

ULSTER WOMEN & GIRLS PATHWAY
Programme Aims – Units Workshop: Forwards (U16-U18 Girls)

This workshop is designed to enhance Coaches' technical understanding and practical delivery of key forwards' play components, including the **scrum, lineout, and contact skills**.

The session aims to:

1. Develop Safe and Effective Technical Proficiency
2. Enhance Tactical and physical Awareness
3. Foster Confidence and Physicality to drive their own development

**ULSTER WOMEN & GIRLS
PATHWAY**

**CONTACT SKILLS
PERFORMANCE INDICATORS**

CONTACT CONNECTION

AIR –TIGHT AND STRONG PROFILE

- HEAD IN
- CLAMP
- ELBOWS TO RIBS
- SHOULDER PUNCH
- FLAT BACK
- LOAD THE TOES



!CONTACT LOAD INFOGRAPHIC FROM WORLD RUGBY!



<https://resources.world.rugby/worldrugby/document/2021/09/22/6c524c9d-1743-4564-90b4-d2bcde662d0b/2021-Player-Load-Welfare-infographic-12-EN.pdf>

**ULSTER WOMEN & GIRLS
PATHWAY**

**BALL TRANSFER
PERFORMANCE INDICATORS**

FORWARDS- PASS SELECTION

Forwards are often required to make passes in tight spaces with a shorter range.

- Initial scan
- Set workspace- 3 big steps
 - In motion
- Catch early, in fingers
- Confirmation scan
- Pass selection, deep or flat

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Units Workshop: Forwards (U16-U18 Girls)

**SET-PIECE TECHNICAL
AND TACTICAL
PRINCIPLES**

SCRUM PHILOSOPHY

- Possession
Turnover, scrum penalties.
Score now or score later
- Fatigue

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

SCRUM PROFILE

Profile 90degree at the shoulders
110 degrees at the knees

Shoulders and hips aligned, FLAT TOP

Looseheads- left arm up resistance band
Tighthead- activate right arm

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

LINEOUT

- Throw
- Jump
- Lift
- Delivery
- Maul

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Lineout Philosophy

**SET-PIECE TECHNICAL
AND TACTICAL
PRINCIPLES**

LINEOUT

Possession
Score now, Score
later.
Speed

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

JUMPERS PROCESS

- Hands above elbows
- Elbows above hips
- Step jump
- Jump first: back lift at 20 cm

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

LIFTERS

- Front lift (Low knees)
- Back lift (High hamstring)
- Dynamic press
- Chase feet
- Chest to chest, I NOT A

CONTACT SKILL					
Themes	Activities	Focus	Description	Time	Equipment
Contact Prep	Lateral Bear Crawl with role	• HEAD IN • CLAMP • ELBOWS TO RIBS • SHOULDER PUNCH • FLAT BACK • LOAD THE TOES		8	
	<u>Shoulder Connection</u>				
	<u>Connection Role</u>				
	<u>Win the corner</u>				
	<u>Hook and handle</u>				
Breakdown Rotation	Dominant tackle to barrell	Leg drive, speed to feet	Resisted hit on bag down then barrell	8	8 shields 8 sausages
		Sharp angles	Tackl back then swing round to clear bag		
	Cover tackle to barrel				
	Role to barrell	45 entry, clear corner	Role on the ground to feet, win aerial ruck		
	Tackler Clear	Accurate and aggressive, body height. Bounce to feet	Tackler on top of BC. Clear threat early		

CONTACT PREPARATION

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CONTACT SKILLS PERFORMANCE INDICATORS

EXERCISE	REPS X SETS
Bear Crawl	10 seconds on 10 secs off x3
Lateral Bear Crawl	10 seconds on 10 secs off x3
Lateral Bear Crawl with role	10 seconds on 10 secs off x3
Shoulder Connection	10 seconds on 10 secs off x3
Connection Role	5x3
Win the corner	3x3
Hook and handle	3x3

CONTACT SKILL: 10/3/2025					
Themes	Activities	Focus	Description	Time	Equipment
Pass primers	Tpass- short and flat	• Fast hands • Catch in fingers • Depth/Workspace, 3 big steps	Group of 4: Tip left and right 2 balls	8	Balls and cones
	Y pass- steep and deep		Star option left and right: 2 balls		
	In motion-		Combine both passes but players in motion. With gates then defenders.		
Pass selection	4 v 3: Axe vs 3 defenders Progress by giving defenders more freedom	Picking the pass to the option in the best space	Ball carrier: workspace, 3 big steps. Inside and outside tip and start option	8	Balls and cones

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SCRUM
Notes

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

Building a scrum: Front Row

- Front rows first
- Hooker binds to LH, pop shoulder out, tight at hips
- TH bind on shorts, 2 inches ahead of Hooker and LH.
- 6 shoulders, 3 feet AND 3 feet, heel toe.
- Backs all on the same plane.



