

# **Tokyo Gaijin Rugby Football Club** **Beginners Rugby Manual**

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## **1. Introduction**

### **1.1 Self-introduction**

My name is Joe Fisher. I am a 27 year old New Zealander. I have been playing rugby since I was 5 years old. I first joined the Tokyo Gaijin RFC in 2003 when I was working as an English teacher in Japan. I captained the side in 2004 and, as captain, had responsibility for running training sessions. During this year I discovered that I really enjoyed coaching and decided that I wanted to develop my skills in this area as much as possible. After a couple of years back in New Zealand I returned to Tokyo with my fiancée Hiroko in January 2007 to work as a lawyer. I am now dividing my rugby time fairly equally between the Tokyo Gaijin and the Yokohama Country and Athletic Club (where I am 1<sup>st</sup> XV vice-captain for the 2007/08 season). The Tokyo Gaijin are kind enough to let me run training sessions for them whenever I am available to do so.



To further develop my coaching I am very interested in attending training sessions of other rugby clubs, either in Japan or further abroad. I would enjoy looking at how other coaches are doing things and would be more than happy to assist any clubs which would like some coaching assistance. Anyone interested in discussing opportunities can contact me at [joefisherabroad@hotmail.com](mailto:joefisherabroad@hotmail.com).

### **1.2 Aim of this document**

The aim of this document is to assist anyone interested in rugby and in learning more about the game. In particular, I hope that people who are new to the game will find this document a useful resource.

My aim is to regularly update this document. I think of this as the first draft rather than the finished article - there are a number of improvements that I intend to make to this document in due course.

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### **1.3 Other sources of information**

For those who are interested in learning more about rugby, I would recommend the following resources:

#### 1.3.1 Books

*101 Rugby Training Drills*,  
Ray Unsworth & Damian  
McGrath (3<sup>rd</sup> Ed.)

*Rugby: Skills, Tactics and Rules*, Tony Williams & Gordon Hunter  
*SAQ Rugby*, Alan Pearson

#### 1.3.2 Websites

Joberrugby (<http://www.joberrugby.com/index.html>)

Better Rugby Coaching (<http://www.betterrugbycoaching.co.uk/>)

Rugby Tactics (<http://www.rugbytactics.com/index.php>)



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## **2. The Basics**

### **2.1 Positions**

It is commonly heard that rugby is 'a game for all shapes and sizes'. Whilst this is perhaps becoming debatable at the professional level,



at the amateur level this claim still rings true. This section on positions is aimed to help new players choose a position and new coaches select a team.

#### **2.1.1 Front Row (1-3)**

The key requirements for front row players are strength and size. The core roles of the front row are to push in scrums, lift in line-outs, drive in mauls and clear out rucks. All of these roles require pure physical strength at their base. After strength, the next most important attributes for front rowers to develop are technique and aerobic endurance.

#### **2.1.2 Second Row (4-5)**

The key requirement for second row players is height. The core roles of the second row are to 'lock' the scrum, jump in line-outs, and secure kick-offs. In all of these roles height is a key element. After height, the next most important attributes for second rowers to develop are jumping ability and technique.

#### **2.1.3 Back Row (6-8)**

The key requirement for back row players is aerobic endurance. The core role of back rowers is to act as a link between the forward pack and the backline. To do this effectively they need to be the fittest players on the field. After height, the next most important attributes for back rowers to develop are tackling skills and handling skills.

#### **2.1.4 Inside Backs (9-10)**

The key requirement for inside backs is decision-making. The core role of inside backs is to act as the team decision-makers – deciding

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whether to kick, hit the ball up close or send it wide. To act effectively they need to have a sound knowledge of the game and the ability to make decisions under pressure. After decision-making, the next most important attributes for inside backs to develop are kicking skills and handling skills.



### **2.1.5 Centers (12-13)**

The key requirement for centers is handling skills. The core role of centers is to try and create space for the outside backs. To act effectively they need to have good handling skills – the ability to receive the ball under pressure and then time correctly when to distribute it on. After handling skills, the next most important attributes for centers to develop are decision-making skills and tackling skills.

### **2.1.6 Outside Backs (11,14,15)**

The key requirement for outside backs is speed. The core role of outside backs is to make the most of chances which have been created for them. To act effectively they need to have the speed to finish opportunities. After speed, the next most important attributes for outside backs to develop are handling skills and tackling skills.

