will fatigue heavily, especially defenders who are defending in the first 3 group right through to the last five group
- Playing with the full width of the field is advantageous
SESSION SIX

Restarts (Kick off and Taps) and Game Awareness

6.1 Activity Plan: 5 v 4

6.2 Activity Plan: Continual Support Drill

6.3 Activity Plan: Scrum

6.4 Activity Plan: Restart Formations

6.5 Activity Plan: Continual Attack v Defence
<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attack and Defence</td>
<td>6.1 5 v 4</td>
</tr>
</tbody>
</table>

### DRILL INTRO (BACKGROUND):
This drill is designed to test both attack and defence. Attackers have a numerical advantage right throughout so skill execution should see positive results. Defenders are forced to work hard and will often be found in similar situations in a Sevens game.

### SETUP

| Players: 7 or more | Area: 40m x 30m | Equipment: Cones and balls |

### DRILL NOTES

- 5 attackers position themselves behind starting cone.
- 4 defenders position themselves behind starting cone.
- Attackers must all run around blue cone and align to attack.
- Defenders must all run around red cone and align to defend.
- On the whistle a half back should pass the ball to attacking team which starts the drill.
- Attackers have 3 phases to score a try.
- Defenders should aim for a two handed tag and attackers should aim to score the try.

### DIAGRAM 1

```
D D D D
X X X X
X X X X
A A A A
```

### DIAGRAM 2

```
D X X X D
X X X X
X A A A
```

### COACHING CUES

- Heads up and scanning defensive line
- Communication
- Depth in support

### COACHING NOTES

- Size of grid can be adjusted to cater for skill level
- Progression can allow 4 or more phases for attack to score
- Attacking and defending cones can be adjusted to create more or less pressure
**Rugby Sevens Resource Pack**

**DRILL INTRO (BACKGROUND):**

Rugby’s point of difference as a contact game is the continual contests for possession. Players must develop the skills and awareness to successfully contest and secure the ball. The effectiveness of the attacking teams ability to maintain possession starts with the choices made and the execution of skills by the ball carrier. Too often the actions of the ball carrier are predetermined. The ball carrier should execute skills that take full benefit of the situation – make decisions aware of the choices and consequences. To assist the ball carrier, primary support players must also be making decisions based on what they see and know and be consistently feeding valuable information to the ball carrier.

**SETUP**

**Players:** 8 minimum (more if defenders added)  
**Area:** 15m width, ½ field length  
**Equipment:** Ball, Shields/Contact Suits (optional)

**DRILL NOTES**

- Attackers attempt to exploit weaknesses in the defenders
- Ball carrier chooses best options to win contest, keep moving forward and present. This may include keeping feet or presenting the ball on the ground.
- All attackers/support players react to the ball carrier whilst also making decisions on best options for the ball carrier. The support players must be in consistent communication with the ball carrier.
- The attacking group wins points for effectively playing the contact (effective options/choice & skill execution).

**COACHING CUES**

**Ball Carrier**
- Target – Eyes Up, Accelerate/Decelerate, Ball away from contact
- Control – Keep Moving Forward, Strong Body Shape
- Adapt – Pump the Legs, Present

**Support**
- Target – Eyes Up, Accelerate/Decelerate
- Control – Skim & Win Space, Shoulders below Shoulders, Keep Moving Forward, Strong Body Shape
- Adapt – Pump the Legs

**COACHING NOTES**

- The ball carrier must be able to make effective decisions based on the reaction of the defender.
- The support players will complement the ball carriers choices – mostly by either gripping onto the ball if the ball carrier keeps their feet or driving out the defending threat if the ball carrier goes to ground & continuing the play forward.
- An extension of this drill is to increase the level of contact and contest. Players will have to work hard to execute skills under fatigue.
**Scrum 6.3 Scrum**

<table>
<thead>
<tr>
<th>CORE SKILL</th>
<th>ACTIVITY NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrum</td>
<td>6.3 Scrum</td>
</tr>
</tbody>
</table>

## WIN THE ENGAGEMENT

Two players oppose each other, offset to the left side. When instructed, the coach/referee sets the mark and manages the engagement sequence. Upon engagement the players will attempt to win the contact with their opponent by meeting over the centre line.

**Key Points:**

**Body Shape**

- Feet shoulder width apart, toes pointing directly forward.
- Knees bent directly beneath the hips, over the toes.
- Crouch into a squat position, with weight on balls of feet.
- Ensure a flat back and buttock ‘out’ (pelvic tilt).
- Push chest ‘out’ by drawing shoulders back.
- Chin up off the chest and look forwards.
- Tighten abdominals and breathe.

