



Early Contact

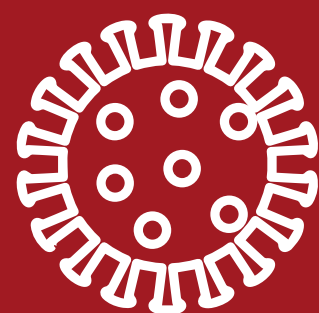
# Coaching Sessions

FOR AGES U9/U11 - INTRODUCTION TO CONTACT



# PLEASE ENSURE THAT ALL SESSIONS ARE SUPERVISED BY A RESPONSIBLE ADULT

This document contains sessions that can be completed at home to help your child 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



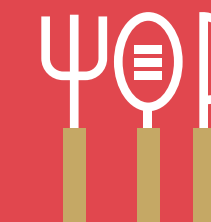
## COOL DOWN

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.

# PLANNING YOUR COACHING



## REWARDING

### HOW REWARDING IS THE PRACTICE?

Always consider what motivates a player as everyone is different. Practices need to be rewarding for all players and coaches need to consider how to integrate this into the **practice**.



## REPETITION WITHOUT REPETITION

### GIVE ENOUGH TIME TO PRACTICE - BUT KEEP IT FRESH

High repetition without any changes to the drill can lead to boredom. Repetition without reputation encourages us to think about how can we tweak a drill to keep it fresh.


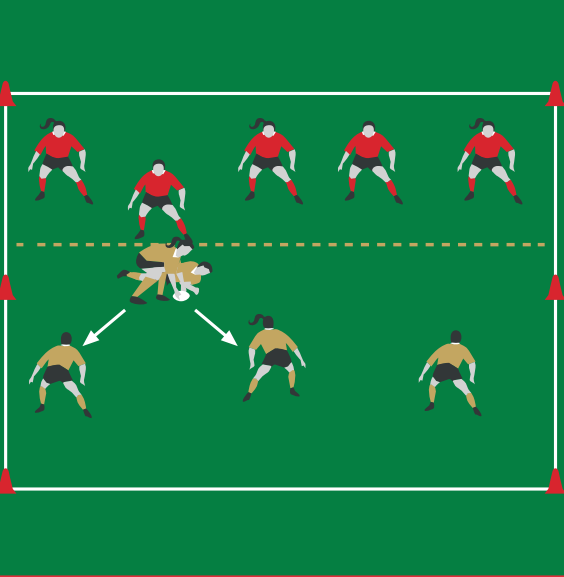
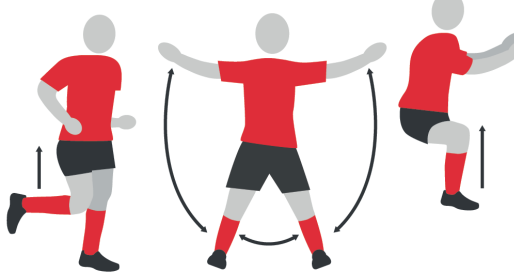
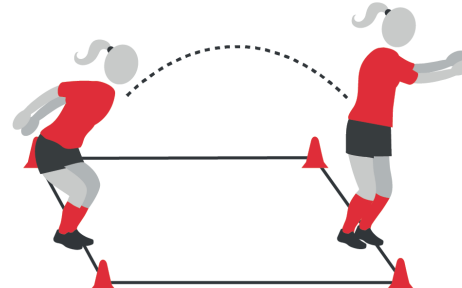
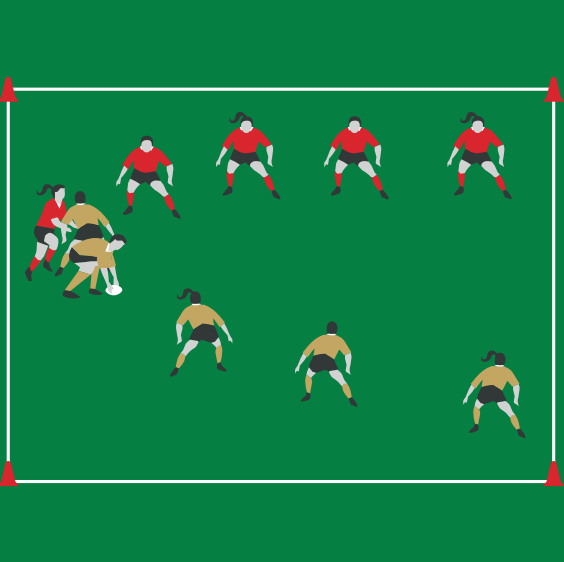

