



Return to Rugby

Coaching Sessions

12 - 16 YEARS OLD

ENSURE YOUR PLAYERS ARE FIT TO TRAIN



PRE TRAINING SYMPTOM CHECK:



DO NOT COME TO TRAINING WITH:



A high temperature



A new, continuous cough



Loss of smell or taste (anosmia)

HYGIENE MEASURES REQUIRED



PRE TRAINING

- Complete and pass the online symptom check
- Wash prior to training at home
- Change and prepare kit at home
- Prepare own nutrition at home
- Travel alone or in your household group
- No car sharing
- Parents to drop and pick up only



DURING TRAINING

- No spitting
- Use own water bottle/equipment
- No sharing – drinks / towels
- Playing balls should be cleaned pre / post
- Use hand sanitisers
- Limit use of mobile phone
- Maintain at least 2m social distancing throughout training
- Avoid hand shaking/physical greetings



POST TRAINING

- Use hand sanitisers
- Wash hands
- Clean / sanitise equipment
- No idle chat



GRADUAL RETURN TO CONTACT TRAINING



Some contact activities can be introduced to all levels of community rugby training from May 1



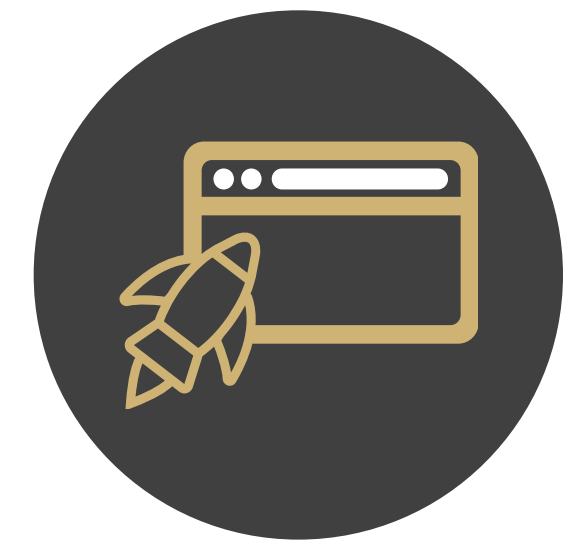
Use six weeks AT LEAST
to return to full contact training safely.



Strictly no scrums, mauls or line-outs
This phase is principally to support the safe return of the tackle area.



Contact is ONE key skill
Players need to get back up to speed technically in all core skills before any contact matches take place.



go to [wrugamelocker.wales](https://www.wrugamelocker.wales) for detailed ideas for coaching sessions



Non contact matches
All matches – club v club and internal matches must be touch and tag only during this phase



Sanitise hands and equipment regularly



Group size
Please refer to Welsh Government guidance



Travel
Tag and touch matches can now cross District boundaries but stay local and within Wales

Registration and pre-training and match protocols remain,
e.g WRU Game Locker symptom check, home hygiene and kit preparation

RECOMMENDED PITCH MANAGEMENT & PLANNING



To ensure a successful training session please consider the recommended pitch management and planning.

Designated Areas / Zones of the Pitch

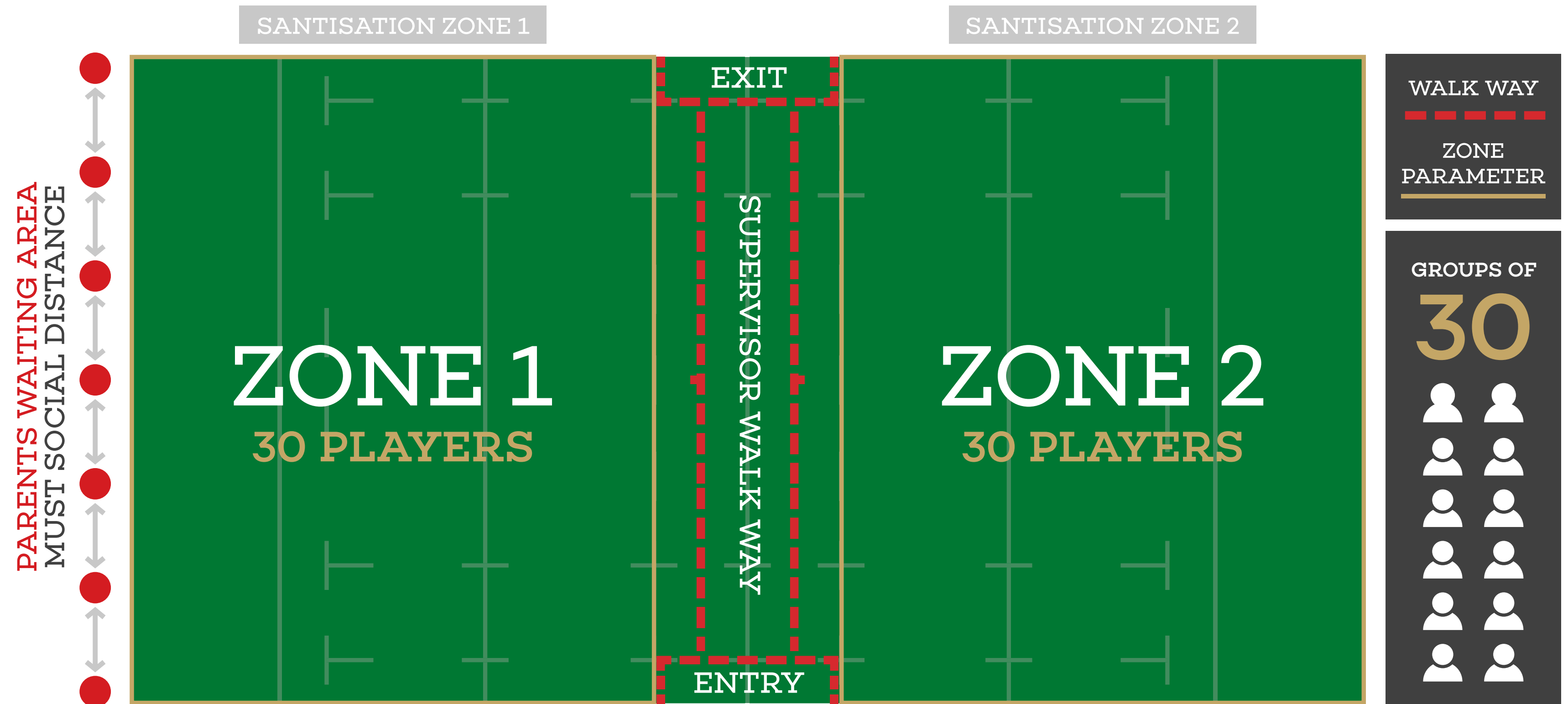
- Movement between zones should be restricted
- When entering and exiting pitch use walkway

Equipment allocated to zone 1 for example should not be transferred to another zone.

Sanitisation zone should be set-up outside pitch entry point.

Prior to entering or exiting the pitch area:

- Clean hands
- Clean equipment



Please follow Welsh Government guidelines regarding participating numbers at all sessions across all age groups.

PLANNING YOUR COACHING



REWARDING

Always consider what motivates a player as everyone is different.



RELEVANT

Is the Practice relevant to your Players?



REALISM

Ask Yourself - Does it look like the game?



REPETITION WITHOUT REPETITION

Give enough time to Practice - but keep it fresh

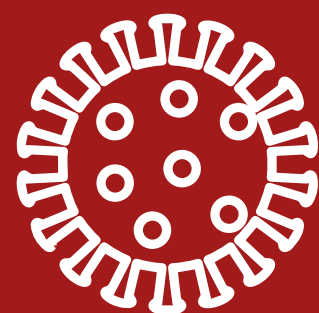


KEEP THE BALL MOVING

Keep the active time up - how much of your session is the ball moving?

PLEASE ENSURE THAT ALL SESSIONS ARE SUPERVISED BY A RESPONSIBLE ADULT

This document contains sessions to help your players stay fit and active.



PLEASE FOLLOW ALL CURRENT GUIDELINES WITH REGARDS TO COVID-19 AND LOCKDOWN PROCEDURES. IF IT IS POSSIBLE TO TRAIN ON A PITCH WITH A MEMBER OF YOUR HOUSEHOLD WITH YOU FOR ANY RUNNING SESSIONS THEN DO SO.

WARM UP

Warm up correctly and thoroughly – get your child to select 3-4 exercises from the circuit pages and do these at a low intensity as a warm up.



HYDRATION

Make sure you have a bottle of water to hand at all times



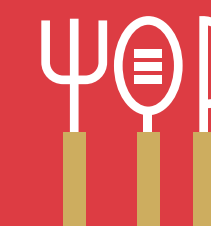
COOL DOWN

Ensure you stretch post-session for 5-10 minutes



NUTRITION

Follow the nutritional advice to make sure you repair, recover and recharge your body



CAUTION

If you start to feel any abnormal pain/discomfort/chest pain then stop immediately



CAUTION

If you have any pre-existing injuries then either modify or choose a different exercise from the prescribed exercise list



CAUTION

This programme would not be recommended if you are currently taking any prescribed medication.