**Engagement**

- Engage opposition firmly with a short horizontal movement.
- Take grips and draw with arms.
- Maintain body shape and pressure on opposition.

## STATIC AND SHOVE

Two players oppose each other, offset to the left side. When instructed, the coach/referee sets the mark and manages the engagement sequence. Once engaged and stable, the players will execute a shove as appropriate to the prescribed tactical environment. Reinforcement should be provided to players who maintain a safe and effective body position. This exercise can be used for all players in the forwards.

**Key Points:**

**Body Shape**

- Feet shoulder width apart, toes pointing directly forward.
- Knees bent directly beneath the hips, over the toes.
- Crouch into ¾ squat position, with weight on balls of feet.
- Ensure a flat back and buttock out (pelvic tilt).
- Push chest out by drawing shoulders back.
- Chin up off the chest and look forwards.
- Tighten abdominals and breathe.

**Engagement**

- Engage opposition firmly with a short horizontal movement.
- Take grips and draw with arms.
- Maintain body shape and pressure on opposition.
3 MAN SCRUM

The three players in the front row bind in preparation for engagement with the scrum machine. The coach will set the tactical environment (e.g. shove or delayed shove). When instructed, the coach/referee sets the mark and manages the engagement sequence. Once engaged and stable, the players will execute a shove as appropriate to the prescribed tactical environment.

Key Points:

• Engage scrum machine firmly with a short horizontal movement.
• Take grips and draw with arms.
• Tighten abdominals and breathe.
• Maintain body shape and pressure on opposition.
• A synchronised call should be used to co-ordinate the shove.
**Chapter 3: Seven Sessions for Rugby Sevens**

**CORE SKILL**
- Restarts

**ACTIVITY NAME**
- 6.4 Receiving Formation from a Kick Off

**DRILL INTRO (BACKGROUND):**
Kicking restarts should be practiced at training to ensure all players/positions have an understanding of their role at the kick off. The coach can vary the pressure applied at training to imitate game scenario.

**SETUP**

- **Players:** 2 groups of 7
- **Area:** 70m by 50m or half field
- **Equipment:** 1 ball

**DRILL NOTES**
- Explain roles and positions of 7 receiving players
- Defending team kicks off (either drop kick or drop punt) to different parts of the field
- Attacking team must catch kick off and complete 2 phases of attack against the defending team.

**DIAGRAM 1**

**DIAGRAM 2**

**COACHING CUES**
- Players should be evenly spaced between the 10m and try line across the field.
- Players should attempt to catch the kick off on the full
- Team mates should position themselves so that they can support the catcher if they are tackled or if they can pass the ball

**COACHING NOTES**
- Vary kick offs to different parts of the field
- Ensure players position themselves after the ball is kicked so that they can support catcher
- As players progress, increase contest for the ball in the air between catchers and arriving defending players
**CORE SKILL** | **ACTIVITY NAME**
---|---
Defence | 6.5 Continuous Attack v Defence Game

**DRILL INTRO (BACKGROUND):**
An effective defence will work together to minimize the options and space of the attacking team. Once the first two principles of defence are worked through, the defence will make decisions around regaining possession. Players must understand the principles of defence:
1. To Minimise Options
2. To Minimise Space
3. Regain Possession
Open drills allow players to gain a strong understanding of the principles of defence.

**SETUP**
- **Players:** 8 minimum
- **Area:** 20x10m up to 40x10m
- **Equipment:** Ball, Markers

(4 attackers, 4 defenders)

**DRILL NOTES**
- Work with the same amount of attackers as defenders.
- Defenders are to get a ‘shoulder on’ to replicate a tackle.
- Attack attempts to score a try on each attack. A point is scored for each try.
- After either a successful (try) or unsuccessful (tackle) attack the attacking team must get the ball back to the starting line before beginning a new attack.
- Work on a time limit (eg 1 ½ min) for the defence to limit the attacking team to as little points as possible.

**DIAGRAM 1**

```
D1 D2 D3 D4 D5 D6 D7
A1 A2 A3 A4 A5 A6 A7
```
The attacking team may start the ball anywhere along their starting line. The defending team maintains alignment and minimises options and space for the attacking team.

**DIAGRAM 2**

```
D1 D2 D3 D4 D5 D6 D7
A1 A2 A3 A4 A5 A6 A7
```
The attacking team gets the ball back to their starting line before starting another attack. The defenders must work back to the tryline before moving forward.