# Session 1

<b>DATE:</b>	<b>VENUE: Field</b>
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**Key Themes:**

EQUIPMENT	
<b>BALLS</b>	One per person
<b>CONES</b>	30
<b>SUITS</b>	
<b>SHIELDS</b>	
<b>BAGS</b>	
<b>POLES</b>	
<b>LADDERS</b>	
<b>BIBS</b>	
<b>JERSEYS</b>	
<b>S.MACHINE</b>	
<b>OTHER:</b>	

<b>STAFF:</b>	
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TIMING	PRACTICE	COACHING POINTS
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Evasion running through cones in a zig zag</li> </ul>	 <ul style="list-style-type: none"> <li>Running forward with head up</li> </ul>
<b>10 mins</b>	<p><b>GAME - BALL PRESENTATION TOUCH</b></p> <ul style="list-style-type: none"> <li>Normal rules of Touch Rugby apply up to tackle</li> <li>On 2 handed touch tackle, the tackled player goes to ground and presents the ball</li> <li>The next attacker then acts as Scrum Half to pass the ball away</li> <li>The defender making the touch must stay by tackled player till ball has been passed by Scrum Half</li> <li>All defenders must stay behind offside line</li> </ul>	 <ul style="list-style-type: none"> <li>Communication and teamwork needed</li> <li>Ball carrier to maintain ball in 2 hands and control fall to floor, working on floor to get effective presentation</li> <li>Players to scan at all times and see what is in front of and either side of them</li> <li>When tackle is made, 2nd player must get quickly to the ball</li> <li>This player must do effective scrum half pass, back foot by ball, front foot out facing target, stay low, pass and follow through</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Balance on one leg, star jumps, tuck jumps</li> </ul>	 <ul style="list-style-type: none"> <li>30 secs per exercise x 3</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Two footed jumping from one cone to another</li> <li>Progress to hopping cross to the cone</li> </ul>	 <ul style="list-style-type: none"> <li>Head up slightly forward</li> <li>Hips square</li> <li>Use arms to drive them forward</li> </ul>
<b>10 mins</b>	<p><b>GAME - STANDARD TOUCH</b></p> <ul style="list-style-type: none"> <li>Start by tap of ball with opposition 10m back</li> <li>Two handed touch between shoulders and waist, stops and rolls ball through legs</li> <li>Player being touched</li> <li>Next player does scrum half pass to continue game</li> <li>Defenders to stay outside from a tackle till the ball has been passed</li> <li>If no try has been scored after 6 touches, the ball is turned over to opposing team</li> </ul>	 <ul style="list-style-type: none"> <li>Communication of roles, "scrum half" in, all others spread and scan</li> <li>Back foot by ball, front foot out pointing towards receiver</li> <li>Body low, hands on ball, head down</li> <li>Weight on back foot transfers to front foot as pass</li> <li>Staying low, sweep ball with no back lift</li> <li>Follow through extending arms along line of pass</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>High knees, punches in the sky, arms circles</li> </ul>	 <ul style="list-style-type: none"> <li>30 secs per exercise x 3</li> </ul>


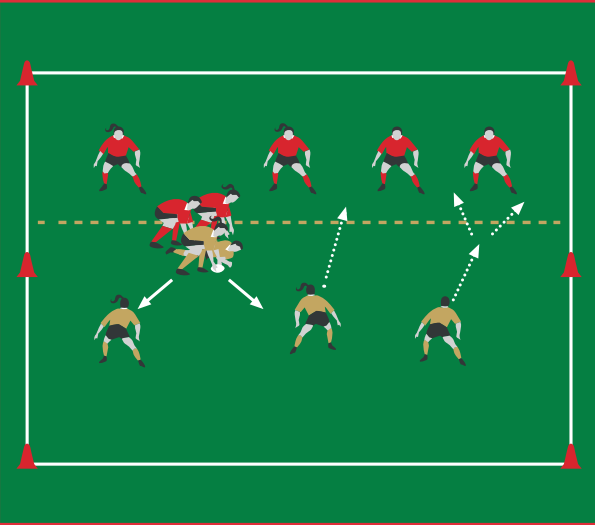
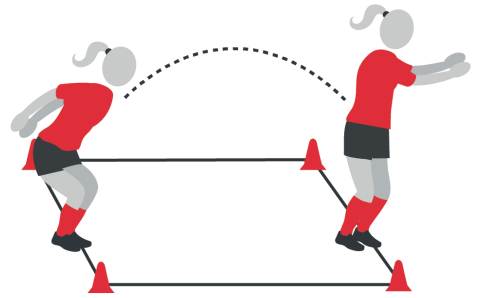

