







PLEASE ENSURE NO CONTACT AS PER LEVEL 5 GUIDELINES – THE FOLLOWING VIDEOS ARE ONLY A GUIDE. PLEASE ADAPT ACCORDINGLY. ARRIVE-TRAIN-LEAVE.

TIMING	GAME/ACTIVITY	VIDEO (click on to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(5 mins)	<p>Warm Up- STUCK IN THE MUD Stop Game briefly to include: Squat – Lunges – Leg Swings – Push Ups – Sit Ups etc</p> <p>Ruck Movements Empahsis: Bear Walk, Pencil Rolling, Duck Walk etc.</p>		
(5mins)	<p>ROB THE NEST 2/3 Players per corner</p>		
(10mins)	<p>Game – RUGBY PRIME – 2nd TOUCH BALL PRESENTATION</p> <ul style="list-style-type: none"> • 7 v 7 • 20m x 20m (adjust to players ability) • Tackle – 2 handed touch on shorts • On 1st Tackle Ball Carrier can keep playing but can't score • On 2nd Tackle (different defender) Ball Carrier must: <ul style="list-style-type: none"> ○ FALL FORWARD ○ BOUNCE BACK and present ball ○ If not well presented turnover • On scoring a try ball is left on ground and opposition can play straight away or Turn & Burn 		<p>Presentation option</p> <p>Feet, Fight & Protect -Adjust height/stay low -use other hand to protect the ball. - Fight driving your legs to get square and shoulders free.</p> <p>Second Action -work hard on the ground to get the ball away from the threat. The finish required is based on awareness of the threats and your support:</p> <ul style="list-style-type: none"> • Rip and Roll • Man on Fire • Score the Try • Recoil Back • Long Body
(20 mins)	<p>REDUCED ACTIVITY OPTIONS: Pads to be only used as obstacles and not to replace contact. Pads to be sterilised between use by pods and at the end of session.</p> <p>POACH SKILLS Power Burpee Grip & Rip Pop Up & Poach Run Press-up Pop Up & Poach</p>		<p>All Pre-Contact Breakdown Approach.</p> <p>1. Anticipation - identify opportunity and threats, small steps and eyes over sunglasses.</p>

	<p>Note: During Covid Restrictions do not use pads to replicate contact element</p> <p>LONG BODY COLOURS PRESENTATION Call a colour and player must present ball in the direction of that colour Note: During Covid Restrictions do not use progression of player lying on top</p> <p>HIP HOP & STEAL Use tackle and /or sausage pads Note: During Covid Restrictions do not use pads to replicate contact element</p>	 	<p>2. Height -awareness of the time you have to adjust your height to “win the race”.</p> <p>3. Fight - awareness of your threats to win the collision to maintain possession. -Legal entry from behind the ball</p>
<p>(15 mins)</p>	<p>GAME(s)– RUCK RACE RUGBY PRIME</p> <ul style="list-style-type: none"> • 7 v 7 • 20m x 20m (adjust to players ability) • Tackle – 2 handed touch on shorts • On 1st Tackle Ball Carrier can keep playing but can't score • On 2nd Tackle (different defender) Ball Carrier must: <ul style="list-style-type: none"> ○ FALL FORWARD ○ BOUNCE BACK and present ball ○ Ruck Race:+ 1 clearer but if Defence get 2xPillars in place before Clearer = Turnover • On scoring a try ball is left on ground and opposition can play straight away or Turn & Burn <p>PROGRESSION: NUMBERS GAME</p> <ul style="list-style-type: none"> • Same Game as above but each player is given a number • Numbered 1 or 2 or 3 • When Coach calls a number e.g. 1 all the 1's on the defending team must retreat to their tryline before they can rejoin the game 	<p>NB – DO NOT INCLUDE CONTACT ASPECT OF THESE VIDEOS – ONLY TOUCH OR TAG IN LEVEL 5</p>  	
<p>(5 mins)</p>	<p>Cooldown Stretch & Review Check for Understanding</p>		