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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

Building a scrum: Second Row and back row

- Introduce 2ND rows
- Start on their knees
- Props open hips to allow heads through
- 2ND row bind, fist to ear or waistband
- Back row- 6 and 7 shoulder on high hamstring
- 8, hold second rows



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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

SCRUM

- LH not to kick their hips out
- LH Hooker square and tight
- TH, Split hooker and LH
- Heavier/ stronger 2nd row behind TH
- Crouch- Hooker calls sink, 2nd rows hold front row
- Bind- feet back,
- Set- heads in
- 8s and 2nd rows to hold front row up.



SCRUM SESSION					
Themes	Activities	Focus	Description	Time (40 minutes)	Equipment
Individual Profile	Bear crawl	Shoulders 90. Hips in line with shoulders. Legs at 110	Players working to 5m line.	8	none
	1 arm bear crawl				
	Jockeys	Maintaining good profile	With partner sitting on back		
	Bear crawl, lateral force	Maintain profile, brace core	Partner applying force and hold shape		
	Partner stability	Brace core	Partner, on knee. Remove one hand at a time		
Reduced scrum	1v1	Extend and chase	Starting on knees. Not a competition. Work together.	3	
	2v2			3	
	3v3			5 (15)	
Build a scrum	Unopposed	Correct set up		8	
	Take the weight	a. Crouch bind fold in. find shape b. Crouch bind, set on the whistle build	Two full packs	a) 4 reps b) 4 reps (10)	

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

FRONT LINE



SECOND LINE



FRONT LINE

- PROTECT YOUR SEAM
- NOTHING BETWEEN JUMPER AND LIFTERS

LIFTER

- ATTACK THE MID POINT
- NO SEAMS - HARD PARTS
- FRONT FOOT FORWARD
- HIPS CONNECTED TO JUMPER

JUMPER

- ATTACK BALL IN AIR
- LAND SPLIT STANCE
- SINK HEIGHT FORWARD
- STEER/DIRECT WEIGHT

SECOND LINE

- PUNCH AND HEIGHT CONNECTION (KEY)

