



RUGBY AUSTRALIA 8-SESSION 'SCRUM SCHOOL' TRAINING PROGRAM

SESSION 1&2

(25 minutes per session)

Week One of the program provides time for learning the key competencies of playing in the scrum. The key areas are:

- Six Principles
- Binds
- Push-Pull mechanics
- May Day

TIME	ACTIVITY	KEY POINTS
0-7	Warmup Exercises (All players)	* Mobility: Crawl; assisted squat; back extensions. * Flexibility: Hip flexor; glute/lat stretch * Stability: Core exercises; plank * Strength (Neck): Isometrics <ul style="list-style-type: none">○ Standing w partner moving to squat○ 2 players hands/knees; 3rd player push up/back on neck○ Players paired: reverse plank using neck
7-12	Six-Principles (All players) 1 v 0 1 v 1	* Feet shoulder width apart, toes pointing directly forward * Knees bent directly beneath the hips, over toes * Flat back, ¾ squat position, buttock 'out' (Pelvic Tilt) * Chest 'out' * Chin up off the chest and focused down, eyes forward * Core 'on'
12-20	Bodyshape Engagement Exercises (Front Row + Locks)	* 1v1 – 2v2 – 3v3 * Hold 10sec * Hold 3 sec – then 1-2-3 steps
20-25	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	* Hold 10sec * Hold 3 sec – then 1-2-3 steps * May Day





SESSION 3&4

(20 minutes per session)

Week Two refines the learning and allows the coach to identify the areas of development / specialization requirements. As players get more competent with the six-principles, coaches can devote half the session to engagement and contestable player development.

TIME	ACTIVITY	KEY POINTS
0-5	Warmup Exercises (All players)	<ul style="list-style-type: none">* Mobility: Crawl; assisted squat; back extensions.* Flexibility: Hip flexor; glute/lat stretch* Stability: Core exercises; plank* Strength (Neck): Isometrics<ul style="list-style-type: none">o Standing <u>w</u> partner moving to squato 2 players hands/knees; 3rd player push up/back on necko Players paired: reverse plank using neck
5-10	Six-Principles (All players) 1 v 0 1 v 1	<ul style="list-style-type: none">* Feet shoulder width apart, toes pointing directly forward* Knees bent directly beneath the hips, over toes* Flat back, ¾ squat position, buttock 'out' (Pelvic Tilt)* Chest 'out'* Chin up off the chest and focused down, eyes forward* Core 'on'
10-15	Bodyshape Engagement Exercises (Front Row + Locks)	<ul style="list-style-type: none">* 1v1 – 2v2 – 3v3* Hold 10sec* Hold 3 sec – then 1-2-3 steps
15-20	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	<ul style="list-style-type: none">* Hold 10sec* Hold 3 sec – then 1-2-3 steps* May Day





SESSION 5&6

(15 minutes per session)

Week Three provides the opportunity to focus in on the key areas of the scrum to ensure that when contestable, all players are confident and safe.

TIME	ACTIVITY	KEY POINTS
0-5	Warmup Exercises (All players)	<ul style="list-style-type: none">* Mobility: Crawl; assisted squat; back extensions.* Flexibility: Hip flexor; glute/lat stretch* Stability: Core exercises; plank* Strength (Neck): Isometrics<ul style="list-style-type: none">o Standing <u>w</u> partner moving to squato 2 players hands/knees; 3rd player push up/back on necko Players paired: reverse plank using neck
5-8	Six-Principles (All players) 1 v 0 1 v 1	<ul style="list-style-type: none">* Feet shoulder width apart, toes pointing directly forward* Knees bent directly beneath the hips, over toes* Flat back, $\frac{3}{4}$ squat position, buttock 'out' (Pelvic Tilt)* Chest 'out'* Chin up off the chest and focused down, eyes forward* Core 'on'
8-12	Bodyshape Engagement Exercises (Front Row + Locks)	<ul style="list-style-type: none">* 1v1 – 2v2 – 3v3* Hold 10sec* Hold 3 sec – then 1-2-3 steps
12-15	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	<ul style="list-style-type: none">* Hold 10sec* Hold 3 sec – then 1-2-3 steps* May Day





SESSION 7&8

(15 minutes per session)

Week Four builds on the previous week and leads into the weekend testing. This block provides further opportunity to focus in on the key areas of the scrum to ensure that when contestable, all players are confident and safe.

TIME	ACTIVITY	KEY POINTS
0-5	Warmup Exercises (All players)	<ul style="list-style-type: none">* Mobility: Crawl; assisted squat; back extensions.* Flexibility: Hip flexor; glute/lat stretch* Stability: Core exercises; plank* Strength (Neck): Isometrics<ul style="list-style-type: none">o Standing <u>w</u> partner moving to squato 2 players hands/knees; 3rd player push up/back on necko Players paired: reverse plank using neck
5-8	Six-Principles (All players) 1 v 0 1 v 1	<ul style="list-style-type: none">* Feet shoulder width apart, toes pointing directly forward* Knees bent directly beneath the hips, over toes* Flat back, ¾ squat position, buttock 'out' (Pelvic Tilt)* Chest 'out'* Chin up off the chest and focused down, eyes forward* Core 'on'
8-12	Bodyshape Engagement Exercises (Front Row + Locks)	<ul style="list-style-type: none">* 1v1 – 2v2 – 3v3* Hold 10sec* Hold 3 sec – then 1-2-3 steps
12-15	Contestable 4v4 to 8v8 (Front Row + Locks + Backrow)	<ul style="list-style-type: none">* Hold 10sec* Hold 3 sec – then 1-2-3 steps* May Day

