

## Welcome..

Welcome to the first newsletter for the International Rugby Academy. Our High Performance and Advanced Players' courses have been hugely successful with many of the players and coaches forming lasting friendships in the tradition of this wonderful game we all love.

Our staff coaches have been fantastic and the knowledge they shared with the players and coaches alike has proven to be a winning formula in providing a unique and exiting environment for which to finely tune the skills required in the modern game. We look forward to having them all on deck again next year as well as a few new faces with Nick Farr-Jones and Graham Henry coming on board for our June and July courses.

Johanna Murray, our Operations Manager has done a wonderful job keeping us all in line and steering the ship when I have been away on commentary duties. With this newsletter we hope to

build on the unique forum we have for players and coaches from around the world to share their thoughts on how the game is played and administered.

From this we have been able to gain a better understanding of the way the game is developing in the various corners of the globe and as you develop so to will IRANZ. We look forward to hearing from you all as you progress in your careers and in further issues we hope to publish more and more letters from the ever growing IRANZ family.



*The Coaches from IRANZ I June 2002*

## IRANZ News

- Graham Henry to come on board for the 2003 High Performance and Advanced Players' courses.
- Former Wallaby captain Nick Farr-Jones to be added to the already impressive list of position-specific coaches
- IRANZ team playing jerseys now available for purchase to IRANZ course 'graduates' with the number of your choice. See order form attached or contact Jo on [info@iranz.co.nz](mailto:info@iranz.co.nz)
- A students' course is to be run in April 2003 with former All Black and Waikato great John Boe at the helm. This course is designed for players of high school age who are looking for that edge as they move from school to club rugby.
- Two Practical Coaching Courses will be run early next year for club, school and age-grade rep coaches. Dates are: Friday 7 to Sunday 9 February, coinciding with the IRB World Sevens Tournament at Westpac Trust Stadium.  
Friday 7 to Sunday 9 March, the same weekend as the first Super 12 match. Presenters include Richard Loe, John Boe and Mark Shaw and our very own Dave Ellis and Murray Mexted

## Richie features for Southland



## We want to hear from you.

We are interested in what you have done since you were with us. Please drop us a line and let us know what you have been up to. Or if you want to share things with the rest of the IRANZ graduates jot down your story or message and send it to Jo at [info@iranz.co.nz](mailto:info@iranz.co.nz) or me, the editor at [halfback@xtra.co.nz](mailto:halfback@xtra.co.nz)

## Video please Ref!

Below is the sequence that lead to the disallowed try by Yas in the first game of the July course. You make your own decision!



## Skills & Drills..with Dave Ellis      *The Cutout pass*

Why do we throw a cutout pass? Is it to always get the ball wide quickly or is there another reason? Could it be to miss out a player under pressure? Perhaps to quickly put an unmarked player into space!

### Set Up:

Select two colours to work with and place three to four sets of rugby balls at an even spacing along one side of a 40m x 15m channel (two channels side-by-side are needed). The initial working group will comprise of a passer (halfback?), the worker (first receiver), player option one and player option two.



### Stage 1: Execution

Starting from the first set of balls, players work up the first channel with the passer moving the ball onto the worker who passes a cut-out pass to player option two who is on the outside. On reaching the end of the channel the players realign on the second channel and work their way back, passing off the other hand.

### Stage 2: Feel

Same as Stage 1 however have the worker close his eyes as he fires the pass. This way he can feel the pass, helping him to develop an instinctive movement.

### Stage 3: Focus

Nominate one of the coloured balls as the 'cue ball'. For this drill we will choose red. As the players work down the channel the passer selects one of the available balls. Should he choose the red ball then the worker must execute the cutout pass to player option two. If another colour is chosen then the pass goes along the chain via player option one.

Tip: Start with all balls clearly visible then as the worker becomes more proficient and the tempo is increased place the balls behind a tackle bag or hit shield so the worker does not get such a clear view of the ball until it is on its way.

### Stage 4: Eyes up

For this stage the colour of the ball is not relevant. Now the type of pass is directed by the coach who will position himself opposite the first option player. From here he will hold up a coloured card just as the worker receives the ball. If it is red then the worker will perform the cutout pass. Any other colour sends the ball down the chain.

The coach works down the channel with the players and should be about 10 metres in front of player option one.

Tip: Reduce the distance the coach is away from player option one to train the worker to work in a more realistic situation.

### Stage 5: Scanning

As with Stage 2 the colour of the ball is again the cue to the worker to execute the cutout pass. However now we have a cardholder positioned as in Stage 3 and another positioned opposite the second player option. As the worker receives the ball both of these card holders show their cards, the worker must then execute the pass and identify the card colours from the closest to the furthest away. Again work down the channels.

Tip: As the worker becomes more proficient at this, once again reduce the distance of the cardholders from the player options.