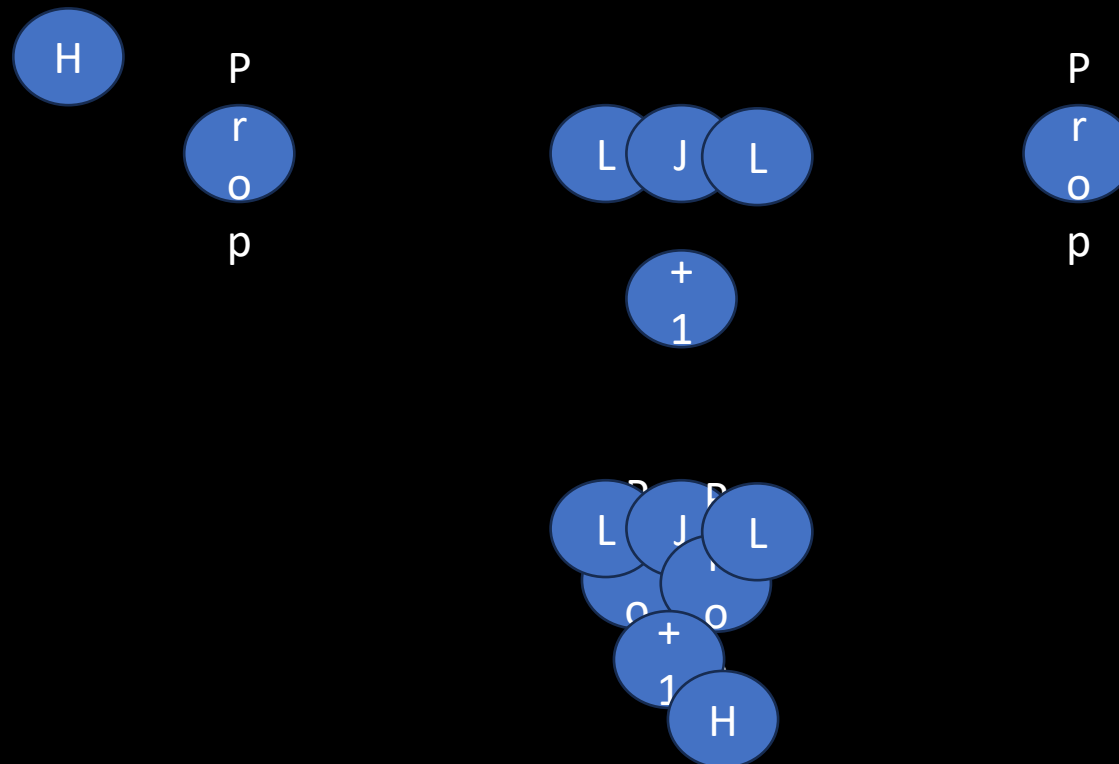
PLUS

- PUNCH ONTO BALL
- CONNECT INSIDE SHOULDER
- BALL CONTROL (KEY) BRING BACK TO HIP

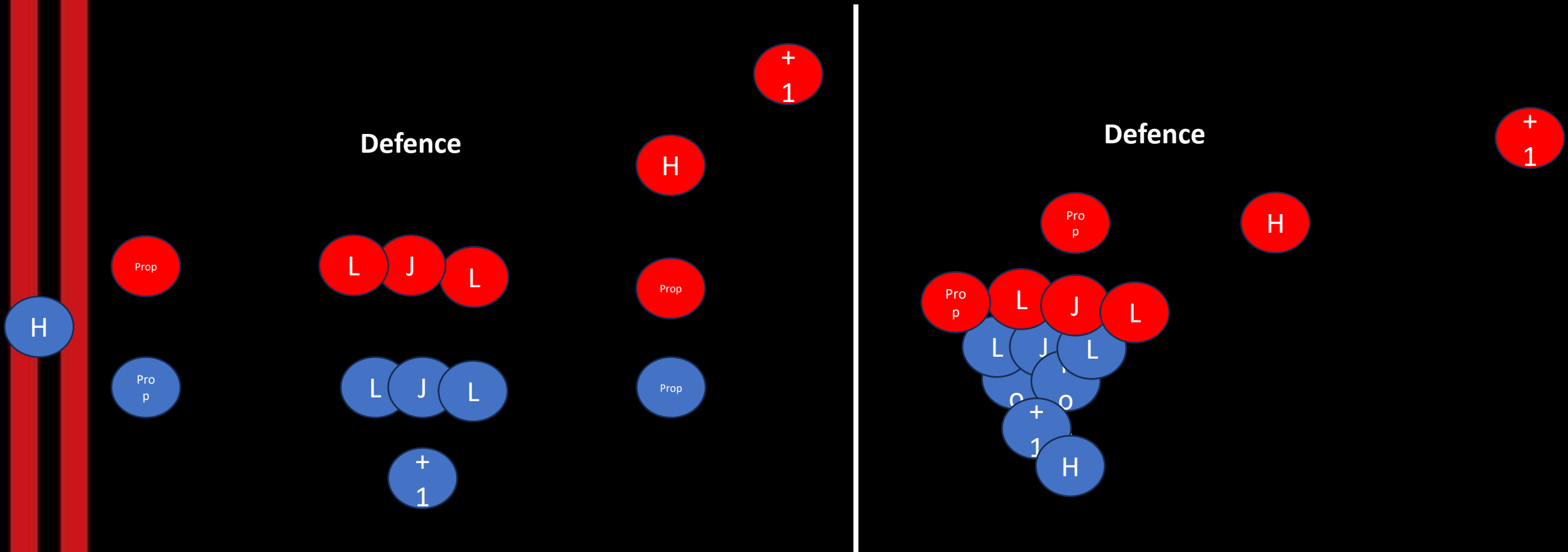
WEDGES

- SPEED TO SET
- HEAD ON INSIDE - PUNCH ON ARRIVAL
- LOW AND ATTACK THROUGH

Maul- Attack Set Up

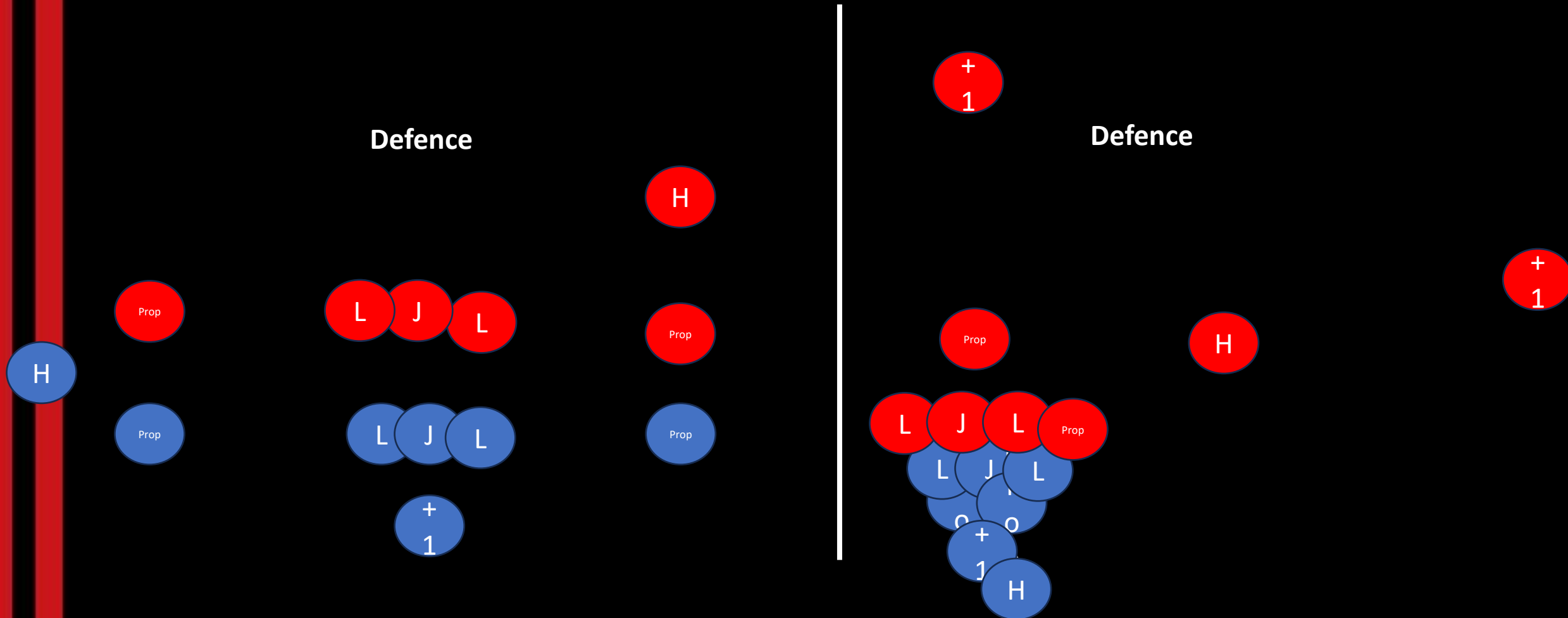


Maul- Defence Set Up 5, front or middle



Maul- Defence Set-Up

5 tail



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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES



NAILS

- ATTACK SEAMS
- FIGHT TO GET THROUGH
- KEEP THE MAUL SQUARE

PINS

- SHOULDER ON HIPS
- HEAD ON OUTSIDE
- LONG ARM BLIND

EDGES

- STAY ALIVE
- WATCH FOR PEELS
- READ PICTURES

HAMMER

- COMMUNICATER
- STAY ALIVE ON MOVEMENT
- IF NEEDED WEIGHT THROUGH NAILS ON BALL

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

THROW

Set Up:

Feet shoulder width apart

Soft knees

Squeeze glutes to reduce tension in your lower back.

Hips under shoulders.

Shoulders and elbows rotate to create power. Do not over extend back to create power.

Power hand and guide hand

Guide hand (Front): Pinch with thumb closing to index finger

Power hand (Back): Roll the ball

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

Hands can be placed to the back half of the ball.
The players **POWER HAND** (throwing hand) should be slightly further back than their **GUIDE HAND**.

Right Hand Dominant Example



SPINNING A COIN