DISCLAIMER

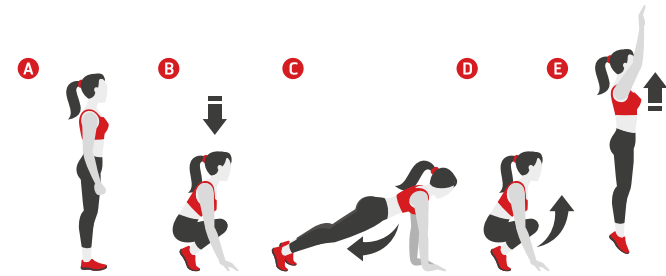
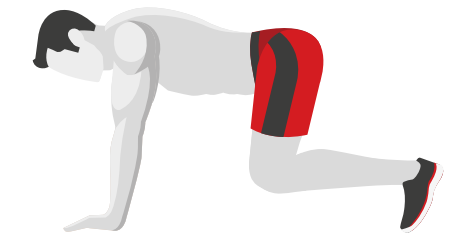
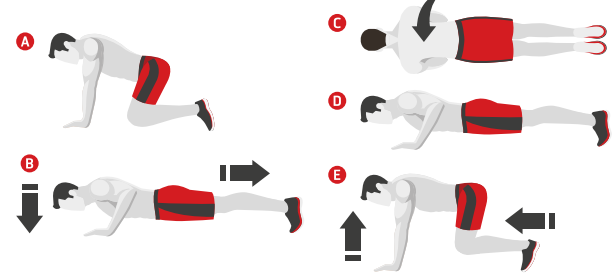
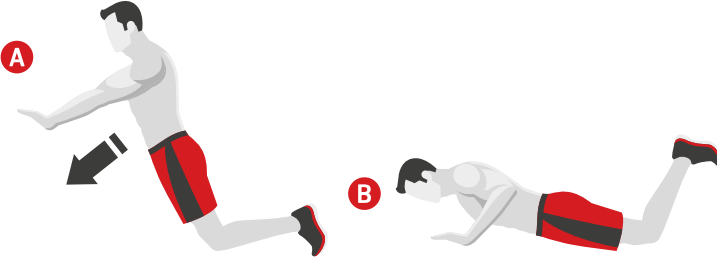
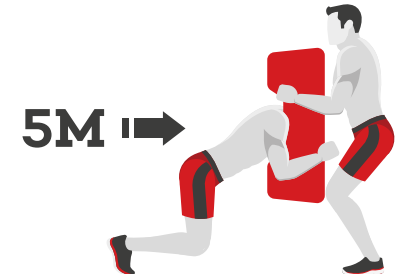
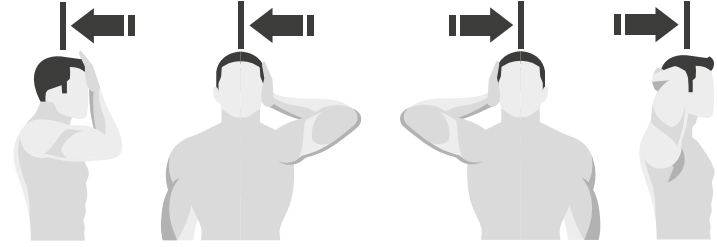
This document is meant to be an information guide only and contains suggestions for exercises that you may find helpful and nutrition options for you to consider. You should only attempt to undertake any of the exercises if you are in good physical condition and are able to participate in exercise – you are strongly recommended to consult with your Doctor before commencing any exercise programme.

When participating in any exercise or exercise programme, there is a possibility of physical injury or damage to property. If you undertake any of the exercises included in this information guide, you do so voluntarily and at your own risk. The Welsh Rugby Union will not accept and you hereby waive and discharge the Welsh Rugby Union and anyone acting on its behalf from any and all claims or liability arising out of any injury suffered or damage caused to you or your property.

RETURN TO CONTACT



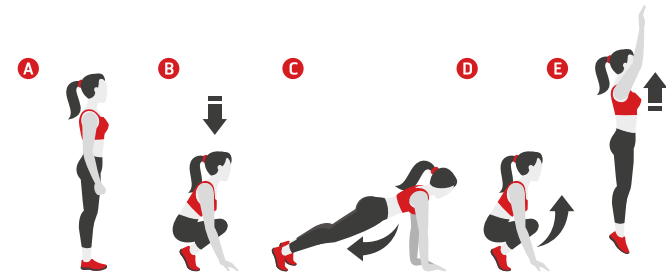
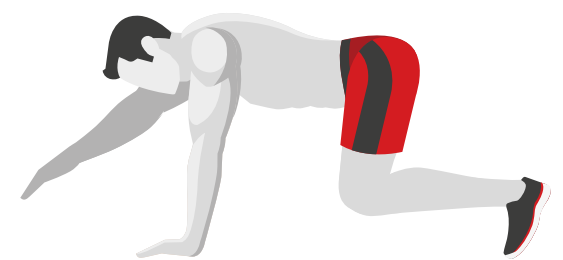
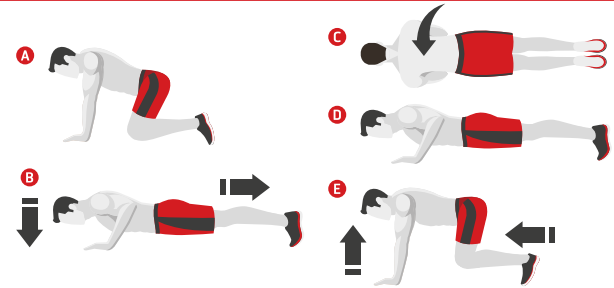
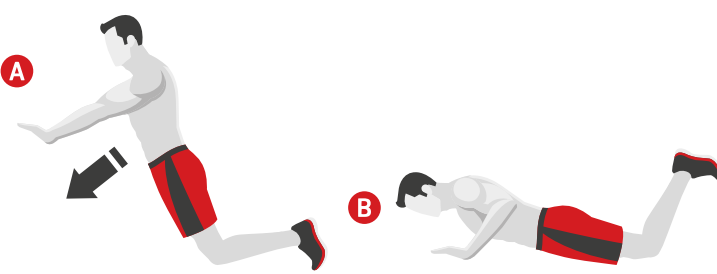
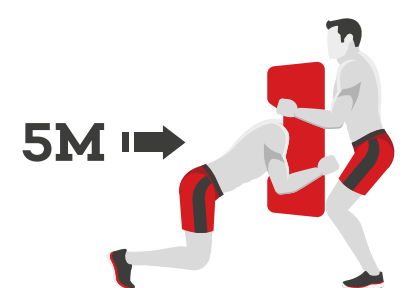
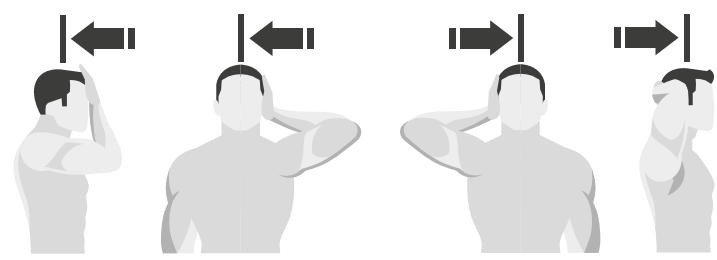
WEEK 1 - PREPARATION FOR CONTACT

PERFORM AS WARM UP FOR CONTACT ACTIVITIES		
	Down + Up Burpees	4
	Bear crawl – hold	10 seconds
	Lateral rolls – Start on all fours	4 (2 each side)
	Controlled falls from knees	4
	Pad shoulder contact – 5m Walk	4 (2 each side)
	Isometric neck holds – F/L/R/B	1x5 seconds each way
COMPLETE CIRCUIT X 2 – Work with a partner, 1-1 rest, 15 seconds between exercises, 1 minute between circuits		

RETURN TO CONTACT

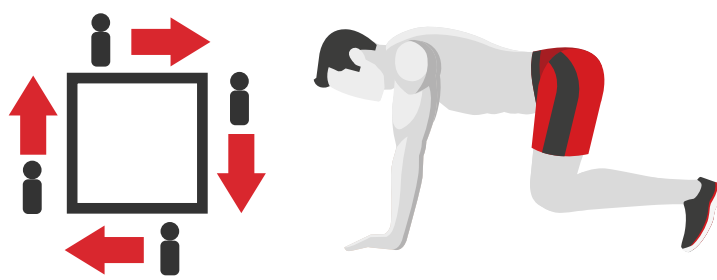
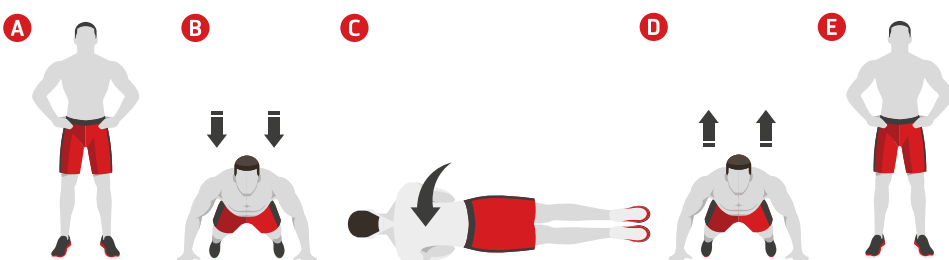
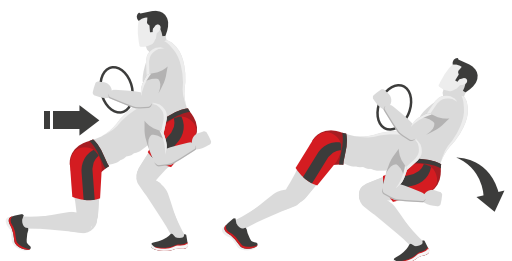
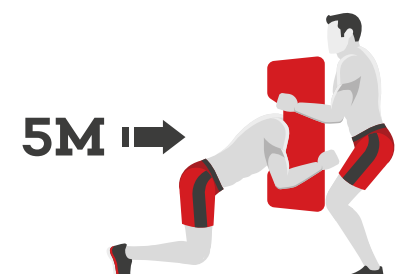
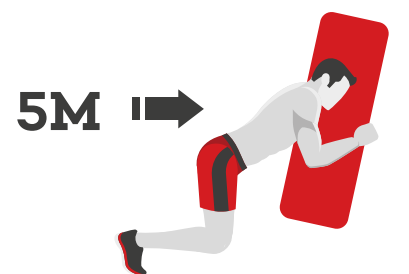
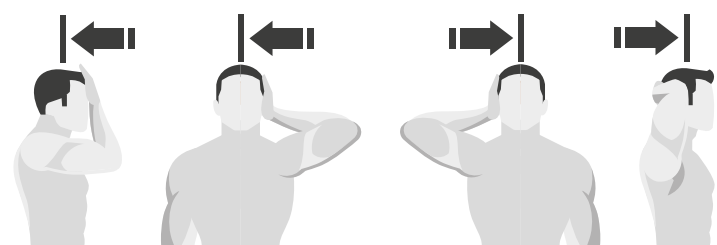


