

A Comparative Analysis of the Technique and Tactics of Chinese Outstanding Women's Rugby Team

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Abstract: Rugby, a sport that amalgamates courage, speed, intelligence, and strength, is expected to unfold with seamless fluidity and swift maneuvering during its matches, captivating and resonating deeply with every spectator. This paper primarily focuses on elucidating the technique and tactics of the teams during the 14th National Games rugby matches, comparing the achievements of the women's teams from Beijing and Shandong. It meticulously dissects the tactical characteristics of women's rugby teams in these two regions, aiming to enable the enhancement of each region's women's rugby team's tactical skills, ultimately striving towards greater excellence. The ultimate goal is to provide a clearer direction for the training and development of women's rugby teams.

Keywords: Excellence; Rugby Matches; Women's Teams; Technique and Tactics; Relevant Reflections

1. Introduction

In recent years, sports in China have gained significant traction and attention among the general population, with an increasing number of individuals participating in various athletic activities. Rugby, originating in 19th century England, possesses remarkable liveliness and spectator appeal. The inclusion of rugby in the form of a 7-a-side match at the 2009 London Olympics popularized this variant in multiple countries, enriching the competitive landscape of rugby. The 14th National Games included the 7-a-side rugby competition, providing an opportunity to explore effective methods for tactical training of outstanding women's teams in China. This study aims to summarize, analyze, and statistically consolidate the performance, tactical focal points, and training emphasis of the rugby teams in Beijing and Shandong, with the hope of contributing to the

enhancement of the competitive level of women's rugby in China.

2. Background and Significance of Contrasting Technique and Tactics of Outstanding Women's Rugby Teams

2.1 Background of Contrasting Technique and Tactics of Outstanding Women's Rugby Teams

The context for contrasting the technique and tactics of exceptional women's rugby teams selected from the 14th National Games consists of the teams from Beijing and Shandong. This involves a comprehensive analysis of the rugby tactical performance data from both teams, undertaken through literature reviews and video studies. The literature review entailed accessing platforms such as CNKI, Wanfang Data, and VIP Information to gather and examine pertinent materials related to rugby tactics, ensuring the authenticity and utility of the data for this study. Concurrently, video studies involved meticulous observation of the rugby matches between the two women's teams, capturing ball possession, scoring, defensive statistics, and other relevant performance metrics.

2.2 The Importance of Elevating the Technical and Tactical Proficiency of Women's Rugby Teams

Studying the competitive dynamics of women's rugby plays a pivotal role in enhancing the overall level of team technique and tactics. It not only determines the performance of the women's rugby team members but also influences their subsequent growth and development, thus facilitating the perpetuation of athletic spirit^[1]. Firstly, the tactical proficiency of women's rugby teams can enhance overall team performance. Given the intense and combative nature of rugby, each athlete is required to possess strong

specialized qualities, exhibiting physical agility and mastery of intricate tactics during gameplay. Through repeated training and practice, members of the women's rugby team can efficiently execute passes and receptions, fostering mutual collaboration and reinforcing the effectiveness of both offensive and defensive maneuvers. Moreover, the efficient implementation of women's rugby team tactics can elevate the likelihood of success in matches. Members should adjust scientifically devised tactical plans based on the opponents' performance during gameplay and the evolving trends on the field, effectively navigating complex match situations. Secondly, the tactical prowess of women's rugby teams can pave the way for the comprehensive development of the athletes themselves. In each specific training phase, every member of the women's rugby team can maximize their potential, effectively addressing the challenges and obstacles encountered during matches. The associated practical processes enhance the physical and cognitive capabilities of the women's rugby team members, imbuing them with athletic spirit and a collaborative ethos, thereby promoting the optimal growth and even comprehensive development of each member. Thirdly, the tactical proficiency of women's rugby teams can expand the reach of athletic initiatives. Notably, outstanding women's rugby teams in China, achieving commendable results in specific competitions, can attract a substantial number of women to autonomously join rugby as a sport. This enhances the influence of women's rugby teams within society, providing multiple women with a platform and opportunities to realize their individual talents. Through the captivating performances of women's rugby teams in competitions, the enthusiasm for rugby within the Chinese populace is stoked, expediting the promotion and popularization of women's rugby [2]. Lastly, the technical and tactical proficiency of women's rugby teams can drive the transmission and development of athletic spirit. In actual sports and competitions, each member generates a heightened sense of teamwork and a positive, uplifting spirit, subtly influencing the audience and perpetuating the essence of sportsmanship. Consequently, in order to cultivate exceptional women's rugby teams, it is imperative for the nation to comprehensively establish programs

