



Second Row - Specific Position Skills

SKILL		Variations	Variations	Reps	Detail	Drill Video Link	
Lineout Jump	Facing Forward	Mid Foot – Straight Up		3		https://youtu.be/p3RXFIV03PE?list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3	
		Moving Forward – 1m		3			
		Moving Backwards – 1m		3			
	Side on	Straight Up		3			First step is with leading foot in the direction you are going
		Moving Forward – 1m	To the left	3			
			To the right	3			First step is with leading foot in the direction you are going
Moving Backwards – 1m	To the left	3					
	To the right	3					
Lineout Chess	Set Opposition Lineout with markers/objects in 10m space	Make lineout call based on opposition positions and carry out the required jump	Mixture of jumps Add a catch	10	Watch games and copy set-ups you see. What lineout would I call if I see this? (Attack & Defence) Video yourself & Review	https://youtu.be/niDXADv1uSw	
Catch & Delivery	Off the top	To the left	Kneeling - Deliver	5		https://youtu.be/M9tAVK5cEiY	
		To the right		5			
S&C Jump	Box jump – for U16/U18 and Adult Players	Reactive – Jumping on call	Hold a ball overhead	4 x 3	No box for weighted jump	https://youtu.be/MU_QBfrG_4	
Rugby Session 2:	45° Skill Test	45° Skill Test Video Here	45° Skill Work On				

Week 8 Conditioning:

Running - 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

Speed and Agility

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)

Speed Tech – “A” March Drills



Body Weight Exercises: x 10 Reps each