WEEK 2 - PREPARATION FOR CONTACT

PERFORM AS WARM UP FOR CONTACT ACTIVITIES		
	Down + Up Burpees	5
	Bear crawl - hand lift	10 (5 each side)
	Lateral rolls - Start on all fours	6 (3 each side)
	Controlled falls from knees	5
	Pad shoulder contact - 5m Walk	6 (3 each side)
	Isometric neck holds - F/L/R/B	2x5 seconds each way
COMPLETE CIRCUIT X 2 – Work with a partner, 1-1 rest, 15 seconds between exercises, 1 minute between circuits		

RETURN TO CONTACT

WEEK 3 - PREPARATION FOR CONTACT

PERFORM AS WARM UP FOR CONTACT ACTIVITIES		
	<p>Bear crawl - square, 2m F/R/B/L</p>	<p>1</p>
	<p>Drop / lateral roll / back in game</p>	<p>4 (2 each side)</p>
	<p>1 v 1 walk to tackle</p>	<p>4 (2 each side)</p>
	<p>Pad shoulder contact - 5m Jog</p>	<p>4 (2 each side)</p>
	<p>Sausage bag shoulder tackle - 5m Run</p>	<p>4 (2 each side)</p>
	<p>Isometric neck holds - F/L/R/B</p>	<p>2x6 seconds each way</p>
<p>COMPLETE CIRCUIT X 2 – Work with a partner, 1-1 rest, 15 seconds between exercises, 1 minute between circuits</p>		

RETURN TO CONTACT



WEEK 4 - PREPARATION FOR CONTACT

PERFORM AS WARM UP FOR CONTACT ACTIVITIES		
	<p>Bear crawl - square, 2m F/R/B/L</p>	<p>2</p>
	<p>Drop / lateral roll / back in game</p>	<p>6 (3 each side)</p>
	<p>1 v 1 walk to tackle</p>	<p>6 (3 each side)</p>
	<p>Pad shoulder contact - 5m Jog</p>	<p>6 (3 each side)</p>
	<p>Sausage bag shoulder tackle - 5m Run</p>	<p>6 (3 each side)</p>
	<p>Isometric neck holds - F/L/R/B</p>	<p>2x6 seconds each way</p>
<p>COMPLETE CIRCUIT X 2 – Work with a partner, 1-1 rest, 15 seconds between exercises, 1 minute between circuits</p>		

Session 1

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>One out Touch</p> <ul style="list-style-type: none"> • Normal two handed touch game but “tackler” retreats to touch own tryline when made tackle before rejoining game 	<ul style="list-style-type: none"> • Move ball quickly looking for space in defence left by retreating players
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Passing in 4s</p> <ul style="list-style-type: none"> • Up and down channel • Passing across line of 4 	<ul style="list-style-type: none"> • Passer - Push ball through to target (hands), flat pass • Catcher - keep depth, call for ball, hands up early, fingers point up, hands in front not on chest • Realignment and regaining depth
<p>10 mins Contact Practice</p>	<p>Falling</p> <ul style="list-style-type: none"> • Static onto both sides 3 times each with ball • Moving in large grid with ball, on command fall and present 	<ul style="list-style-type: none"> • Always practice with a ball • Fall on side (turn to side in fall) • Fall on Pads not Points - In order – calf, thigh, side, outside of arm • Keep elbows in • Bend knees when start to fall • Keep ball in two hands, close to chest and off the floor • Fall towards own team • Place ball with two hands for own team to play away
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 1 OF THE CONTACT CURCUIT WARM UP		
<p>10/15 mins Game</p>	<p>Ball Presentation Touch</p> <ul style="list-style-type: none"> • Normal rules of Touch Rugby apply up to tackle • On 2 handed touch tackle, the tackled player goes to ground and presents the ball • The next attacker then acts as Scrum Half to pass the ball away • The defender making the touch must stay by • tackled player till ball has been passed by Scrum Half • All defenders must stay behind offside 	<ul style="list-style-type: none"> • Ball carrier to maintain ball in 2 hands and control fall to floor, working on floor to get effective presentation • Players to scan at all times and see what is in front of and either side of them • When tackle is made, a support player must get quickly to the ball • The supporting player will perform a scrum half pass by starting with one foot by the ball, the other foot facing the target, stay low, pass and finish by pointing the hands to target

Session 2

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Turn and Play touch</p> <ul style="list-style-type: none"> • Normal touch rules but when player scores they turn and attack other direction. Defenders must retreat to 5 metres from line and cannot tackle till player has gone 5m 	<ul style="list-style-type: none"> • Encourage support at all times. Good communication
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Base Pass</p> <ul style="list-style-type: none"> • In pairs passing off floor to each other from cones. • Progression - increase distance • Progression - start 2 metres back from cone, move forward to pass 	<ul style="list-style-type: none"> • Rear foot by ball • Front foot pointing to target • Low base, head over ball • Passing hand towards back of ball slightly on top, other hand is guide and towards front of ball and slightly under • Pass from floor in one fluid motion moving weight to front foot • Stay low during pass • Follow arms through to target
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 2 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>Contact with pad From 1 metre only Work both shoulders</p>	<ul style="list-style-type: none"> • Head up, hands up • Eyes on target • Step in and drop height • Shoulder makes contact with target • As shoulder makes contact, fire arms around ball pad and establish firm grip • Use legs to drive a couple of steps
<p>10/15 mins Game</p>	<p>Ball Presentation Touch</p> <ul style="list-style-type: none"> • Normal rules of Touch Rugby apply up to tackle • On 2 handed touch tackle, the tackled player goes to ground and presents the ball • The next attacker then acts as Scrum Half to pass the ball away • The defender making the touch must stay by • tackled player till ball has been passed by Scrum Half • All defenders must stay behind offside 	<ul style="list-style-type: none"> • Communication and teamwork needed • Ball carrier to maintain ball in 2 hands and control fall to floor, working on floor to get effective presentation • Players to scan at all times and see what is in front of and either side of them • When tackle is made, 2nd player must get quickly to the ball • This player must do effective scrum half pass, back • foot by ball, front foot out facing target, stay low, pass and follow

Session 3

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Ball Presentation Touch</p> <ul style="list-style-type: none"> • Normal rules of Touch Rugby apply up to tackle • On 2 handed touch tackle, the tackled player goes to ground and presents the ball • The next attacker then acts as Scrum Half to pass the ball away • The defender making the touch must stay by tackled player till ball has been passed by Scrum Half • All defenders must stay behind offside • Overload attack by having 2 players in different colour bibs to transition continually to team with ball, swop these regularly 	<ul style="list-style-type: none"> • Communication and teamwork needed • Ball carrier to maintain ball in 2 hands and control fall to floor, working on floor to get effective presentation • Players to scan at all times and see what is in front of and either side of the • When tackle is made, 2nd player must get quickly to the ball • This player must do effective scrum half pass, back foot by ball, front foot out facing target, stay low, pass and follow
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Domino Falling</p> <ul style="list-style-type: none"> • Form a circle, all players with balls facing in • Ensure enough distance between players so no contact when fall • Decide which way going round circle • One player starts with controlled fall • Next player then falls like a Domino then the next • Encourage all players to get back to feet as quickly as possible • How many times can you go round? • Vary which way start to practice falling both ways • Remember to feed back on key factors of fall 	<ul style="list-style-type: none"> • Fall on side (turn to side in fall) • Fall on Pads not Points - In order – calf, thigh, side, outside of arm • Keep elbows in • Bend knees when start to fall • Keep ball in two hands, close to chest and off the floor
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 3 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>Static side tackle</p> <ul style="list-style-type: none"> • Pairs with ball • Practice both sides • Progress:- • Step, shoulder, thumbs on chest • Fire arms round band of steel • Finish tackle to floor, maintaining band of steel 	<ul style="list-style-type: none"> • Ball carrier attempts to beat defender with footwork and at least get to side of defender • Maintain ball in two hands through fall • Soft pop pass to support player • Support player to make clear and accurate communication
<p>10/15 mins Game</p>	<p>Touch Cymru</p> <ul style="list-style-type: none"> • Normal Touch Rugby laws apply up to tackle • After touch tackle, tackled player may go 3 metres forward and go to floor with ball in two hands • On hitting floor, he may pop ball up to support player to carry on game. He has 3 seconds to do this. After 3 seconds, ball has to be presented and defence allowed to retreat before playing 	<ul style="list-style-type: none"> • Ball carrier attempts to beat defender with footwork and at least get to side of defender • Maintain ball in two hands through fall • Soft pop pass to support player • Support player to make clear and accurate communication

Session 4

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Touch Cymru</p> <ul style="list-style-type: none"> • Normal Touch Rugby laws apply up to tackle • After touch tackle, tackled player may go 3 metres forward and go to floor with ball in two hands • On hitting floor, he may pop ball up to support player to carry on game. He has 3 seconds to do this. After 3 seconds, ball has to be presented and defence allowed to retreat before playing 	<ul style="list-style-type: none"> • Ball carrier attempts to beat defender with footwork and at least get to side of defender • Maintain ball in two hands through fall • Soft pop pass to support player • Support player to make clear and accurate communication
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Stuck in Mud with pass</p> <ul style="list-style-type: none"> • Players not on to have ball. Two handed touch, they are stuck and put own ball down. • Must receive and return a pass to be unstuck • Can pick up own ball and play 	<ul style="list-style-type: none"> • Hands up to catch and communicate. • Pass to target
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10/15 mins Game</p>	<p>Grab Tackle Offload</p> <ul style="list-style-type: none"> • Grab Tackle Offload • Tackle is by 2 handed grab at waist high. • Player tackled must offload the ball within 3 seconds. • If not offloaded, can go down to present and then ball played away. • Alternately, as progression, if no offload in 3 seconds, a turnover occurs 	<ul style="list-style-type: none"> • Ball carrier to keep ball in 2 hands • Try to use footwork to get to side of defender • Turn body towards own team and look and listen for support • Soft pop pass to supporting player making a good decision who to pass to and when • Support players work hard to keep with ball carrier • Communicate early • Run onto ball with target up
<p>10 mins Contact Practice</p>	<p>Walking Tackle</p> <ul style="list-style-type: none"> • In pairs with one ball • Ball carrier to stand on one cone 5m apart from defender • On coaches signal the ball carrier and tackler walk towards each other • Defender performs a tackle 	<ul style="list-style-type: none"> • Eyes on target • Step in and drop height to make contact with shoulder • As shoulder makes contact, fire arms around ball carrier and establish Band of Steel • Drive with legs, maintaining Band of Steel and safely bring the ball carrier to the ground • Fall on Ball carrier side and ensure the head is not between the ball carrier and the ground • Release Ball carrier and get back on feet as quickly as possible

