



SCRUM-HALF

Role & Practice Guide

SCRUM-HALF - MY ROLE

Priorities are:

1. Deliver a perfect pass off both left and right side.
2. Transfer the ball to a position behind the opposing forwards by either running with the ball or kicking it.

Scrum-Half is a very vital position in the team and to fill the role they have to be an especially talented player with a sixth sense.

I need to be:

Athletic – Strong wrists, good co-ordination and agility are general trademarks. I need speed both in defence and attack over 15-20 metres. Because of the physical contact involved in the position, I also require strength, resilience. I also need a high aerobic capacity to be always at the breakdown.

Communication – Apart from a special understanding with the Out-Half and Hooker, I must always control the method & timing of delivery from the forwards. I should always be encouraging them and giving direction.

Crafty – It is a big advantage to intelligently vary the distribution of the ball between backs and forwards. A slightly cheeky approach can also help keep control around the base of set pieces, rucks and mauls.

Unselfish – To successfully create space and relieve pressure outside the Scrum-Half must have the ability to clear the ball quickly and regularly. For my variations to be effective I must underplay my hand and not look to see what is on for myself before I make a decision.

Do's

- Save time by standing close to forwards, and in position to pass
- On our ball stand at No 1 in the lineout. This conceals where the ball is going to add allows me to move in the direction of the pass
- Try to be in a position to clear the ball from all breakdowns as I have the best credentials to do the job
- Run close to the forwards engagement to get in behind the opposition before they break, or alternatively, run very wide in the hope that the opposition backs stay with their own players
- Practice kicking with both feet, to gain distance or put the ball high over the lineout/scrum to get the opposition forwards going backwards or regain possession with a chase.
- Step away or back from the opposition to create my space for kicking or to committ the pillar defence.

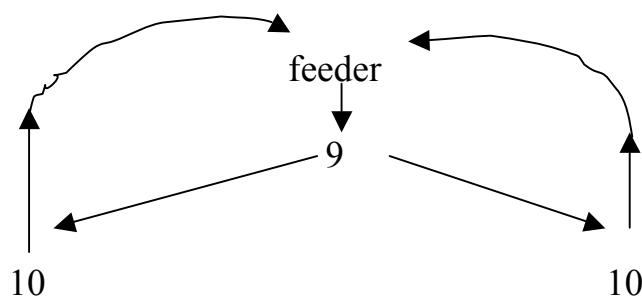
SCRUM-HALF - PRACTICES

1. **Handling** (unopposed in groups of 3 plus a feeder)

Equipment: 2 balls

Aim: to practice basic passes (standing, pivot and dive)

Feeder to deliver the ball in variety of ways to scrum-half, 9, from the air, along the ground, to the left and to the right. Scrum-half to feed the out-halves, 10, alternately, out-half to return ball to feeder. Out-half initially to act as a static target and subsequently to take the ball on the run.



2. **Handling** (unopposed in pairs)

Equipment: 4 balls, 4 ruck pads or tackle bags

Aim: to develop the standing pass and eliminate wind-up

Balls to be placed on the ground about 2-3 metres apart and with a gap between the ball and the ruck pad/tackle bag, just sufficient for the scrum-half to insert his hand. Scrum half to practice using one-handed scoop pass, followed by two-handed pass

