

Session 1: Skill – Work Ons

Skill: Passing
Focus on the Technical Cues

Optional Conditioning:

1. Push Ups (x10)
2. Squats – (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 5 Download Week

"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"

Catch Pass Work-Ons (Click on Picture to View)



Mike Pettman has designed a passing CUES video which is designed to support players with areas to work-on with their passing skills.

During this download week use the time to focus on these key technical skills and hone in on areas needing more attention!

Enjoy!

Session 3: Skill – Work Ons

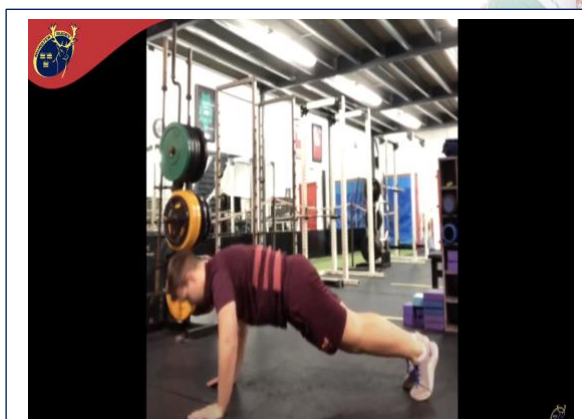
Skill: Passing

Focus on the Technical Cues

Optional Conditioning:

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

The Push - Up



The Bear Crawl



The Goblet Squat



Hamstring Bridge