Session 5

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Grab Tackle Offload</p> <ul style="list-style-type: none"> • Tackle is by 2 handed grab at waist high. • Player tackled must offload the ball within 3 seconds. • If not offloaded, can go down to present and then ball played away. • Alternately, as progression, if no offload in 3 seconds, a turnover occurs 	<ul style="list-style-type: none"> • Ball carrier to keep ball in 2 hands • Try to use footwork to get to side of defender • Turn body towards own team and look and listen for support • Soft pop pass to supporting player making a good decision who to pass to and when • Support players work hard to keep with ball carrier • Communicate early • Run onto ball with target up
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Base Pass</p> <ul style="list-style-type: none"> • In pairs passing off floor to each other from cones. • Progression - increase distance • Progression - start 2 metres back from cone, move forward to pass 	<ul style="list-style-type: none"> • Rear foot by ball • Front foot pointing to target • Low base, head over ball • Passing hand towards back of ball slightly on top, other hand is guide and towards front of ball and slightly under • Pass from floor in one fluid motion moving weight to front foot • Stay low during pass • Follow arms through to target
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>Tackle Progressions Move side, front and rear tackle through</p> <ul style="list-style-type: none"> • Ball carrier walk • Both players walk • Ball carrier jogs • Both players jog 	<ul style="list-style-type: none"> • Eyes on target • Step in and drop height to make contact with shoulder • As shoulder makes contact, fire arms around ball carrier and establish Band of Steel • Drive with legs, maintaining Band of Steel and safely bring the ball carrier to the ground • Fall on Ball carrier side and ensure the head is not between the ball carrier and the ground • Release Ball carrier and get back on feet as quickly as possible
<p>10/15 mins Game</p>	<p>Touch Tackle Game</p> <ul style="list-style-type: none"> • Tackle is initially made by two handed touch • Ball carrier stops running when touched • Player who made touch then makes a tackle from position he made touch, in front, at side, behind • Ball carrier falls, places ball and is passed away 	<ul style="list-style-type: none"> • Focus on tackle technique, observe and feedback. • Ensure tackles are waist high or below

Session 6

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>End Ball</p> <ul style="list-style-type: none"> • One player from each team must stand behind the try line at the end of the pitch and acts as the 'try scorer'. The attacking team must try and get the ball to their try scorer by means of passing only. • If the try scorer drops the pass then no try is awarded and the opposition start with a free pass from the try line 	<ul style="list-style-type: none"> • Rotate the try scorer after each try. • If the ball is dropped or lost out of play, the opposition re-start the game with a free pass from where the incident occurred
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Passing in 4s</p> <ul style="list-style-type: none"> • Up and down channel • Passing across line of 4 	<ul style="list-style-type: none"> • Passer - Push ball through to target (hands), flat pass • Catcher - keep depth, call for ball, hands up early, fingers point up, hands in front not on chest • Realignment and regaining depth
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>1 v 1 live tackle</p> <ul style="list-style-type: none"> • In 5 m grid, both players start back to back in middle, one with ball. • On go, both go back to own line or designated corner, turn and move forward • Tackle to be made 	<ul style="list-style-type: none"> • Ball carrier to try and evade, don't stop to be tackled, ball in 2 hands, fall correctly • Tackler to get in ready position, on toes, keep feet moving • Tackler to move forward to close space • Choose correct shoulder to make tackle with • Complete tackle safely
<p>10/15 mins Game</p>	<p>Walking Tackle</p> <ul style="list-style-type: none"> • Normal Tackle only (U9) game but in small area and walking speed • Only one tackler allowed 	<ul style="list-style-type: none"> • Focus on tackle technique, observe and feedback. • Ensure tackles are waist high or below • Ball carrier not to stop to be tackled

Session 7

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Ball Presentation Touch</p> <ul style="list-style-type: none"> • Normal rules of Touch Rugby apply up to tackle • On 2 handed touch tackle, the tackled player goes to ground and presents the ball • The next attacker then acts as Scrum Half to pass the ball away • The defender making the touch must stay by tackled player till ball has been passed by acting Scrum Half • All defenders must stay behind offside 	<ul style="list-style-type: none"> • Communication and teamwork needed • Ball carrier to maintain ball in 2 hands and control fall to floor, working on floor to get effective presentation • Players to scan at all times and see what is in front of and either side of them • When tackle is made, 2nd player must get quickly to the ball • This player must do effective scrum half pass, back foot by ball, front foot out facing target, stay low, pass and follow
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>2 v 1</p> <ul style="list-style-type: none"> • In 7m grid, 2 attackers, one with a ball, 1 defender • Aim to score at end without ball carrier being touched • Can start at end or in middle before going to own end, turning and attacking 	<ul style="list-style-type: none"> • Ball carrier to draw defender away from support and maintain space for support • Look to pass as late as possible when defender can not interfere with pass, make tackle or then get to support player • Support player to maintain depth and width, communicate effectively and run onto ball
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>1 v 1 live tackle with feeder</p> <ul style="list-style-type: none"> • Coach or other feeder starts with ball • In 5 m grid, both players start back to back in middle, • On go, both go back to own line or designated corner, turn and move forward • Feeder passes one player the ball as they come forward • Tackle to be made 	<ul style="list-style-type: none"> • Ball carrier to try and evade, don't stop to be tackled, ball in 2 hands, fall correctly • Both players to keep moving forward • Tackler to get in ready position, on toes, keep feet moving • Choose correct shoulder to make tackle with • Complete tackle safely
<p>10/15 mins Game</p>	<p>Tackle Only (U9) Pathway Game</p> <ul style="list-style-type: none"> • Small numbers • Small pitch • One tackler only • Tackles waist high or below • 3 seconds held on feet is tackle • No Scrums, Mauls or Lineouts 	<ul style="list-style-type: none"> • Focus on tackle technique, observe and feedback. • Ensure tackles are waist high or below • Focus on ball carrier having 2 hands on ball, using footwork and looking to offload before 3 seconds if able effectively • If go to floor, correct fall and presentation

Session 8

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Two touch game</p> <ul style="list-style-type: none"> • Normal touch rugby but tackle only occurs after second player makes touch tackle on ball carrier • Ball carrier keeps going after first touch 	<ul style="list-style-type: none"> • Defence to communicate and work together
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>2 v 1</p> <ul style="list-style-type: none"> • In 7m grid, 2 attackers, one with a ball, 1 defender • Aim to score at end without ball carrier being touched • Can start at end or in middle before going to own end, turning and attacking 	<ul style="list-style-type: none"> • Ball carrier to draw defender away from support and maintain space for support • Look to pass as late as possible when defender can not interfere with pass, make tackle or then get to support player • Support player to maintain depth and width, communicate effectively and run onto ball
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>Nominating Activity</p> <ul style="list-style-type: none"> • Group of 5 players with ball in channel • On go, players move up channel interpassing • On command Tackle, ball carrier falls and presents • Nearest supporter shouts IM IN and goes over ball carrier on floor, simulating clear out • Next player shouts IM 9 moves to ball • and passes to one of other support players and passing recommences • Under 9s can do without player going over tackled player 	<ul style="list-style-type: none"> • Clear and Early communication • 1st support player correct body position • Low body, • flat back • square on, • leg bend, • hands up, head in • Neutral, spine in line and looking through,eyebrows • Stay on feet
<p>10/15 mins Game</p>	<p>Tackle only game</p> <ul style="list-style-type: none"> • One Tackler • Tackle waist high or below • 3 second held on feet is tackle • No scrums • Tap restarts 	<ul style="list-style-type: none"> • Focus on tackle technique, observe and feedback. • Ensure tackles are waist high or below • Focus on ball carrier having 2 hands on ball, using footwork and looking to offload before 3 seconds if able effectively • If go to floor, correct fall and presentation

Session 9

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Centre Touch</p> <ul style="list-style-type: none"> • Overload attack by having 2 players in different colour bibs to transition continually to team with ball, swop these regularly • Normal 2 handed touch • On touch ball carrier falls and presents • First support player goes over tackled player on floor to simulate clear out • Ball is played away • Tackler plus 1 other defender to go on knee each side of tackled player till ball played away 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, fall correctly • Support player, good body position and in quickly • Low body, • flat back • square on, • leg bend, • hands up, head in • Neutral, spine in line and looking through,eyebrows • Stay on feet • If not in quickly can award a turnover to other team
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Nominating Activity</p> <ul style="list-style-type: none"> • Group of 5 players with ball in channel • On go, players move up channel interpassing • On command Tackle, ball carrier falls and presents • Nearest supporter shouts IM IN and goes over ball carrier on floor, simulating clear out • Next player shouts IM 9 moves to ball and passes to one of other support players and passing recommences 	<ul style="list-style-type: none"> • Clear and Early communication • 1st support player correct body position • Low body, • flat back • square on, • leg bend, • hands up, head in • Neutral, spine in line and looking through,eyebrows • Stay on feet
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>2 v 1 Tackle support</p> <ul style="list-style-type: none"> • 2 attacker one defender at opposite ends of 5m grid with pad • Ball carrier to take on pad, pad carrier to move to him. • Ball carrier hits pad • Swop roles each go • Use different shoulders for tackle and contact 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, on contact with pad, drive and then fall correctly and present with 2 hands on ball • 1st support player steps over tackled player and hits pad with correct body position: <ul style="list-style-type: none"> - Low body height - Square on, - Shoulder makes contact with pad - As shoulder makes contact, fire arms around pad and establish firm grip - Use feet to drive couple of steps, keeping straight and flat back - Stay on feet
<p>10/15 mins Game</p>	<p>Small Sided tackle and unopposed clear out</p> <ul style="list-style-type: none"> • Normal tackle rules, if presented, 1st support player goes over tackled player unchallenged and ball passed away. • 2nd defender takes a knee by to side of tackled player till ball passed away 	<ul style="list-style-type: none"> • Focus on tackle technique • Focus on ball carrier decision making and fall/placement/ offload • Support players speed to breakdown and body position

