



# RUGBY LEAGUE WORLD CUP

SKILLS JOURNAL



Community  
Integrated  
Care

**INSPIRATION**

**ALL** RUGBY LEAGUE  
WORLD CUP  
ENGLAND 2021



## A SPECIAL MESSAGE TO THE PLAYERS AND SUPPORTERS OF THE COMMUNITY INTEGRATED CARE LEARNING DISABILITY SUPER LEAGUE...

*2020 has been a very challenging year for all of us. We know that it has been especially disappointing for you because we haven't been able to enjoy a second exciting season of the Community Integrated Care Learning Disability Super League.*

*We had planned an incredible year for our players and their loved ones. Sadly, these plans have been delayed but you haven't been forgotten!*

*Behind the scenes, the RFL, Community Integrated Care and Rugby League World Cup 2021 teams have been working hard to plan some exciting new opportunities.*

*This exclusive Rugby League World Cup 2021 inspired training guide has been designed to help you to develop your Rugby League skills at home and with friends. We hope that it offers a fun, accessible and exciting way for you to become an even better player. When we can fully bring back play, the **Community Integrated Care Learning Disability Super League** will be better than ever and so will your skills!*

*Our players can practice these skills at home without any expensive equipment. Each session is also supported by a training video, which have been filmed with many of the player ambassadors for the Community Integrated Care Learning Disability Super League.*

*Alongside this, our club Foundations will be showing their support for these sessions with virtual training sessions, online festivals, and other exciting initiatives. Watch this space!*

*As we enter 2021, there is so much to look forward to. Our big World Cup year will create many exciting new projects, experiences, and opportunities. We can't wait to see you all again and to get back to playing this sport that we love.*

*Keep up the training!*

*Yours Sincerely,*

**Ralph Rimmer**  
RFL, Chief Executive

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# TO OUR STARS!...

## WELCOME TO YOUR RUGBY LEAGUE WORLD CUP 2021 SKILLS JOURNAL!

- This guide will teach you how to become a brilliant Rugby League player!
- It gives you a different skill to practice every week.
- The more that you practice, the better you will become!
- Your challenges are inspired by the teams that are taking place in the Rugby League World Cup 2021.
- As you complete your sessions, you will get a special postcard from one of the Men's, Women's and Wheelchair Rugby League Teams that are taking part in the tournament.
- These postcards are very special. The only people who will receive them are players in the Community Integrated Care Learning Disability Super League!
- We hope that you treasure having your own piece of Rugby League World Cup 2021 history.
- Have fun! If you can, share videos or photos of you practicing on social media, using the hashtag #RLWCSkills.
- Please tag in the RFL, RLWC2021 and Community Integrated Care. We'd love to see your skills!

### In this guide, you will learn:

- Ball handling – How to grip, carry and score like a star.
- Passing and catching – Some of the key skills for any player!
- Evasion and defending – How to tackle and avoid being tackled

### Watch our videos

Every activity is supported by a short video that demonstrates the session. Please watch these before taking part in a skill, to understand how best to practice them.

You can find these at [www.rugby-league.com](http://www.rugby-league.com)



# THANK YOU

## FROM COMMUNITY INTEGRATED CARE

Having enjoyed such an incredible first season, it has been so disappointing that the 2020 Community Integrated Care Learning Disability Super League had to be put on hold this year.

It has been an honour for our charity to get to know the players and families connected to this amazing sport. We've been thinking of you all during these tough months and we cannot wait to see the programme that we all love return.

We are determined to continue to support ongoing opportunities for the players in the Community Integrated Care Learning Disability Super League and members of our wider communities, even in these trying times.

Our thanks go to the RFL for their hard work in developing this special training journal. It is a unique and quality resource, and we have loved working with them to make their exciting concept a reality.

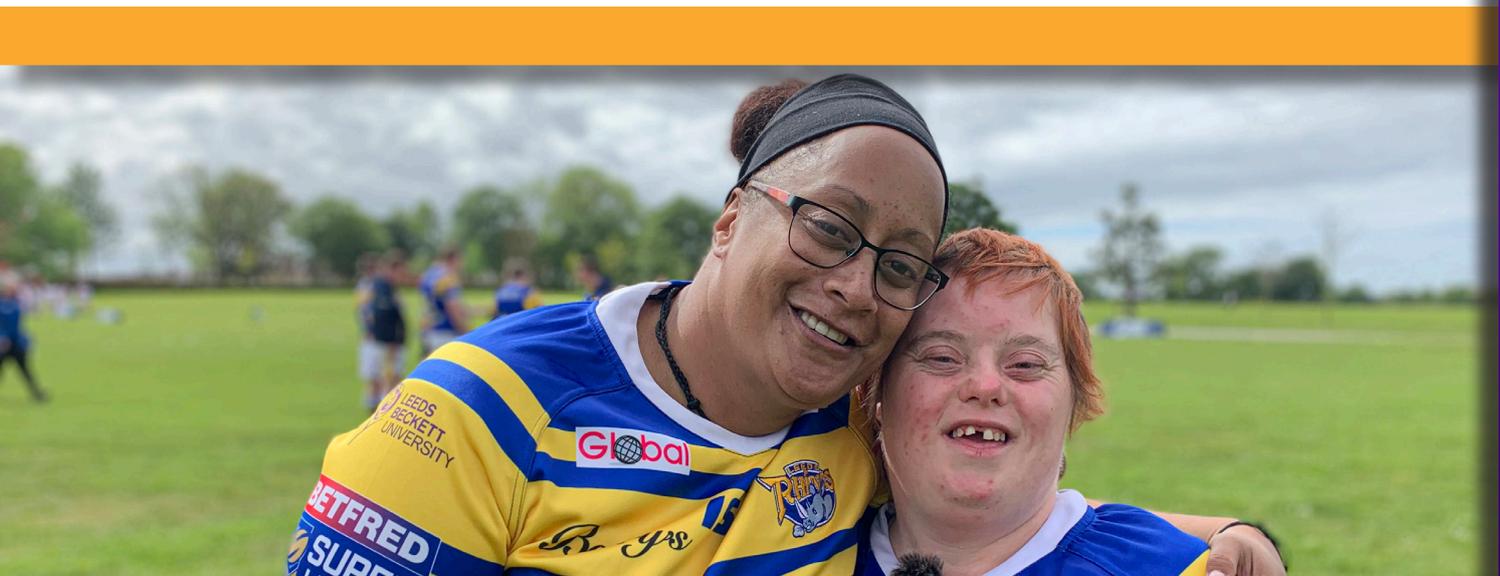
We must also thank our club partners and player Ambassadors whose support will bring this journal to life, with special online sessions and video training guides.

Above all, we want to tell you that our commitment to the players of the Community Integrated Care Learning Disability Super League and their loved ones extends beyond their experiences on the field. We know that these may be challenging times for some of you, so if you need advice, support or guidance please do not hesitate to contact us at: [community@c-i-c.co.uk](mailto:community@c-i-c.co.uk).

We are looking to 2021 with real optimism and excitement.

**Our charity is proud to be the Official Social Care Partner of the Rugby League World Cup 2021. We are planning many incredible projects with the tournament organisers. These will create brilliant experiences and opportunities, and we would love for you to be part of them. To help us to keep you updated on them, please register your interest by emailing: [community@c-i-c.co.uk](mailto:community@c-i-c.co.uk).**

Enjoy this journal. We can't wait to see you share your new skills in our next festival!



# INFORMATION

## FOR FAMILIES AND SUPPORT WORKERS

### How To Use This Journal...

- To enable people to enjoy these sessions, we recognise that family members, support workers or others may need to help to facilitate and lead them.
- It is often challenging to balance accessible written information with providing great, detailed instruction.
- Because of this, we've tried to write this guide in a way that families and support workers can feel fully confident in delivering or facilitating the activities.
- We've tried to provide simple wording and for every session to be adaptable to training at home.
- For every session there is a supporting training video. Please watch this and use it to help plan for and demonstrate the session.
- You, as the people who know and support the individual, will know how best to explain, adapt and deliver these sessions.
- It's absolutely fine if you need to tweak any of these activities or explain them differently! Don't worry if some activities are too challenging. We've tried to make every session as adaptable as possible, so just focus on the parts they can enjoy and most engage in.
- We hope that the exclusive RLWC2021 postcards feel like a special reward for every achievement. Please use them to celebrate success and recognise progress.
- Keep this journal and the postcards as a special memento of our big Rugby League World Cup 2021 year. Perhaps there may be opportunities to get the postcards and journal autographed at the tournament?!
- Huge thanks go to you, the people who will help take this journal from just being a booklet to becoming a programme of exciting activities that someone really loves. We hope that you have lots of fun and thank you for your assistance.
- We'd love to see how you use this guide. Please share any photos or videos with the RFL, Community Integrated Care and RLWC2021 by tagging us in on social media and using the hashtag #RLWCSkills.





# HEALTH & SAFETY GUIDANCE

The majority of sessions involve physical exercise, so there are some simple health and safety matters to consider!

