



BokSmart
WINNERS PLAY SMART



RUCK LIKE A BOK

USE THESE TECHNIQUES TO LIMIT THE RISK OF INJURY

1. Always enter the ruck alongside or behind the last man's feet
2. Shorter, faster steps as you get closer

3. Drop your body height when entering the ruck
4. Keep your spine-in-line
5. Keep elbows low, hands up and arms close to the body

6. Face up, eyes open and sight your target
7. Do not charge in from the side!
8. No leading with a sharp shoulder into the cleanout
9. Head and shoulders slightly above the hips

10. Try and get underneath your opposition
11. Lead with the arms, in a strong controlled clamping action
12. Wrap the player up and get the shoulder on

13. **Either win the space or clear the threat**
 - A Grip onto your team mate and protect them or the ball
 - B Or drive through with the legs to win the battle for space over and past the ball
 - C Or grip in to contest for the ball
14. **Support your body weight**
15. **Keep your head and neck tucked into the bucket of the shoulders**

13C

MALCOLM MARX

CHRIS BURGER
PLAYERS FUND
PETRO JACKSON
Rugby's Caring Hands

13B

EBEN ETZEBETH

13A

SIYA KOLISI

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