Session 10

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Centre Touch</p> <ul style="list-style-type: none"> • Overload attack by having 2 players in different colour bibs to transition continually to team with ball, swop these regularly • Normal 2 handed touch • On touch ball carrier falls and presents • First support player goes over tackled player on floor to simulate clear out • Ball is played away • Tackler plus 1 other defender to go on knee each side of tackled player till ball played away 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, fall correctly • Support player, good body position and in quickly • Low body, • flat back • square on, • leg bend, • hands up, head in • Neutral, spine in line and looking through,eyebrows • Stay on feet • If not in quickly can award a turnover to other team
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Stuck in the mud</p> <ul style="list-style-type: none"> • Those not on to have ball • When touched, ball down on floor • Need to receive a pass and return to get unstuck • Can then pick ball up and re enter game 	<ul style="list-style-type: none"> • Evasion of players • Good communication • Catch and pass skills
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>2 v 2 live tackle</p> <ul style="list-style-type: none"> • 2 Attackers and 2 defenders, one with pad opposite ends of 5m grid • Ball carrier attacks live defender and tackled to floor • 2nd defender with pad tries to step over tackled player and 2nd attacker clears him out • Swop roles each go • Use different shoulders for tackle and contact 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, on contact with pad, drive and then fall correctly and present with 2 hands on ball • 1st support player steps over tackled player and hits pad with correct body position: <ul style="list-style-type: none"> - Low body height - Square on, - Shoulder makes contact with pad - As shoulder makes contact, fire arms around pad and establish firm grip - Use feet to drive couple of steps, keeping straight and flat back - Stay on feet
<p>10/15 mins Game</p>	<p>Pathway game</p> <ul style="list-style-type: none"> • 1 v 1 ruck • No scrums • Tap turnover • Maximum 3 ruck rule to encourage ball movement 	<ul style="list-style-type: none"> • Look for players decision making, offload, move ball from tackle • Tackle technique • Ball carry, offload or fall and present • Quick support and ruck technique

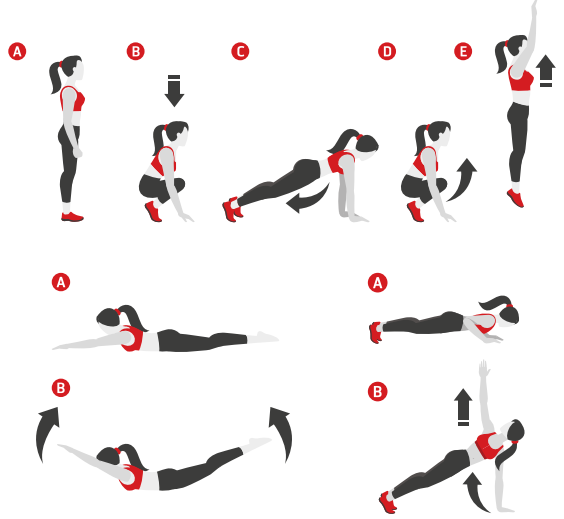
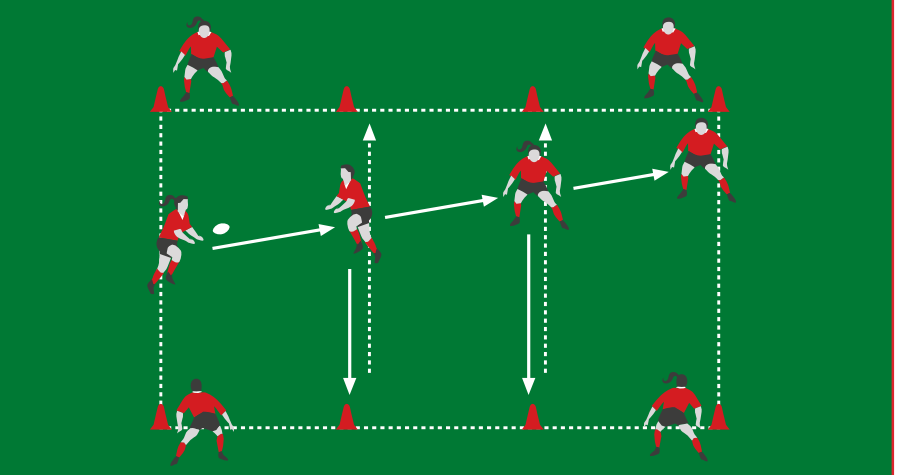
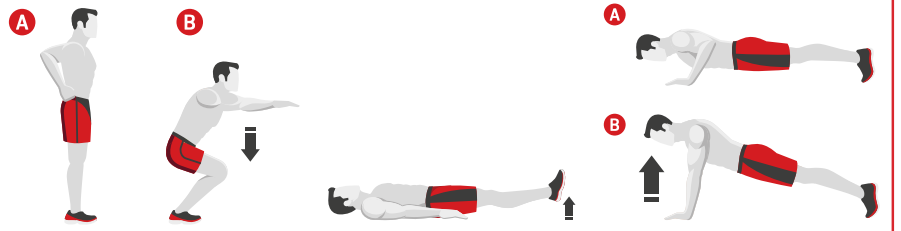
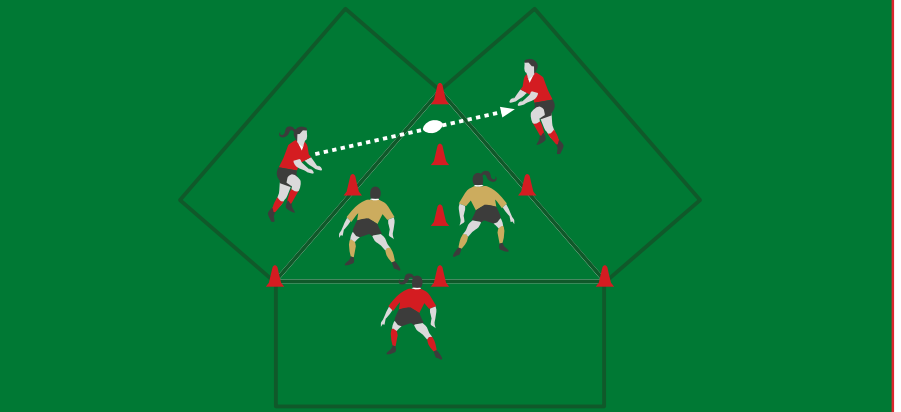
Session 11

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>End Ball</p> <ul style="list-style-type: none"> • One player from each team must stand behind the try line at the end of the pitch and acts as the 'try scorer'. The attacking team must try and get the ball to their try scorer by means of passing only. • If the try scorer drops the pass then no try is awarded and the opposition start with a free pass from the try line 	<ul style="list-style-type: none"> • Rotate the try scorer after each try. • If the ball is dropped or lost out of play, the opposition re-start the game with a free pass from where the incident occurred
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Base Pass</p> <ul style="list-style-type: none"> • In pairs passing off floor to each other from cones. • Progression - increase distance • Progression - start 2 metres back from cone, move forward to pass 	<ul style="list-style-type: none"> • Rear foot by ball • Front foot pointing to target • Low base, head over ball • Passing hand towards back of ball slightly on top, other hand is guide and towards front of ball and slightly under • Pass from floor in one fluid motion moving weight to front foot • Stay low during pass • Follow arms through to target
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>2 v 2 live</p> <ul style="list-style-type: none"> • Walk, jog, run • 7m grid. All start in middle, on go 1st attacker with ball and 1st defender go back to cone on own line turn and play. Live tackle • 2nd Attacker and 2nd defender go to cone 2m behind line turn and play live 1 v1 ruck situation 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, on contact with pad, drive and then fall correctly • and present with 2 hands on ball • 1st support player steps over tackled player and hits pad with correct body position: <ul style="list-style-type: none"> - Low body height - Square on, - Shoulder makes contact with pad - As shoulder makes contact, fire arms around pad and establish firm grip - Use feet to drive couple of steps, keeping straight and flat back - Stay on feet
<p>10/15 mins Game</p>	<p>Pathway game</p> <ul style="list-style-type: none"> • Small pitch • 1 v 1 ruck • No scrums • Tap turnover 	<ul style="list-style-type: none"> • Look for players decision making • Tackle technique • Ball carry, offload or fall and present • Quick support and ruck technique

Session 12

TIMING	PRACTICE	COACHING POINTS
5 MINUTE DYNAMIC WARM UP		
<p>10 mins Game</p>	<p>Centre Touch</p> <ul style="list-style-type: none"> • Overload attack by having 2 players in different colour bibs to transition continually to team with ball, swop these regularly • Normal 2 handed touch • On touch ball carrier falls and presents • First support player goes over tackled player on floor to simulate clear out • Ball is played away • Tackler plus 1 other defender to go on knee each side of tackled player till ball played away 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, fall correctly • Support player, good body position and in quickly • Low body, • flat back • square on, • leg bend, • hands up, head in • Neutral, spine in line and looking through,eyebrows • Stay on feet • If not in quickly can award a turnover to other team
5 MINUTE BREAK - SANITISE HANDS		
<p>5/10 mins General Practice</p>	<p>Passing in 4s</p> <ul style="list-style-type: none"> • Up and down channel • Passing across line of 4 	<ul style="list-style-type: none"> • Passer - Push ball through to target (hands), flat pass • Catcher - keep depth, call for ball, hands up early, fingers point up, hands in front not on chest • Realignment and regaining depth
5 MINUTE BREAK - SANITISE HANDS PLEASE REFER TO WEEK 4 OF THE CONTACT CURCUIT WARM UP		
<p>10 mins Contact Practice</p>	<p>2 v 2 live</p> <ul style="list-style-type: none"> • Walk, jog, run • 7m grid. All start in middle, on go 1st player on each side go back to cone on own line, turn and come forward. • Feeder passes to one of these and Live tackle made • 2nd players go to cone 2m behind line turn and play live 1 v1 ruck situation become a second attacker and a 2nd defender 	<ul style="list-style-type: none"> • Ball carrier ball in 2 hands, on contact with pad, drive and then fall correctly • and present with 2 hands on ball • 1st support player steps over tackled player and hits pad with correct body position: <ul style="list-style-type: none"> - Low body height - Square on, - Shoulder makes contact with pad - As shoulder makes contact, fire arms around pad and establish firm grip - Use feet to drive couple of steps, keeping straight and flat back - Stay on feet
<p>10/15 mins Game</p>	<p>Pathway game</p> <ul style="list-style-type: none"> • 1 v 1 ruck • No scrums • Tap turnover 	<ul style="list-style-type: none"> • Look for players decision making • Tackle technique • Ball carry, offload or fall and present • Quick support and ruck technique