and plans for technical and tactical training for women's rugby teams, providing a high-quality developmental environment to ensure that every member of the women's rugby team can continually realize their personal life value and radiate their brilliance.

3. Application of Techniques and Tactics in Outstanding Women's Rugby Teams

3.1 Ball Possession Performance

3.1.1 Passing technique

Within the realm of women's rugby, passing technique stands as a fundamental skill and serves as a pivotal lever for reinforcing the efficiency of coordination among team members. The exhibition of passing technique not only reflects the tactical acumen of the women's rugby team members but also showcases their athletic prowess. According to statistical data, the Shandong women's rugby team executed 41 passes, while the Beijing women's rugby team completed 72 passes. Furthermore, the longest pass count for the Shandong women's rugby team was 15, whereas the Beijing women's rugby team's longest pass count stood at 12. During the finals, the total number of passes for the Shandong women's rugby team and the Beijing women's rugby team both amounted to 59. In terms of the longest pass count during this phase, Shandong had 8 instances, contrasted with Beijing's 11 instances. Consequently, it is evident that during the preliminary stage of the competition, the Shandong women's rugby team had a higher number of passes compared to Beijing. Even when the total number of passes for both teams was the same, the performance of the Shandong team was notably superior. This implies that the Beijing women's rugby team should prioritize the enhancement of the quality and efficiency of their passing in subsequent training. [3]

3.1.2 Ball possession time performance

The mastery of ball possession time by the two women's rugby teams reflects their own level of technical and tactical proficiency. Generally speaking, the efficiency of ball possession and the duration of ball possession exhibit a direct correlation; the longer the ball possession time, the more dominance a team exerts in women's rugby matches. Analysis of the data indicates that during the preliminary matches, the ball

possession time for the Beijing women's rugby team amounted to 305 seconds, while the Shandong women's rugby team held possession for 367 seconds, denoting a slightly longer ball possession time for the Shandong team. In the finals, the ball possession time for the Beijing women's rugby team was 327 seconds, compared to 344 seconds for the Shandong women's rugby team, once again marking a slightly longer ball possession time for the Shandong team. While there was minimal disparity in ball possession time between the two women's rugby teams across multiple regions, the Shandong women's rugby team exhibited shorter ball possession time in several other instances. Consequently, members of the Beijing women's rugby team should aim to enhance their skills in ball possession time, particularly in the midfield and forward areas.^[4]

3.1.3 Performance in receiving the kickoff

As a primary strategic maneuver in women's rugby matches, the ability to catch a kickoff empowers team members with greater ball possession, enabling them to regulate the pace of the game. Data indicates that during the preliminary matches, both the Shandong women's rugby team and the Beijing women's rugby team did not engage in catching the kickoff at the first drop point. The Beijing women's rugby team committed two fouls during the second drop point, while the Shandong women's rugby team committed one foul during the second drop point, signifying a more effective performance by the Shandong women's rugby team compared to the Beijing team. In the finals, the information shows that the Beijing women's rugby team received the kickoff at the first drop point and experienced two successful receptions at the second drop point. Conversely, the Shandong women's rugby team did not engage in receiving the kickoff at the first drop point but experienced two successful receptions at the second drop point, indicating a stronger ability in kickoff reception for the Beijing women's rugby team.

3.2 Performance of the Two Teams in Utilizing Rugby Set Pieces

The term "set pieces" refers to the static postures maintained by members of the women's rugby team during specific phases of a match, essentially signifying the process of restarting play after an interruption and

encompassing free-kick plays and scrummaging.