## **2.2 Laws**

The Laws of rugby can be found in English, French, Spanish, Russian, Chinese and Japanese at the following site:  
<http://www.irb.com/lawregulations/laws/index.html>

## **2.3 Team Attack**

The obvious aim of attack is to score. There are a number of ways this can be

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achieved – by running through the opposition, by running around the opposition, by kicking over the opposition and regaining the ball.

There are no universal rules about how a successful attack should be conducted – each team must analyze their own strengths and weakness, as well as those of the opposition, before working out their attacking strategy. However, there are some key principles which most successful attacking strategies adhere to:

### 2.3.1. Run straight

The shortest route to the try-line is the most direct. By running straight you are maximizing your chances of gaining ground for your team. You are also making it harder for the opposition players



defending you to slide across to your team-mates if you pass the ball. Most importantly, by running straight you are promoting good running lines for your team-mates in support and maintaining the space they have outside you.

### 2.3.2. Look for space

When surveying the defensive line, look at the space between the defenders. Where there is the most space is where you should be trying to direct your attack.

### 2.3.3. Support the person with the ball

Communicate to let them know where you are. Give them options.

### 2.3.4. Don't pass the ball to a team-mate in a worse position than yourself

This kind of pass is known as a 'hospital pass'. The reason why is because giving the ball to a team-mate in a worse position than yourself is often followed by you visiting your team-mate in hospital to apologize! If there is no-one in a better position than yourself than

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keep hold of the ball.

### 2.3.5. Try to keep the ball alive

If possible, try not to 'die' with the ball. If you can release a good pass to a team-mate in a better position than yourself then the attack can continue. That said, if you cannot get a good pass away or if there is no-one in a good position to receive a pass then the best thing to do is hold onto the ball.

## **2.4 Team Defence**

The basic aim of defence is to prevent the opposition from scoring. A good defence actually does more than this – it puts the opposition under pressure and forces turnovers in possession. Like with attack, there are a number of defensive strategies that a team can employ on defence and there are no universal rules about how a successful defence should be conducted. However, there are some key principles which most successful attacking strategies adhere to:



### 2.4.1. Move forward in one line

Moving forward in one defensive line means that attackers can only look at the width between each defender when deciding where to attack. In contrast, moving forward in a staggered formations means that attackers can also look at the depth between each defended – a 3-D picture instead of a 2-D picture.

### 2.4.2. Keep good spacing

The space between each defender should mirror the space between each attacking player. This forces the attacking team to create their own space on the field. In contrast, if the defensive team's spacing does not mirror that of the attacking team then the attacking team needs to only to exploit the discrepancies which are already there.

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2.4.3. Communicate

Let your team-mates know where you are and which player you are covering.

2.4.4. Keep your eyes open

Constantly assess whether you are in the correct position.

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**3. Set Pieces**

**3.1 Scrums**

A solid scrum gives a back-line an ideal platform from which to attack. In contrast, a scrum under pressure transfers this pressure to the back-line, if they can even clear the ball at all. This means that a strong scrummaging team can provide their own back-line with quality possession and greatly disrupt the quality of possession the opposition back-line receive. As such, scrums are obviously a crucial area of the game.



The key elements to a good scrum are as follows:

**3.1.1 The right personnel**

The raw material you start with will largely determine the levels you will be able to achieve. Teams need to be realistic about this when assessing how they will approach scrummaging. If your forward pack contains better raw material than the forward packs you will be playing against then scrummaging should form a key element of the team's game-plan. In contrast, if your forward pack is realistically going to be facing opponents who are better physically equipped then you either need to try to find better raw material or acknowledge that your scrummaging aims should be more modest – focus on winning possession.

**3.1.2 Clarity of purpose**

Everyone in the forward pack needs to understand what the team as a whole is trying to do on each scrum and what their individual role in achieving this is. As a general rule, the team in possession usually tries to keep the scrum steady whereas the defensive side usually tries to disrupt the scrum by pushing the opposition back. However, this is not always the case – sometimes the team in possession will want to move the scrum forward, to effect a push-over try for example – so the team's aim needs to be clarified before each scrum.

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### 3.1.3 Coordinated effort

To be as effective as possible, everyone needs to push together.

### 3.1.4 Good technique

As a basic overview, each player should be looking to adhere to the following technical points:

- A. Solid base;
- B. Straight back;
- C. Eyes up;
- D. Shoulders above hips.



