



Return to Rugby

Coaching Sessions

FOR AGES U7/U8 - TAG RUGBY

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)

RETURN TO SANCTIONED TRAINING

SMALL GROUPS



GET IN > GET DONE > GET OUT



Description of activity permitted

- Gatherings of up to groups of 30.
- Training groups of 10 - 15.
- Conditioning / fitness / agility drills.
- Non-contact skills training.
- Ball skills.
- No wrestling, holding, tackling or binding.
- Sanitised balls and cones only.
- Tag rugby for U7s/U8s age groups.
- Touch rugby for all other age groups.
- **NO MATCHES**



Who can attend training?

- Individuals who are symptom free for the last 7 days and have not been in contact with anyone with symptoms of the Coronavirus in the last 14 days. Must check in with the Club Operations Manager.
- No spectators.
- Parents can be present for safeguarding purposes but need to maintain social distancing.



Hygiene measures required

Pre training:

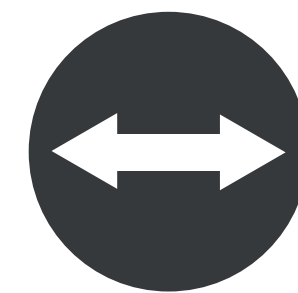
- Symptom check in with the Club Operations Manager.
- Wash prior to training at home.
- Change and prepare kit at home.
- Prepare own nutrition at home for after training.

During training:

- No spitting.
- Use own water bottle / equipment.
- No sharing.
- Use hand sanitisers.
- Limit use of mobile phone.

Post Training:

- Use hand sanitisers.



Social distancing measures required

Pre training:

- Travel alone or in your household group.
- No car sharing.
- Parents to drop and pick only.

During training:

- Maintain at least 2m social distancing where possible.
- Avoid hand shaking/physical greetings.
- No huddles or cuddles.

Post training:

- No idle chat on or around pitchside.
- No huddles or cuddles.

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



PITCH MANAGEMENT & PLANNING



Designated Areas / Zones of the Pitch

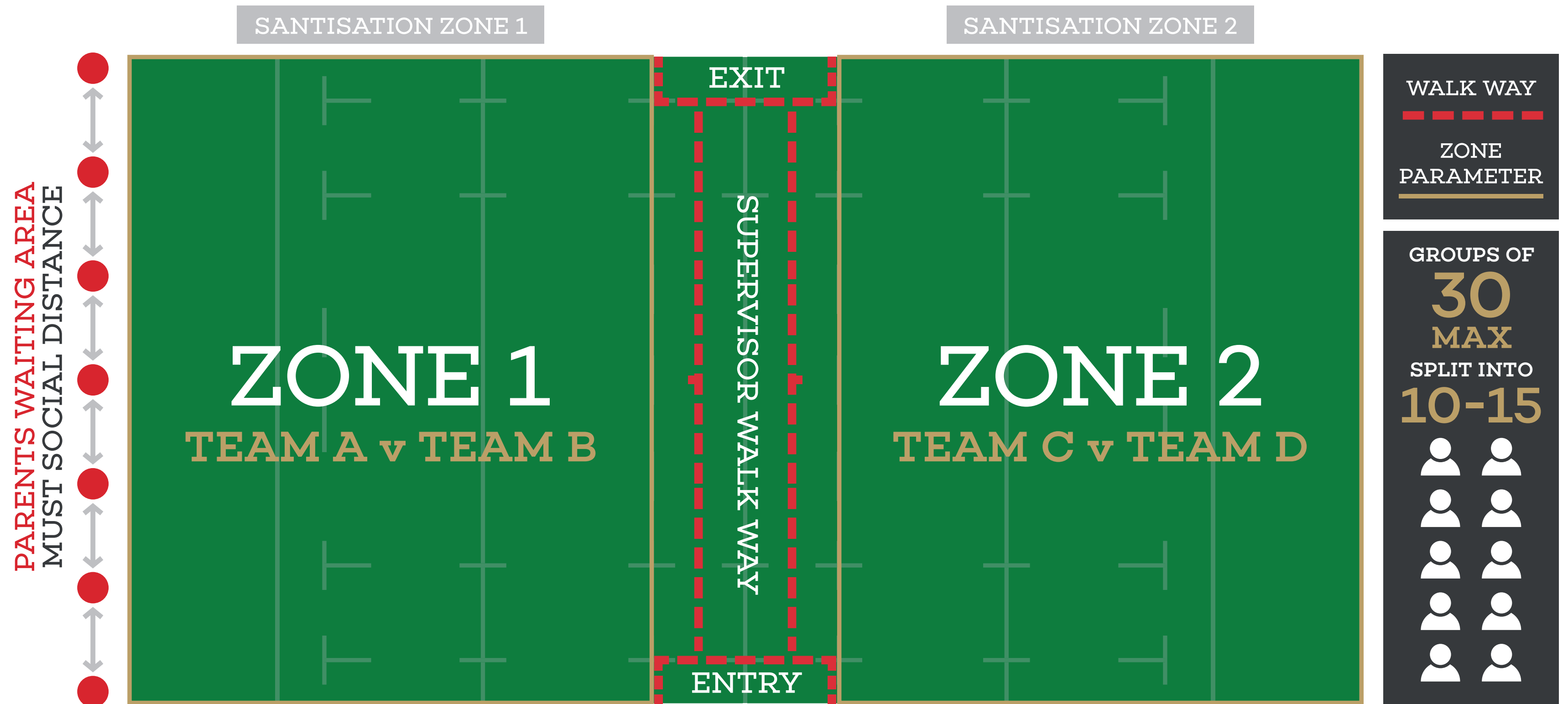
- Movement between zones should be restricted
- When entering and exiting pitch use walkway

