

Session 1: Skills and Conditioning

Skill: Passing Primer plus Ball Carry & Evasion (25mins)

- Conditioning: (15mins)
Speed and Agility Work...plus
1. Push Ups (x10)
 2. Squats (Single Leg) – (x10)
 3. Hamstring Bridge (x10)
 4. Bear Crawl

Session 2 & 4: Conditioning

Conditioning: (20-25mins)
 Do this twice this week

Fartlek

Warm up with light jog, and dynamic exercises, Squat, Lunge, Hamstring Bridge, etc.,

Jog @ 70% for 3 mins

50m stride through @ 85%

Jog @ 70% for 2 mins

100m Sprint @ 95-100%

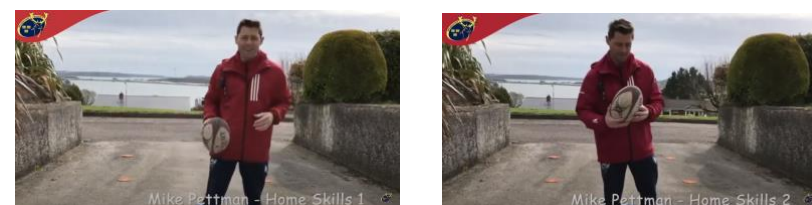
Repeat 4 times.

Munster Rugby Level 5 Individual Skills and Conditioning Program - Week 2

"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 - 120 Passes (10 mins) – Complete Twice this Week



Cues:

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

Activities:

- Hand Activation*
- Spin Development*
- Wrist Flicks*
- Side on Front Hip*
- Side on Back Hip*

Cues:

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



Session 3: Skills and Conditioning

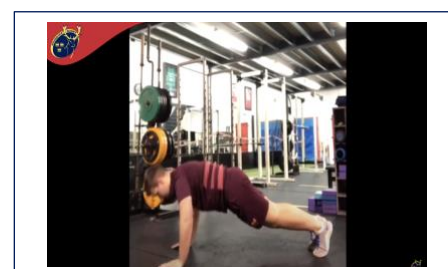
Skill: Passing Primer plus Ball Control (15mins)

- Conditioning: (15mins)
Speed and Agility Work...plus
1. Push Ups (x10)
 2. Goblet Squat – (x10)
 3. Hamstring Bridge (x10)
 4. Bear Crawl

The Goblet Squat



Speed & Agility Work

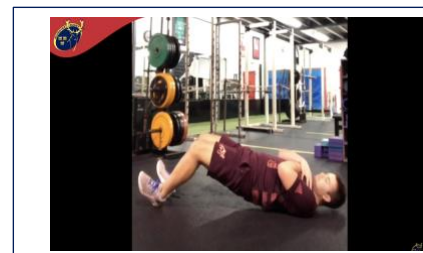


The Push - Up

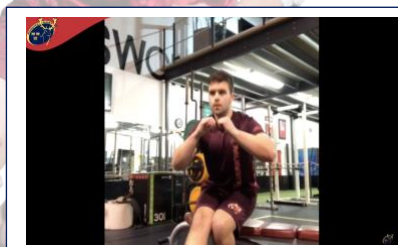
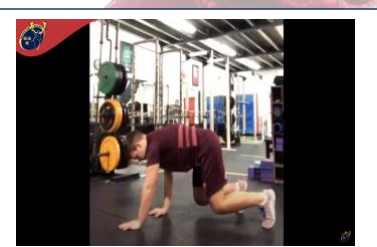


The Bear Crawl

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)