## **3.2 Line-outs**

Like a solid scrum, a good line-out gives a team an ideal platform from which to attack. In contrast, a line-out under pressure is unlikely to win quality possession or even any possession at all. Because line-outs have such a strong influence on which team has possession they are obviously a crucial area of the game.

The key elements to a good line-out are as follows:

### 3.2.1 The right personnel

As with scrummaging, the raw material you start with will largely determine the levels you will be able to achieve with your line-out. Again, teams need to be realistic about this when assessing how they will approach line-outs. If your forward pack contains better raw material than the forward packs you will be playing against then line-outs should form a key element of the team's game-plan. In contrast, if your forward pack is realistically going to be facing opponents who are better physically equipped then you either need to try to find better raw material or acknowledge that your line-out aims should be

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more modest – focus on winning possession.

### 3.2.2 The right structure

Line-outs provide more opportunity for creativity than scrummaging. The formation and number of players in a scrum is not able to be varied. In contrast, the number of players in a line-out and the



way they line up is completely the decision of the team with the ball. This provides an opportunity to tailor your team's line-outs to suit your personnel. The standard formation involves all eight forwards involved in the line-out with jumping options in positions two, four, and six and lifters in positions one, three, five, and seven. However, options where you reduce the number of players are also popular. By reducing your line-out to your best line-out players you give these players more room to work in. Also, as the defending line-out is required to match the attacking line-out's numbers you force the opposition to rethink their own structure.

### 3.2.3 Coordinated effort

Everyone needs to know the calls and their own role on each option.

### 3.1.4 Good technique

As a basic overview, player should be looking to adhere to the following technical points:

- A. Explosive movements (Jumpers / Lifters);
- B. Athletic posture (Jumpers / Lifters)
- C. Straight legs (Jumpers);
- D. Full extension (Lifters).

## **3.3 Kick-offs / 22-meter drop-outs**

When receiving a kick-off or a 22-meter drop-out, a team's first priority

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should be to secure the ball. After that has been achieved, it needs to be decided whether to kick or run the ball back at the opposition.

When kicking-off or executing a 22-meter drop-out, a team's first priority should be to ensure that they have in a place a solid defensive line chasing the kick. They may also want to instruct one or two players to sprint ahead and try to disrupt the opposition's catch.



### **3.4 Penalties / Free-kicks**

When a team is awarded a penalty or a free-kick they need to decide quickly whether they want to launch an immediate attack on the opposition (a 'tap and go'). The advantage of a tap and go is that there is a good chance the opposition will be unprepared defensively. This disadvantage is that the team in possession may also be unprepared in attack!

If the tap and go is decided against then the normal options off a penalty are to kick for goal, to call for a scrum, to kick the ball out and take the line-out, to attack from the penalty spot, or to set up a special move.

From a free-kick the options are limited to kicking the ball out and conceding the

line-out or attacking from the free-kick spot.

When a team has a penalty or a free-kick awarded against them their first priority should be to retreat 10 meters and get their defensive line in order.

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## **4. Training**

### **4.1 Warming Up**

The first 15 – 20 minutes of any training session should be devoted to warming up. Warm-ups have traditionally involved light exercise followed by static stretching. A number of sources now recommend dynamic stretching rather than static stretching during the warm-up phase. The following are some dynamic stretches that the Tokyo Gaijin often do during warm-ups:



#### **4.1.1 High Knees**

Run forward for approximately 20 meters, lifting knees high on every stride. The focus should be on the quality of movement rather than the speed in which the distance is covered.

#### **4.1.2 Butt Flicks**

Run forward for approximately 20 meters, flicking your heels backs towards your bum on every stride.

#### **4.1.3 Forward Lunges**

Walk forward with a lunge every third step. Do 10 lunges as one set. Work on keeping your movements as controlled as possible.

#### **4.1.4 Side-to-Sides**

Run sideways for 20 meters and then back, facing the same way. Ensure that the legs do not cross each other.

#### **4.1.5 Press-Ups**

A very simple way to warm up the upper body – do 15 press-ups at about 50% pace.

Note: With all of these exercises, the focus should be on the quality of movement rather than the speed with which the exercise is completed.

