



Ready for Rugby

Coaching Sessions

YOUTH & SENIOR RUGBY

PLANNING YOUR COACHING



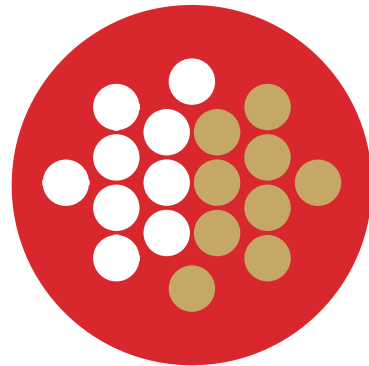
REWARDING

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?

These sessions are for use as a guide only for anyone who is unable to get to a gym or training facility

WARM UP



Warm up correctly and thoroughly. Take as long as you need to make sure you get the most out of your session:

- If it's a body weight or weights session perform 1 light set on all the exercises in your session and stretching
- If it's a running session perform 8- 10 mins of jogging and stretching plus 4 runs of increasing speeds over 30m: 1 at 50%, 1 at 60% and 2 at 70% of your max pace

HYDRATION



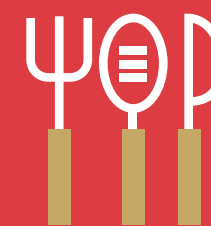
Make sure you have a bottle of water to hand at all times

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

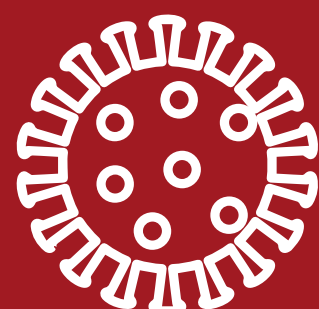


If you have any pre-existing injuries then either modify or choose a different exercise from the prescribed exercise list

CAUTION



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

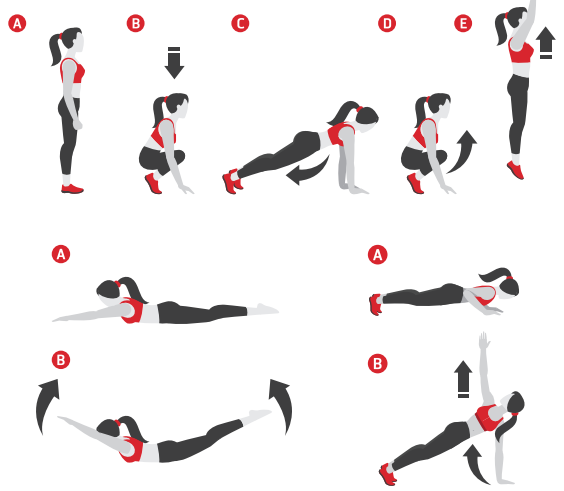
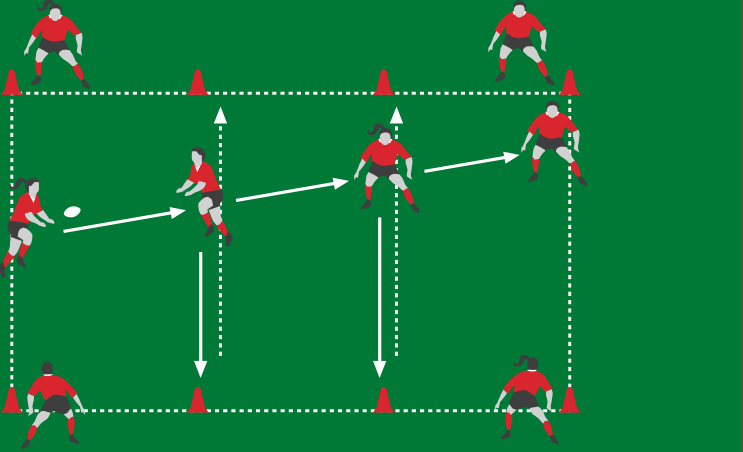
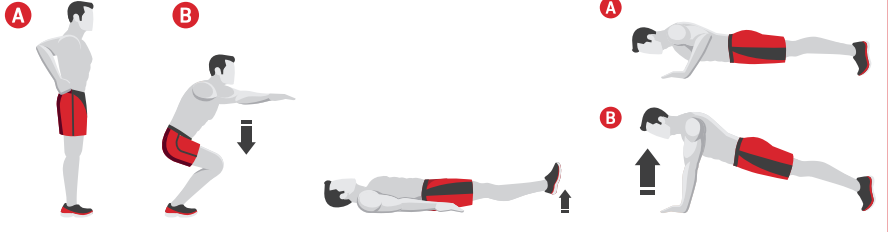
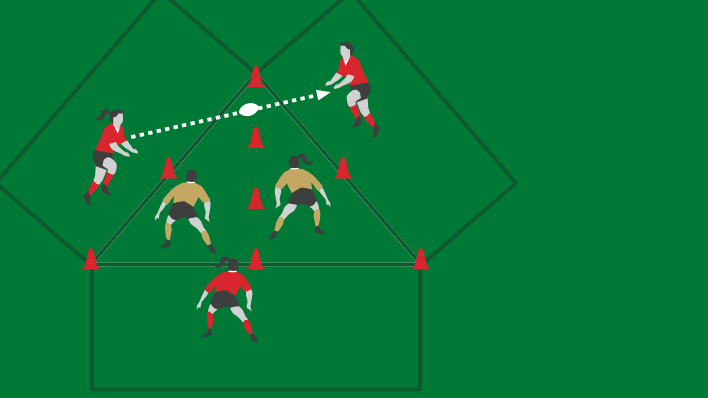