To add another dimension, perhaps add a third cardholder behind the others in a deeper position.

### Stage 6 : Add Defence

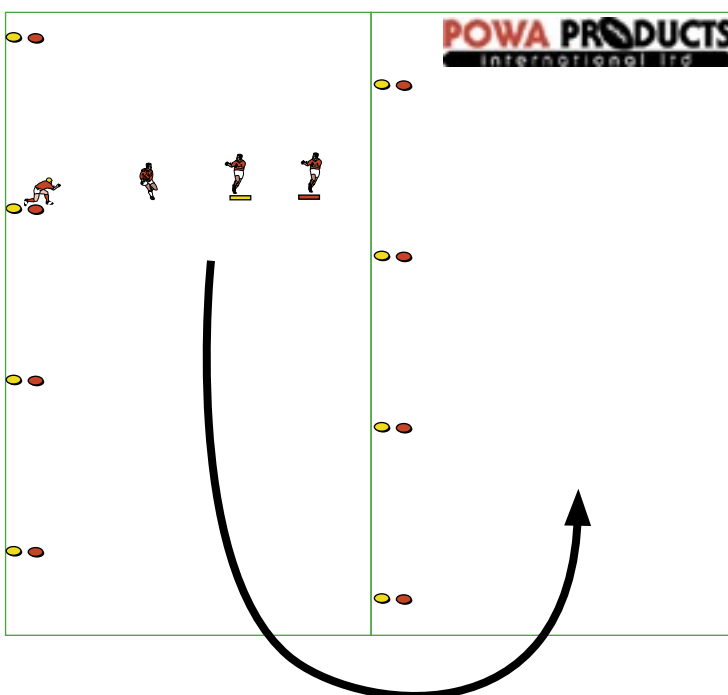
Now that we are happy with the worker's ability to broaden his vision and work off visual cues we can introduce players in defence.

Start with three players at least 15 metres back and opposite each of the three attacking players minus the passer. To begin with these defenders are to be in a 'man on' defence pattern.

The coach now operates from behind the attacking unit and is equipped with coloured cards. The yellow card signals the player on the outside and a red card signals the middle player.

When a defender is signaled he comes up faster in defence so, for example, if the middle player is chosen then he will move up more quickly on his opposite and the worker will see this and cut out that player. If the outside player screams up, then the ball goes through the hands.

Tip: If all players have had the opportunity to progress to this stage, then after receiving a pass and breaking past the defenders the ball can quickly be shifted to the



outside before the attacking group confronts a second set of defenders. This could continue down the field as long as there are enough defenders.

As the players improve, reduce the distance the defence starts from to eventually replicate a match environment. Modify the defence to run a drift pattern. This will call on the attack to modify their running lines with the outside player perhaps starting wide and coming in and onto the cutout pass or maybe the reverse. Also the pass may be executed differently with perhaps the cutout pass now going behind the first option player. Whatever option is chosen it must be one that puts a player into space and not under pressure.

### ***Richie Features.***

We asked Richard Newman a few questions about playing in the 2001 Air New Zealand NPC

Ed. What was it like playing in your first year in the NPC 1st division?

Rich. This year's NPC was a good experience and the stage on which it was played was something I personally enjoyed.

Ed. What did you notice most about playing at this level?

Rich. The level of rugby was of a high standard and it demands that you as a player have to perform every week or be found out.

Ed, Finally Rich, what are your goals for next season?

Rich. Really looking forward to next year's competition and hooking up with the Southland team again. We had a really young team this year and I feel that the experience gained through the competition will see us win a few more next season.

### ***Sam Walton doing well.***

Here is a recent email from Sam after we asked him just what he had been up to recently.

After leaving IRANZ I continued playing my rugby with NEC Harlequins in England on a full-time contract. I train everyday and I love it. I have been playing for the U21 and 2nd XV regularly. I'm also lucky enough to have been selected to represent South of England U21. Still keep in contact with the boys and miss you all. I am also celebrating us English dominating you kiwis in the game at Twickenham.



*Sam in support of Tai Tautua under the watchful eye of Laurie Mains*



*An early scrum  
IRANZ I*



*Thomas takes the outside  
IRANZ I*



*Henry drives ahead  
IRANZ II*

### ***IRANZ Quiz..with Jo Murray***

1. What year did Murray Mexted play his last international for New Zealand?
2. Name two team Laurie Mains has coached in the Super 12
3. What years did Graham Mourie captain the All Blacks?
4. Apart from wing, what other position did David Campese play for Australia?
- 5 For what Cricket team was John Dams the fitness trainer?

Send answers to Jo and go into the draw to win an IRANZ t-shirt or cap  
info@iran.co.nz or fax +64 4 3829118

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**PHILIPS**