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



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.



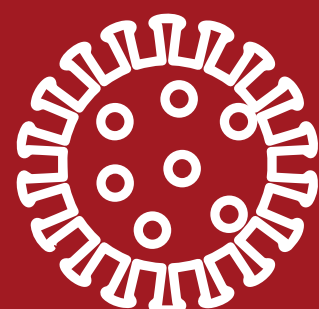
REPETITION WITHOUT REPETITION

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.

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.


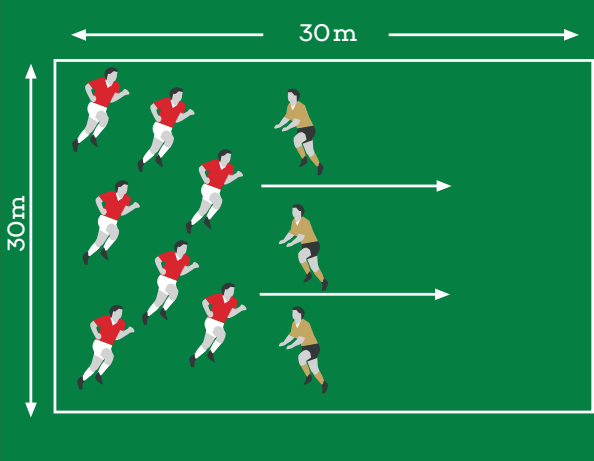

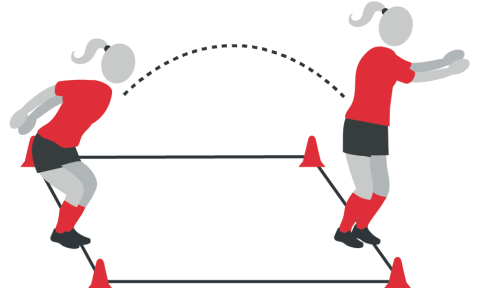
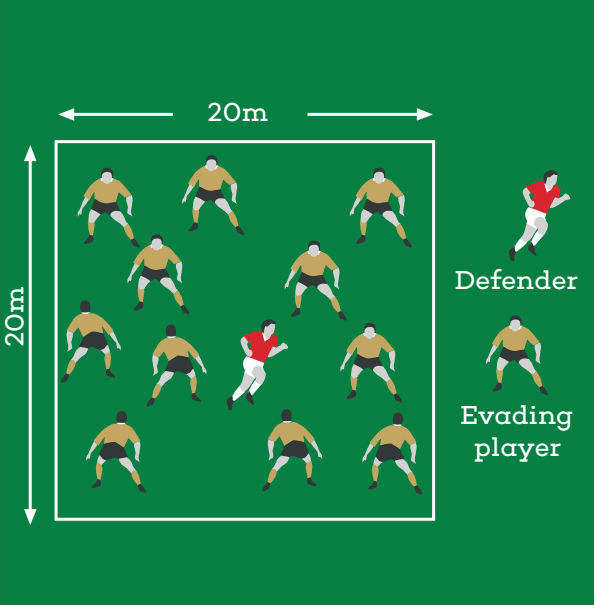

