

RUGGERACTIVE

(click to enter)



FORWARDS



BACKS

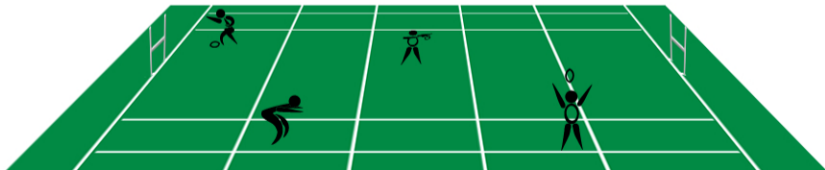
LAWBOOK



HISTORY



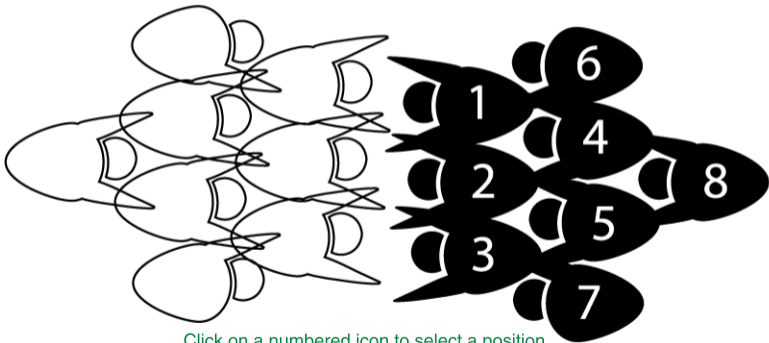
Forwards



Click on an icon to select a forward play



Scrum

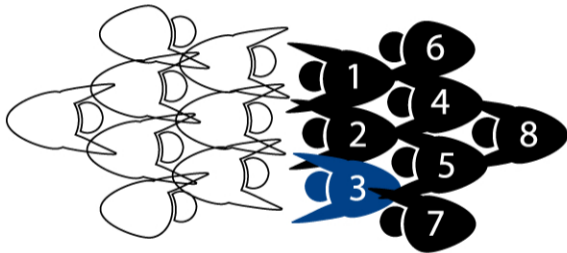


Click on a numbered icon to select a position



Loosehead Prop

1. Get in the correct position within the scrum (highlighted in blue)





Loosehead Prop

2. Correct your footwork,
with a low centre of gravity
(position in blue)





Loosehead Prop

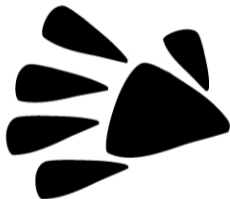
3. Correct your posture, straight back, looking up and ahead, low centre of gravity





Loosehead Prop

4. Set your bind,
grab tightly onto your
hookers jersey, arms
wrapped around his
back





Loosehead Prop

5. Wait for referees call (crouch, touch, pause, engage)

Crouch: Tense up to the furthest point and aim for where you're to hit

Touch: make sure you're within reach of opposition by touching the place you'll bind.

Pause: halt in preparation for the hit

Engage: Hit, bind and push with your legs.

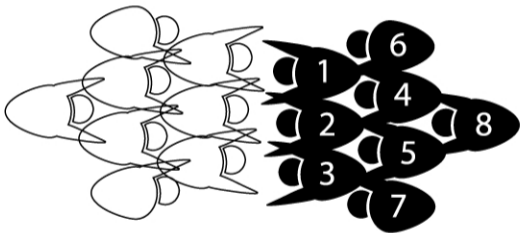




Loosehead Prop

6. Push and hook the ball,
push against your opposition
Drive forward with your legs
and weight.

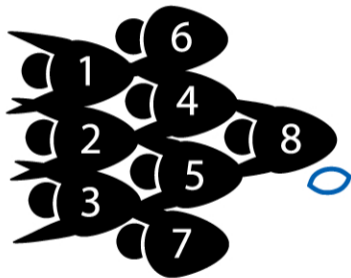
Simultaneously lift your legs
to rake the ball behind you.





Loosehead Prop

7. Wait for break call
Once the ball is out of the scrum, wait for the backrow players to call "break"





Loosehead Prop

8. Break scrum, go out and play
leave the scrum safely by
breaking your bind, get ready for
the next play.

**Safety Procedures for the scrum
(glossary items)**

MayDay call and procedure

Avoiding back and neck injury