- Make sure you exercise in a large well-lit area that is free from obstacles.
- Please wear comfortable clothing and have a water bottle to stay hydrated.
- Please ensure that appropriate support is provided to participate in these activities, if needed.
- Be careful not to do anything that you're not fully comfortable with. Always build up to the more challenging elements of these training sessions. If you are unable to participate in any exercises, please do not worry!
- Never force or strain yourself physically. These sessions are meant to be fun, so avoid causing any injuries by over-exerting yourself.
- Please follow any national or local rules that might be in place, such as social distancing or lockdowns.

**By getting involved, the individual / their guardian acknowledges that:**

- There is always a possibility of physical injury when participating in exercise.
- You are voluntarily taking part at your own risk.
- Any information, instruction or advice obtained from this journal may NOT be used as a substitute for your doctor's advice.
- You agree to release and discharge the RFL from any responsibilities or liabilities from injury arising from your participation.

The RFL, your coaches, parents and carers are here to guide you through the exciting skills. Please contact the RFL if you have any questions or concerns.

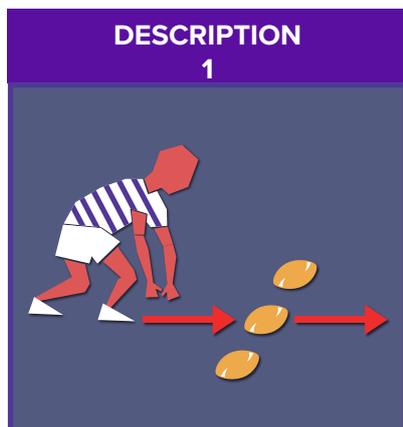


# SKILL 1

## AUSTRALIA WOMEN'S TEAM

### PICK UP | COACHING POINTS

The Australian Women's team have great core skills, that is why they are the best in the world. The skill they want you to practice is called 'The Shovel Scoop'. It is a way to pick the ball up from the floor without dropping it, which is called a knock on. All you need is a space and a rugby ball.



### KEY POINTS

**POINT 1**

- Place the ball in the middle of your floor and take a few steps back.
- As you get closer, take smaller steps, and bend your back to pick up the ball. Try to do this without stopping.

**POINT 2**

- To pick up the ball, one hand scoops under it. You use your other hand to hold it tight.

**POINT 3**

- As you get more confident with this skill, can you try to move a bit faster?
- But remember, the most important thing is not dropping the ball! No knock-ons!

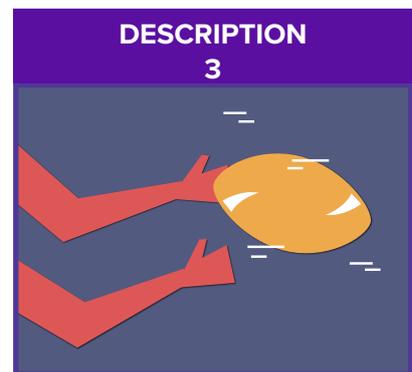
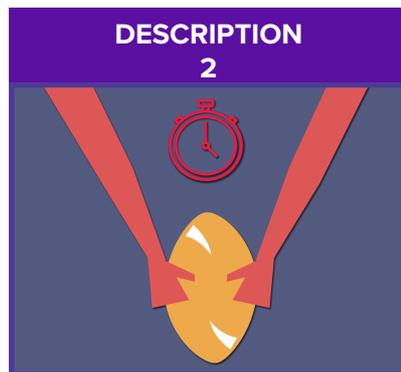
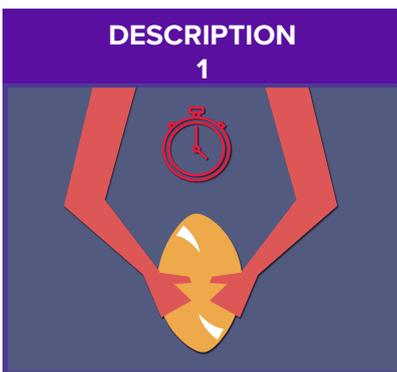


# SKILL 2

## FRANCE WHEELCHAIR TEAM

### PASS | COACHING POINTS

The French Wheelchair team is the worlds number one Wheelchair Rugby League team and they have great passing skills. To practice your passing skills, all you need is some space, a ball, and someone to pass to or a target to aim at. We want you to try and make ten passes without missing the target or dropping the ball.



### KEY POINTS

**POINT 1**

- Start by holding the ball in two hands at chest height. The ball shouldn't be touching your body.
- Have a target to aim for on your left-hand side.
- Spread your fingers wide around the middle of the ball.

**POINT 2**

- Now bend your elbows to hold the ball on the side of your body.
- Bring the ball across your body and throw the ball at your target.

**POINT 3**

- When you let go of the ball, keep your hands moving in the direction of the target. This makes your passes more accurate.
- When this starts to feel easy, practice throwing on your opposite side.



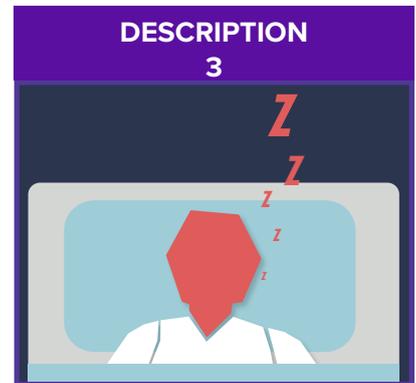
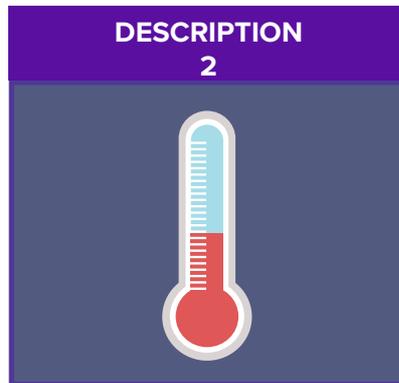
# SKILL 3



## USA WHEELCHAIR TEAM

### REST AND RELAXATION | COACHING POINTS

To be a top Rugby League player, you need to practice, eat well and get plenty of rest! We all need to have around eight hours of sleep every day to be at our best. Sleep helps us to have lots of energy, to concentrate and to stay healthy. If you are not getting enough rest, you're not going to be at your best on and off the pitch. Your challenge is to build a great sleep routine.



### KEY POINTS

**POINT 1**

- To get eight hours sleep, what time do you need to be in bed for?
- When we look at screens, like televisions or mobile phones, before bedtime it makes it harder to get to sleep. Can you stay away from screens an hour before bedtime?

**POINT 2**

- What can you do to make yourself comfy for sleep?
- Is your room too hot? Are there any lights on in your room? Is there any noise?

**POINT 3**

- You can help yourself to relax by closing your eyes and taking some long deep breaths in and out.
- When you wake up, don't forget to make your bed and have a healthy breakfast!



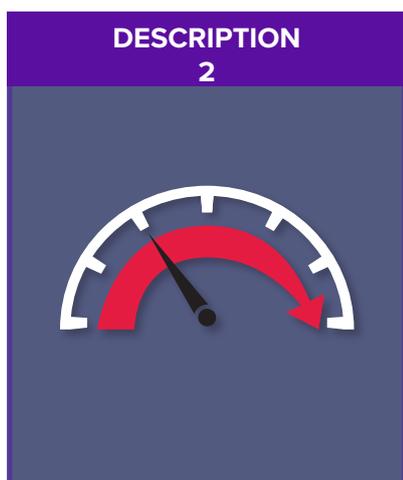
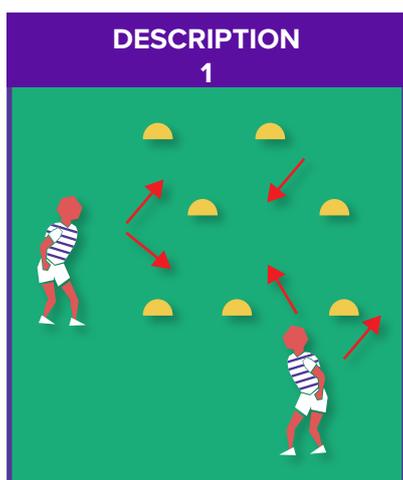
# SKILL 4



## PAPUA NEW GUINEA MEN'S TEAM

### EVASION | COACHING POINTS

The Papua New Guinea men's team are known for their big hits. You don't want to be tackled by them!! So, this challenge will teach you how to dodge tacklers. This skill is sometimes called 'evasion'. You will need some items to use as markers that will set your playing area. If you don't have any cones, why not try using jumpers, sticks or cushions?



### KEY POINTS

**POINT 1**

- Move at a speed you are comfortable with, every time you come to a cone change direction.

**POINT 2**

- Try to increase the speed or way you move to make it more difficult, or even the way you dodge the cones, spin, jump, side step.

**POINT 3**

- Now repeat the exercise increasing the speed each time. Try to be creative with how you can dodge the obstacles.



