



***SCOTTISH
RUGBY***

The Scottish Way

TECHNICAL BLUEPRINT

Version 1 (September 2016)

INTRODUCTION

The Technical Blueprint provides direction for all coach, player and match official development programmes at Scottish Rugby.

AIMS:

- To develop a quality game by improving the technical and tactical rugby knowledge of players, coaches and match officials throughout all stages of the player pathway.
- To provide a consistent messages throughout the Scottish Rugby player, coach, match official and education pathways.
- To provide a reference point for Coach Development and Talent ID throughout the player pathway.

The technical blueprint is not designed to restrict coach or player innovation, and instead aims to develop adaptive play and coaching.

Designed by Head of Age Grade Rugby Sean Lineen, Coach Development Manager Neil Graham, and several club, school, representative, national and professional coaches, the blueprint is centred around principles of play.

It aims to provide a consistent level of technical understanding across the game and will be useful to coaches looking to become more effective, players seeking a deeper understanding of the game, as well as for match officials in understanding technical and tactical play.

EFFECTIVE COACHING PRINCIPLES

The following coaching principles are essential to developing the Technical Blueprint:

PRINCIPLE 1

Creating a positive learning environment

PRINCIPLE 2

Using game-related practice to develop skills and decision making

PRINCIPLE 3

Promoting adaptive play

PRINCIPLE 4

Mastery coaching approach
(focus on process over outcome)

PRINCIPLE 5

Long term player development focus

PRINCIPLE 6

Use of appropriate coaching styles

PLAYER - COACH - ENVIRONMENT

A strong connection between player, coach and the environment is important to consider for clubs and schools.

The technical blueprint can help develop this connection by providing a reference point for the following:

PLAYER

- Tactical Skills
- Technical Competence
- Physical Fitness
- Strategic Game

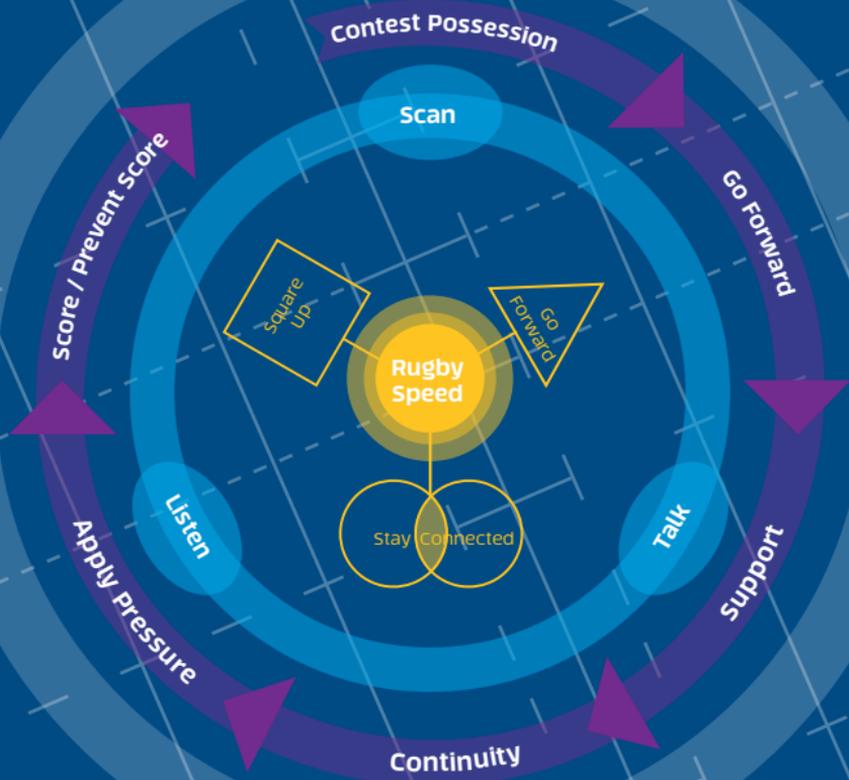
COACH

- Coaching Skills
- Technical and Tactical Skills
- Laws of the Game
- Motivating Players
- Planning and periodisation
- Performance Analysis

ENVIRONMENT

- Process v Outcome
- Growth Mindset
- Appropriate Challenge
- Long Term Planning
- Support Networks
- Development of the Whole Player

CORE PRINCIPLES



The Technical Blueprint uses a progressive approach to player-development. The Foundation principles should be mastered before focus is placed on the Developing and Advanced principles. More information can be found on the Online Training Hub (powered by Hive), including videos and activities.

