



**BokSmart**  
WINNERS PLAY SMART



# RUCK LIKE A BOK

USE THESE TECHNIQUES TO LIMIT THE RISK OF INJURY



CHRIS BURGER  
**PLAYERS FUND**  
PETRO JACKSON  
*Rugby's Caring Hands*

BOKSMART SERIES 07/11

**13C**

**MALCOLM MARX**



- 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**

**13B**

**EBEN ETZEBETH**



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**13A**

**SIYA KOLISI**



- 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