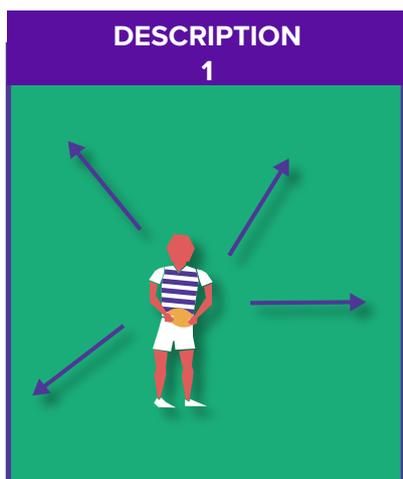
# SKILL 5



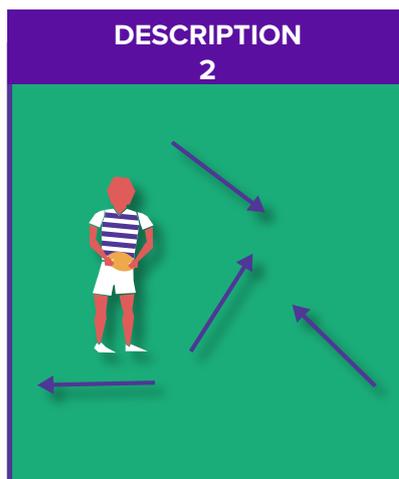
## LEBANON MEN'S TEAM

### CARRY | COACHING POINTS

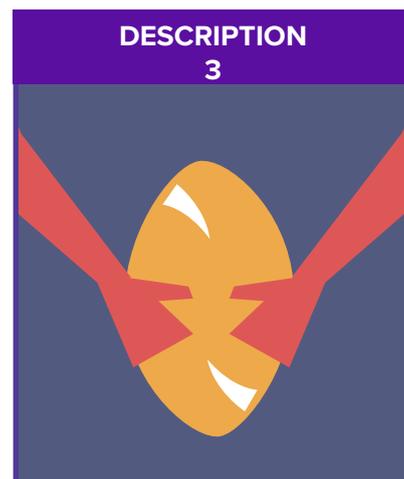
The Lebanese Men's team are known to not make too many mistakes when they play, they challenge you to do the same. For this skill we want to practice carrying the ball. Hold the ball as you move around your home, see how many times you can transfer the ball between your hands without dropping it, returning to a centre grip each time. Its important to have a good grip on the ball so we can score lots of tries!



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### KEY POINTS

**POINT 1**

- Grip the ball in two hands, off your chest, fingers spread wide around the "Belly" of the ball.

**POINT 2**

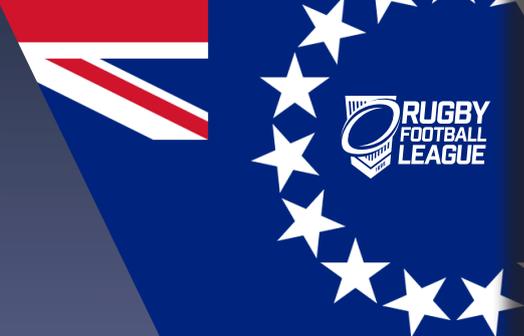
- Move around your home, garden, space, keeping the ball in your grip. No dropped balls.

**POINT 3**

- To increase the difficulty, try holding the ball in one hand and every time you come to an obstacle transfer it into the other. No Dropped Balls.



# SKILL 6



## COOK ISLANDS MEN'S TEAM SWEEP THE SHEDS | COACHING POINTS

Some of the most famous rugby league players in the world not only take their boots and kit with them to games, but a dustpan and brush too! They want their changing rooms to be as clean when they leave the stadium as when they arrived. When they are showered and changed after a game, they then clean up all the mud and mess that is on the floor. They do this because it shows respect for the team that they are visiting and because we all feel proud when we have done something good.

In South Pacific nations, they call this 'sweeping the sheds' (in that part of the world, they call changing rooms 'sheds!'). Your challenge is to see how you can 'sweep the sheds' in your house.



### DESCRIPTION

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### DESCRIPTION

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### KEY POINTS

#### POINT 1

- Can you start each morning by making your bed?
- Are there ways that you can make your bedroom or other rooms in your house look better this week?

#### POINT 2

- Think about whether there's a room that really needs a good tidy up.
- Is there a cleaning activity that you've never tried before? See if you can be supported to try this. Perhaps washing the dishes, hoovering the house, or doing the dusting?

#### POINT 3

- How do you feel when you've tidied up. Does it feel good?



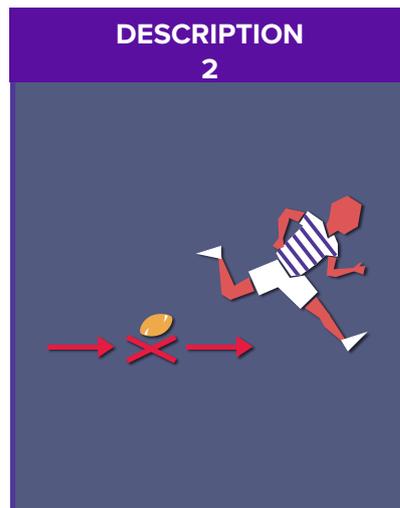
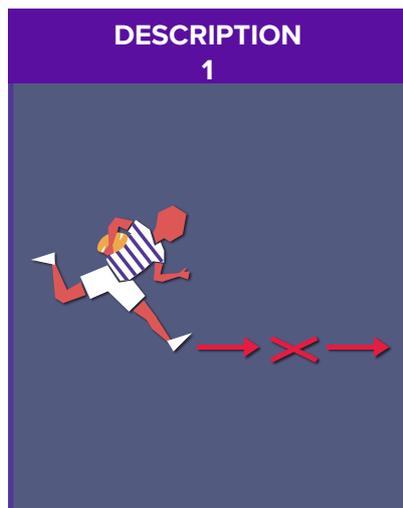
# SKILL 7



## ENGLAND WHEELCHAIR TEAM

### PUT DOWN | COACHING POINTS

If there's one thing the England Wheelchair team love to do, it's scoring tries! They want you to practice scoring tries by putting the ball down! We want you to place the ball on the ground, without it rolling when you put it down. This can be practiced and increase the speed over time as you become more confident, see how many tries you can score in 1 minute!



### KEY POINTS

**POINT 1**

- You should start with the ball in your two hands, centre carry grip whilst moving towards a target.

**POINT 2**

- When you get to the target try to place the ball down, with two hands, onto the floor and continue your run. The ball should be still and not roll when you let go.

**POINT 3**

- Try to increase your speed to make it more difficult and more like scoring a try in a game! Remember, no knock ons!



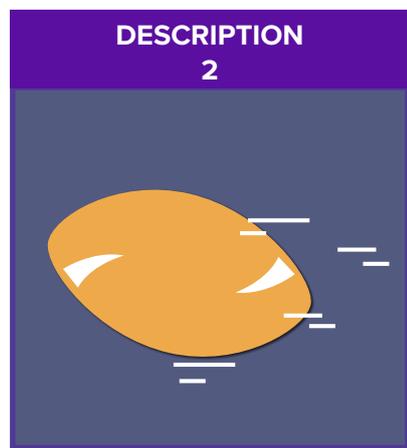
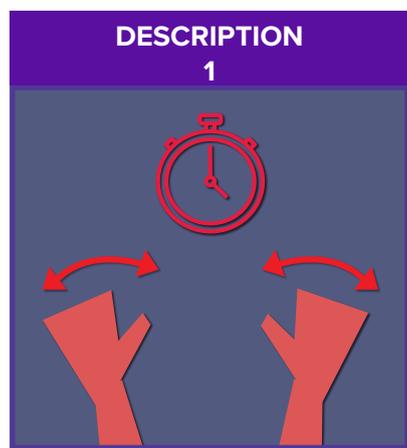
# SKILL 8



## SAMOA MEN'S TEAM

### CATCH | COACHING POINTS

The Samoa Men's team are known for being skilful and strong. If you want to play like them, it is important that you are good at catching the ball! We want to see how many passes you can do without dropping the ball. For this challenge all you need is a ball and a safe space to play in.



### KEY POINTS

**POINT 1**

- When catching the ball, it is important to give the passer a target to aim for. Put your hands out in front of you at chest height, arms stretched out.
- Let your partner know when you are ready to catch the ball.

**POINT 2**

- Keep your eyes on the ball the whole time.
- Try to catch the ball in two hands, off your chest. Avoid the ball hitting your body, as it can bounce off and knock-on.

**POINT 3**

- When you catch like this, you will be in a great position to make a pass!



# SKILL 9



## COOK ISLANDS WOMEN'S TEAM

### TALK AS A TEAM | COACHING POINTS

One of the most important things for rugby league teams is to communicate well. Players talk in games to encourage and support each other. It is important that teams are made up of good friends, who always help and support each other. Your challenge is to check in with one of your teammates!

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### KEY POINTS

**POINT 1**

- Phone, text or write to them to catch up.
- Or if you like, maybe send them something, like a photo or a drawing

**POINT 2**

- This is a great chance to update them on what you have been up to.
- You can also find out how they are.