Middle finger of power hand and thumb of guide hand should be applying force directly through the ball towards each other.

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SET-PIECE TECHNICAL AND TACTICAL PRINCIPLES

Right Hand Dominant Example



GUIDE hand:
Marginally
ahead of the
POWER hand.
Pinch thumb up
towards middle
and index finger

POWER hand:
Marginally
behind the
GUIDE hand.
Roll ball by
closing fingers
to palm of hand.
Thumb to
stabilize.
COACHES NOTE:
Lift THUMB off
ball to
encourage
players to focus
on rolling ball
with fingers.



SPINNING A COIN

LINEOUT SESSION: 10/03/25

Themes	Activities	Focus	Description	Time (40 minutes)	Equipment
Sub Unit primers	Banded lifts	Lifting process	Half squat into, dynamic press	8	Cones, bands, medicine ball
	Jumping primer	Jump tech	Hopping through cones to explosive finish. Target on the post.		
	Throwing and delivery	Delivery, fast and direct	Player on sausage as jumper. Hooker on knees. Jumper deliver to player waiting.		
	Hooker throw	Hands finish to target	Throwing at cross bar of posts		
Hooker throw	Hand placement Chin throw Kneeling throw	Hand placement, action, finish	Working with a partner through progressions of throw	12	Balls
Jump and lift	Jump	Point toes, strong core, pencil	Step Jump individual, front lift.	20	Lifting blocks
	Assisted lift	Lifting process A NOT I			
	Half/ Full lift				
	Move and lift	3 spots			
Maul	Attack	5 PLAYER LO. Roles	Walk through roles.	10	
	Defence				