



England  
Rugby

Leicestershire Technical  
Session

SCRUM

January 2019

George Richardson

## Scrummaging Shopping List

- Stage 1 – Pre Match Brief
  - Make it brief – Key information and safety only
  - Create the atmosphere – This is your moment to build rapport
  - Get across what “you” want – it is “your” pre-match brief
  
- Stage 2 – Mark
  - Wait for hookers
  - Create time and space – for yourself and the players
  - Control at all stages – 3 calls that require 3 actions
  
- Stage 3 – Scrum

## Stage 3 – Scrum

- **3.1 – Crouch: Observables**
  - Individually Square – Hips to hookers
  - Parallel – All Shoulders parallel to try lines
  - Supporting weight – No hands on hips/legs/floor
  - Neutral drive – Head Parallel to hips.
- **3.2 – Bind: Observables – Step back and get the bigger picture**
  - *All of the above* +++
  - Bind on the back
  - Elbow in neutral
  - NO PRE-ENGAGE
- **3.3 – Set: Observables**
  - *All of the above* +++
  - Stability over the mark
  - Throw straight
  - Hook
  - Flankers staying on own props – Attack and Defence
- **Management:**
  - Any Deviance on our points above – Materiality and Standards?

“You only become a referee when you blow the whistle – Manage the outcome”

THE  
GAME  
OF OUR  
LIVES