PLEASE FOLLOW ALL CURRENT GUIDELINES WITH REGARDS TO COVID-19 AND LOCKDOWN PROCEDURES. IF IT IS POSSIBLE TO TRAIN ON A PITCH WITH A MEMBER OF YOUR HOUSEHOLD WITH YOU FOR ANY RUNNING SESSIONS THEN DO SO.

DISCLAIMER

I understand that participating in the fitness programme may involve a risk of injury. I am voluntarily participating with the full knowledge, understanding, and appreciation of the risks involved. In consideration of participating in the programme I hereby waive and discharge WRU Group and all others acting on its behalf from any and all claims or liabilities for injuries or damages to my person and/or my property. I declare myself to be physically fit and that no condition would prevent my participation in the programme and acknowledge that I have been informed of the need for a GP's approval prior to my participation in the programme.

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:</p> <p>Please use one of the eight games on the following pages.</p>		

OFFLOAD TOUCH

EQUIPMENT

- Balls
- Cones

NUMBERS

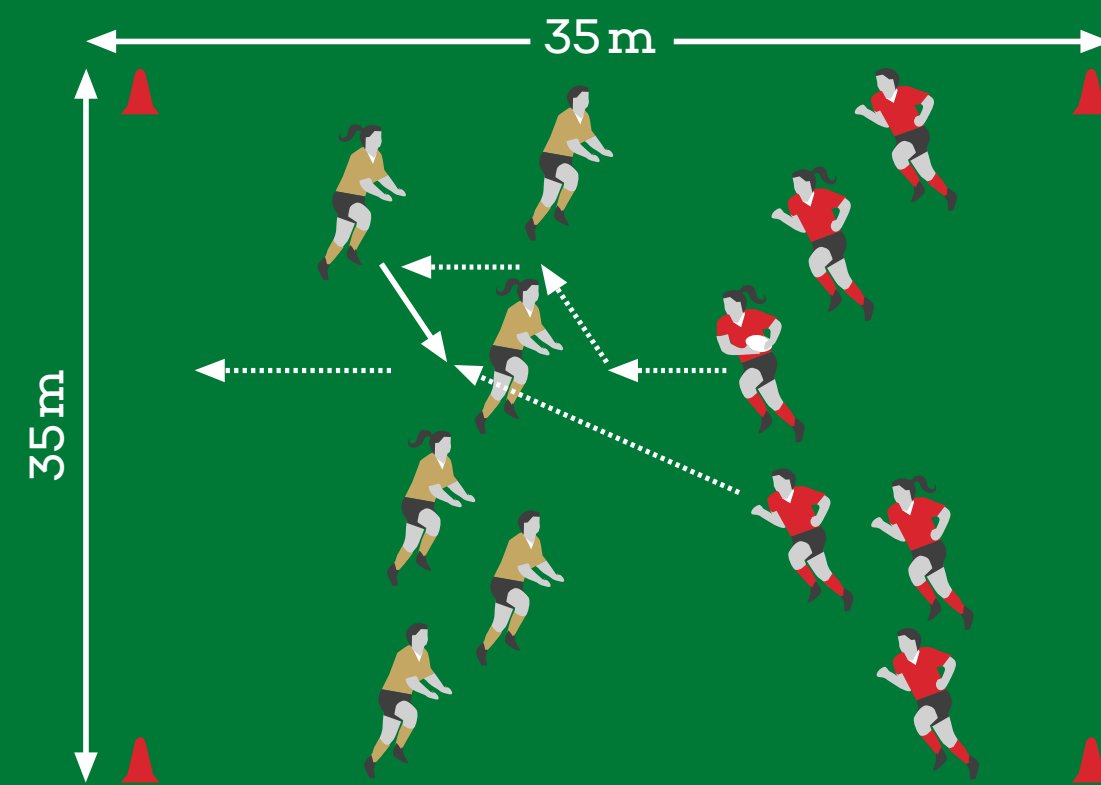
- Max 14 players and one coach in each zone (15 total)