**COACHING CUES**

1) **FAST**
   - Align – Opponent & Team mate
   - Accelerate

2) **CONTROL**
   - Shorten Stride – Paddle Steps, Hips Square

3) **FAST**
   - Re-accelerate – Feet Close and Driving
   - Activate Shoulder On – Lock Head On, Grip, Stick, Squeeze
   - Release & React

4) **INFORMATION FEED** (defenders feeding information to each other)

**COACHING NOTES**
- Coaches need to monitor the players’ ability to work together and appreciate the principles of defence.
- Attack must work hard and at a high standard to ensure the defence is tested and benefit from quality practice.
- Fatigue will become an element of this game that will affect performance.
- Additional players can be added to build pressure.
- Game Progression: to build on this game add a bonus point for every successful offload immediately post contact to a support player either side of the tackler. This will ensure the defenders work after the ball has been passed – never knock off.
SESSION SEVEN

Positions and Play

7.1 Activity Plan: 1 v 1 Funnel

7.2 Activity Plan: Positional Requirements for a Sevens Team
**CORE SKILL** | **ACTIVITY NAME**
---|---
Tracking | 7.1 1 v 1 Funnel

**DRILL INTRO (BACKGROUND):**
Tracking is the term used to describe the defender moving forward in defense to take time and space from the ball carrier and the attacking team.
Tracking should always be practiced before tackling and is fundamental to developing effective and safe contact.

**SETUP**

**Players:** Minimum 4  
**Area:** 3 x rectangle grids  
(eg. 3 x 5, 5 x 7, 7 x 10)  
**Equipment:** 4 footballs, 12 markers

**DRILL NOTES**
- A1 and D1 stand on the side of the first of three progressively larger grids (see diagram).
- A1 and D1 leave together and enter the first grid with A1 attempting to score a try and D1 attempting to tag A1.
- A1 and D1 then continue to the next grid (run through to the other end) and repeat the contest.
- Once the grid infront is clear, the next A and D can start.
- As the grids increase with size, tracking becomes more difficult for the defender.

**DIAGRAM 1**

**COACHING CUES**

**FAST**
- Align – Opponent
- Accelerate forward

**CONTROL**
- Shorten Stride – Paddle Steps, Hips Square

**FAST**
- Re-accelerate – Feet Close and Driving
- Two hand tag on target

**COACHING NOTES**
- Size and number of funnels can be changed to challenge the defender
- Ensure consistency under fatigue
**Chapter 3: Seven Sessions for Rugby Sevens**

### Drill Intro (Background):

Provide an understanding of the playing positions within a Sevens team and the requirements associated to individual positions.

### Drill Notes

<table>
<thead>
<tr>
<th>Position</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prop</strong></td>
<td>Strong ball carrier, high work rate, lineout lifter</td>
</tr>
<tr>
<td><strong>Hooker</strong></td>
<td>Lineout throw, scrum rake, strong defender, high fitness level</td>
</tr>
<tr>
<td><strong>Halfback</strong></td>
<td>Kicking, excellent communicator, organizer of play, strong pass and sweeper in defence</td>
</tr>
<tr>
<td><strong>Five Eight</strong></td>
<td>Kicking, decision maker, ball runner, strong passing game</td>
</tr>
<tr>
<td><strong>Centre</strong></td>
<td>Strong ball runner, evasive and fast, strong defender</td>
</tr>
<tr>
<td><strong>Wing</strong></td>
<td>Evasive and fast, good finishing ability</td>
</tr>
</tbody>
</table>

### Coaching Notes

- It is important to align players skills set to the positional requirements of a Sevens team.
CHAPTER 4

NUTRITION, RECOVERY AND HYDRATION
Nutrition

Giving consideration to what you eat & drink is an essential part of game preparation but it’s also important not to overemphasize it. Reality is, your energy or fuel needs won’t be dissimilar game day relative to a heavy training day during the week. Game preparation shouldn’t be seen as an excuse for gorging yourself on food! Rather, you should be following a meal plan that boosts fuel & fluid reserves but stays within your own energy needs i.e. daily calorie needs. Fuel & fluid reserves are a reflection of diet & training over the last few days so start your game preparation 1-2 days before the game.

