

Session 1: Skills and Conditioning

Skill: Tackle Technique (15mins)
Cues: See Session 3

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 4

"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"

Footwork (pre & in tackle) Alternate Right and Left



Session Primer - Complete Twice this Week (10 mins)



Power Leg Technique Alternate Right and Left



Punch Through & Ear in Pocket Alternate Right and Left



Design your own 100 passes Primer for both sessions this week. Above are some ideas to help.

Get ready for our Catch/Pass Skills Test Coming Soon!

The Boxer Shuffle Alternate Right and Left



Session 3: Skills and Conditioning

Skill: Tackle Technique: (15mins)

Eyes & Feet

- *Eyes on Target
- *Boxers Arms - Arms above hips
- *Boxers Feet - Leg in close to ball carrier
- *Late Dip
- *Look over Sunglasses

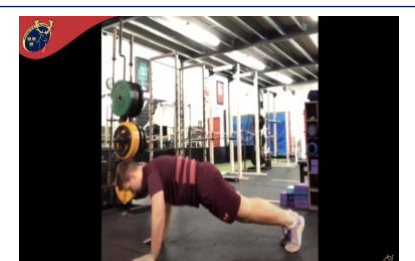
Shoulder & Bite

- *Boxers Jab – punch through
- *Ear in Pocket

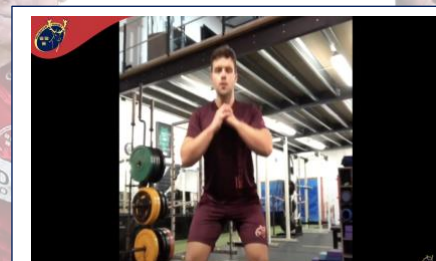
Conditioning: (15mins)
Speed and Agility Work...plus
1. Push Ups (x10)
2. Goblet Squat – (x10)
3. Hamstring Bridge (x10)
4. Bear Crawl

Speed & Agility Work

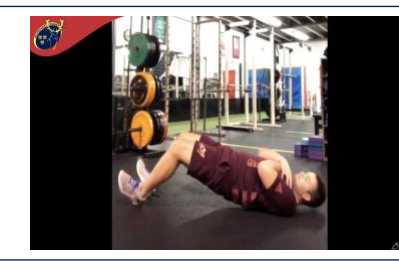
The Push - Up



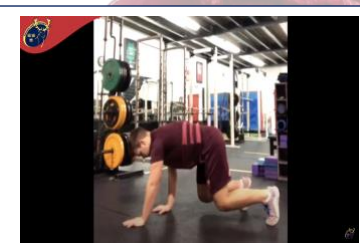
The Goblet Squat



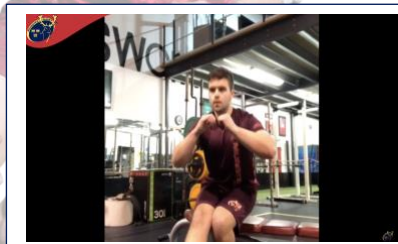
Hamstring Bridge



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 for 1 min in between Sprints
10m static start & sprint	10m x 2	2 feet together start & then sprint
10m hard accelerations (chest on the ground)	10m x 2	Pop off ground fast and sprint (rest 1min in between sprints)
10m Hill sprint	10m x 2	Rest 1min in between sprints
Lateral shuffle into 20m sprint	20m x 2	Don't let your feet touch in shuffle (Rest 1min in between sprints)
Jog easy for 5m then 30m sprint	30m x 2	Rest 1min between sprints
Weaving Sprints	30m x 2	Weaving like a snake (Rest between sprints and cool down)