**POINT 3**

- What was the best thing about getting in touch?
- Did your teammate enjoy hearing from you?

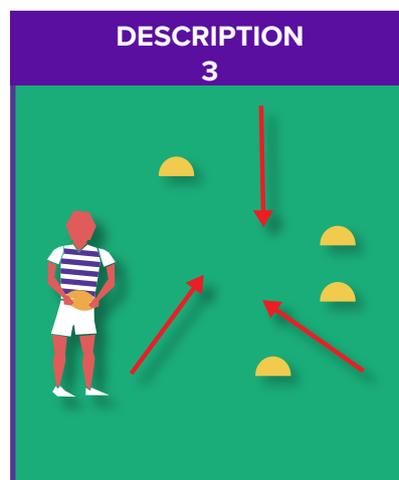
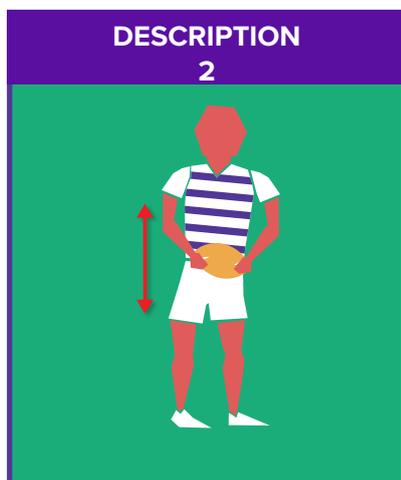
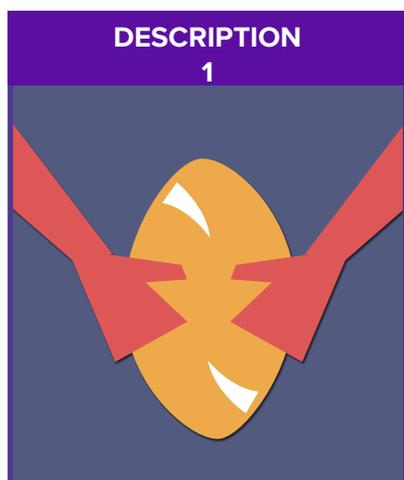


# SKILL 10

## SCOTLAND MEN'S TEAM

### GRIP | COACHING POINTS

The Scotland Men's team are a tough bunch and tackle really hard, it is important to have a great grip when you are getting tackled! For this skill you are going to practice your grip of the ball. We want to see if you can hold the ball well, whilst you're moving. All you need is a ball, some space and some objects to act as obstacles.



### KEY POINTS

**POINT 1**

- Start with the ball in two hands with your fingers spread around its middle. Keep the ball off your chest.

**POINT 2**

- Once you are happy with your grip, move around your playing area at a pace you are comfortable with.

**POINT 3**

- Change direction quickly whenever you come to one of your objects.
- Every time you change direction, the ball should just return to the centre of your body. Your grip should not change.

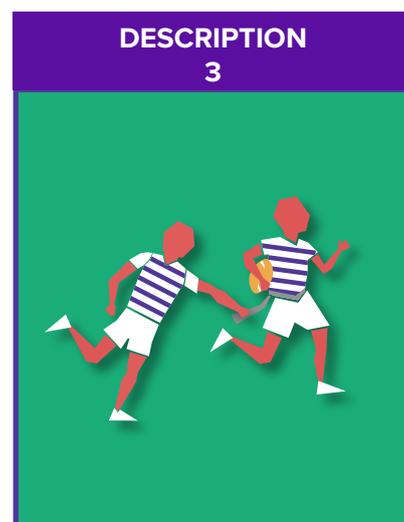
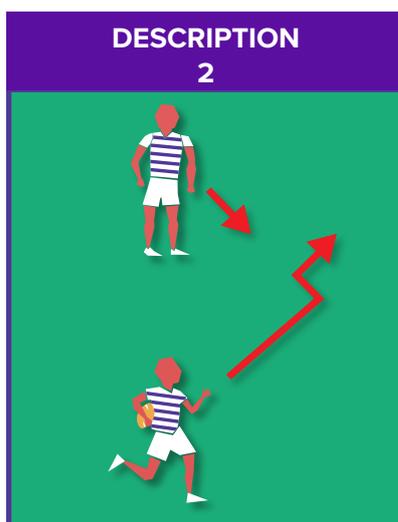
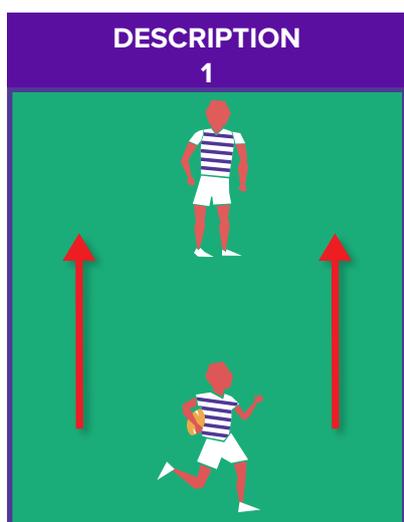
# SKILL 11



## NEW ZEALAND WOMEN'S TEAM

### DEFENDING | COACHING POINTS

New Zealand Women are one of the best teams in the world because they have such a good defence. They want to see you practice your defence skills. Defending is one of the most important parts of being a Rugby League player. If you want to win games, you need to stop the other team scoring tries! For this session, you will need a ball and some objects to use as markers for a try lines and touch lines.



### KEY POINTS

**POINT 1**

- Set up an area where you will work with a partner.
- They will attempt to get past you and over your 'try line' to score.

**POINT 2**

- Try to stop your partner scoring, by tagging them.
- Stay on your toes. Follow them closely and be ready to change direction if they do!

**POINT 3**

- If this is getting easy, you can widen your touchlines, so you have more space to play in.



# SKILL 12

## FRANCE WOMEN'S TEAM

### MEDIA SKILLS | COACHING POINTS

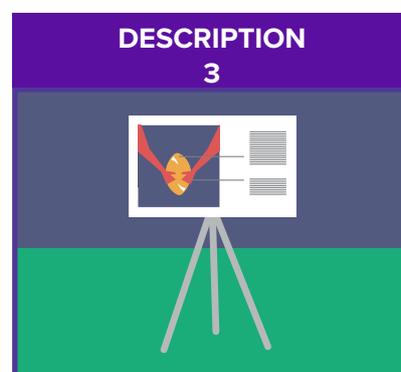
When you are a rugby league star, you need to do more than play the game! Rugby league players also have to work with the media, doing interviews with television, radio or newspapers. Your challenge is to practice your media skills!



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### KEY POINTS

#### POINT 1

- Can you practice an interview with your family or friends?
- In your interview, tell us: Why you love Rugby League? Your favourite rugby league moments? What you are most looking forward about in the Rugby League World Cup 2021?

#### POINT 2

- See if they will film your interview. If you have social media, share it on the Learning Disability Super League feed by tagging in @LDSuperLeague on Twitter.

#### POINT 3

- If you aren't able to practice an interview think if you can do something else that is creative. Perhaps you could do a painting or take a photograph that shows why you love Rugby League?



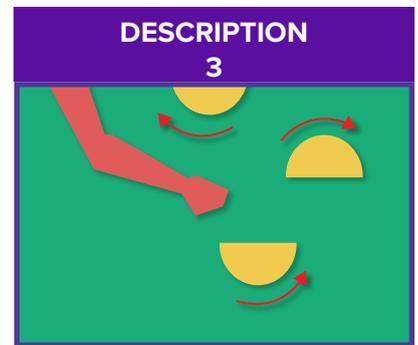
# SKILL 13



## AUSTRALIA WHEELCHAIR TEAM

### PICK UP | COACHING POINTS

The Australian Wheelchair Team are as great at picking up the ball as they are moving. To practice your ball-handling skills, we're going to play a special game! We want to see how quickly you can pick up and put down objects in one minute. You can play this game with a partner or on your own.



### KEY POINTS

**POINT 1**

- Set up a space with 20 cones or items - ten the right way up and ten upside down.
- If you are playing in pairs, one player aims to turn the objects the right way up, whilst the other tries to turn them all upside down. If you are playing alone, we'll test how quickly you can turn them all over!

**POINT 2**

- You can only turn one object at a time and should keep going until the time is up.
- Bend your knees and back to make sure you get low to the ground. This helps you to not drop any of your objects and to move quickly.

**POINT 3**

- The challenge ends when you have run out of time or if one player manages to get all the items their way up!
- This will be a great workout. Have fun!!