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### **4.2 Fitness Exercises**

A base of aerobic fitness is a key requirement for any rugby player. The following are some fitness exercises that the Tokyo Gaijin often do at training:



#### **4.2.1 Suicides**

Shuttle running with a little extra. Split the team into forwards and backs. Set up two cones as a starting line and then another two cones at the following distances from the starting line: 10 meters, 20 meters, 40 meters, 80 meters. The players, in their groups, have to run out to each cone and then back. One set is 300 meters. One group rests while the other runs. The Tokyo Gaijin do seven sets as the fitness for one training session. When the players get to each cone they have to do the following:

1<sup>st</sup> Set: Nothing

2<sup>nd</sup> Set: Touch the ground

3<sup>rd</sup> Set: Drop onto stomach and get up

4<sup>th</sup> Set: Drop onto back and get up

5<sup>th</sup> Set: Drop onto stomach and get up

6<sup>th</sup> Set: Touch the ground

7<sup>th</sup> Set: Nothing

One variation which can be introduced is to get the players running forwards out to the cones and then backwards back to the start line.

#### **4.2.2 Chain Running**

Shuttle running in a team environment. Split the team into groups of roughly seven players. Set up two cones as a starting line and then another two cones at the following points from the starting line: 40 meters, 80 meters. The first player of the seven runs out to each cone and then back. When he gets back he links arms with the second player and they run out to each cone and back. Then they link arms with the third player, then the fourth, and so on until all the

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players are running together. After all of the players have run one full set together the first player drops off. After the next set the second player drops off, then the third, and so on until the seventh player does the final set by themselves. The Tokyo Gaijin often do chain running as a fitness supplement to more technical trainings.

### 4.2.3 'Hennie Mullers'

Named after a legendary South African flanker, a Hennie Muller involves starting at one corner of a rugby field and running the width, the length and the diagonal twice so that you



end back where you started – but a lot more tired. Repeat as necessary – the Tokyo Gaijin normally do about five sets as the fitness for one training session.

### 4.2.4 3km Runs

A 3km run is a favourite way for coaches to measure a player's rugby fitness. The Tokyo Gaijin do this exercise semi-regularly by running from a bridge near the training ground out to another bridge and back - a run of about 3.5 kms. The results are recorded so people know if their times are getting better or worse. One such run (known as the 'Tamagawa Bridge to Bridge') serves nicely as the fitness for one training session.

### 4.2.5 100m Races

Pair everybody up and go through a series of 100m races. The winners go through to race against other winners, the losers go through to race against other losers. A good exercise to find out the quickest players in the team and a good general fitness session.

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### **5. Coaching**

#### **5.1 General Points**

The following are some general points that I find it useful to consider when planning and running coaching sessions:



##### **5.1.1 Less is more**

It is better to spend more time on less activities if it means you take enough time to get those activities right. One of the key aims of training is to build the team's confidence. As such it is important to give players a fair chance to work on one coaching point before moving on to the next one.

##### **5.1.2 Mix the old with the new**

A typical Tokyo Gaijin training session involves around six exercises. Out of these six exercises, one or two will usually be new whilst the other four or five will be things the team has done before. It is important to get the balance right. If you introduce too much new stuff in one session you run the risk of overwhelming the players. However, if you continually run the same exercises without introducing anything new then the players may get stale.

##### **5.1.3 Make trainings competitive**

In my experience, rugby players enjoy competition. If you are playing a game at training, keep score and have the losing team do a little extra fitness at the end of training. I have found that this ensures the players 'switch on' and give you 100% during the training game.

##### **5.1.4 Emphasize the importance of doing the basics right**

With beginners, your job will be teaching them the basics. With more experienced players, your job is to ensure that they continue executing the basic aspects of the game correctly.

##### **5.1.5 Drills must be rugby realistic**

Consider whether whether the skills-based drills you are asking the players

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to practice can be directly applied onto the field. If they cannot then I would question the value of the drill.

### **5.1.6 Keep safety in mind**

As a general rule, I don't do a lot of physical contact at Tokyo Gaijin sessions. (By physical contact I mean 100% physical confrontation drills, e.g. one-on-one tackling practice, pack v pack mauling and rucking, full contact team runs, and the like.) Instead, our trainings are usually based around fitness and skills-based exercise rather than physical confrontation. This is largely due to the varied skill level of the players we have in the team and the quality of the pitch we practice on. However, physical contact exercises are definitely useful for many teams. For coaches who do want to work on the more physical aspects of the game at training I would say that the key rule is to make sure that for any physical exercises players are matched up appropriately.