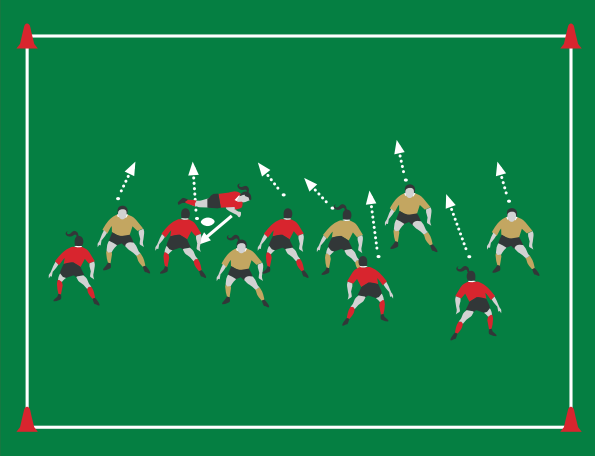

# Session 2

<b>DATE:</b>	<b>VENUE: Field</b>
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**Key Themes:**

EQUIPMENT	
<b>BALLS</b>	One per person
<b>CONES</b>	30
<b>SUITS</b>	
<b>SHIELDS</b>	
<b>BAGS</b>	
<b>POLES</b>	
<b>LADDERS</b>	
<b>BIBS</b>	
<b>JERSEYS</b>	
<b>S.MACHINE</b>	
<b>OTHER:</b>	

<b>STAFF:</b>	
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TIMING	PRACTICE	COACHING POINTS
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Run with ball in two hands touch each cone and come back to the start.</li> </ul>	 <ul style="list-style-type: none"> <li>Have five coloured cones, run to colour indicated by coach</li> </ul>
<b>15 mins</b>	<p><b>GAME - CENTRE TOUCH</b></p> <ul style="list-style-type: none"> <li>Normal rules of Touch Rugby apply prior to tackle</li> <li>Two handed touch between shoulders and waist</li> <li>Tackled player goes to ground and presents the ball effectively</li> <li>1st Support player then goes in over ball to protect and "Scrum Half" passes ball away</li> <li>Tackler plus one other defender must take a knee by tackled player until ball is passed away</li> </ul>	 <ul style="list-style-type: none"> <li>Tackled player to present ball effectively with two hands on ball</li> <li>1st support player communicates that he/she is "in"</li> <li>1st support player gets in strong low body position over ball, foot in close then square position, looking forward, knees bent, back flat</li> <li>Scrum Half to communicate his role and other players to spread, scan and communicate</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Throw ball to a target, hop on one leg, jump for distance</li> </ul>	 <ul style="list-style-type: none"> <li>30 secs per exercise x 3</li> </ul>
<b>10 mins</b>	<ul style="list-style-type: none"> <li>Running shuttle</li> <li>Run to coloured cone score a try and return</li> <li>Run place ball down and touch cone with hand, return to pick ball up back to start position</li> </ul>	 <ul style="list-style-type: none"> <li>Placing ball down with two hands to score</li> <li>Pick ball up in two hands</li> </ul>
<b>5 mins</b>	<p><b>GAME - TOUCH CYMRU</b></p> <ul style="list-style-type: none"> <li>Normal Touch Rugby laws apply up to tackle</li> <li>After touch tackle, tackled player may go 3 metres forward and go to floor with ball in two hands</li> <li>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</li> </ul>	 <ul style="list-style-type: none"> <li>Ball carrier attempts to beat defender with footwork and at least get to side of defender</li> <li>Maintain ball in two hands through fall</li> <li>Soft pop pass to support player</li> <li>Support player to make clear and accurate communication</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Throw ball at a target, (goal post, bin)</li> <li>Ball in hands to start</li> <li>Progress to ball off the floor</li> </ul>	