Example Training Session

TIMING	PRACTICE	COACHING POINTS	
5 mins	Dynamic warm up		
10 mins	<p>Whole body circuit, 1 set =</p> <ul style="list-style-type: none"> Burpees - 15sec 15sec rest Superman - 15sec 15sec rest Push ups with torso rotation - 15sec 15sec rest <p>3x sets, 30 sec rest between each set</p>		<ul style="list-style-type: none"> Emphasis is on proper movement patterns and body control. If fatigue is causing a breakdown in technique stop the set and move on to the next exercise.
10 mins	<p>Continuous passing:</p> <ul style="list-style-type: none"> P1 starts with the ball, runs forward and passes to A1 who passes to A2 P2 receives the ball and passes to P4 running in the opposite direction A1 and A2 must touch the ground between the cones, turn around and receive the next pass A1 and A2 are under constant pressure to catch and pass, turn and get back into a position to receive the next pass 		<ul style="list-style-type: none"> Pass ball out in front of player Player receiving pass should have hands up ready and facing passer Stay running straight, particularly A1 and A2 as they fatigue Keep the work rate high
10 mins	<p>Whole body circuit 1 set =</p> <ul style="list-style-type: none"> Squats - 15sec 15sec rest Leg Raise - 15sec 15sec rest Press ups - 15sec 15sec rest <p>3x sets, 30 sec rest between each set</p>		<ul style="list-style-type: none"> Emphasis is on proper movement patterns and body control. If fatigue is causing a breakdown in technique stop the set and move on to the next exercise.
10 mins	<p>Social distance triangle game:</p> <ol style="list-style-type: none"> Set up the triangle and boxes as in the picture above. Put one or two defenders inside the triangle, putting cones down the middle for social distancing. Put an attacker in each box. The attackers have to pass/kick the ball through the triangle to score points. They have 60 seconds to accumulate as many points as they can. 		<ul style="list-style-type: none"> 10 x 30 secs on 30 secs rest
20 mins	<p>Touch Game: Please use one of the eight games on the following pages.</p>		<ul style="list-style-type: none"> ALL CONTACT ACTIVITIES TO TAKE PLACE IN THE LAST 15 MINUTES OF THE SESSION

OFFLOAD TACKLE

EQUIPMENT

- Balls
- Cones

NUMBERS

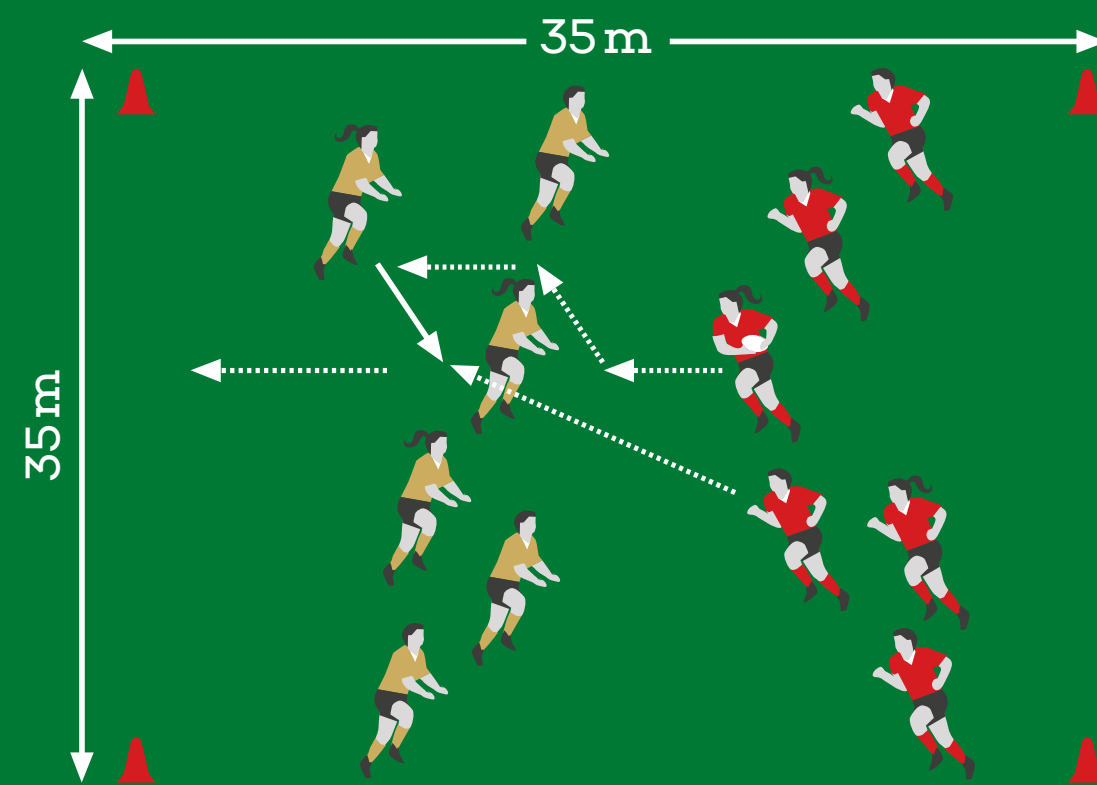
- Max 14 players and one coach in each zone (15 total)

RULES

- Up to 7 attackers and 7 defenders
- The defenders have to tackle the ball carrier to stop the attack
- Once tackled, the ball carrier looks to offload to a support player running through
- If the player isn't able to offload within three seconds the ball is turned over
- Next player goes in and makes clearing pass
- If team scores a try, the ball is given to the opposition
- Turnover also occurs for a knock-on or forward pass

COACHING POINTS

- Avoid head-on tackles - try to dodge the defender first
- Two hands on the ball
- If tackled, drive the legs to keep moving forward and look for support
- Pass to a support runner coming onto the ball at pace
- Support runner has hands up to hand catch effectively



WIDE TACKLE

EQUIPMENT

- Balls
- Cones

NUMBERS

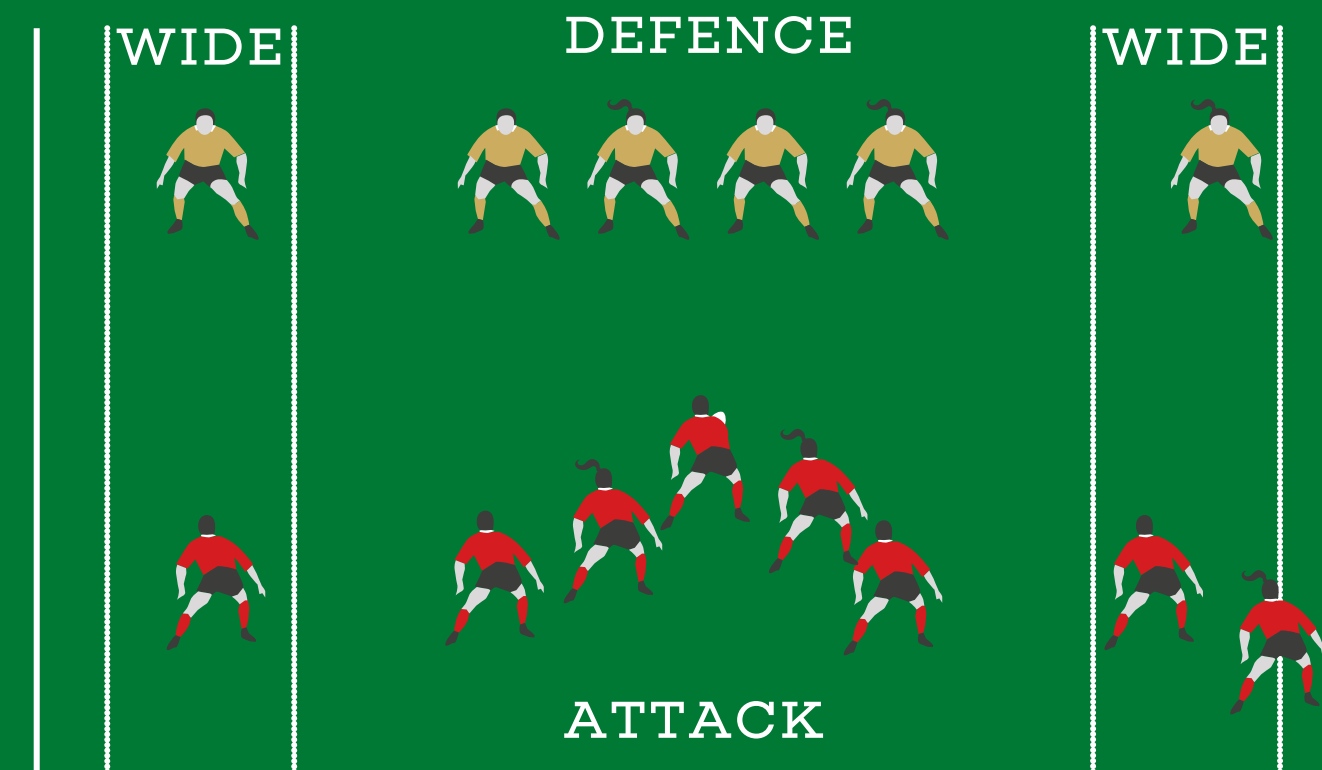
- Max 14 players and one coach in each zone (15 total)

RULES

- Two wide channels between the touchline and 15 metre line
- One large channel in between 8 attackers v 6 defenders
- Any number of tackles can occur in the wide channels, however only two tackles can occur in the middle at one time
- This means that after two tackles in the middle, the ball must be moved to the wide channel or a turnover will occur

COACHING POINTS

- Depth and width to attack
- Accurate passing - play what is front - eyes up
- Decision-making
- Option runners and lines of run