Advanced **ATTACK**

Creative Attack

Strike
Attack

Game
Management

Developing **ATTACK**

Maintain Possession, Attack Around, Through & Over

Attack
Space

Play Off
9 & 10

Kick to Space

Foundation **ATTACK**

Maintain Possession, Attack Around & Through

Individual
Skills

Attack
Space

Play Off
10

Keep Ball
in Hand

FOUNDATION ATTACK

Rugby
Speed

**MAINTAIN POSSESSION,
ATTACK AROUND & THROUGH**

**Individual
Skills**

Run, catch,
and pass off
both hands

Run or pass
into space,
create space,
or offload

**Attack
Space**

Identify,
create and
attack space
in defensive
line

Create and
play with
width

**Play Off
10**

Spread the
defence
(Create width
in attack)

Opportunities
to play around
or through

**Keep Ball
in Hand**

Offload,
support
- Second
touches

Retain
possession
and attack an
unstructured
defence
(e.g. quick taps)

Scan

Square
Up

Talk

Go
Forward

Listen

Stay Connected

DEVELOPING ATTACK

Rugby
Speed

**MAINTAIN POSSESSION,
ATTACK AROUND, THROUGH & OVER**

Attack Space

Play Off
9 & 10

Kick to Space

Counter attack

Generate
quick ball

Aerial skills

Kick to space

Pod options

Numbers
behind ball

Second touches

Two side attack

Pass, run or kick

Scan

Square
Up

Talk

Go
Forward

Listen

Stay Connected

ADVANCED ATTACK

Rugby
Speed

CREATIVE ATTACK

Strike Attack

Adjust depth & width

Two sides / lines of attack

Run into space, create
or pass into space

Game Management

Create or relieve pressure

Game Balance
(Positive v Negative)