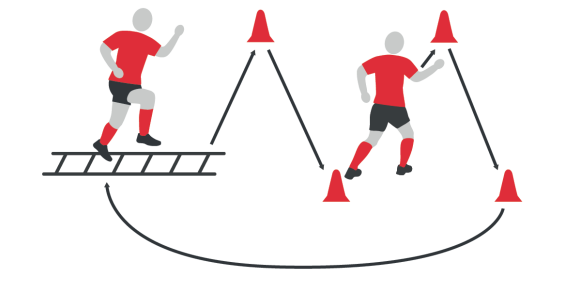
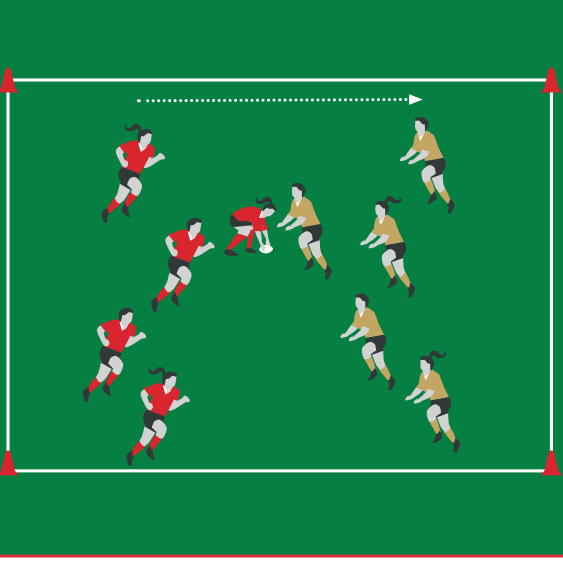


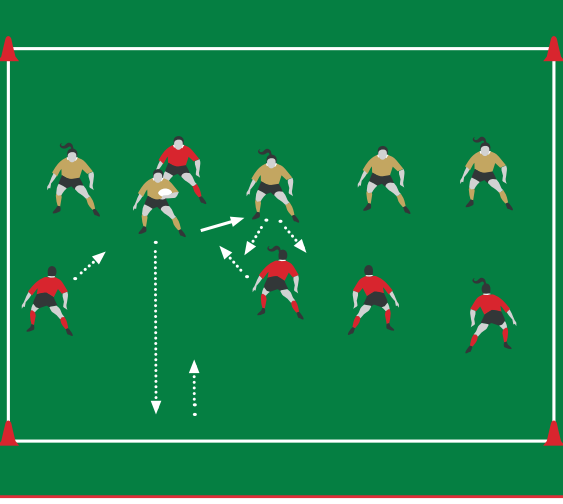

# Session 3

<b>DATE:</b>	<b>VENUE: Field</b>
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**Key Themes:**

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<b>BALLS</b>	One per person
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<b>SUITS</b>	
<b>SHIELDS</b>	
<b>BAGS</b>	
<b>POLES</b>	
<b>LADDERS</b>	
<b>BIBS</b>	
<b>JERSEYS</b>	
<b>S.MACHINE</b>	
<b>OTHER:</b>	

<b>STAFF:</b>	
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TIMING	PRACTICE	COACHING POINTS
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Using cones or ladders, players to step into the gaps and return</li> <li>Progress with ball</li> </ul>	 <ul style="list-style-type: none"> <li>Head up, eyes forward, hips square</li> <li>On balls of feet</li> </ul>
<b>10 mins</b>	<p><b>GAME - PROFILE TOUCH</b></p> <ul style="list-style-type: none"> <li>Normal Touch rules apply up to tackle</li> <li>On two handed touch tackle, the tackled player gets into strong body profile facing directly forward with two hands on the ball which is on the ground</li> <li>Tackler stays right by tackled player till ball passed away</li> <li>Holds this position for 3 seconds, then relaxes and rolls ball through legs "Scrum half" then passes ball away and play continues</li> </ul>	 <ul style="list-style-type: none"> <li>Good strong position</li> <li>a/. Feet shoulder width apart and pointing straight forward. Much as possible on ground</li> <li>b/. Knees flexed</li> <li>c/. Core engaged, pelvic tilt, chest promoted, scaps pulled together d/. Head in neutral</li> <li>Scrum half to communicate his role and communicate with tackled player</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Plank, punches the sky, arm circles</li> </ul>	 <ul style="list-style-type: none"> <li>30 secs per exercise x 3</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>Zig zag running, holding ball in two hands, can they change to one hand on the move, put ball around their back whilst moving</li> </ul>	 <ul style="list-style-type: none"> <li>Can they stay at the same pace whilst doing the activity</li> </ul>
<b>5 mins</b>	<p><b>GAME - ONE OUT TOUCH</b></p> <ul style="list-style-type: none"> <li>Normal Touch Rugby rules apply up to tackle</li> <li>Ball is rolled and passed away as normal by attacking team</li> <li>Player making touch tackle must then retreat to their own try line before re-entering play</li> <li>"Scrum Half" can run to engage defenders</li> </ul>	 <ul style="list-style-type: none"> <li>Communication is essential for defenders on when to go up, across and managing gaps</li> <li>Defender (s) returning to game must communicate early as to where they are returning to and look to fit in where needed</li> <li>Other defenders must communicate with ones coming back in to defensive line</li> <li>Defenders must retain good line and spacings as much as they can and work hard to pressure attackers</li> </ul>
<b>10 mins</b>	<ul style="list-style-type: none"> <li>Run with ball in two hands touch each cone and come back to the start.</li> <li>Cones two/mtrs apart</li> </ul>	 <ul style="list-style-type: none"> <li>Stay balanced, can they turn quickly</li> </ul>