## **5.2 Session Planning**

In planning my sessions I inevitably come back to the following structure:

### **5.2.1 Warm-up (c. 20 mins)**

I always try to start training exactly on time with a light warm-up drill. The purpose of this drill is essentially just to get the team together and to get them to start handling a rugby ball. It is important to me to start on time and I impose a penalty on players who are not ready to start on time – usually a small fitness exercise at the end of training. I want the players to feel that I am organized and focused on the training ahead. I also want to emphasize to the players the importance of approaching their rugby in a professional manner. On a more practical level, starting exactly on time is useful because it usually hurries along those who are taking their time to get changed! After five minutes or so, I wrap up the drill and take the players through dynamic and static stretching. Please see section 4.1

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for some ideas for dynamic stretching.

### 5.2.2 Fitness (c. 20 mins)

I like to get my fitness done early in the session so that the players are practicing all of their skills and team work when they are already slightly fatigued. I try to make the fitness reasonably hard as I believe that a team that trains hard



together bonds together better than a team that mucks around on the training pitch. Please see section 4.2 for some ideas for fitness exercises.

### 5.2.3 Skills Work (c. 20 mins)

This is typically some kind of handling drill (e.g. 2 on 1's, 3 on 2's, 5 on 3's). The aim is always to work on the teams positioning, decision-making and execution skills. If we have a game the next week I sometimes omit this section to spend more time on game specifics.

### 5.2.4 Forwards and Backs (c. 20 mins)

The forwards typically run over their set pieces during this time whilst the backs usually run over their offensive moves and defensive positioning.

### 5.2.5 Team Run (c. 15 mins)

I usually ask the team to do things at 75% speed but to focus on, as with skills work, positioning, decision-making and execution skills. I prefer team runs to be unopposed as I believe one or two reserves opposing an entire team is no more realistic than none at all.

### 5.2.6 Touch Rugby (c. 15 mins)

Rugby players seem to love touch rugby! I try to keep the teams small enough to make sure that every player is required to

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participate fully. I also keep score to emphasize the importance of winning.

### 5.2.7 Warm-down (10 mins)

This is where the latecomers and the losing touch team do their extra fitness exercises. I often encourage the rest of the team to join in. Stretching should also be done at this point although I must admit that this is something we still need to work on introducing.

## **5.3 Session Notes**

The following are the session notes for some of the Tokyo Gaijin's trainings this year:



### 5.3.1 13 May 2007

11.15 a.m. – 11.30 a.m.: Warm-up

Light exercise / static stretching / dynamic stretching

11.30 a.m. – 11.50 a.m.: 'Tamagawa Bridge to Bridge'

Basically a mid-distance (c. 15 – 20 minutes) run.

11.50 a.m. – 12.10 p.m.: Reverse Team Run

The backs have 10 minutes to form themselves into a forward pack, the forwards 10 minutes to form themselves into a backline. Then a 10 minute team run with the newly formed team. There are three aims to this drill: i.) to have fun; ii.) to gain some appreciation for what life is like for 'the other side'; iii.) to develop general skills – it is realistic that a forward may find himself in the backline during a game or that a back may be required to join a maul or clear out a ruck.

12.10 p.m. – 12.40 p.m.: Forwards and Backs

Forwards: Scrum, line-out, and ruck basics (10 minutes). Mauling (10 minutes). Catching practice – improve our reception skills and strategies (20 minutes).

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Backs: Run through moves.

12.40 p.m. – 1.00 p.m.: Team Run

'Starting XV' going through an unopposed team run with reserves swapping in throughout. The aim should be to run through moves at 75% with as few mistakes as possible.

1.00 p.m. – 1.15 p.m.: Touch

Two handed touch. Five minutes per half. No more than five players per team – to ensure there is adequate space and that everybody needs to get involved. Create more than two teams if necessary.

1.15 p.m. – 1.30 p.m.: Punishments / Warm down

Touch Losers: The losing team must 'frog-hop' the length of the touch field and back. If it's a draw, both teams do it ...

Latecomers: 3 minutes Prone Bridge (If you don't last three minutes then you'll need to do 10 press-ups for every 10 seconds under)



### 5.3.2 27 May 2007

11.15 a.m. – 11.30 a.m.: Warm-up

Light exercise (2 on 1's) / static stretching / dynamic stretching

11.30 a.m. – 11.50 a.m.: Bridge Sprints

Everyone assembles. The team splits into forwards and backs. Each group runs out to the next bridge (c. 500m), the backs starting 20 seconds behind the forwards (and trying to catch them). Four sets (there-and-back, there-and-back) with one minute breaks between each set.