RULES

- Up to 7 attackers and 7 defenders
- The defenders have to touch the ball carrier to stop the attack
- Once touched, 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 TOUCH

EQUIPMENT

- Balls
- Cones

NUMBERS

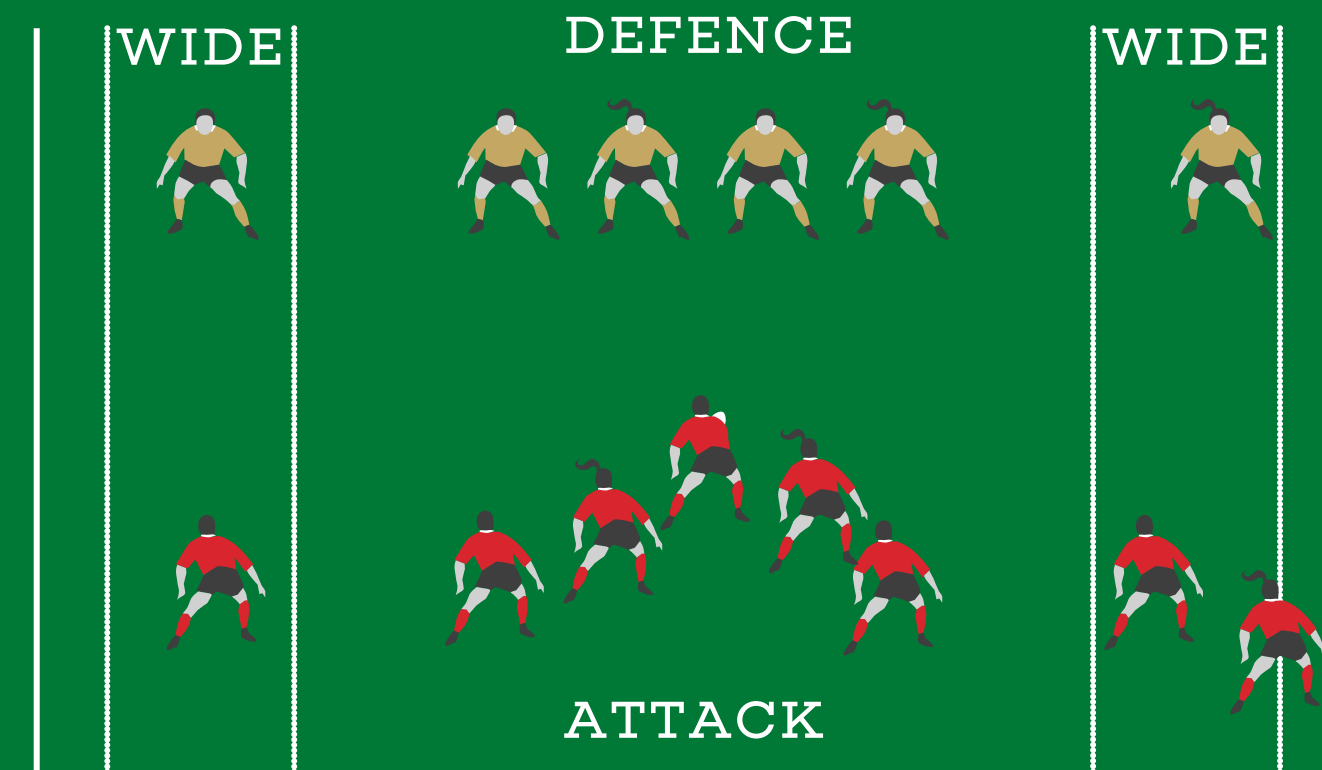
- Max 14 players and one coach in each zone (15 total)