Pass, run or kick

Kick to score

Scan

Square
Up

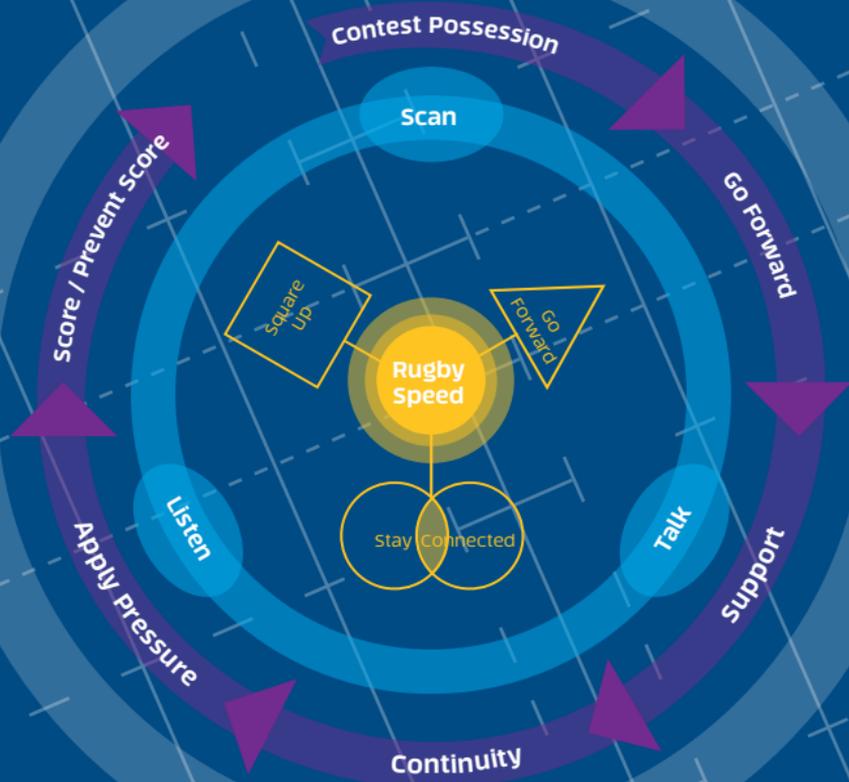
Talk

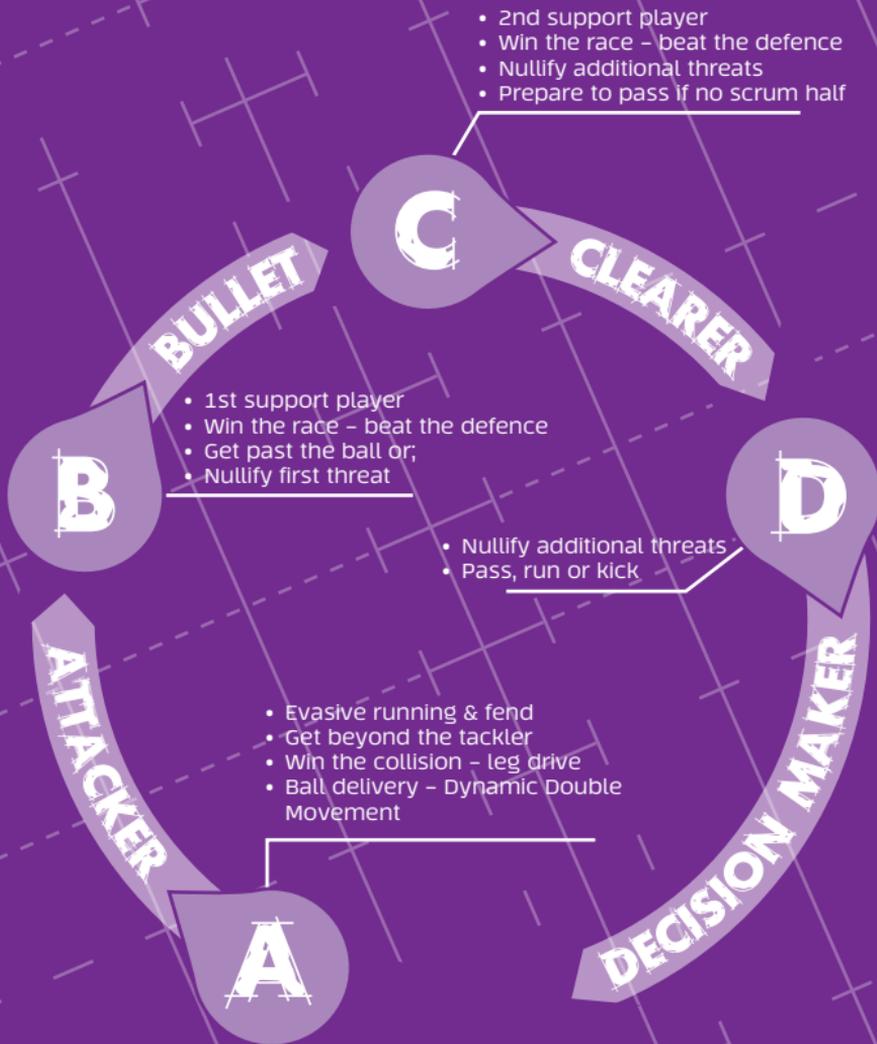
Go
Forward

Listen

Stay Connected

CORE PRINCIPLES





The Breakdown principles are components of the attack section and should be viewed together.

The Technical Blueprint uses a progressive approach to player development. The Foundation principles should be mastered before focus is placed on the Developing and Advanced principles. More information can be found on the Online Training Hub (powered by Hive), including videos and activities.

Advanced DEFENCE

Tactical Defence

Defensive Systems

Game
Management

Developing DEFENCE

Team Defence

Individual
Tackle

Defensive
Systems

Kick
Defence

Foundation DEFENCE

Individual Defence

Individual
Tackle

Fill the
Field

Linespeed

Reset

FOUNDATION DEFENCE

Rugby
Speed

INDIVIDUAL DEFENCE

**Individual
Tackle**

Low tackles
(thigh)

Complete
tackle

Get back to
feet

**Fill the
Field**

Spacing in
relation to
opponent

Linespeed

Square up &
go forward

Work in the
line

Reset

Reset into
line after
each phase

Scan

Square
up

Talk

Go
Forward

Listen

Stay Connected

DEVELOPING DEFENCE

Rugby
Speed

TEAM DEFENCE

**Individual
Tackle**

Complete low
tackles (thigh)

Post tackle roles -
space, ball, line

**Defensive
Systems**

Ruck Defence -
Guard / Shield / A

Chain of 3 - Ball /
Hunter / Jam

Realignment -
folding

**Kick
Defence**

Kick chase - blue
wall & Cage

Back field
positioning

Aerial skills

Scan

Square
Up

Talk

Go
Forward

Listen

Stay Connected

ADVANCED DEFENCE

Rugby
Speed

TACTICAL DEFENCE

Defensive Systems

Set piece defence
- mapping

Back three roles

Game Management

Zone appreciation

Game Balance
(Positive v Negative)