Session 1

DATE:	VENUE: Field
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Key Themes:

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

STAFF:


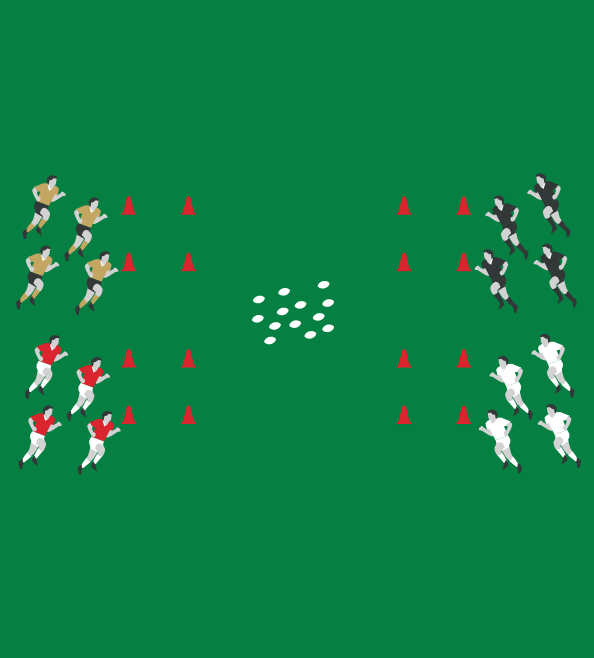
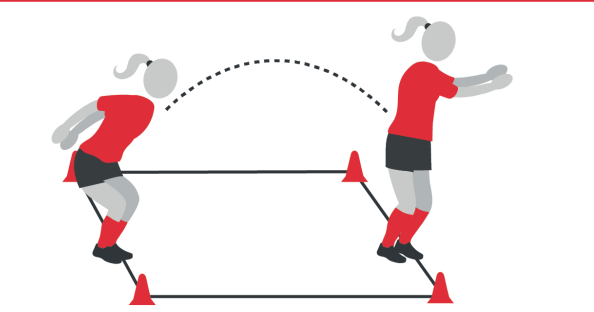
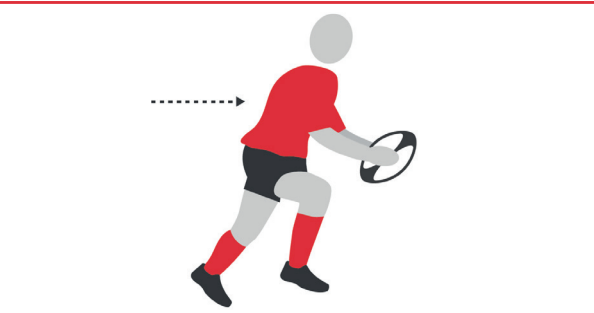
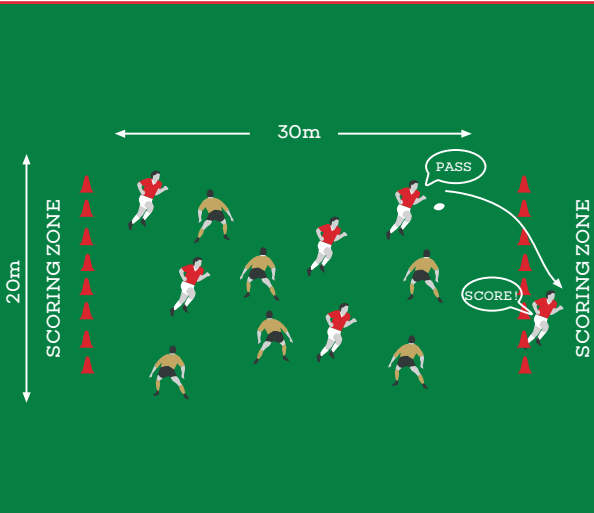