END BALL

EQUIPMENT

- Balls
- Cones

NUMBERS

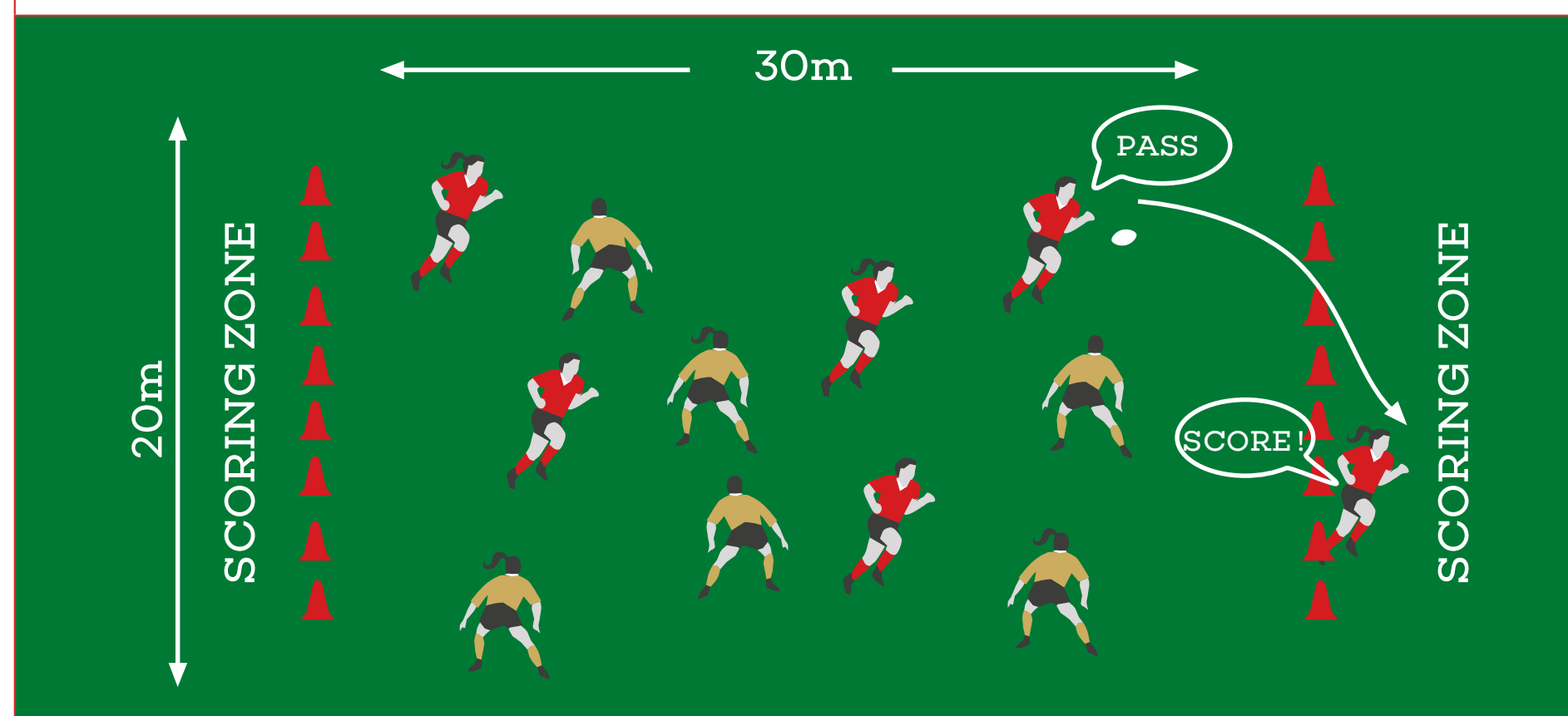
- Max 14 players and one coach in each zone (15 total)

RULES

- Run and pass in any direction
- Play until a mistake is made or turn over after five touches
- Allow one second to pass after tackle is made
- No player can just stand in a scoring area (5 second limit)
- Marking will encourage lines of run to lose defender / create space
- Player must pass once a tackle is made below waist height
- Scoring team keep the ball and has to score at the other end of the pitch

COACHING POINTS

- Hands in the ready position with palms facing the ball and thumbs together
- Follow through on pass towards target
- Accurate communication between attacking team players
- Finding space to receive the pass - movement off the ball
- Evasion skills and footwork



DROP OFF TACKLE

EQUIPMENT

- Balls
- Cones

NUMBERS

- Two teams 7v7 max try to score in defensive team's zone
- Defending team must make a tackle on ball carrier
- Defender drops out of line and runs to own scoring zone prior to re-entering game

ATTACKER OPTIONS

1. Continue and pass
2. Form stable base and offload
3. Go to ground and pop to support
4. Go to ground and present ball with good presentation technique

DEFENDER OPTIONS

1. Tackle nearest side line
2. Retire to try line. Remain until score or rejoin immediately
3. Run to try line and perform physical competency exercise

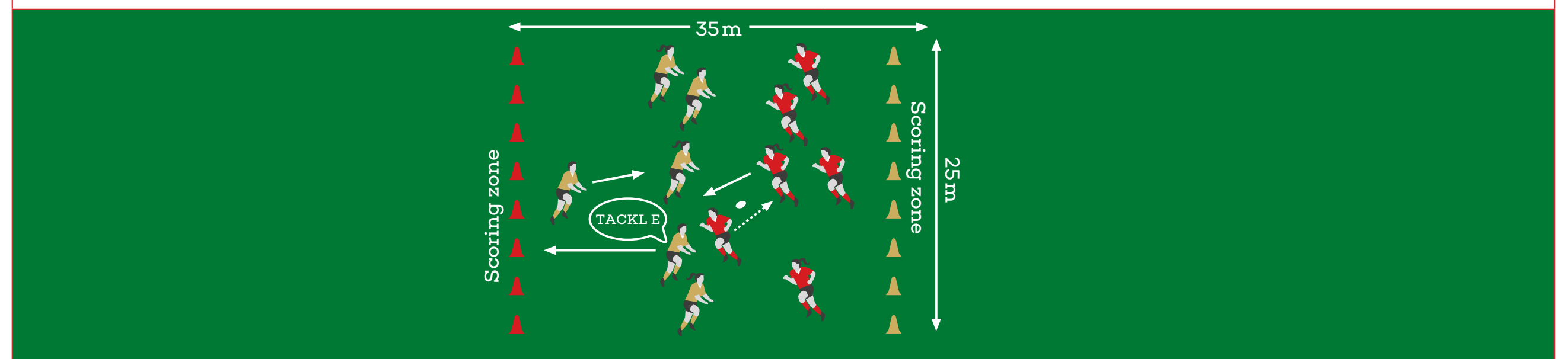
COACHING POINTS

Catch/Pass

- Hands in the ready position, with palms facing the ball and thumbs together.
- Early reach - catch / grab the ball as early as possible.
- Watch the ball all the way into hands.
- Once caught, turn to identify the receiver.
- Keep ball up between waist and chest area - moving the ball quickly across the body.
- Follow through and fingers point to target after the ball is released.

Finding Space

- Ball carrier to scan the defensive line for opportunities to attack space
- Support players to communicate accurately with ball carrier and to recognise and communicate existence of space in the defensive line



OVERLOAD TACKLE

EQUIPMENT

- Balls
- Cones

NUMBERS

- Max 14 players and one coach in each zone (15 total)

RULES

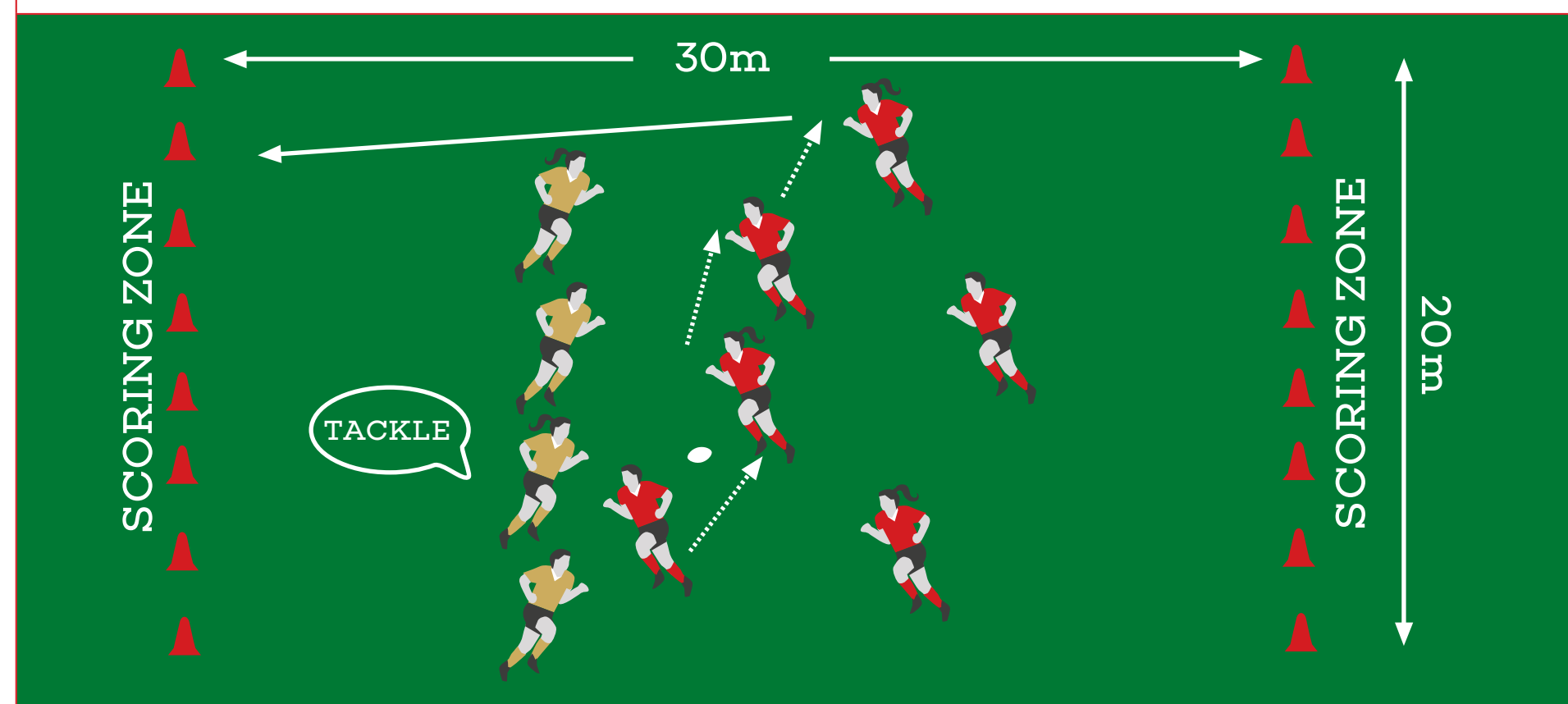
Start with more attackers than defenders lined up against each other ie. 8v6 (No more than 14 players in total in zone during any game/activity)

Once defender makes a tackle the ball carrier can:

- Continue and pass to a supporting player
- Form a stable base and offload to a supporting player
- Go to ground and pop to supporting player
- Go to ground and present the ball close to a supporting player
- Once a try has been scored, the attack turn around and attack the opposite scoring zone

COACHING POINTS

- Players to evade opponents by using skills such as the side step, spin and swerve.
- Players to get into low position to make a tackle - get foot in close to the player.