RULES

- Two wide channels between the touchline and 15 metre line
- One large channel in between 8 attackers v 6 defenders
- Any number of touches can occur in the wide channels, however only two touches can occur in the middle at one time
- This means that after two touches 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

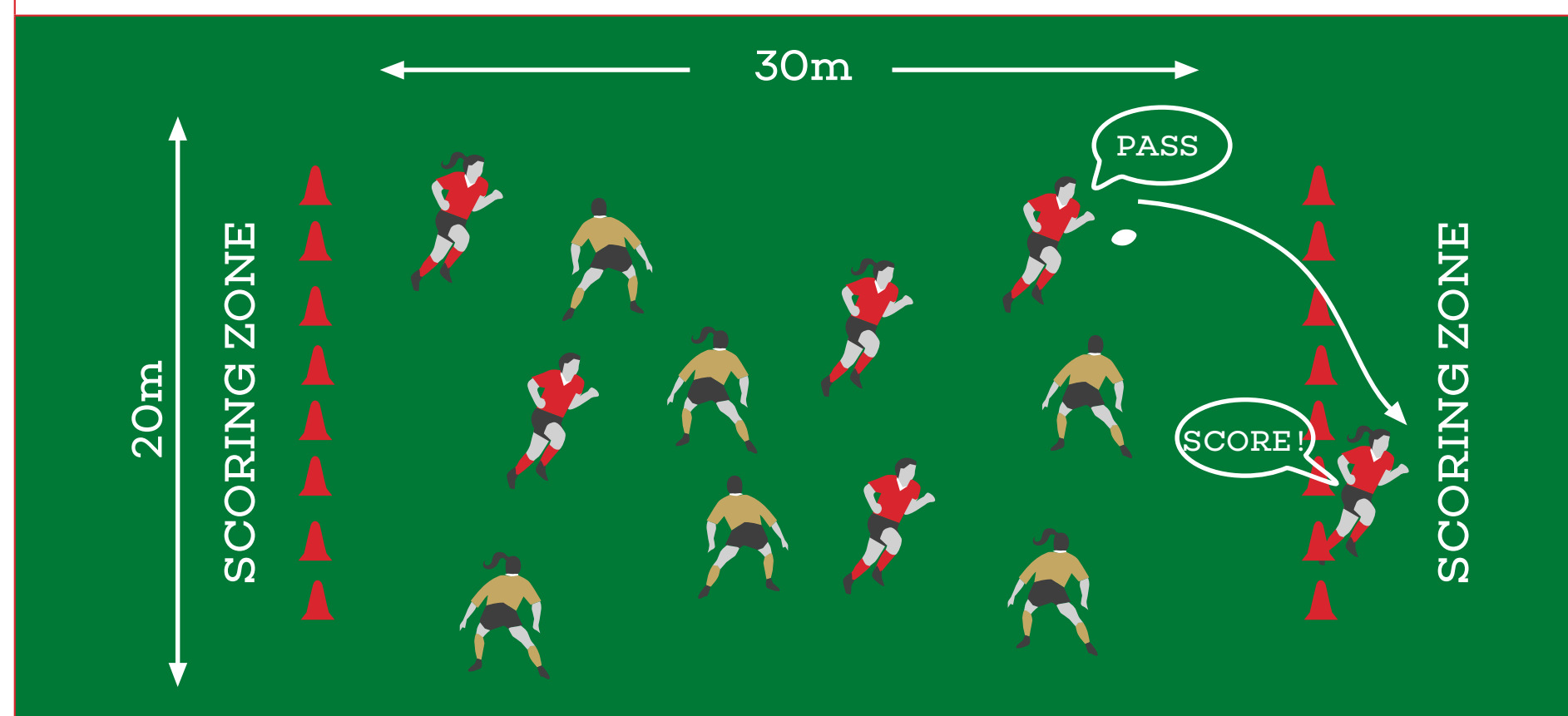
- Max 14 players and one coach in each zone (15 total)

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 touch 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 two-handed touch is made
- 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 TOUCH