TIMING	PRACTICE	COACHING POINTS
5 mins	<ul style="list-style-type: none"> Evasion running through cones in a zig zag 	 <ul style="list-style-type: none"> Running forward with head up
10 mins	<p>SHARKS AND FISHES On the coach's call, players must run to the line opposite without being touch-tackled by a selected defender(s). Once tackled, the player then joins the defending team. This continues until the last attacking player has not been caught. No more than one defender at a time should attempt to tackle any one player.</p>	 <ul style="list-style-type: none"> Evasion skills _ side-step, change of pace, change of direction, Defensive principles _ move forward, ready position
5 mins	<ul style="list-style-type: none"> Balance on one leg, star jumps, tuck jumps 	 <ul style="list-style-type: none"> 30 secs per exercise x 3
5 mins	<ul style="list-style-type: none"> Two footed jumping from one cone to another Progress to hopping cross to the cone 	 <ul style="list-style-type: none"> Head up slightly forward Hips square Use arms to drive them forward
10 mins	<p>TOUCH Players take it in turns to be the defender, who must try to touch the evading players with two hands. Other players must attempt to move about inside grid without being touched. Once a player has been touched they then assume the role of defender while the person who originally touched them is now an evading player.</p>	 <ul style="list-style-type: none"> Evasion Skills: Side-step _ focusing on transfer of weight from one foot to the other followed by an aggressive acceleration. Change of pace and change of direction _ focus on lowering centre of gravity (by dropping the hips) while staying light on feet during deceleration. Acceleration _ focus on aggressive arm and high knee for leg drive. Spatial Awareness: Keeping head up at all times. 2. Quickly moving into space and scanning for the next space to move into.
5 mins	<ul style="list-style-type: none"> High knees, punches in the sky, arms circles 	 <ul style="list-style-type: none"> 30 secs per exercise x 3

Session 2

DATE:	VENUE: Field
Key Themes:	

EQUIPMENT	
BALLS	One per person
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SUITS	
SHIELDS	
BAGS	
POLES	
LADDERS	
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JERSEYS	
S.MACHINE	
OTHER:	

STAFF:	
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TIMING	PRACTICE	COACHING POINTS
5 mins	<ul style="list-style-type: none"> Run with ball in two hands touch each cone and come back to the start. 	 <ul style="list-style-type: none"> Have five coloured cones, run to colour indicated by coach
15 mins	<p>ROB THE NEST Groups are split into three or four groups (of four players max) with a nest (small coned area), containing the balls, in the middle of the square. On the coach's call, the players (one per group at a time) run out to the middle and take one ball to bring back to their nest. Once there are no balls left in the middle, the players can begin to take balls from opposing team's nests. The winning team is either the one that has four balls in their nest or the team with the most balls after a certain time period (rules at coach's discretion).</p>	 <ul style="list-style-type: none"> Ball in two hands 2. Head up when running 3. Dodge fellow players 4. Communication skills
5 mins	<ul style="list-style-type: none"> Throw ball to a target, hop on one leg, jump for distance 	 <ul style="list-style-type: none"> 30 secs per exercise x 3
10 mins	<ul style="list-style-type: none"> Running shuttle Run to coloured cone score a try and return Run place ball down and touch cone with hand, return to pick ball up back to start position 	 <ul style="list-style-type: none"> Placing ball down with two hands to score Pick ball up in two hands
5 mins	<p>END BALL Run and pass in any direction. Play until a mistake is made or turn over after five touches. Allow one second to pass after touch is made. No player can just stand in a scoring area (5 second limit). Man-to-man marking will encourage lines of run to lose defender / create space. Player must pass once a two-handed touch is made below waist height. Scoring team keep the ball and has to score at the other end of the pitch.</p>	 <ul style="list-style-type: none"> Hands in the ready position with palms facing the ball and thumbs together. Catch the ball in their hands 3. Ball remains off the shirt. 4. Follow through on pass towards target. 5. Accurate communication between attacking team players. 6. Finding space to receive the pass _ movement off the ball. 7. Evasion skills and footwork.
5 mins	<ul style="list-style-type: none"> Throw ball at a target, (goal post, bin) Ball in hands to start Progress to ball off the floor 	

