



Pattern boxes

This session can create an attacking pattern for your whole season. You could start building your patterns from these basics. At the same time you can work on core skills like footwork, handling, ruck technique and communication.



What you tell your players the session is about

1. Building attacking patterns from second phase ball.
2. Using core attacking skills to create "go forward".

Session planner

Warm up	Session	Development	Game	Warm down
5-7 mins	8-10 mins	8-10 mins	15-20 mins	5-7 mins

Activity	Kit	Outcome
Warm up	Balls	Preparing for handling and contact
Session: pattern boxes	Two 20m square boxes side by side	Building simple patterns
Development: more patterns	Wider boxes than the main session, ruck pads	Adding new pattern elements
Game: conditioned game situation	A 50m wide, 30m long box	Developing multiple phases of play



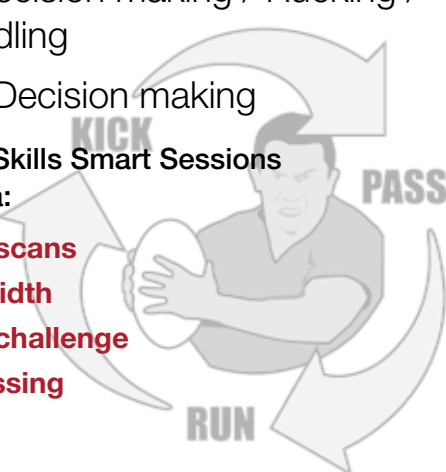
Where it fits

Player skill: Decision making / Rucking / Passing & handling

Tactical skill: Decision making

Other Advanced Skills Smart Sessions covering this area:

- 198 Open field scans
- 200 Handling width
- 201 Continuity challenge
- 205 Precise passing



What to think about

The simplest pattern to work towards is "going with the flow". That means working the ball towards one touchline before switching directions.

You can decide whether you want to "punch up" close to create a further phase to tie some more defenders or shift the ball wide quickly.

More established teams can hone their plays with specific targets. You can change the width of the boxes and add defenders conditioned to defend narrow or wide to help create more scenarios.

The first part of the session can act as game specific warm up.

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What you tell your players to do

1. Secure the ball in contact first.
2. Move the ball towards one touchline.
3. Run straight onto the ball.



What you get your players to do

Split your players into groups of five. Put the first group in front of the two boxes with you in front of them. Throw the ball into either one of the boxes. Have one player secure the ball and place it, whilst another protects him. Get a third player to clear the ball to the other two players, who pass towards the far touchline of the box. Release another ball for the next group.



What to call out

- “Place the ball back quickly”
- “Watch the clearing passer stoop for the ball to time your runs”
- “Don’t run away from the pass”



Development

- Put a defender with a ruck pad in between the boxes. He challenges the player protecting the ball.
- Make the boxes wider. Have the group create two phases of play before releasing another group coming in from behind.
- Add more defenders into the boxes.
- Develop tight and wide plays from the second and third phase.



Game situation

Split into two teams of eight. Put the attackers outside the box, passing a ball between them and jogging around. Divide the defenders into two groups, one in the box. When you shout, “GO” the attackers move into the box. The defenders try to touch the ball carrier. If he is touched, he goes to ground. As soon as he goes to ground, one player from each side can compete for the ball. If the attackers win the ball they move it away to try to score, still playing touch rugby. You release one more defender into the area after every touch tackle.

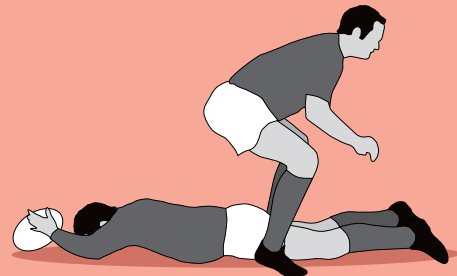
The attempt finishes if there is a turnover, try or infringement. Then swap the teams.

Pattern boxes

direction of run ⇨
pass →



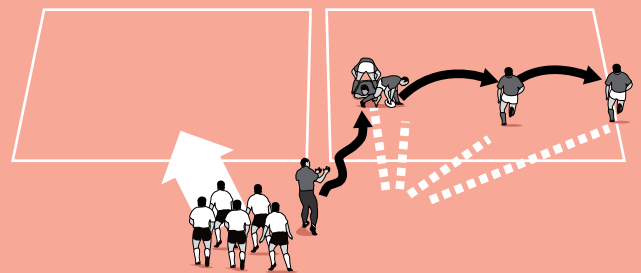
Placing and protecting



The quickest ruck ball comes from a long placement, with a player in an active stance to protect the ball.



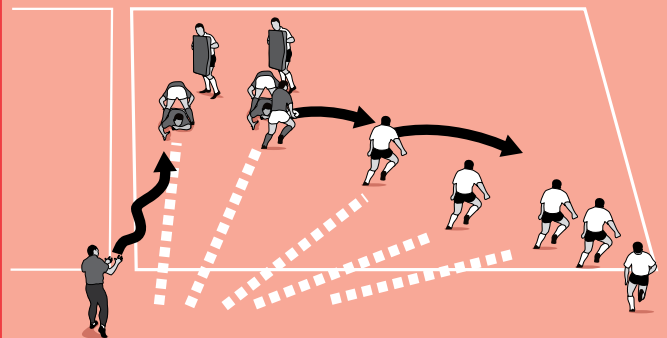
Pattern boxes



You roll out a ball. One group secures it and passes it out towards the far touchline of the box. You then release the second group.



More patterns



One group secures the ball, plays another close phase and then releases another group to attack from deep.