TO BOOST FUEL RESERVES:

• Moderate your intake of foods rich in protein &/or fat, ensuring you have space for more fuel foods while also ensuring you don’t blow your calorie budget
• Allocate more of your plate real estate to nutritious carb rich foods like pasta, noodles, rice, breakfast cereals, fruit in all its forms, dairy snacks, starchy veggies, bread & other flour based products. At main meals aim for...
  – Deck of card size serve of meat, chicken or seafood.
  – 2 fists of carbs.
  – 1-2 fists of veggies.
• Stick with your 3 main meals but continue to take mid meal snacks, focusing on carb rich choices

TO BOOST FLUID RESERVES:

• Increase your total fluid intake over the day, especially the day before the game
• Focus on drinking with meals, the salt in food helps retain the fluid, boosting hydration
• With the hard yards done, allow your fluid intake to moderate in the 1-2 hrs pre-game, ensuring you start the game feeling comfortable. Smashing heaps of water before the game can just leave you feeling bloated and needing to go to the toilet all the time
Recovery

Recovery must form part of your overall performance and training program. It is important that you take responsibility for your own recovery outside of any designated pool, field and stretch recovery sessions to ensure you are ready for the next training or game.

Some key points to remember:

• Endeavour to get at least 8 hours sleep each night.

• Wear compression garments (eg Skins) to sleep and after training or games (rather than during training).

• Carry your water bottle with you at all times and at all meals and ensure you rehydrate adequately during and after each training session and game.

• Minimise the time on your feet during down time including when there are opportunities for shopping or sightseeing.

• Avoid walking in thongs as much as possible (not good for your feet or calves).

• Take time to stretch.

• Bring things from home to help you relax and switch off from rugby during down times eg music, books, playing cards, games.

Recovery Toolbox

In order to maximise your gains from training it is important that you are doing all that you can to allow your body to recover during, after and between training and playing. The following provides different recovery options for you to try to incorporate into your training week on top of the NON-NEGOTIABLE recovery tools listed below.

RECOVERY NON-NEGOTIABLES

1. Balanced Diet
   - 6+ smaller meals per day

2. Post Training Snack
   - Good Options Include: Low-Fat Yoghurt, Banana, Up & Go, Protein Shake/Bar,

3. Hydration
   - Consume 500mL in first hour of waking and continue to sip water all day
   - Urine colour should be pale with plenty of flow

RECOVERY TOOLS

Diet/Hydration

- Pre and post training snacks
- Weigh in pre and post training – drink 1.5x body weight lost in fluid over the next hour or so
- Maintain eating/hydration plan on weekends or holidays when out of normal routine.

Pee Chart

1
2
3
4
5
6
7
8

Your target is to make sure that your pee is the same colour as numbers 1, 2 or 3. Colours 4 and 5 suggest dehydration, and 6 and 7 severe dehydration
**Compression Tights/Socks**
- Wear after training (rather than during) for at least 2 hours
- Wear to bed if possible
- Wear during any travel greater than 2 hours in duration

**Contrast or Cold Shower Options**
- a) 1 min Hot / 1 min Cold x 5-7
- b) 30s Hot / 30s Cold x 7-10
- c) 2 min Hot / 2 min Cold x 3
- d) 3 min Cold / 1 min Warm / 3 min Cold
- e) 5 min Cold

**Ice Bath Options**
- a) 10 mins Full Body Immersion
- b) 1 min Ice Bath / 1 min Warm Shower x 8-10
- c) 1 min Warm Shower / 3 min Ice Bath x 3-4
- d) 2 min Ice Bath / 2 min Warm Shower / 5 min Ice Bath x 2
- e) 2 min Warm Shower / 2 min Cold Shower / 2 min Ice Bath x 3

**Water Recovery Sessions**
15-20 mins light aerobic activity (water running or swimming) plus dynamic and static flexibility.

**Static Stretching**
15-20 mins of static stretches with emphasis on problem areas. Hold stretches for at least 45 sec each side.

**Daily Monitoring of Training**
Keep note of each session completed and your general well-being/injury status for each (complete a Weekly Monitoring and Recovery Sheet).

**Sleep**
Aim for 8 hours+ sleep per night. Power naps only if sleeping during the day (max 30 mins). Try to maintain common wake time each day, even on weekends.

**Alcohol**
Avoid consumption of alcohol. Even a couple of standard drinks can affect recovery for the next 1-2 days. Heavy consumption affects food intake, hydration status, sleep quality, hormone status (reduces testosterone = muscle building/repairing hormone) and cancels out a lot of the good work put in during the training week. Women are smaller, have higher body fat and lower body water content so an alcoholic drink will produce a higher blood alcohol concentration.
Water Recovery

Water recovery sessions are often performed in a 25m or 50m pool. The session should be conducted over 15-25 minutes and will include light aerobic activity (water running or swimming) and dynamic and static flexibility activities.