11.50 a.m. – 12.10 p.m.: 'New Moves' Session

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Introduction of some new moves to the team – ‘Brumbies’ (a backline move) and ‘The Big Push’ (a lineout move).

12.10 p.m. – 12.30 p.m.: Forwards and Backs

Forwards: Mauling against the backs (10 minutes).

Backs: Run through their moves against the forwards (10 minutes).

12.30 p.m. – 12.45 p.m.: Touch

Two handed touch. Five minutes per half. Small enough teams to ensure there is adequate space and that everybody needs to get involved. Create more than two teams if necessary.

12.45 p.m. – 1.00 p.m.: Punishments / Warm down

Touch Losers: The losing team must ‘train-track’ the length of the touch field and back. If it’s a draw, both teams do it ...

Latecomers: 3 minutes Prone

Bridge (If you don’t last three minutes then you’ll need to

do 10 press-ups for every 10 seconds under)



### 5.3.3 3 June 2007

11.15 am – 11.30 am: Warm-up

Light exercise (‘Chase the Ball’) / static stretching / dynamic stretching

11.30 am – 11.50 am: Suicides

Shuttle runs with a few extras thrown in.

11.50 am – 12.15 pm: Attacking Skills Session

Cuts, wraps, skips (and a few other options for how to pack your lunch).

12.15 pm – 12.45 pm: Forwards and Backs

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Forwards: Work on mauling (introducing the 'Dave Kelper Drill').

Backs: Work on moves.

12.45 pm – 1.00 pm: Touch

Putting those sharpened up attacking skills into action ...

1.00 pm – 1.15 pm: Punishments / Warm down

Touch Losers: Fire-mans Lift Suicides.

Latecomers: The 'Calf Muscle Killer'.

5.3.4 10 June 2007

11.15 am – 11.30 am: Warm-up

Light exercise ('Straight Running' Drill) / static stretching / dynamic stretching

11.30 am – 11.50 am: Backwards Suicides + Ripping Drill

Shuttle runs with some backwards running thrown in (to work some different muscles). Ripping drill in between running (to cut down on rest time).



11.50 am – 12.45 pm:

Attacking Skills Session

Practicing basic attacking skills: cuts, wraps, skips, running lines

12.45 pm – 1.00 pm: Touch

Putting those sharpened up attacking skills into action ...

1.00 pm – 1.15 pm: Punishments / Warm down

Touch Losers: Chain-Running Suicides.

Latecomers: 'Takeshi Takeda Super-Set' (Named after a famous Gaijin not noted for punctuality)

5.3.5 17 June 2007

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11.15 am – 11.35 am: Warm-up

Light exercise ('Corner Point Passing') / Dynamic Stretching / Static Stretching

11.35 am – 12.20 pm: Preparation for 10's Rugby

5 mins: Discussing 'The Tens Commandments'

15 mins: Working on attacking formations

15 mins: Working on defensive formations

10 mins: 10's Team Run

12.20 pm – 1.10 pm: Preparation for Ryutsu Daigaku

5 mins: Team discussion of how we will approach this game

10 mins: Forwards: 'sack' and 'leave' line-out tactics. Backs: 'Brumbies' formation.

25 mins: All: Work on the 'Buddha' line-out move (first-half); the 'two-man' line-out formation (second-half); the spread defensive formation; and the split kick-off formation.

10 mins: Team run working through these options.

1.10 pm – 1.15 pm: Warm-down ('Defensive Mirroring')

5.3.6 19 August 2007

11:15 am – 11:35 am: Warm-up

Andy Ballard will run the warm-up this week



11:35 am – 12:05 pm: Tamagawa 'Bridge to Bridge'

A run of roughly 3.5 km's. For those who did this back in May, the challenge should be to beat your previous time.

12:05 pm – 12:45 pm: Attacking Skills Session

2 on 1's (touch), 3 on 2's (touch), 5 on 3's (full contact).

12:45 pm – 1:00 pm: Touch

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Two-handed touch. Five minutes per half. Small enough teams to ensure that everyone has adequate space and needs to get involved – we will create more than two teams if necessary.

1:00 pm – 1:15 pm: Punishments / Warm down

Touch Losers: Train-tracking the touch field.

Latecomers: Prone Bridge. (If you don't last 3 minutes you'll need to do a push-up for every second under.)

