Seeding rate and sowing patterns play an important role in the proper stand establishment of the growing crop, which ultimately affect the productivity at the end of the season. The selection of suitable planting method as well as the accurate rate of seeding for bread wheat is dependent upon several factors including the time of planting, soil characteristics, seed viability and availability of plant machinery. A study was conducted at the Demonstration Farm of the Faculty of Agriculture, University of Khartoum, Shambat to find out the effect of different seeding rates and planting techniques on the vegetative growth of bread wheat (Triticum aestivum L.) on the widely used cultivar Condor. The outcome of the present report indicates that higher increasing in the seeding rates is not beneficial in increasing wheat vegetative growth. Generally, sowing on flats by broadcasting showed the best results in comparison with the other tested patterns. The present study indicated the importance of putting more emphasis on the crop stand establishment in connection with various cultural practices.