3.2.1 Utilization of free-kick plays

During the women's rugby team matches, a free kick is mainly awarded when the opposing team commits a foul. In the preliminary rounds of the rugby competition, the Beijing women's rugby team was awarded 4 free kicks, while the Shandong women's rugby team was awarded 8. In the finals, the Beijing women's rugby team was awarded 13 free kicks, whereas the Shandong women's rugby team was awarded 6. This signifies that the Beijing women's rugby team should further bolster their tactical prowess. In the final match, the Beijing women's team committed fewer fouls, which may partly be attributed to a shift in defensive intensity, leading to altered outcomes.^[5] Upon reviewing footage, it became evident that the Shandong women's rugby team maintained a lead both in the first and second halves of the final match. Subsequently, the Beijing women's rugby team initiated attacks, attempting to capitalize on defensive vulnerabilities to score. However, the Shandong team, discerning this strategy, resulted in an increase in infractions, thus leading to an increased number of free kicks for the Beijing team. Consequently, it is apparent that during the preliminary rounds, the Beijing women's rugby team committed more fouls compared to the Shandong women's rugby team, while in the final stage, the Beijing team committed fewer fouls as compared to the Shandong team.

3.2.2 Application of scrummaging technique

In women's rugby matches, the scrummaging technique falls under the set piece system as a technical approach, involving a competitive dynamic where members of the two opposing teams vie for possession of the rugby ball, potentially leading to advantageous attacking conditions upon gaining control of the scrum. This technique has the capacity to induce defensive pressure on the opponents, thereby enhancing the offensive efficiency of the women's rugby team. During the preliminary matches, the Shandong women's rugby team had the scrum possession 5 times, while the Beijing women's rugby team had it 4 times. In the final stage, the Shandong women's rugby team had the scrum possession 4 times, paralleled by the Beijing women's rugby

team's possession 4 times, showcasing a minimal variance at the technical level. Taking all of this into consideration, the application effectiveness of the scrum technique in the two women's rugby teams shows no marked disparities. Nevertheless, subsequent technical and tactical training for the women's rugby teams should be intensified^[6].

3.3 Performance of Offensive and Defensive Tactics in Both Teams

3.3.1 Performance in offensive tactics

When comparing rugby and other sports, a notable characteristic of the former is the inability to execute forward passes. Members carrying the ball must maintain position ahead of the attackers and coordinate seamlessly with teammates without the ball. The overall offensive tactics represent the practical level of the women's rugby team and serve as the fundamental guarantee for outstanding match results. The first point of studying offensive data indicates that if the women's rugby team possesses a certain level of offensive prowess, it signifies a smoother offensive process^[7]. During the preliminary matches, the Beijing women's rugby team had 12 offensive instances, while the Shandong women's rugby team had 16 instances, indicating a lower frequency for the Beijing team. In the final stage, the Beijing women's rugby team had 25 offensive instances, compared to the Shandong women's team's 16 instances, showcasing fewer occurrences for the Shandong team. Both women's rugby teams should further strengthen their offensive capabilities. Additionally, studying the breakthrough process, as a critical phase in specific matches for the women's rugby team, entails breaking through existing team offensive patterns to enhance the team's tactical proficiency. The data clearly indicates that during the preliminary matches, the Beijing women's rugby team had 5 breakthrough instances, while the Shandong women's rugby team had 11, and the latter employed various types of breakthroughs including directional, palm-push, and collective breakthroughs. In the final stage, both the Beijing women's rugby team and the Shandong women's rugby team had 4 breakthrough instances, yet the cooperation among members of the Shandong women's rugby team was slightly more effective.