EQUIPMENT

- Balls
- Cones

NUMBERS

- Two teams 7v7 max try to score in defensive team's zone
- Defending team must make a touch 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. Touch nearest side line
2. Retire to try line. Remain until score or rejoin immediately
3. Run to try line and perform physical competency exercise

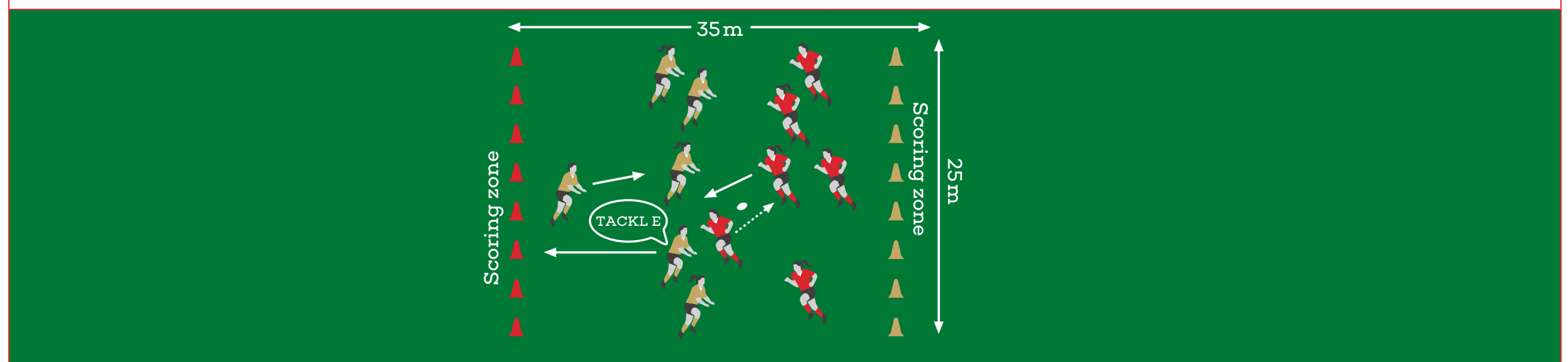
COACHING POINTS

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 TOUCH

EQUIPMENT

- Balls
- Cones

NUMBERS

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

RULES

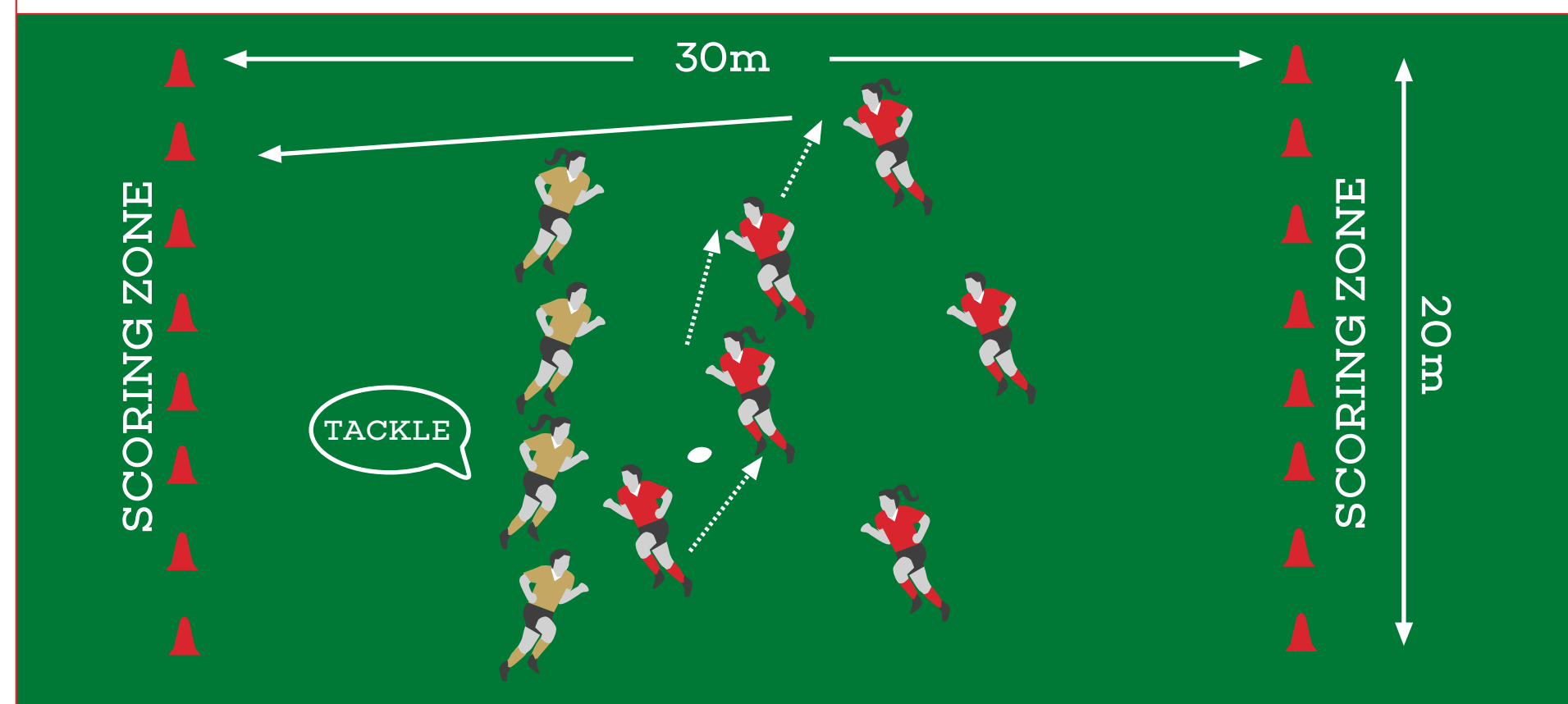
Start with more attackers than defenders lined up against each other ie. 8v6 (No more than 14 players in total in zone during any game/activity)