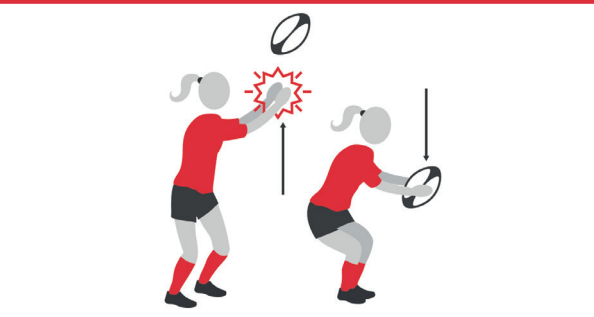
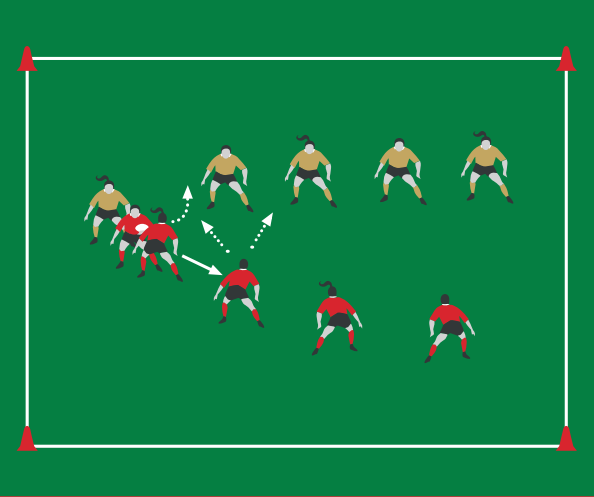
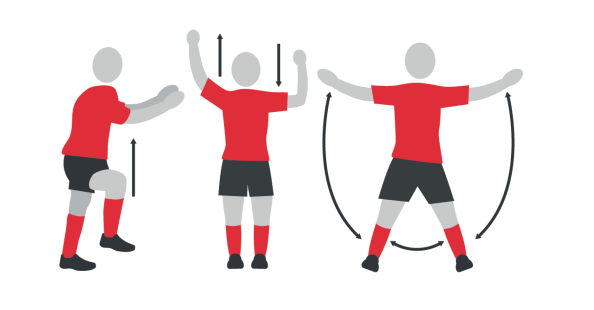
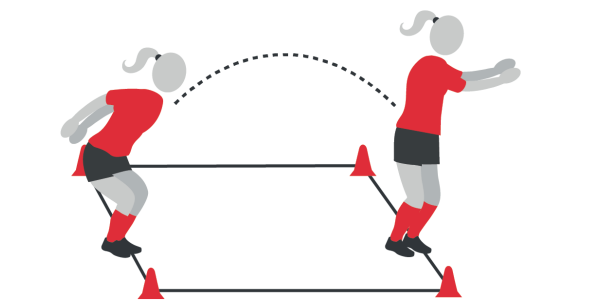
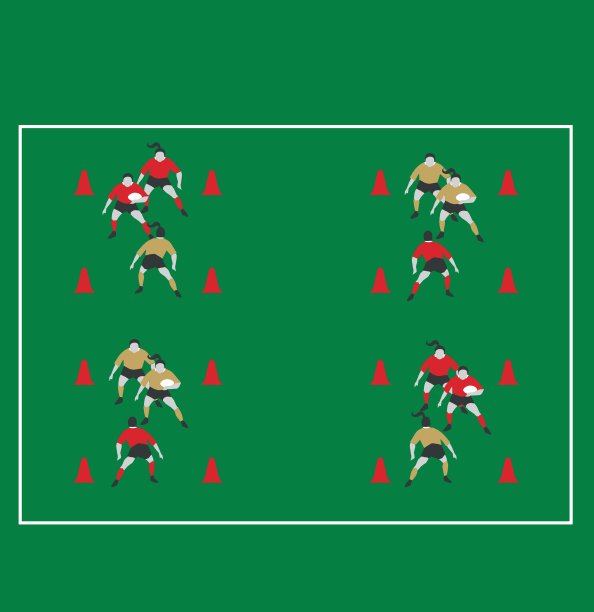
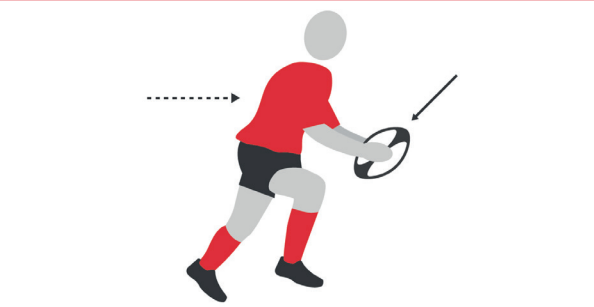
# Session 4