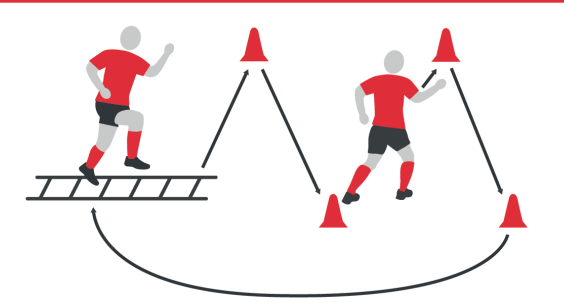
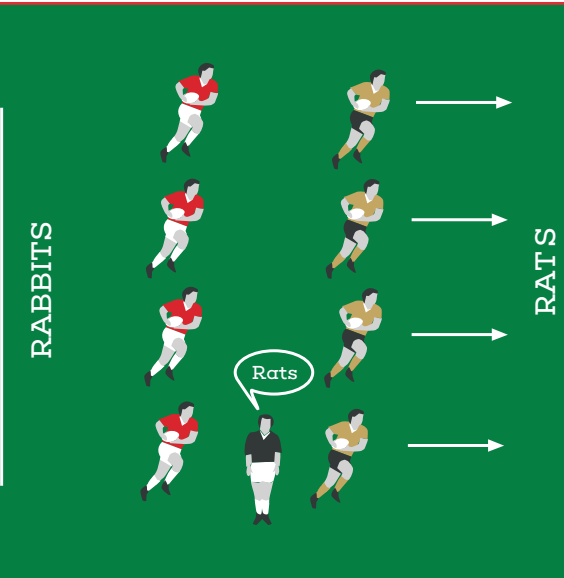
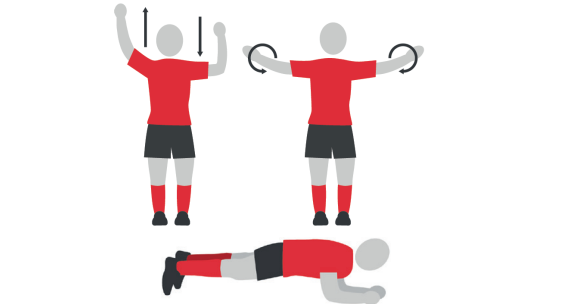

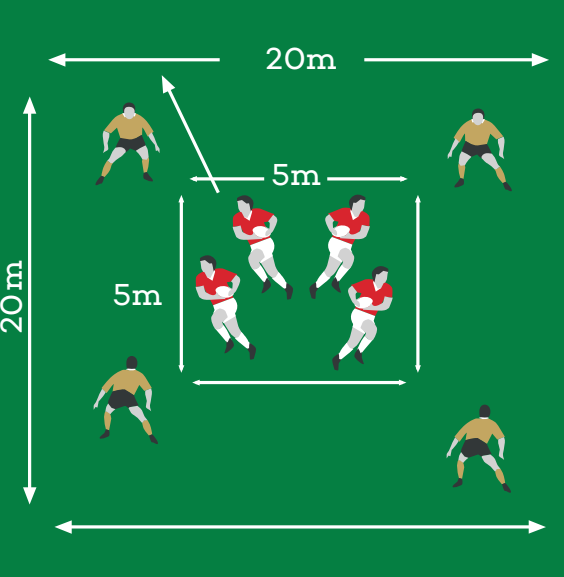

Session 3

DATE:	VENUE: Field
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Key Themes:

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

STAFF:	
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TIMING	PRACTICE	COACHING POINTS
5 mins	<ul style="list-style-type: none"> Using cones or ladders, players to step into the gaps and return Progress with ball 	 <ul style="list-style-type: none"> Head up, eyes forward, hips square On balls of feet
10 mins	<p>RATS AND RABBITS</p> <p>Players are lined up in the middle of the square, back to back (both with a ball if available). On the coach's call, the player named either 'rat' or 'rabbit' runs to the line in front of them, trying to score a try over the line. The player whose name wasn't called then releases their ball and attempts to two handed touch the other player before he she reach their try line. Once a player has either been caught, or scored a try over the line, both players should return to the middle.</p>	 <ul style="list-style-type: none"> Quick feet. Stay on toes. Ball in two hands.
5 mins	<ul style="list-style-type: none"> Plank, punches the sky, arm circles 	 <ul style="list-style-type: none"> 30 secs per exercise x 3
5 mins	<ul style="list-style-type: none"> Zig zag running, holding ball in two hands, can they change to one hand on the move, put ball around their back whilst moving 	 <ul style="list-style-type: none"> Can they stay at the same pace whilst doing the activity
5 mins	<p>BREAKOUT TOUCH RUGBY</p> <p>One small grid (5m x 5m) within a larger grid (20m x 20m). Four attacking players (with balls) in small grid and four defenders (without balls) in larger grid. Attackers aim is to score a try over the outer grid without being touched / tackled. Defending players cannot enter the small grid. When touch is made, attacker must go back to small grid and start again. If try is scored, attacker re-enters small grid and must attack a different try line.</p>	 <ul style="list-style-type: none"> Ball in two hands. Look for the space and accelerate. Dodge defenders.
10 mins	<ul style="list-style-type: none"> Run with ball in two hands touch each cone and come back to the start. Cones two/mtrs apart 	 <ul style="list-style-type: none"> Stay balanced, can they turn quickly

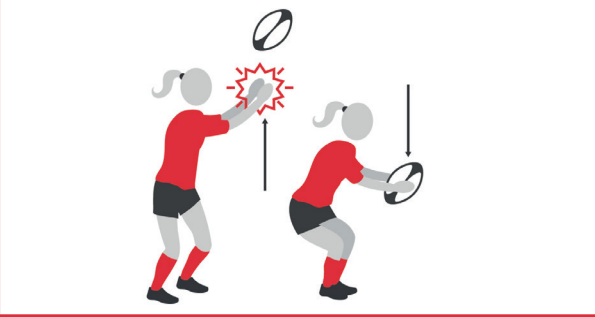
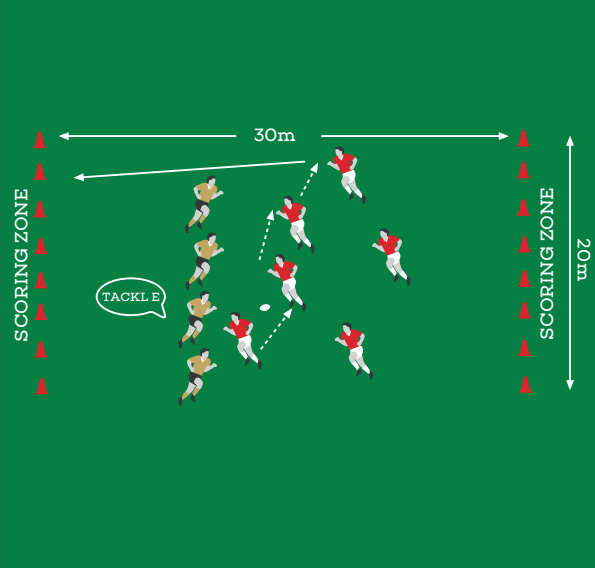
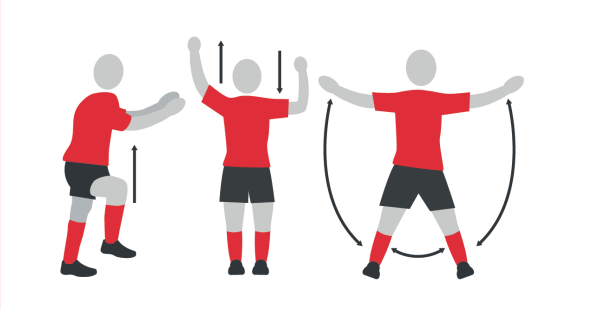
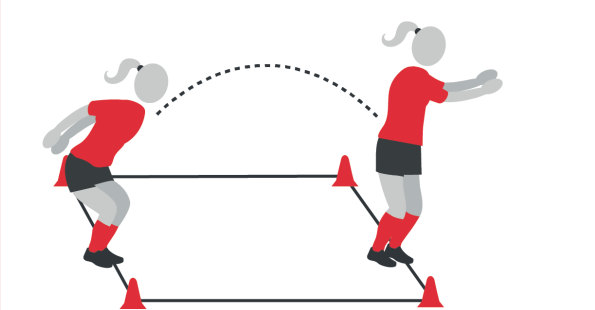
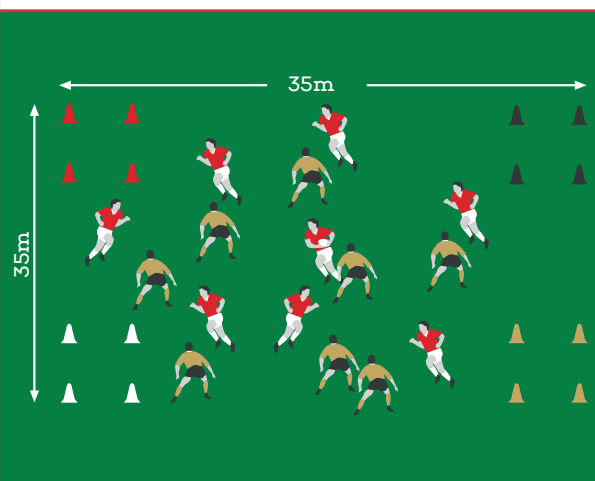

