

Session 1: Skills and Conditioning
(click picture for video)

Skill: Ball Carry & Evasion (15mins)

Cues:

- Feet
- Transfer ball away from defender
- Tuck the Tip, Tighten the Grip

Conditioning: (15mins)

Speed and Agility Work...plus

1. Push Ups (x10)
2. Squats (Single Leg) – (x10)
3. Hamstring Bridge (x10)

Session 2: Skills and Conditioning
(click pic for video)

Skill: Ball Carry/Evasion 2 (15mins)

Cues:

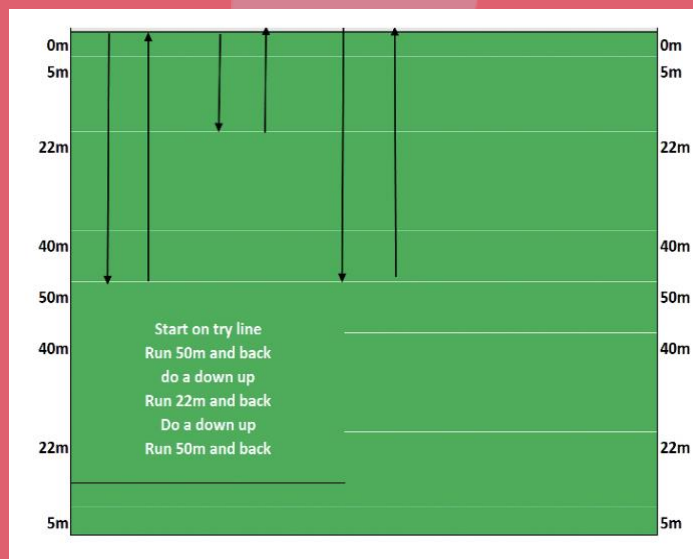
- Feet
- Transfer ball away from defender
- Tuck the Tip, Tighten the Grip

Conditioning: (15mins)

Lion Heart

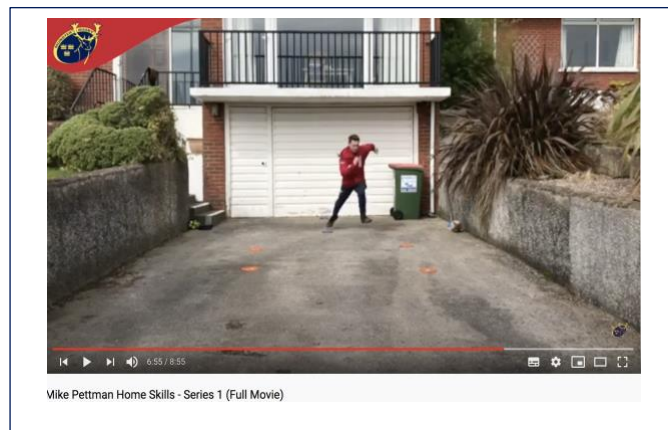
Sets = x2

Going every 90secs with 3 min rest between the sets



Munster Rugby Level 5 Individual Skills and Conditioning Program

"Please ensure you take all precautions and put your safety first if carrying out any of these exercises at home. Please notify a parent or guardian if completing these physical contact exercises at home"



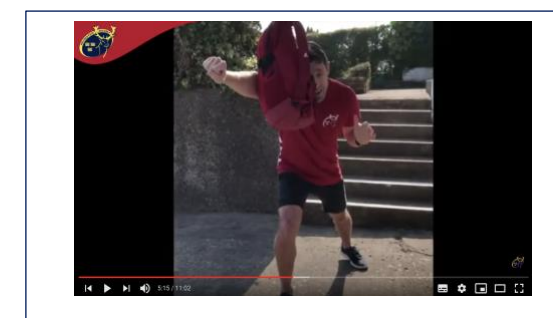
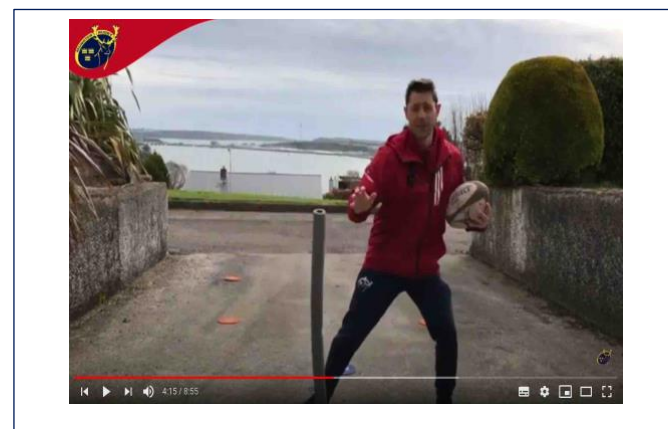
Session Primer - 90 Passes (10 mins) – Complete Twice Each Week



Cues:

Load to the hip
Aim for bottom hand to be on the hip.
Elbow bent & bicep over ball

Punch and point
Bottom hand Punch action with rotation of your torso.
Finish by pointing to your target



Session 3 (&4): Skills and Conditioning
(click pics for videos)

Skill: Tackle Technique (15mins)

Cues:

Eyes & Feet

- Eyes on target
- Boxers arms
- Boxers feet
- Late dip
- Look over your sunglasses

Shoulder & Bite

- Boxers jab
- Ear in pocket

Conditioning: (15mins)

Speed and Agility Work...plus

1. Push Ups
2. Squats (Single Leg)
3. Hamstring Bridge

Speed & Agility Work

THE PUSH-UP

The Push - Up

The Single Leg Squat

THE SINGLE-LEG SQUAT

Hamstring Bridge

Warm Up incl Dynamic Stretches	3mins	Sample Video Here
Walk easy for 5m then 10m acceleration	10m x 2	Rest in between Sprints
10m static start & sprint	10m x 2	2 feet together start & then sprint
10m hard accelerations (starting from the ground)	10m x 2	Power and speed (rest in between sprints)
10m Hill sprint	10m x 2	Rest in between sprints
Lateral shuffle into 20m sprint	20m x 2	Don't let your feet touch in shuffle (Rest in between sprints)
Jog easy for 5m then 30m sprint	30m x 2	Rest between sprints
Weaving Sprints	30m x 2	Weaving like a snake (Rest between sprints and cool down)