<b>DATE:</b>	<b>VENUE: Field</b>
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**Key Themes:**

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<b>SUITS</b>	
<b>SHIELDS</b>	
<b>BAGS</b>	
<b>POLES</b>	
<b>LADDERS</b>	
<b>BIBS</b>	
<b>JERSEYS</b>	
<b>S.MACHINE</b>	
<b>OTHER:</b>	

<b>STAFF:</b>	
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TIMING	PRACTICE	COACHING POINTS
<b>5 mins</b>	<ul style="list-style-type: none"> <li>• Throw ball up and catch</li> <li>• Throw ball up and clap before catching</li> <li>• Progress to number of claps</li> </ul>	 <ul style="list-style-type: none"> <li>• Throw ball up vertically</li> <li>• Balance on balls of feet</li> <li>• Keep balance throughout the activity</li> </ul>
<b>10 mins</b>	<p><b>GAME - SUPPORT TOUCH</b></p> <ul style="list-style-type: none"> <li>• Normal Touch Rugby Rules apply up to tackle</li> <li>• On tackle, ball carrier must stop and get into strong position with ball available to support</li> <li>• 1st support player must go quickly to tackled player and rip the ball. He can then spin and pass or hold ball for scrum half to come, take and pass</li> <li>• Defender must hold on to tackled player until ball is released</li> </ul>	 <ul style="list-style-type: none"> <li>• Ball carrier must get into strong body position after touch and secure the ball</li> <li>• 1st support player must communicate and get to tackled player quickly again adopting a strong position</li> <li>• Tackled player should only release ball when 4 hands are on it</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>• High knees on the spot, punches the sky, star jumps</li> </ul>	 <ul style="list-style-type: none"> <li>• 30 secs per exercise x 3</li> </ul>
<b>5 mins</b>	<ul style="list-style-type: none"> <li>• Two footed jumping from one cone to another</li> <li>• Progress to hopping cross to the cone</li> </ul>	 <ul style="list-style-type: none"> <li>• Head up slightly forward</li> <li>• Hips square</li> <li>• Use arms to drive</li> </ul>
<b>5 mins</b>	<p><b>SKILL DEVELOPMENT - 2 v 1 NARROW</b></p> <ul style="list-style-type: none"> <li>• Players work either in 3s in a narrow grid or 6 in a longer narrow channel</li> <li>• One defender with pad</li> <li>• Ball carrier attacks defender, using footwork to make defender move</li> <li>• On contact ball carrier makes contact with pad simulating being held up</li> <li>• Support player comes in, engages and rips ball from ball carrier and spins away</li> <li>• Support player becomes next ball carrier</li> </ul>	 <ul style="list-style-type: none"> <li>• Ball carrier to get strong body position with good base, chin off chest</li> <li>• Transfer ball away from contact</li> <li>• 3. Support player to be strong, foot and shoulder close in, arm into rip ball, chin off chest</li> <li>• Ball carrier does not take hands off ball till supporter has two hands on it</li> <li>• Support player spins with back to opposition, same way as arm used to rip ball</li> <li>• Communication</li> </ul>
<b>10 mins</b>	<ul style="list-style-type: none"> <li>• Catching the ball whilst running, catch in two hands, catch with one hand</li> <li>• Use 5 mtr grid</li> </ul>	 <ul style="list-style-type: none"> <li>• Keep eyes on the ball use hands to cup the ball</li> </ul>