Session 4

DATE:	VENUE: Field
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Key Themes:

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

STAFF:	
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TIMING	PRACTICE	COACHING POINTS
5 mins	<ul style="list-style-type: none"> • Throw ball up and catch • Throw ball up and clap before catching • Progress to number of claps 	 <ul style="list-style-type: none"> • Throw ball up vertically • Balance on balls of feet • Keep balance throughout the activity
10 mins	<p>OVERLOAD TOUCH</p> <p>Start with more attackers than defenders lined up against each other. Once defender makes a two handed touch tackle on waist the ball carrier can: 1. continue and pass to a supporting player 2. form a stable base and offload to a supporting player 3. go to ground and pop to supporting player 4. 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</p>	 <ul style="list-style-type: none"> • Hands in the ready position with palms facing the ball and thumbs together. • Catch the ball in their hands. • Follow through on pass • towards target. • Time run onto the ball to ensure go-forward. • Recognition of space. • Communication skills.
5 mins	<ul style="list-style-type: none"> • High knees on the spot, punches the sky, star jumps 	 <ul style="list-style-type: none"> • 30 secs per exercise x 3
5 mins	<ul style="list-style-type: none"> • Two footed jumping from one cone to another • Progress to hopping cross to the cone 	 <ul style="list-style-type: none"> • Head up slightly forward • Hips square • Use arms to drive
5 mins	<p>ANY DIRECTION TOUCH (4 GOALS)</p> <p>Run and pass in any direction. Play until a mistake is made or turn over after five touches. One second to pass after touch is made. Four scoring areas _ only one player allowed in any at one time. No player can just stand in a scoring area (five second limit). Man to man marking will encourage lines of run to lose defender / create space.</p>	 <ul style="list-style-type: none"> • Hands in the ready position with palms facing the ball and thumbs together. • Catch the ball in their hands. • Ball remains off the shirt. • Spatial awareness with and without possession. • Communication skills. • Evasion skills and footwork.
10 mins	<ul style="list-style-type: none"> • Catching the ball whilst running, catch in two hands, catch with one hand • Use 5 mtr grid 	 <ul style="list-style-type: none"> • Keep eyes on the ball use hands to cup the ball