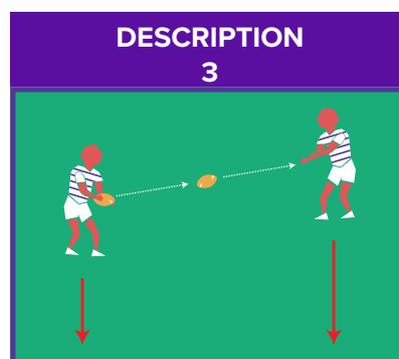
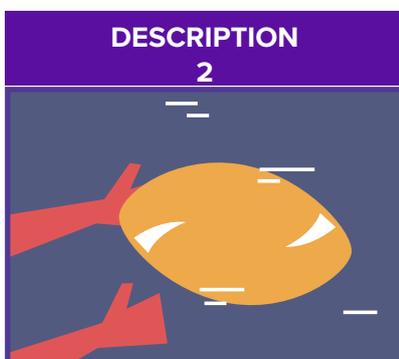
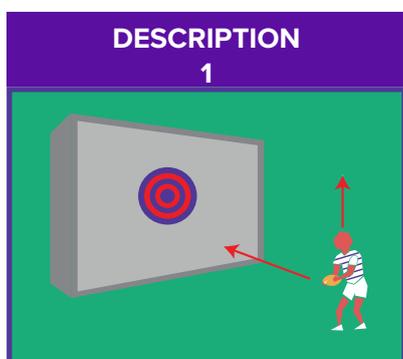


# SKILL 14

## JAMAICA MEN'S TEAM

### PASS | COACHING POINTS

The Jamaica Men's team have great passing skills. You will too, with this training session! We want to see how accurate you can be whilst passing on the move. All you need is a ball and some space. If you have a partner that's great. If not, you can aim at a target instead.



### KEY POINTS

**POINT 1**

- Use the passing skill that you learned in Skill 3 of this journal. If you need a reminder, why not try that session again?
- Walk up and down your playing area, passing the ball without stopping.
- If you don't have a partner, you can practice passing at your target instead.

**POINT 2**

- As you get comfortable, see if you can move and pass faster.

**POINT 3**

- Try and count how many passes you can make without dropping the ball?
- Keep on practicing and see if you can beat your best score!



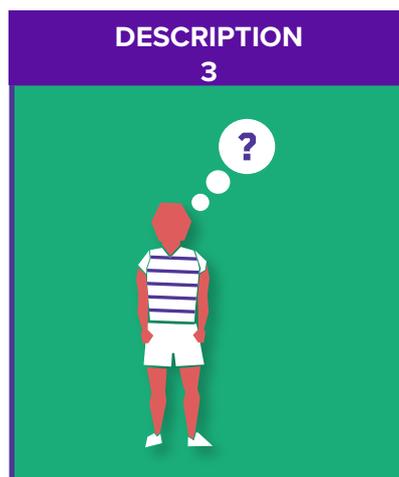
# SKILL 15



## NEW ZEALAND MEN'S TEAM

### BE INSPIRED | COACHING POINTS

Sometimes Rugby League coaches invite inspirational people to speak to their teams before big games. That could be former players who have been part of big games or maybe even people who have overcome difficult challenges in their lives. It is important to have people that you look up to in life. We can learn from others about how they achieved special things. We want you to think about someone who inspires you. That could be a member of your family, a friend, a sporting hero or someone else who has done something great.



### KEY POINTS

**POINT 1**

- Speak to your family and friends To get their ideas
- Work with them – in conversations or perhaps by looking on the internet – to find out more.

**POINT 2**

- What is it that inspires you about them most?
- What can you learn from their story?

**POINT 3**

- What can you do that might make you inspire someone else?



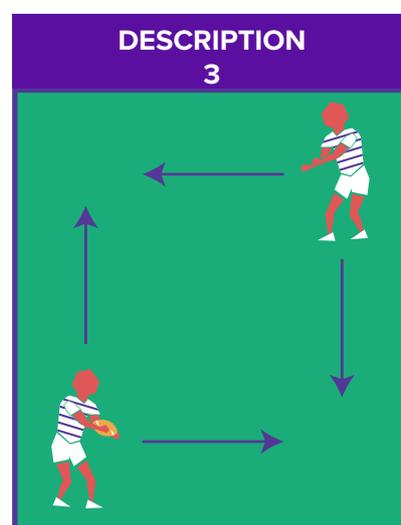
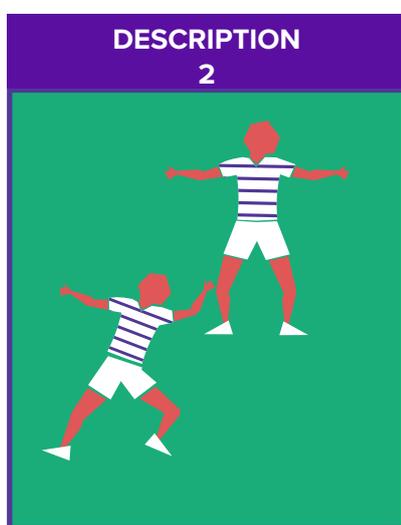
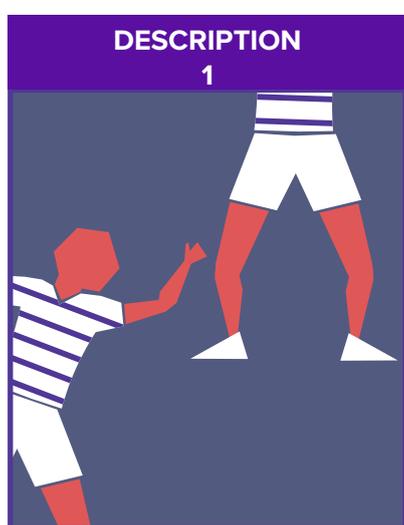
# SKILL 16



## CANADA WOMEN'S TEAM

### EVASION | COACHING POINTS

For this challenge we are looking at evasion, which means getting around defenders without being tackled. We're going to practice with a mini game of tag Rugby League. All you need is a space that you will play inside and a partner to play against.



### KEY POINTS

**POINT 1**

- One player will be the defender and one player will be the attacker. The defender has to tag the other player on their middle or hips.

**POINT 2**

- Staying low and keeping your feet moving will help you to move well.

**POINT 3**

- If you want to avoid being tagged, keep on moving and watch your opponent.
- Try to swap roles so you get the chance to practice your attack and defence skills.

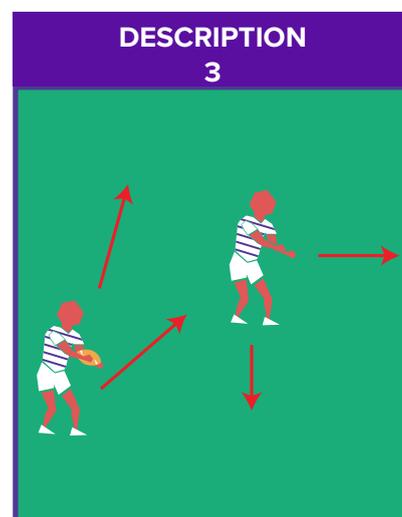
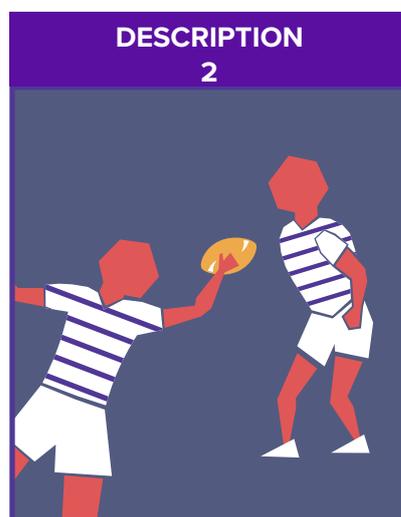


# SKILL 17

## ITALY MEN'S TEAM

### CARRY | COACHING POINTS

The Italy Men's Team carry the ball well and rarely drop it. They want you to practice how to grip and carry the ball with a game of 'rugby ball tag'. This exercise tests how quickly you can move with the ball and your grip. Remember to hold the ball tight!



### KEY POINTS

**POINT 1**

- Find an area to play in with some space – like a garden or playing field.
- One player holds the ball and moves around the area in the 'centre carry' grip that we have practiced.

**POINT 2**

- The player with the ball must tag their opponent by touching them with the ball.
- Do not throw the ball at the other player! (That's cheating!) It must stay in your hands.

**POINT 3**

- If the ball is dropped, the players switch roles.
- Remember, the aim is to practice holding the ball in a firm grip, away from the body in two hands.

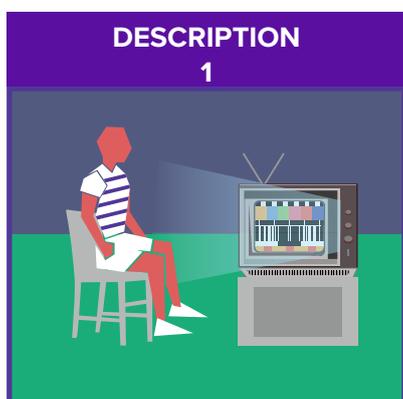


# SKILL 18

## AUSTRALIA MEN'S TEAM

### BE THE HEAD COACH | COACHING POINTS

One of the best ways to develop your Rugby League skills is by watching games. When you watch a game closely, you can discover new ways to play the game better. Your challenge is to watch a game – either a live game on TV or a classic game on YouTube. Spend this time thinking about the things the players are doing and why they are doing them.