Session Outline:
- 4 laps of the pool - freestyle out, backstroke back.
- Running forward X 2 laps (out & back).
- Running backward X 2 laps.
- Side shuffle X 2 laps leading with right leg first then leading with left leg.
- Hanging onto side kicking - 5 X 15 sec kicking with 15 sec recovery.
- Running forward with shoulders under the water X 2 laps.
- 5 max effort squat jumps - squat down until shoulders under the water then explode up as high as you can - complete 2 X 5 jumps with 20 sec recovery between blocks of five.
- 4 laps of the pool - freestyle out, backstroke back.
- Washing machines - squat down so shoulders under the water. Cross arms across chest. Rotate explosively for 15 sec then have 15 sec recovery.

Complete 5 X 15 sec on:15 sec off

Putting It All Together

Post Training and Competition
- 0-10 min Post: Light exercise (i.e. warm-down) and rehydration.
- 10-20 min Post: Light stretching.
- 20-30 min Post: Water immersion (e.g. showers, ice baths, pool) and also nutrition snack/supplement.
- 30 min Post: Weigh in to determine fluid loss (and determine fluid intake for rest of the day).
- Wear compression garments following shower.
- 1-2 hrs Post: Appropriate meal.
- No alcohol.
- Ensure appropriate sleep is achieved.

Day after the Game
- Body weight measurement (for hydration status).
- Light exercise (e.g. jog, water based activity, cycle, etc).
- Stretching and mobility exercises.
- Massage/self massage.
- Nutrition throughout day.
- Compression garments.
- Another good nights sleep.
Fix Up
Your guide to injury management

Nobody likes being on the sidelines as a result of injury. The best way to recover from any soft tissue injury is by using the RICER and NO HARM injury management approach. They help to prevent further damage and will mean less time away from your sport or activity.

- The first 48-72 hours are vital to the effective management of any soft tissue injury.
- Soft tissue injuries refer to all ligament sprains, muscle strains and muscle bruises (tendons) and most bumps and bruises which occur in sport.
- The immediate treatment is RICER.
- RICER should be initiated immediately after injury and continued for 48-72 hours.
- To ensure a successful recovery, NO HARM factors should also be followed in conjunction with RICER.

**Rest**
Place yourself in a comfortable position, keep the injured area supported. Avoid using the injured area for at least 48-72 hours as continued activity will increase bleeding and damage.

**Ice**
Apply ice to the injured area for 20 minutes, every two hours for the first 48-72 hours after injury. Ice reduces swelling, pain and bleeding. Ice can be used in the following ways:
- Crushed or cubed ice in a wet towel or plastic bag
- Frozen peas packet in wet towel
- Cold pack wrapped in a wet towel
- Ice or cold water is better than nothing. Caution: Do not apply ice directly to skin.

**Compression**
Apply a firm, wide elastic bandage over the injured area, as well as down and below. Where possible hold ice in place with the bandage. Between ice treatments maintain bandage compression. Applying a bandage will reduce bleeding and swelling and also provide support for the injured area. Caution: Ensure the bandage is not too tight. Some signs of the bandage being too tight may include numbness, tingling or skin becoming pale or blue. If these symptoms and/or signs develop remove the bandage and apply again firmly but not tightly.

**Elevation**
Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.

**Referral**
As soon as possible after injury arrange to see a qualified health care professional such as a doctor or physiotherapist. This will determine the extent of your injury and provide advice on treatment and rehabilitation required.

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Early and correct use of RICER and NO HARM factors is essential for the initial management of a soft tissue injury. RICER and NO HARM should be continued for 48-72 hours.

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[Website: www.smartplay.com.au]
CHAPTER 5
STRENGTH AND CONDITIONING
ACCELERATION & MAXIMUM VELOCITY

WARM UP

• Before you begin any of these sessions it is important that you spend at least 10-minutes warming up and getting your body ready to work at the intensity required during these sessions
• Training to improve your acceleration and speed requires you to perform each effort during the session at a maximal intensity, therefore your body needs to be prepared to operate at this level to ensure you do not suffer any injuries
• You should complete a warm-up along the same structure that is used prior to our usual trainings. Examples include:

**Easy jog & skip 300m** - Alternate efforts of 50m skipping and jogging up and back a rugby field

**A-Skips over 20m** - Complete 3 X 20m with an easy low skip back to the start each time. Concentrate on keeping upper body up right (tall posture), relaxed full arm swing from the shoulders, punching your feet into the ground, big split between legs each skip

**Carioca over 20m** - Running sideways concentrating on accelerating rear knee through with each stride and getting separation between torso and lower body