3.3.2 Performance in defensive tactics

In women's rugby matches, defense represents a tactical skill that enhances competitive performance, aiding the team in securing more attacking opportunities and increasing the overall match score. During the preliminary matches, the defensive instances for the Beijing women's rugby team were noted as 15, while the Shandong women's rugby team had 7 instances, with respective success rates of 10 and 2. Furthermore, the Beijing women's rugby team achieved 1 successful counter-steal, while the Shandong women's rugby team had no successful counter-steals, indicating to a certain extent that the defensive efficiency of the Beijing women's rugby team is higher in the preliminary stage, presenting a relatively significant advantage. In the corresponding final match, the Beijing women's rugby team had 17 defensive instances, while the Shandong women's rugby team had 27 instances, with respective success rates of 12 and 14. Additionally, the Beijing women's rugby team achieved 1 successful counter-steal, whereas the Shandong women's rugby team had 3 successful counter-steals, indicating that the Beijing women's rugby team had fewer defensive instances but exhibited stronger effective defense, suggesting a leading edge in defensive tactical proficiency^[8]. Another aspect is the defensive interceptions, a crucial technique in 7-a-side women's rugby matches, involving the crucial action of gaining possession of the ball, impeding the opponent's attack, and reducing their score. During the preliminary matches, the Beijing women's rugby team had a greater number of interceptions, with 9 effective interceptions and 11 ineffective ones, while the Shandong women's rugby team had 6 effective interceptions and 8 ineffective ones. Therefore, while the defensive interception skills of the Beijing women's rugby team show an upward trend, they are not yet synchronized with those of the Shandong women's rugby team, signifying an impending need to address defensive operations during matches^[9]. In the corresponding final match, the total interceptions by the Beijing women's rugby team were lower compared to the preliminary matches, showing a significant improvement, but the number of effective interceptions was slightly lower. Hence, defensive interceptions are an area in which the women's rugby teams,

particularly the Beijing team, should focus on for training.

4. Key Training Points for Outstanding Women's Rugby Team Techniques and Tactics

In a comprehensive analysis, the tactical performance of the Beijing women's rugby team does not match that of the Shandong women's rugby team. Therefore, in subsequent training sessions, there should be continuous focus on passing and receiving training, aiming to cultivate a distinctive competitive style, as well as to enhance mental resilience and practical abilities. Furthermore, physical conditioning training should be incorporated to improve competitive skills and to reinforce the effectiveness of defensive operations.

4.1 Strengthening Ball Possession Control and Adjusting Offensive and Defensive Concepts

When comparing 7-a-side rugby matches with 15-a-side rugby matches, certain differences emerge, particularly in terms of timing. In 7-a-side rugby, the game is divided into two halves, each lasting 7 minutes, with the team composed of 7 players. It is precisely due to these two features that 7-a-side rugby is replete with a certain novelty.

4.1.1 Emphasizing ball possession

In the conduct of rugby matches, territorial dominance and ball possession play a crucial role, as they significantly enhance the probability of victory. In 15-a-side matches, there is excessive emphasis on territorial occupation. For instance, when the defending side is under substantial pressure, a common issue arises when the ball is kicked out of bounds at the side of their own 22m line ^[10]. Additionally, during an offensive play, the tactic of kick-attacking towards the opponent's try line is utilized, both of which involve the exchange of possession for territorial gains. This is due to the large number of players in a 15-a-side match, making it difficult to improve the accuracy of attacks when the field is relatively small. The differences between 7-a-side and 15-a-side rugby are apparent; with fewer players and a larger playing area, defense poses a certain level of difficulty, making it easier for rugby players to score. Furthermore, irrespective of the team, emphasis is placed on prioritizing the offense,

considering that offense is the best form of defense. The team in control of the ball prefers not to relinquish possession to the opponent, even if it means withdrawing from the opposition's scoring zone.

4.1.2 Evolving offensive and defensive concepts

In comparison to 15-a-side women's rugby matches, a rigorous demand is placed on the positioning and functional performance among team members during the game, particularly emphasizing a collective tactical approach in the process of offense and defense. Conversely, within 7-a-side rugby, the smaller number of players and the larger playing space necessitate closer coordination among team members during offense and defense, requiring each member of the women's rugby team to take responsibility for their specific area of offense and defense, emphasizing the localized nature of offensive and defensive operations. In other words, members of the 7-a-side women's rugby team should possess the ability to adapt flexibly, efficiently addressing defensive issues within the context of women's rugby matches. Consequently, these factors indicate a fundamental shift in the format of 7-a-side women's rugby matches, necessitating the rational allocation of spatial distribution for the team members during the game ^[11].