PYRAMID TACKLE

EQUIPMENT

- Balls
- Cones

NUMBERS

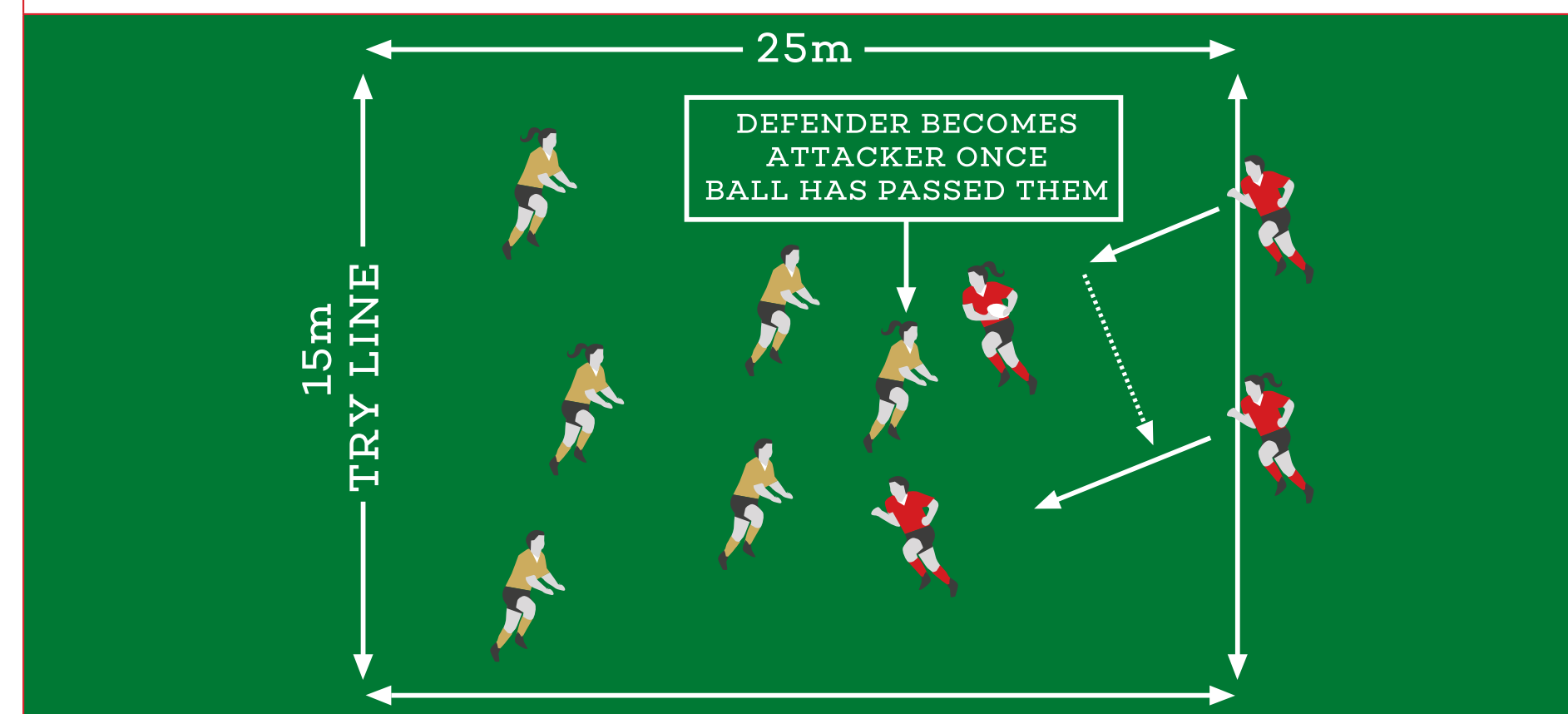
- Max 14 players and one coach in each zone (15 total)

RULES

- Defenders start in pyramid - 1-2-3 spaced 5-8m apart from each other.
- Two attackers start at end of channel - they attempt to beat the one defender with a pass / offload.
- Once the defender is beaten, they join the attack.
- Defenders cannot move forward until the defence in front of them is breached.
- Swap defenders each rotation.

COACHING POINTS

- Hands in the ready position with palms facing the ball and thumbs together
- Early reach - catch / grab the ball as early as possible
- Watch the ball all the way into hands
- Once caught, turn to identify the receiver
- Keep ball up between waist and chest area - moving the ball quickly across the body
- Follow-through and fingers point to target after the ball is released
- Support runners to talk effectively with ball carriers e.g. 'Short, right'



CONTINUOUS TOUCH

EQUIPMENT

- Balls
- Cones

NUMBERS

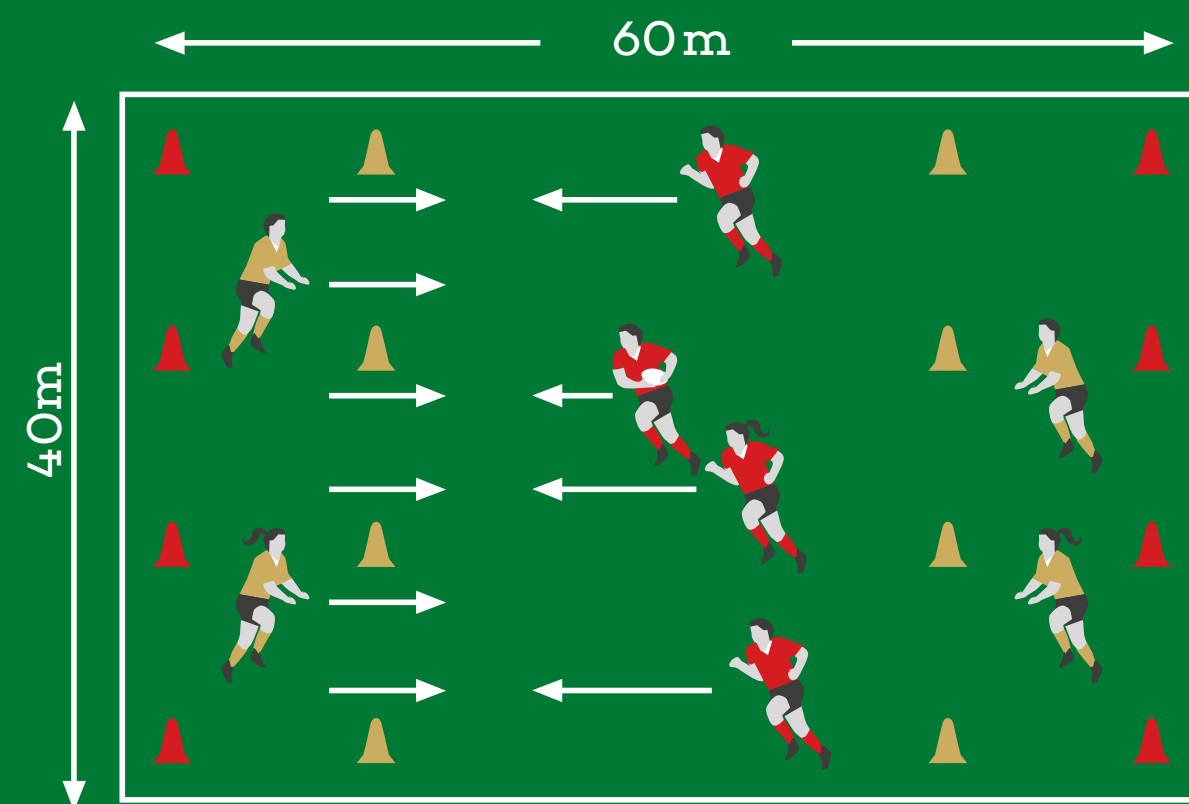
- Max 14 players and one coach in each zone (15 total)

RULES

- Attacking team of 3 players starts from the centre cones and attacks one defensive zone of 2 players
- Attackers only get one chance to score
- If a mistake is made i.e. a touch is made, dropped ball, forward pass etc, the attack turns around and immediately attacks the opposite zone
- This continues for a set time dictated by the coach ie. one minute
- If the attackers score, the defence must run around their red cones and return to their defensive zone before the attack starts attacking them again
- The defenders cannot defend outside of their zones

COACHING POINTS

- Hands in the ready position with palms facing the ball and thumbs together
- Scanning to identify space
- Time run onto the ball to ensure go-forward



TOUCH CYMRU

EQUIPMENT

- Balls
- Cones

NUMBERS

- Max 14 players and one coach in each zone (15 total)

RULES

- Touch rules apply to tackle
- After touch tackle, tackled player may go 3 metres forward and go to floor with ball in two hands
- On hitting floor, he may pop ball up to support player to carry on game. The player has 3 seconds to do this
- If there is no immediate support for tackled player after the 3 seconds, then the ball is turned over

COACHING POINTS

- Ball carrier attempts to beat defender with footwork and at least get to side of defender
- Maintain ball in two hands through fall
- Soft pop pass to support player
- Support player to make clear and accurate communication