**High knee runs over 20m** - Complete 3 X 20m with an easy skip back to the start line each time - Focus on keeping upper body up right (tall posture), relaxed arm drive with the swing coming from the shoulders, powerful foot contact with the ground, quick foot contact with the ground, toe up on foot contact with the ground

**Butt kick runs over 20m** - Complete 3 X 20m with an easy skip back to the start line each time - Focus points as outlined above but this time kicking heels back up towards butt

**Walking lunges** - Complete 5 walking lunges each leg - Focus on keeping upper body upright, feeling a stretch in the hip flexor and quadriceps in your back leg and the hamstring in your front leg each lunge, hold the bottom lunge position for 2 seconds each time

**Frankenstein marches** - Complete 5 marches each leg - Focus on keeping upper body upright while kicking 1 leg out in front of you. Don’t kick too high each time, just high enough that you can feel a stretch in the hamstring of the leg you are kicking out

Sub maximal accelerations

- Perform 2 X 20m accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time
- Perform 2 X 30m accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time
- Perform 2 X 40m accelerations at approximately 80-90% of your maximum speed with an easy skip back to the start line each time

**Stretch** - Have a final stretch of each of the major muscle groups of the lower body - Glutes, hamstrings, quadriceps, hip flexors, inner thighs (groin), calves.
SESSION 1 - ACCELERATION

Pace out and place a marker at 10m/15m/20m

Rolling start efforts -
- Here each effort begins with an easy 5m jog to the start line
- When you hit the start line accelerate as hard as you can through to the 10m marker
- Make sure you run past the marker each time and come to a gradual stop rather than trying to slow down as quickly as you can
- Have an easy walk back recovery between each effort
- Remember each effort must be performed at a maximal intensity so run as fast as you can each time. Focus on a fast powerful arm drive during the efforts as leg speed is dictated by your arm speed. Keep your torso strong each time and keep shoulders relaxed. Make sure arm drive is not across your body, keep it linear
- Complete 5 efforts at each distance - 225m

3-minute recovery/drink

Standing start efforts -
- This time you will begin each effort with a standing start
- Complete 5 efforts at each distance - 225m

Total session distance (excluding warm-up) - 450m

At the completion of the session make sure you have a very good stretch of all the major muscle groups of the lower body Spend at least 10-minutes going through these stretches.

SESSION 2 – MAXIMUM VELOCITY

Warm-up
- As outlined above

Pace out and place markers at 40m/50m/60m

Rolling start efforts -
- As above each effort begins with an easy 5m jog to the start line
- When you hit the start line accelerate as hard as you can through to the 40m marker
- Make sure you run past the marker each time and come to a gradual stop rather than trying to slow down as quickly as you can
- Have an easy walk back recovery between each effort
- With these longer efforts you will need to concentrate on maintaining your sprint form throughout the duration of each effort. When you begin to fatigue you will tend to get lazy with your technique and this will cause you to run slower
- Complete 3 efforts at each distance - 450m

3-minute recovery/drink

Standing start efforts -
- This time you will begin each effort with a standing start
- Complete 3 efforts at each distance - 450m

Total session distance (excluding warm-up) - 900m

As above, take 10-minutes and have a good stretch of all the major muscle groups of the lower body.
SESSION 3 – ACCELERATION & CHANGE OF DIRECTION

Warm-up

- As outlined above
- Place markers at 5m/10m/20m

Forwards/Backwards change of direction -

- Starting on the try line on your stomach, get up as quickly as you can and accelerate through to the 5m line
- Stop as quickly as you can once you pass the 5m line- When training to stop quickly focus on dropping your hips and taking short, quick strides
- Accelerate backwards to the try line as quickly as you can
- Once you reach the try line accelerate forwards as fast as you can to the 20m marker
- The idea of this drill is to cover the total distance as quickly as you can - Distance of each effort is 30m
- Easy walk back to the start - Repeat X 5- 150m
- Start from different body positions for each effort- stomach, back, sitting, kneeling, standing
  3-minute recovery/drink
- Repeat X 5 efforts - 150m

Acceleration + Left/Right Change of Direction

- With a 5m rolling start accelerate hard through to 10m
- At the 10m marker cut hard to either the left or right and continue to accelerate as hard as you can for 5m
- When you change direction concentrate on maintaining stride rate (don’t slow down)
- Plant your outside foot hard and drive off
- Keep arm drive fast and strong
- Distance of each effort is 15m
- Easy walk back recovery between each effort- Repeat X 5 - 75m
  3-minute recovery/drink
- Repeat X 5 efforts - 75m