4.2 Multifaceted Training to Enhance Team Coordination Efficiency

In the process of developing the women's rugby team into an outstanding ensemble, it is imperative to conduct tactical training from multiple dimensions, comprehensively elevating the level of coordination among its members.

4.2.1 Implementing speed training

An exceptional women's rugby team should equip each member with proficient running skills, particularly in the context of 7-a-side women's rugby matches. Despite the relatively short match duration of 14 minutes, each member is essentially engaged in continuous running, often at full pace. Therefore, the training regimen for an outstanding 7-a-side women's rugby team should emphasize the enhancement of each player's speed and endurance, potentially integrating 400-meter sprint training, as well as shuttle runs over 30 meters, facilitating the seamless mastery of running techniques among team members. To

further enhance the endurance of the women's rugby team in their running capabilities, trainers should diversify training methods, ensuring that team members maintain a perpetually positive and enthusiastic mindset.

4.2.2 Implementing strength training

In order for the women's rugby team to achieve excellence, it is essential to undertake strength training, a prerequisite for enhancing each team member's level of physical confrontation. Strength training should encompass two primary modules. The first module primarily focuses on absolute strength, emphasizing the maximum load capacity of each team member, achieved through sustained barbell exercises and research. Through progressive training, the capacity of the major muscle groups of the women's rugby team members is enhanced, thereby elevating the strength of skeletal muscles during confrontational encounters. The second module prioritizes explosive power, concentrating on the rate of force development, where momentum can be understood as the product of speed and mass. Given the nature of 7-a-side women's rugby matches, with a relatively small number of players, each individual on the field is required to engage in both earnest offense and defense. Without explosive power, the effective implementation of women's rugby matches and the achievement of exceptional match results would be impeded. Consequently, undertaking coordination-based training for the women's rugby team members, focusing on repeated low-resistance force production, facilitates an overall enhancement of the team's competitive skills.

4.2.3 Initiating psychological training

In the realm of women's rugby matches, the 7-a-side format is quite prevalent. It is inevitable that a strong grasp of technique and tactics among the players of a women's rugby team would confer a distinct advantage, leading to outstanding results. Moreover, disparities in scores can trigger fluctuating emotions among the team members, encompassing both joy and sorrow. When prevailing sorrowful emotions take precedence, they are likely to diminish the players' explosiveness during the match. Hence, every member of the women's rugby team should possess a certain level of resilience and robust self-mental fortitude, learning to adapt their

mindset to accommodate various occurrences within the context of women's rugby matches. Facilitators ought to organize high-intensity match activities for the women's rugby team members in order to alleviate the pressures they face. Additionally, they should frequently guide the team members in analyzing both victories and losses, aiding each individual in building a strong sense of confidence. It is crucial to foster a sense of teamwork, not only to promote genuine collaboration among the women's rugby team members, but also to instill in them a formidable spiritual backbone. When endowed with a team spirit, the potential of the women's rugby team members is amplified, their tactical acumen elevated, thereby increasing the likelihood of achieving exemplary results in women's rugby matches, ultimately securing championship titles.

5. Conclusions

In conclusion, the comparative analysis of the technical and tactical aspects of outstanding women's rugby teams has been based on the study of match data from the 14th Beijing women's rugby team and the Shandong women's rugby team. Through the process of reviewing online platforms and match footage, practical performances between the two teams have been scrutinized. In order to develop into an exceptional women's rugby team, each team member should actively engage in training, while facilitators should tailor training programs according to the needs of women's rugby matches, encompassing speed, strength, and psychological training, thus formulating a scientific training regimen to continuously ensure the team's competitive edge and ultimately achieve the desired match results.

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