Once defender makes a touch 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 touch - get foot in close to the player.



PYRAMID TOUCH

EQUIPMENT

- Balls
- Cones

NUMBERS

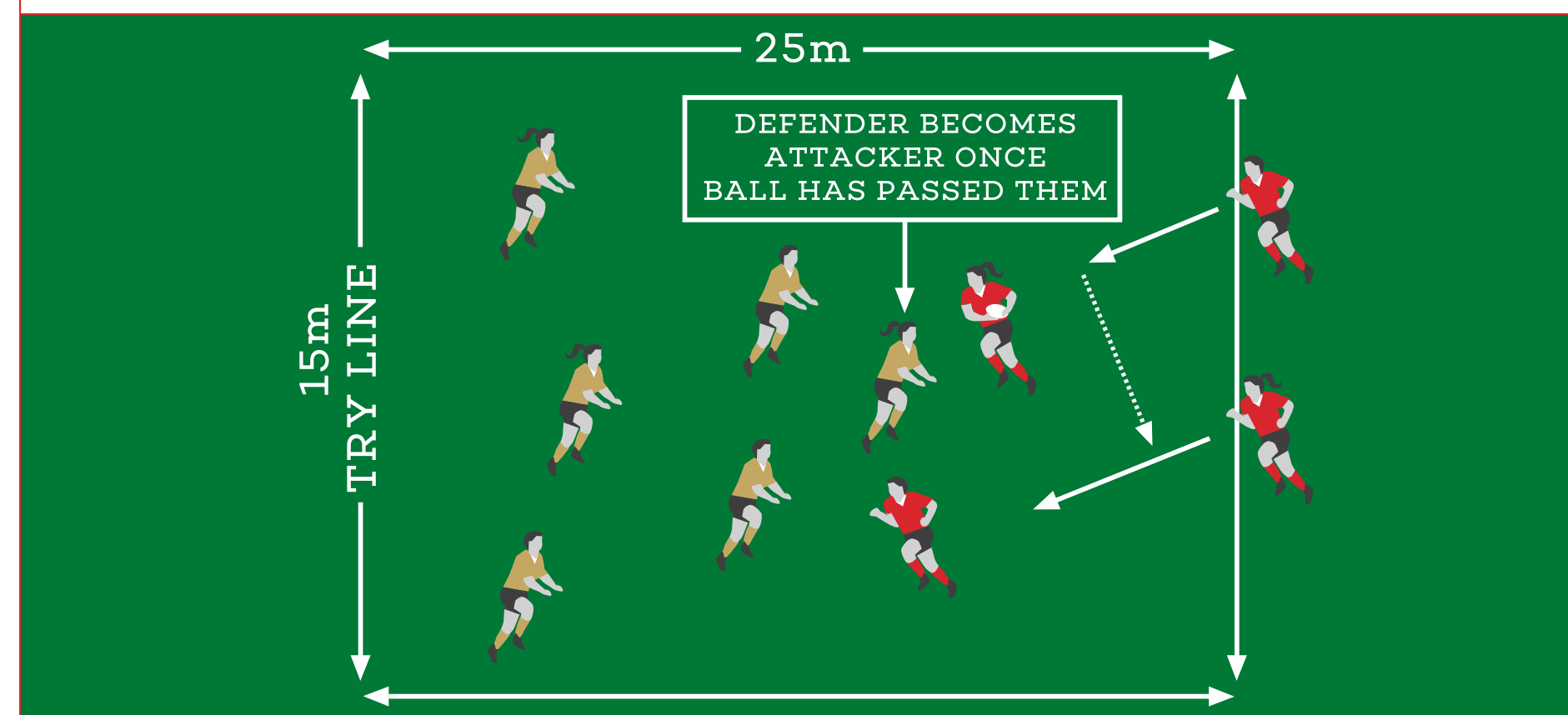
- Max 14 players and one coach in each zone (15 total)