Total session distance (excluding warm-up) - 450m

As above, take 10-minutes and have a good stretch of all the major muscle groups of the lower body.
**WARM UP**

- Always complete at least a 10-minute warm-up prior to beginning your session
- Running of gradually increasing intensity as well as dynamic stretching such as –
  - Roll to hamstring stretch X 10
  - Lying rotations- 5 each side on your back then rolling onto your stomach for 5 each side
  - Hamstring/Hip flexor stretch- 5 each leg holding for 2s in each position
  - 10 ½ push-ups- keeping hips and legs on ground while pushing your upper body up
  - 10 leg swings each side gradually increasing force of swing
  - 5 walking lunges each side
  - 5 walking leg kicks each side

**SESSION 1**

Big/small Triangles

For the first set of intervals you are completing 1 field width-1 full field length-1 diagonal back to the start. This adds up to **292m**
- Complete **5 X 292m** intervals
- Run each interval hard while concentrating on holding good form right through each effort

Begin each new interval on:
Props/Hookers/locks- **2min30sec**
Backrow/Backs- **2min**

**3 minute recovery/drink**

For the next 10 intervals you are completing 1 field width-1/2 a length- 1 diagonal back to the start. This adds up to **206m**
- Complete **10 X 206m** intervals
- Begin each new interval on:
Props/Hookers/locks- **1min45sec**
Backrow/Backs- **1min15sec**

**Session total - 3520m**
SESSION 2

Set 1 - 10 X 100m
Beginning each interval on 60s
Aim to complete each interval in:
Props/Hookers - 20-25s
Locks/Backrow/back - 16-18s
2 minute recovery/drink

Repeat 10 X 100m
2 minute recovery/drink

Set 2 - 10 X 50m
Beginning each interval on 30s
Aim to complete each interval in:
Props/Hookers/Locks - Under 10s
Backrow/Backs - Under 8s
90 second recovery/drink

Repeat 10 X 50m

Session total - 3000m

SESSION 3

Set 1 - 10m drill
Start on the 10m line
Sprint to the ½ way line & back to the 10m
Sprint to the far 10m - drop to the ground touching your chest to the line - sprint back to the start
The distance you are sprinting each time is 60m
Complete each sprint in the fastest speed possible each time
Repeat 5 repetitions starting each new interval on 45s
90 second recovery/drink

Repeat 3 sets of 5 repetitions with 90s recovery between each set of 5
2 minute recovery/drink

Set 2 - 22m sprint repeats

6 X 22m starting each interval on 20s
90 seconds recovery
4 X 22m starting each interval on 20s
90 seconds recovery
6 X 22m starting each interval on 20s
2 minute recovery/drink

Repeat Set 1

Session total - 2152m
SESSION 4

Diamond run

Starting under the goal posts at 1 end

The course is a diagonal run from centre field under the posts out to a cone at the intersection of the ½ way line and the side line, diagonal into the centre under the goals posts at the other end, diagonal out to a cone at the intersection of the ½ way line and the side line then back to your start position under the goal posts.

Follow the arrows in the diagram above

Each round is 244m

Complete 5 diamonds

Begin each new interval on:

Props/Hookers/Locks- 2min15sec
Backrow/Backs- 1min45sec

Complete each interval as fast as you can each time, aiming to minimise the decrement over the 5 repetitions

3 minute recovery/drink

Repeat 5 diamonds

3 minute recovery/drink

Repeat 5 diamonds

Session total - 3660m
SESSION 5

Full field Zig-Zag

Follow the arrows in the diagram above

Place markers of some type at each change of direction as in the above diagram (try line/22m line/1/2 way line/22m line/try line)

Begin in 1 corner of the field

Follow the lined arrows as in the diagram above, covering the distance as quickly as you can

Aim to accelerate hard out of each corner

**Each full field zig-zag is 296m**

Complete 5 X 296m with 90s recovery between each effort

3 minute recovery/drink

Repeat 5 X 296m with 90s recovery between each effort

**Session total - 2960m**
SESSION 6

Width shuttle

Follow the arrows in the diagram above

Begin on the side line
Sprint to the 15m line and drop to the ground
Perform a push-up then get up as quickly as you can and sprint back to the sideline
Perform a push-up then get up as quickly as you can and sprint to the far sideline
Accelerate as fast as you can out of the turn and sprint back to the start
Each repetition is **170m**
Complete **5 X 170m** beginning each new effort on 90s

**90 second recovery**

Repeat **3 sets of 5 X 170m** efforts (so in total for the session you will complete **15 X 170m**)