Scan

Square
Up

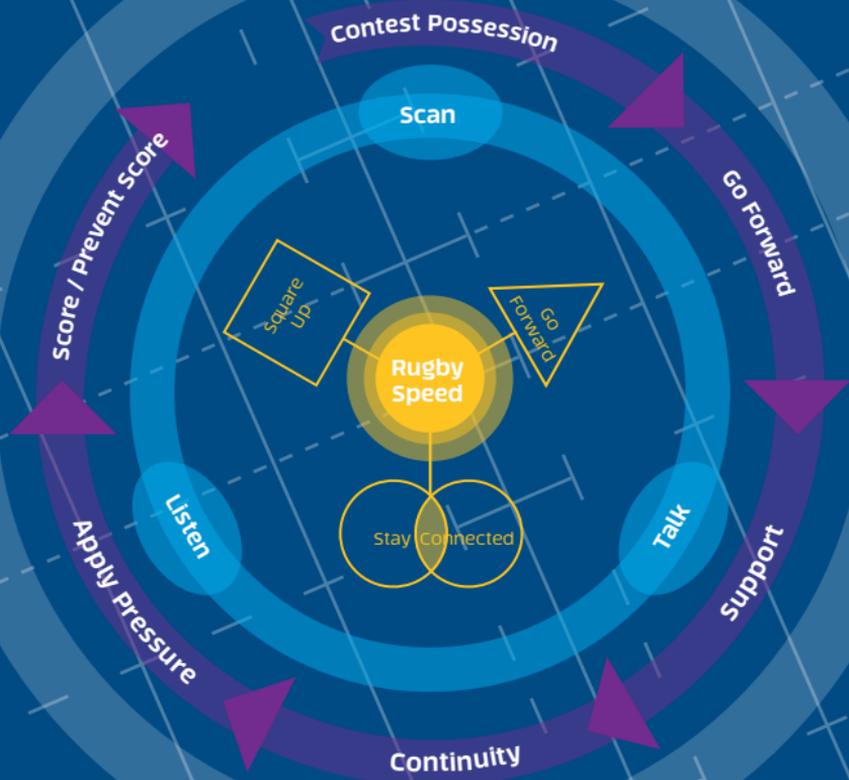
Talk

Go
Forward

Listen

Stay Connected

CORE PRINCIPLES



The Technical Blueprint uses a progressive approach to player-development. The Foundation principles should be mastered before focus is placed on the Developing and Advanced principles. More information can be found on the Online Training Hub (powered by Hive), including videos and activities.

ADVANCED SCRUM

Tactical Scrum

Play from
Options

Scrum
as One Unit

Double Shove
or Hook

DEVELOPING SCRUM

Build the Scrum

Maintain Effective
Body Position

Small Scrum
Units

Develop
No 8 Skills

FOUNDATION SCRUM

Individual Scrum

Effective Body
Position

Effective
Bindings

Engagement
Process

**Stay Square | Stable Body Position
Maintain Shape | Go Forward**

The Technical Blueprint uses a progressive approach to player-development. The Foundation principles should be mastered before focus is placed on the Developing and Advanced principles. More information can be found on the Online Training Hub (powered by Hive), including videos and activities.

ADVANCED LINEOUT

Tactical Lineout

Play from Options

Outmanoeuvre defence

DEVELOPING LINEOUT

Build the Lineout

Drive
Options

Defensive
Options

Calls

FOUNDATION LINEOUT

Individual Lineout

Attack
Focus

Delivery
Off the Top

Movement into
Space

Effective Throw | Effective Jump
Effective Lift/Support | Speed of Movement

The Technical Blueprint uses a progressive approach to player-development. The Foundation principles should be mastered before focus is placed on the Developing and Advanced principles. More information can be found on the Online Training Hub (powered by Hive), including videos and activities.

ADVANCED RESTARTS

Team Restarts

Chase Set-Up

Lifting Skills

DEVELOPING RESTARTS

Organised Restarts

Length of Kick

Aerial Skills

FOUNDATION RESTARTS

Individual Restarts

Effective
Drop Kick

Kick to Space

Challenge
Possession



SCOTTISH RUGBY COACH DEVELOPMENT

BT Murrayfield Edinburgh, EH12 5PJ
0131 346 5000 scottishrugby.org