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11:15 am – 11:30 am: Warm-up

Andy Ballard will run the warm-up.

11:30 am – 11:50 pm: Suicides

Shuttle runs with a few extras thrown in.

11:50 pm – 12:20 pm: Forwards and Backs

Forwards: Scrums (10 mins - Joe Fisher to take) and Line-outs (20 mins - Murray Clarke to take)

Backs: Attack and defence (Yoichi Ohira and Niall Conlon to take)

12:20 pm – 12:45 pm: Team run

Unopposed. 75% Speed. Accuracy and positioning the key points to focus on.

12:45 pm – 1:00 pm: Touch

Two-handed touch. Five minutes per half. Small enough teams to ensure that

everyone has adequate space and needs to get involved – we will create more than two teams if necessary.

1:00 pm – 1:15 pm: Punishments / Warm down

Touch Losers: Train-tracking the touch field.

Latecomers: Prone Bridge. (If you don't last 3 minutes you'll need to do a push-up for every second under.)



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11:15 am - 11:35 am: Warm-up

Exercise: Long-passing (5 mins)

Warm-up: Andy Ballard to take (15 mins)

11:35 am - 12:00 pm: Bridge Sprints

Split into three groups: tight forwards (1-5), loose forwards and inside backs (6-10), outside backs (11-15). Tight forwards start under the bridge closest to our training ground and run out to next bridge (about 500 m) where the loose forwards and inside backs are waiting. When the tight forwards arrive the loose forwards and inside backs run back to the first bridge where the outside backs are waiting. When the loose forwards and inside backs arrive the outside backs run out to the bridge where the tight forwards are waiting. Repeat four times. Basically 4 x 500m sprints with a recovery period of 2:1 (i.e. 2 parts recovery for every 1 part exercise). Note: Teams will set off on the arrival of the first runner (rather than the last).

12:00 pm - 12:20 pm: Forwards and Backs

Forwards: Line-outs  
(Murray Clarke to take)

Backs: Backline Moves (Al  
Nimmo to take)

12:20 pm - 12:45 pm:

Team run

Unopposed. 75% Speed.

Accuracy and positioning  
the key points to focus on.



12:45 pm - 1:10 pm: Touch

Two-handed two-touch touch. Two-touch means that each attacking player needs to be touched by two defending players before being required to play the ball. Five minutes per half. Small enough teams to ensure that everyone has adequate space and needs to get

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involved - we will create more than two teams if necessary.

[If 3 touch teams] Fitness Exercise for the 'resting' touch team: Frog-hopping the touch field (correct technique required) / 'Sumo'.

1:10 pm - 1:15 pm: Punishments / Warm down

[If 2 touch teams] Touch Losers: Frog-hopping the touch field (correct technique required).

Lateness: The 'Takeshi Takada Super-Set' (15 x press-ups, sit-ups, squat jumps, leg switches, burpees)

Stretching

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**6. 10's Rugby**

**6.1 The 10's**  
**Commandments**



**6.1.1 Thou shall use the full width of the field**

Doing this stretches the defence and makes gaps bigger

**6.1.2 Thou shall clear pressure immediately**

You must pass the ball away from areas of congestion immediately.

**6.1.3 Thou shalt not get too flat**

Maintain depth in attack. A deep attack is more effective and provides more options. Part of this is ensuring you get back into position after passing the ball and give the ball carrier an option to pass back to you.

**6.1.4 Thou shalt not kick possession away**

Attack = Possession. Go backwards or sideways before kicking the ball away.

**6.1.5 Thou shalt not get isolated**

It is the responsibility of the ball carrier not to get isolated.

**6.1.6 Thou shalt not leave thy zone on attack**

Support in your zone rather than with your "nose to the ball". As the ball moves towards your zone, try to create options for your team by changing angles, calling, feinting and generally trying to confuse the defence.

**6.1.7 Thou shalt not break thy defensive line**

It is vital to come up as a line in defence and move sideways as a unit ('blanket defence'). Concentrate on your man, not the ball.

**6.1.8 Thou shalt not be silent on defence**

Communicate who you man is. Pick your correct man by counting from the outside in.

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6.1.9 Thou shall pressure the opposition on defence

The sooner and closer the blanket defence can move to its opponents, the greater will be the pressure exerted.

6.1.10 Thou shalt not forget to employ a sweeper

Someone must cover kick-throughs and breaks.