Have **90 seconds recovery** between each set of 5 X 170m

**Session total - 2550m**
SESSION 7

400m effort (4 lengths of the field)
Begin next effort on 4-minutes

400m effort
Begin next effort on 4-minutes

300m effort (6 X 50m)
Begin next effort on 3-minutes

300m effort
Begin next effort on 3-minutes

200m effort (2 lengths of the field)
Begin next effort on 2-minutes

200m effort
Begin next effort on 2-minutes

100m effort (50m up & back)
Begin next effort on 60s

100m effort

3-minute recovery/drink
Repeat
Aim is to run each effort as hard as you can - recoveries are set at a time that should allow you to maintain leg speed throughout each effort

Session total - 4000m

SESSION 8

5 X 200m efforts
Alternate between 50m up & back repeats and 100m up & back repeats
Begin each new effort on 2-minutes

90s recovery/drink

5 X 200m efforts
Begin each new effort on 90s

90s recovery/drink

5 X 200m efforts
Begin each new effort on 2-minutes

Session total - 3000m
PRE-MATCH WARM-UP

Sevens tournaments are physically and mentally draining and it is important to recover, hydrate and have the ability to switch on and off. The warm up flicks the switch for ON!

Warm ups need to be adapted to time between games, space availability, available equipment and match focus.
Assuming a general rule of 3 games in a day, warm ups can be shortened from 20min for the first, 15min for the second and 10min for the third.

Warm Up Sequence
1. Players complete their own stretches as required.
2. Team huddle to discuss 2-3 focal points for the match
3. Ball skill and agility work
4. Ruck work
5. Tracking
6. Decision making
7. Team Run (if time and environment permit)
**WARM UP ACTIVITY:** Pop Pass

**OBJECTIVE:** Keep the ball

**DESCRIPTION:**
- Players form two lines approximately 15m apart.
- At half pace, players run back and forth pop passing the football.

**DIAGRAM 1**

**NOTES/CUES:**
- Vary the pass to be left hand only, right hand only, knee height, flick pass and roll.
- As the first activity, allow players the time to build up speed.
- Two footballs can be introduced.
**WARM UP ACTIVITY:**
Grid Catch and Pass

**OBJECTIVE:**
Lift intensity and arousal levels.

**DESCRIPTION:**
- Players form groups of three on the corner of the grid.
- Players pass the ball in the nominated direction (clockwise/counter clockwise), following their pass to join the line on the next corner.
- Players receiving the pass should call for the ball and leave their marker before receiving it.

**DIAGRAM**

**NOTES/CUES:**
- Vary the distance of the grid from narrow to wide to narrow.
- Ensure effective communication from receivers.
### Description:

- Players set up in two groups of three attackers with a link player in the middle.
- Each attacking three is opposite two defenders with pads.
- The link player passes the ball to one group of three attacking players (A1, A2, A3) who take the ball into contact against 2 defenders (D1, D2) who are holding tackle pads.
- The three attackers win the ball and pass to the link man, who passes to the next three attackers (A4, A5, A6) who take the ball into the two defenders D3, D4.

### Diagrams

<table>
<thead>
<tr>
<th>Diagram 1</th>
<th>Diagram 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.png" alt="Diagram 1" /></td>
<td><img src="image2.png" alt="Diagram 2" /></td>
</tr>
</tbody>
</table>

### Notes/Cues:

- The first attackers are working hard off the ball to reload and realign for the next pass.
- The team makes it way down the 20m channel before changing roles and returning.
<table>
<thead>
<tr>
<th>WARM UP ACTIVITY:</th>
<th>OBJECTIVE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 v 2</td>
<td>Realignment, Draw and Pass</td>
</tr>
</tbody>
</table>

**DESCRIPTION:**

- Three attackers align down field with two defenders behind them.
- Three attackers play out unopposed.
- They then turn, realign and attack back against the two defenders.

---

**NOTES/CUES:**

- Ensure players rotate through all roles.
**WARM UP ACTIVITY:** 1 v 1 Track
**OBJECTIVE:** Preparation for tackle

**DESCRIPTION:**
- To players face each other at opposite ends of a 10m x 5m grid.
- One player passes the ball to other and becomes the defender.
- The player that catches the pass becomes the attacker and attempts to score a try at the opposite end of the grid.
- The defender tracks and aims to make a two handed tag on the ball carrier.

**DIAGRAM**

**NOTES/CUES:**
- Ensure a quick, flat pass is thrown.
- Defender must move forward, keep feet active and deny the ball carrier time and space.