

Session 1: Skills and Conditioning

Skill: Poach Skills:

1. Power Burpee – 6 Reps
2. Grip & Rip – 6 Reps
3. Stance – 2 mins alternating

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 3

"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"

Power Burpee



Grip & Rip



Alternate Stances



Session Primer – Body Positioning



Setup in Scrum Position with hands on the ground (spine in line – bent knees – eyes over sunglasses)

1. Move forwards – backwards – sideways balancing an object on your back (1 rep)
2. Sibling/Parent (if available) applies pressure all over body (maintain chest over ball/cone) (10 sec)
3. Crawl & balance object (10 sec)

Change Stance from Scrum position:

4. Commando Crawl (10 sec)
5. Squat Rocking Gripping the Ball (Fwd-Back-side to side) (45 sec)

Pop Up & Poach



Run, Press-Up & Poach



Session 3: Skills and Conditioning

Skill: Poach Skills:

1. Pop Up and Poach – 6 Reps
2. Run, Press Up, Poach – 6 Reps
3. Alternating Stance – 2mins

Conditioning: (15mins)

Speed and Agility Work...plus

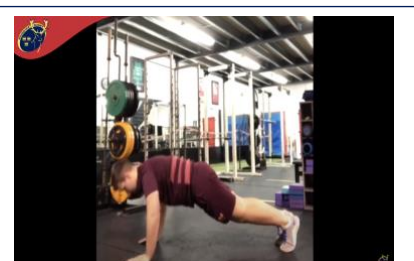
1. Push Ups (x10)
2. Goblet Squat – (x10)
3. Hamstring Bridge (x10)
4. Bear Crawl

The Turtle Neck Technique

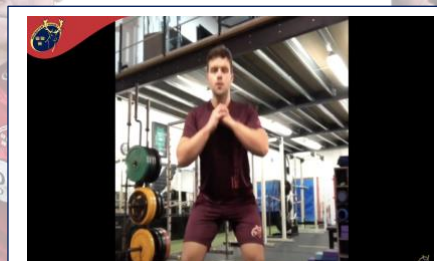


Speed & Agility Work

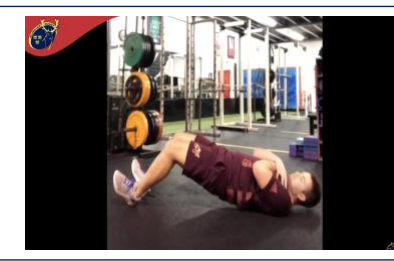
The Push - Up



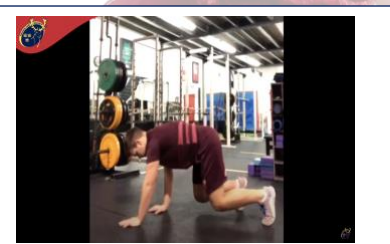
The Goblet Squat



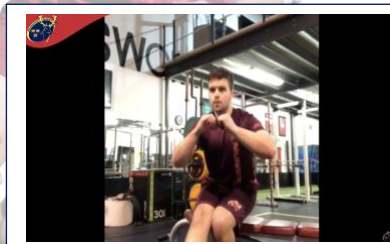
Hamstring Bridge



The Bear Crawl



Single Leg Squat



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)