

Session 1: Skills and Conditioning

Skill: Catch Pass 45° Work-On
Video- Complete the Catch Pass Primer also

- 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 7

"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 3: Skills and Conditioning

Skill: Catch Pass 45° Passing Test

Complete the Catch Pass Primer Also

"SEE SPACE – ATTACK SPACE"

CUES:

1. Catch Early – with 'W'
2. Load to Hip
3. Palms Up – Fingers to the Target

- 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

Session Primer - Complete Twice this Week (10 mins)

45° Skill Work-On – Complete this before doing the 45° Skill Test



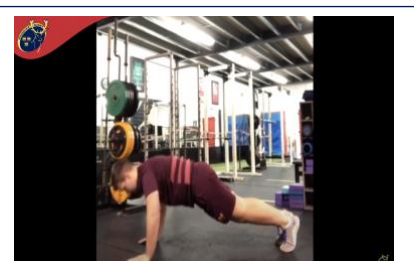
Design your own Catch and Pass Primer for both sessions this week. Above video has a number of ball-handling skills to help you.

These will get us ready for the 45° Passing challenge!!

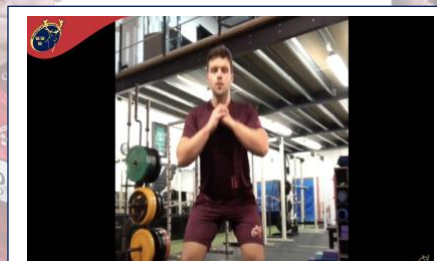
45° Degree Skill Test



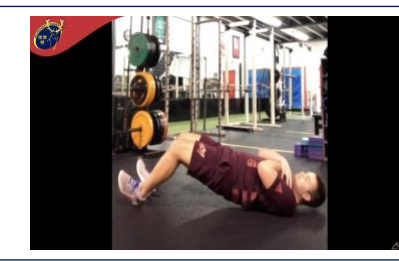
The Push - Up



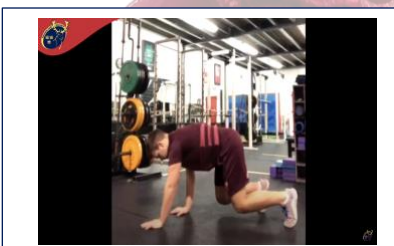
The Goblet Squat



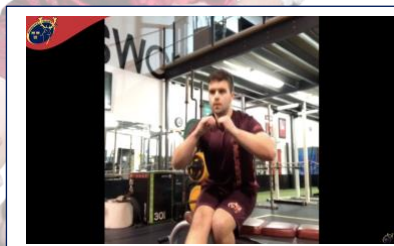
Hamstring Bridge



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)