### KEY POINTS

**POINT 1**

- Did they do anything before the game to motivate themselves?
- When did the players pass the ball? What types of passes did they do?
- When did they kick? Where did they try to kick the ball to?

**POINT 2**

- When they scored a try, how did they put the ball down? Did they place the ball down or dive?
- Did the players stay in the same position during the game?

**POINT 3**

- If a player dropped the ball, what could they have done differently?
- Did the players talk to each other?
- Talk to your family, friends or coach about the things that you have learned.
- Have you seen something that you will use next time you play?



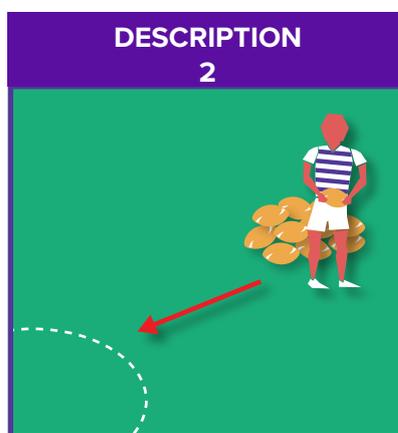
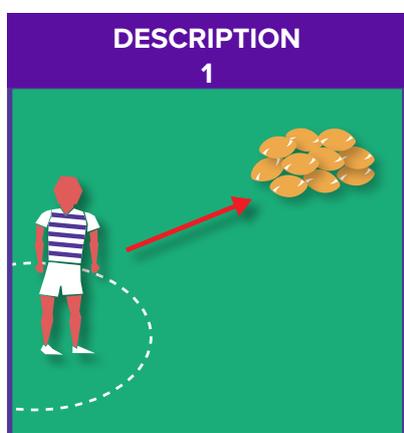
# SKILL 19



## PAPUA NEW GUINEA WOMEN'S TEAM

### PUT DOWN | COACHING POINTS

The Papua New Guinea Women's Team score lots of tries with their awesome skill. We know that you've got lots of skills too. We are going to play a game of Rob The Nest. This game allows you to practice everything that you have learned so far.



### KEY POINTS

#### POINT 1

- You are going to need ten objects that are safe for you to pick up and put down (nothing too heavy!). Put them all in one spot in your playing area.
- The aim is to move them into your nest using the pickup, carry and putdown techniques, as quickly as you can.

#### POINT 2

- No dropped balls, no knock-ons! Hold the items properly, in front of your chest with two hands.
- Place them down without dropping them.
- See how quickly you can move the entire pile of ten items. Remember you can only hold one item at a time!

#### POINT 3

- You can also play this with a partner! Split the items between you into two nests. Have a race to see who can move them first.

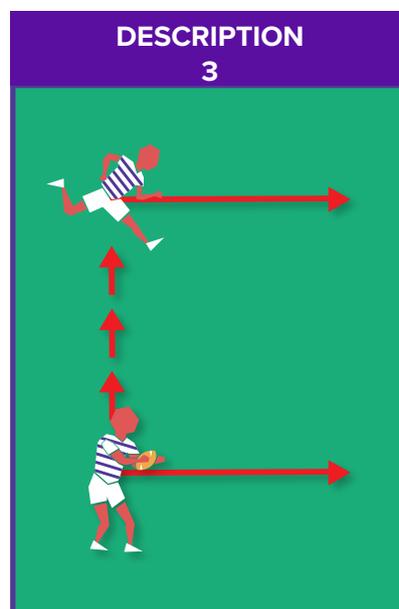
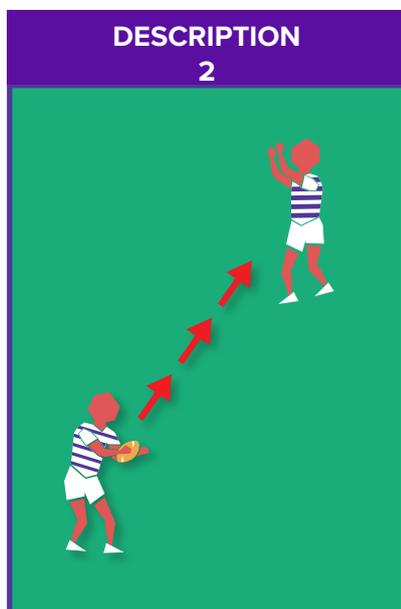
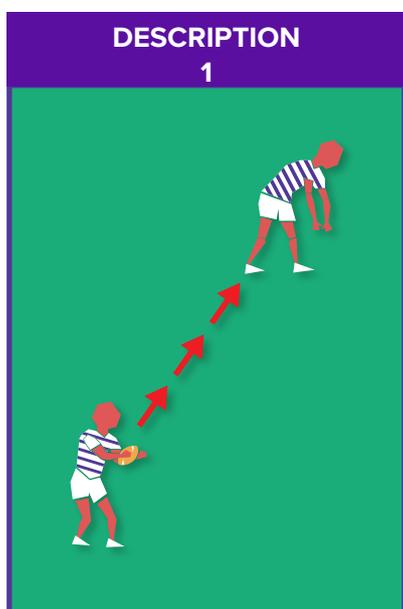


# SKILL 20

## IRELAND MEN'S TEAM

### CATCH | COACHING POINTS

In Rugby League, you're not always going to get an easy pass! We're going to practice what to do if a pass comes your way that isn't on target. All you need is a ball, some space to practice in and a partner.



### KEY POINTS

**POINT 1**

- Your partner will pass the ball to you, aiming above your head. Stretch up to catch it with two hands.

**POINT 2**

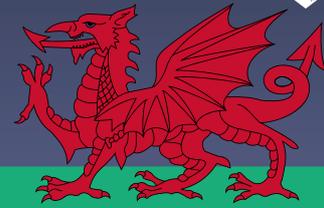
- Your partner will pass the ball low next, aiming below your waist. Can you catch the ball in two hands?

**POINT 3**

- When you find this easy, it is time to test yourself! Can you practice this exercise whilst moving? Can your partner mix throwing high and low passes to surprise you?



# SKILL 21

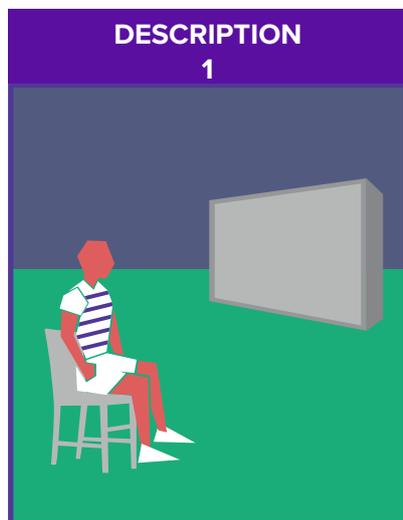


## WALES WHEELCHAIR TEAM

### COMMUNICATION | COACHING POINTS

Did you that know Wales has its own language? In Wales, many people speak both Welsh and English, so they are the perfect team to inspire our communications challenge!

We want you to try commentating over your favourite rugby league clip!



### KEY POINTS

**POINT 1**

- Find your favourite video of a Rugby League match on YouTube. Why is it your favourite clip?

**POINT 2**

- We want you to try and be a commentator, like Barrie McDermott or Terry O'Connor!
- Mute the video clip. Then press play and try to commentate over it, sounding as exciting as you can...

**POINT 3**

- Perhaps a family member or friend can record you! It would be great to share it on social media using #RLWCSkills



# SKILL 22

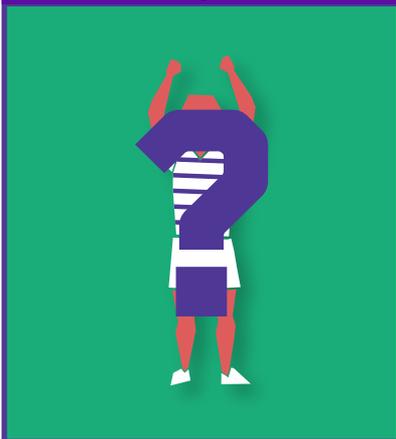


## SPAIN WHEELCHAIR TEAM

### CELEBRATE SCORING | COACHING POINTS

There's nothing better than scoring a good try! When rugby league players score, they celebrate and show people how proud they are. Some of these celebrations are very special!... Warrington Wolves player, Greg Inglis celebrates his tries by crawling like a Goanna. This is a type of lizard from his home country! Your challenge is to create your own try scoring celebration. Can you be even more creative than Greg?!

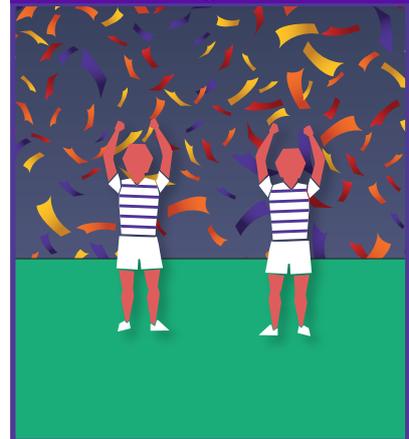
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### KEY POINTS

POINT 1

- What will happen in your celebration?