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

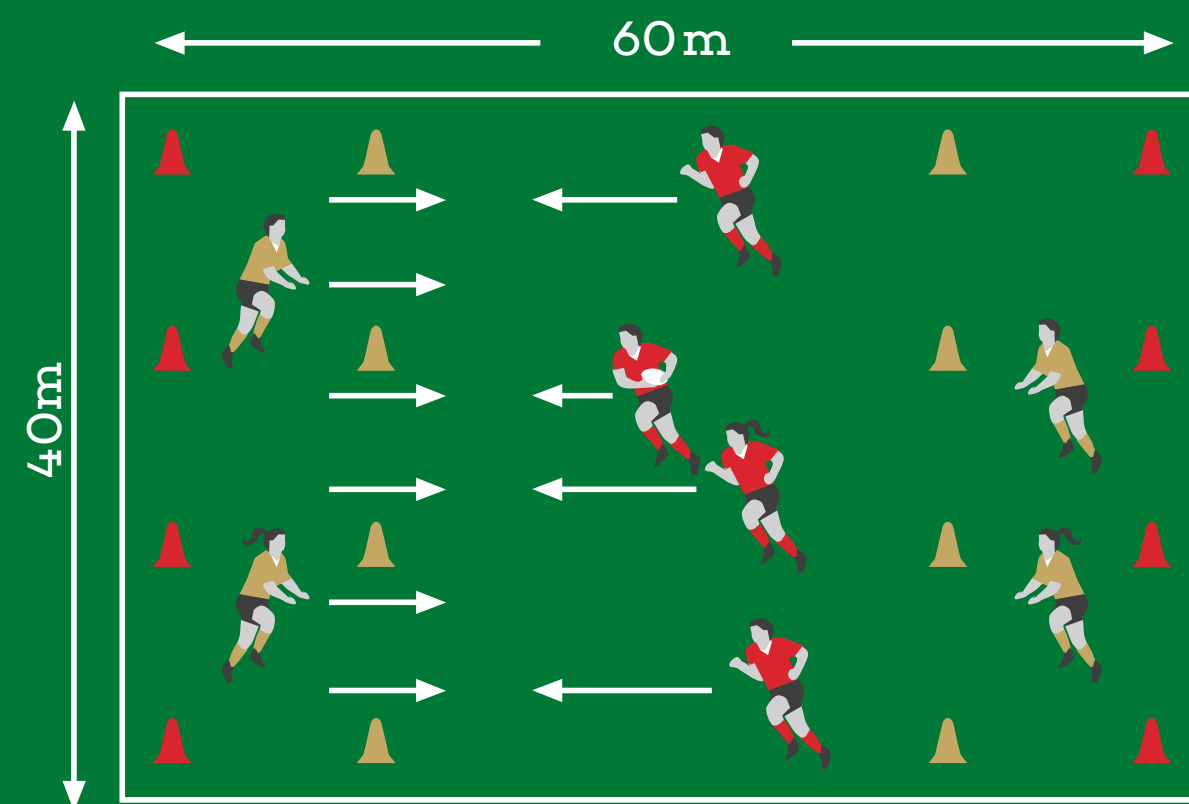
- Max 14 players and one coach in each zone (15 total)

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 i.e. 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

