



“SmashBall !!!” Our put In Optimized Scrum Engagement

1. Quickly assemble at the mark and communicate the objective of the scrum.
2. Hooker and the tighthead delay bind until scrum half and all forwards are there, If possible make the opposition wait in crouch position for us, Zap their energy!
3. When tighthead steps into position the hooker binds to him first then secondly to loosehead prop setting at the $\frac{3}{4}$ position, at the same time back five are gathering in a upright relaxed posture binding to each other efficiently to achieve scrum goal.
4. Compression and Engagement of back five only begins when hooker makes $\frac{3}{4}$ call, this call is made once scrumhalf is in low and ready position enabling immediate put in, as soon as contact is made or as soon as referee allows.
5. Immediately after back the five have bound hooker draws in props and lowers them to a horizontal ready posture all players are on the balls of their feet with chest in front of toes, waiting for the ***E of Engage***, then the hooker draws his brace foot back and entire front row fires hips by rocking knees forward extending the core moving forward as quickly as possible.
6. Back three are balanced using non plant foot to stabilize, flankers are focusing all pressure through inside leg and shoulder but bridging off outside hand not to disrupt prop, everyone is clamp binding with no forward pressure. When the hookers moves his brace foot, locks and eight step non-plant foot back to parallel. **This must be completed before contact is made.** Equal pressure is applied through both feet by everyone “16 feet holding the ground”. Power is transmitted continuously through right shoulder until ball is released, or if the number eight or hooker call **Squeeze**, everyone squeezes there arms, tightens their core and tries not to move their feet to stabilize the scrum.
7. In order to get cleaner production on our own ball everyone except tighthead flanker should be transmitting energy through right shoulder to create a minor tighthead wheel. This increases the ability and accuracy of the put-in to reach the correct pocket “**The Sweet Spot**” behind right foot of the hooker.
8. Scrumhalf should get down low as possible to aid ball placement, it should be rolled in with left hand forward of right, with the ball at a 45 degree angle to create the proper rotation and allow the ball to run past the loosehead’s inside knee and under the hooker. This allows the hooker to maintain a powerful scrummaging posture as long as possible.
9. If the engagement is good and there is forward movement it is important that the scrumhalf moves forward with the front row insuring the put-in enters the tunnel ASAP and at the shoulder of the loosehead, traveling deep into the tunnel at a 45 degree angle .
10. From the impact the number eight is communicating to pack instructions “keep it on !! “, “right shoulder ” etc. As soon as the ball is hooked the left flanker shifts back as a second number eight to block the opposition scrumhalf out of the pocket. Once the ball is reachable or if the other team is trying to wheel us “**SQUEEZE**” call is made. Everyone should stabilize the scrum allowing a quicker, easier and higher quality production of the ball.