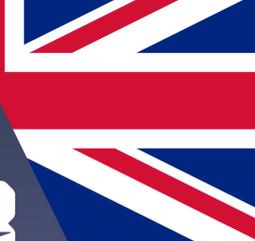
POINT 2

- Why have you chosen this celebration?

POINT 3

- Who would you most like to celebrate with?

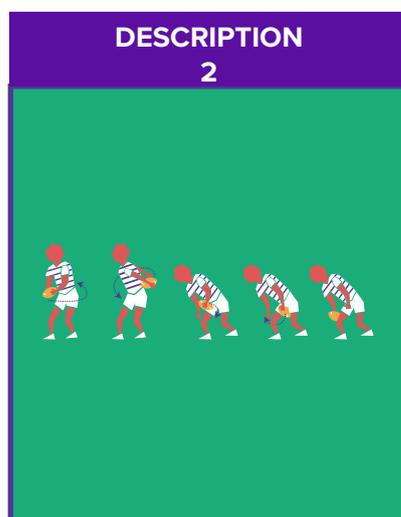
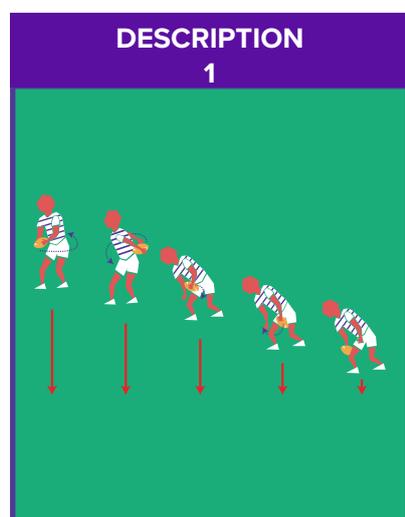
# SKILL 23



## FIJI MEN'S TEAM

### GRIP | COACHING POINTS

The Fiji team are famous for passing the ball just as players try to tackle them. This skill is called an 'offload'. If you want to offload, you need a good grip. This session will teach you all that you need to know. It also looks very cool!



### KEY POINTS

**POINT 1**

- Carry the ball in the centre of your body. Your fingers should be spread wide apart and the ball should not be touching your chest.

**POINT 2**

- Can you pass the ball from one hand to the other? See if you can move it around your body or between your legs!

**POINT 3**

- When you've mastered this, can you practice this skill whilst moving? Remember, no knock-ons!



# SKILL 24

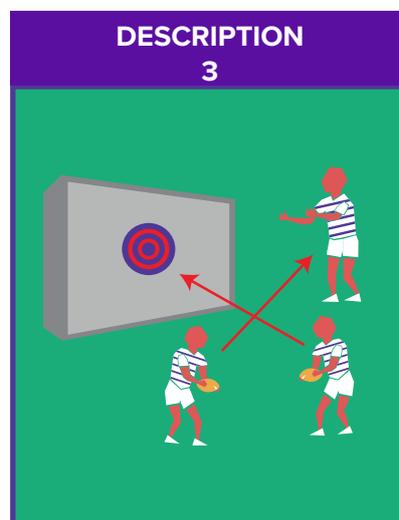
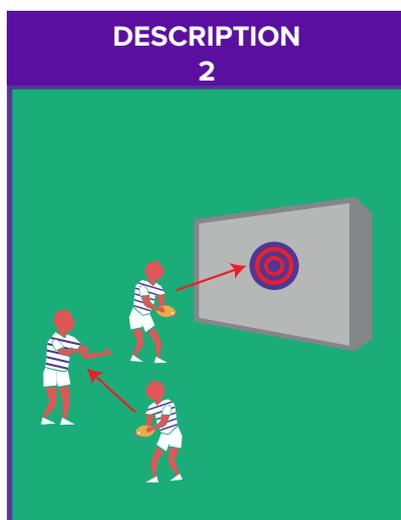
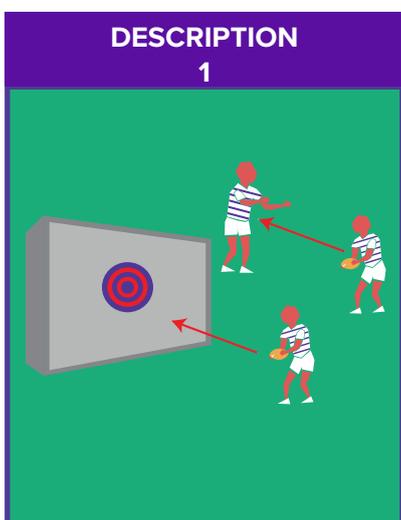


## WALES MEN'S TEAM

### PASS | COACHING POINTS

One of the best skills you can develop is to be able to pass to players who are in lots of space. To do this, you need to make sure that you are in the right areas of the field.

This challenge will help you gain these skills. All you need is a ball and some space. You also need a partner or a target to aim at.



### KEY POINTS

**POINT 1**

- Using the good grip and passing skills that you have learned, warm up by practicing passing to a few different areas.

**POINT 2**

- Now pass to your partner, then move to a different space. Use your communication skills to shout for the ball to get it back.

**POINT 3**

- How many passes can you do without dropping the ball? How many different ways can you pass the ball?
- You can even try passing and catching with one hand!



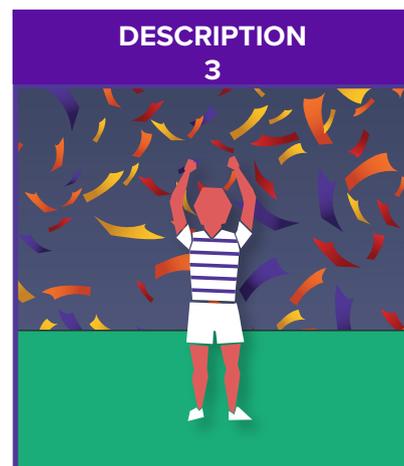
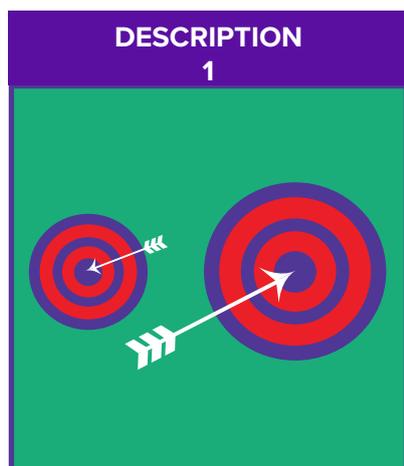
# SKILL 25

## NORWAY WHEELCHAIR TEAM

### GO FOR GOAL | COACHING POINTS

Rugby League stars often set themselves goals and aims. They might aim for things like getting picked by their coach, scoring tries or even playing for their national team.

If you set yourself goals or ambitions, you can begin to think about how you might be able to make your dreams come true. It is important to have big dreams but also be realistic too. Try and plan for how you can make your goals happen.



### KEY POINTS

POINT 1

- What are the small goals that you would like to achieve this week?
- Do you have any bigger goals that you would like to achieve in the next year?

POINT 2

- What do you need to achieve them? Are there any things that you can prepare or do to help you make them happen?
- Share your goals with your family and friends. Ask for their ideas to help you achieve them.

POINT 3

- Remind yourself that you can achieve lots of things. What moments in your life have you felt most proud?
- If you set goals regularly, you are always going to be getting closer to your dreams!



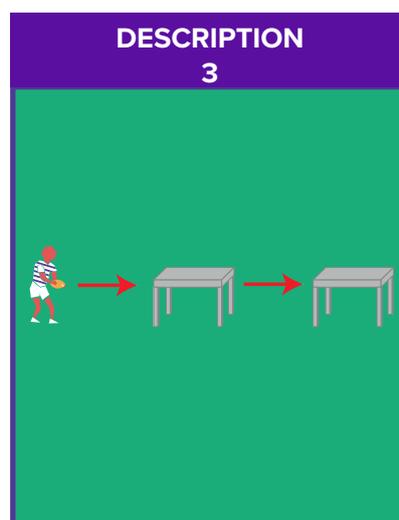
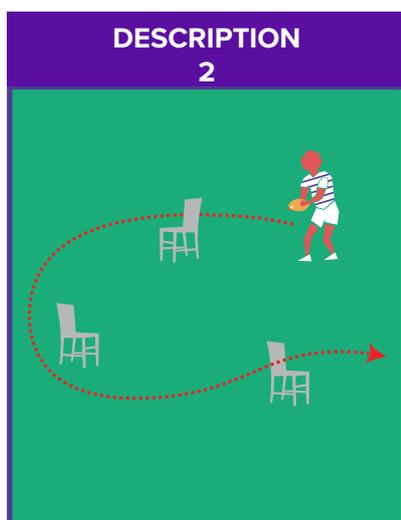
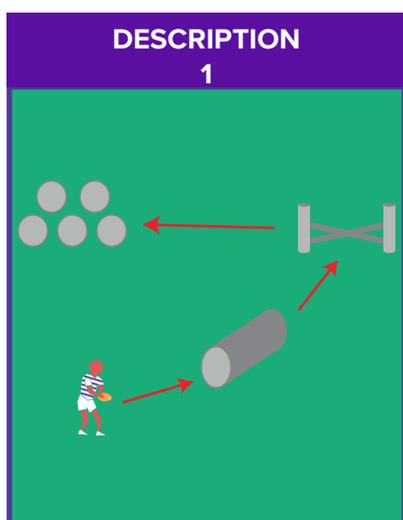
# SKILL 26

## ENGLAND WOMEN'S TEAM

### EVASION | COACHING POINTS

For this skill you are going to practice 'evasion' - getting around defenders without getting tackled. To do this, you're going to create your own obstacle course!

