Coaching Drills

Drill Name: Lineout throw

Section: Unit Skills >> Lineout >> Throw

Equipment: 1 ball. Target , if available.

Objective: To increase the accuracy of the lineout throw

Description:

Diagram: Not applicable

Video Link: http://www.sportplan.net/rfu/rugby1.htm

Drill:

Core concepts:

The throw is two handed, it aims to keep the shoulders straight so that the throw is always straight. Equally the release of the ball is then 'chased' by the hands so that the throw height is accurate. Power is generated by the core power in the abdominal muscles and by the triceps.

The stance:

(If right handed) The right foot is set forward pointing straight, the left foot is set slightly back and the knee is almost straight. Weight is forward on the right foot and the knee is flexed to shift weight forward. Hips are as much as possible straight and shoulders are facing flush to the target.

The grip:

(If right handed) Ideally the right hand is set back of the centre of the ball, the left hand is set on the centre point - however this is up to personal preference. Crucially the non-dominant hand is in front of the dominant hand and is the guiding hand during the throw, also it is the last hand to leave the ball.

The start position:

The arms are cocked with the ball resting just above or behind the head, elbows are in to isolate the abdominal muscles and the tricep muscles, also to increase accuracy during the throw. Weight is forward and the thrower is balanced waiting for the 'trigger'.

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The throw:

Smoother rather than faster. An important focus is on the 'feel of the throw'. The thrower should be comfortable with the release of the throw. The ball is squeezed out of the hands spiralling lastly of the left hand. The shape of the arm motion is more a smooth arc than a sharp snap.

The finish:

The finish of the arms and hands is up, pointing at the target. The chest should be up and the hands should 'chase' the target - weight transferred forward. Hands are pushed out thumbs pointing towards the target - the thrower finishes 'looking through the window', looking at the target through his/her hands.

Practices:

Links:

Notes:

www.coachingrugby.com
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