You can do this in the house, in the park or on pitch...wherever you want, so long as it is safe. The equipment can be anything you want too. Be creative and find suitable items, which are safe, to make your course.



### KEY POINTS

**POINT 1**

- Make the best obstacle course to test your evasion skills. You'll want good space to move in and your items to be laid out with some variety.

**POINT 2**

- Use the items that you have laid out as markers to move around and practice your skill.

**POINT 3**

- Imagine that the obstacles are players. Show your best dodging skills to avoid their tackles!



# SKILL 27

## GREECE MEN'S TEAM

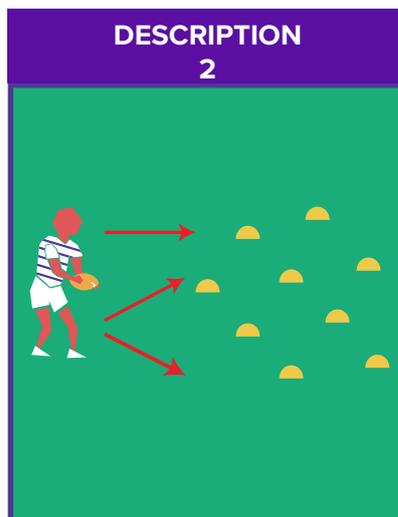
### CARRY | COACHING POINTS

Greece's Men's team play the game with great skill and carry the ball into tackles perfectly. This challenge will test your abilities to carry the ball well. We want you to use the great grip and carrying skills that you have learned. All you need is a ball, a space to work in and some markers.



DESCRIPTION

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### KEY POINTS

**POINT 1**

- With the ball in two hands, Move around in the area you are working. Remember the ball should be away from your body and in line with your chest.

**POINT 2**

- Every time you come to one of the markers, move the ball to one hand and stretch that arm out as far as you can.

**POINT 3**

- Do this as many time as you can, swapping your hands often. The more you practice the better you will move!

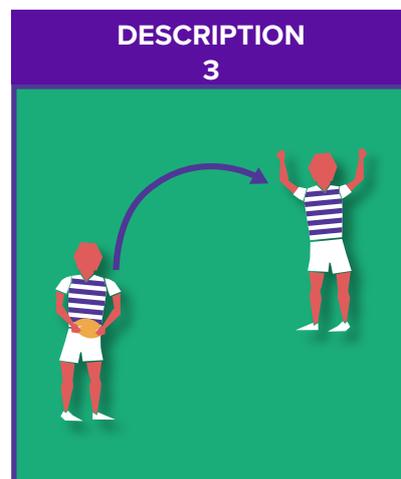


# SKILL 28

## FRANCE MEN'S TEAM

### CATCH | COACHING POINTS

The French Men's Team have been playing Rugby League for many years with great catching skills. This challenge is all about catching a high ball, like from a kick or a high pass. All you need this week is a ball and a safe space to play in. It is great if you have a partner but if not, you'll still have fun practicing this alone.



### KEY POINTS

**POINT 1**

- Stand a few meters away from your partner. They will throw the ball up above your head, so that it comes down in front of you.
- Start off slowly and don't throw it too high!

**POINT 2**

- 'Make a net' with your arms by putting them out in front of you to catch the ball.
- When this becomes easy then trying to catch the ball with your hands in the air.

**POINT 3**

- When this becomes easy, try jumping up to catch the ball. If you are practicing alone, you can practice by throwing the ball up in the air to yourself.



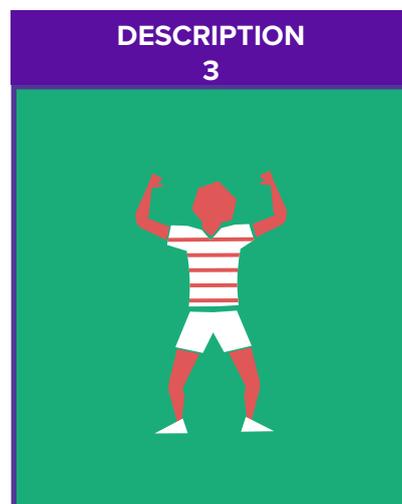
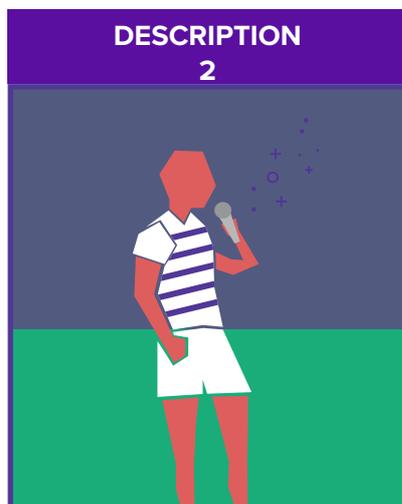
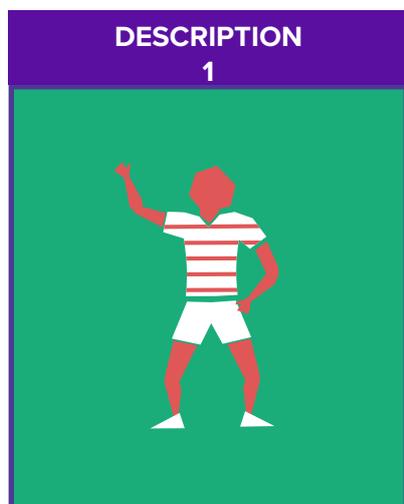
# SKILL 29

## TONGA MEN'S TEAM

### DANCE FOR YOUR TEAM | COACHING POINTS

One of the most exciting things about watching the Rugby League World Cup 2021 will be seeing the dances that some of the teams do before games.

Countries like New Zealand, Samoa, Tonga, Fiji, Cook Islands and Papua New Guinea have their own 'war dances'. The famous dance is known as the Haka. These are special dances that these countries have done for many years. They help inspire the players – and sometime scare the opposition too! Your challenge is to create a dance for your team!



### KEY POINTS

**POINT 1**

- What happens in your dance?

**POINT 2**

- Why have you chosen these different moves?

**POINT 3**

- What does it mean to you?



# SKILL 30

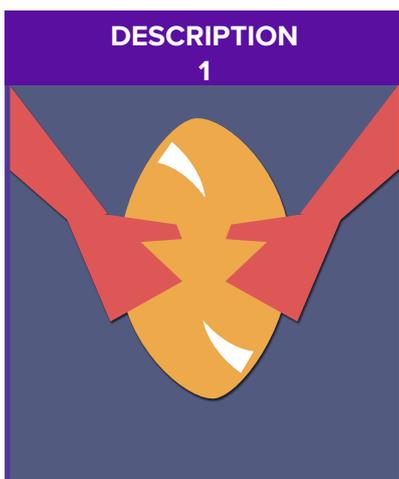


## SCOTLAND WHEELCHAIR TEAM

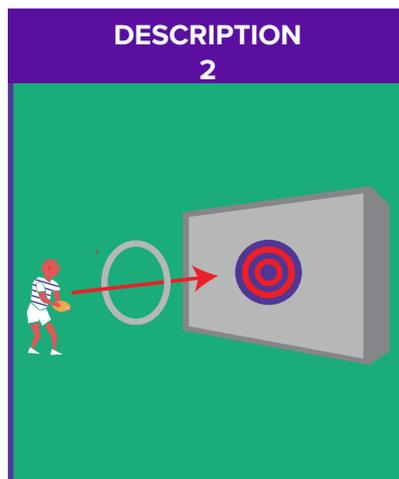
### PASS | COACHING POINTS

We want to see your most creative and exciting passes. Can you pass the ball between your legs? Behind Your Back? Make a 'no-look pass'? Show us your skills!

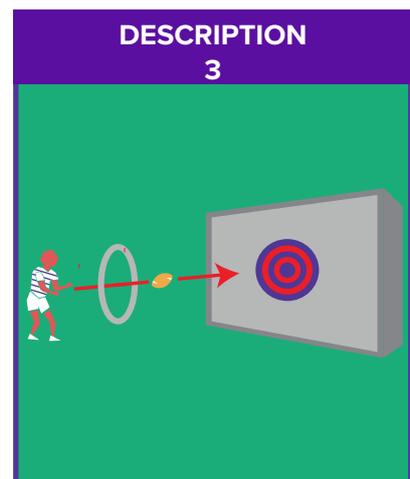
This exercise is great if you have a partner. Don't worry if you're training on your own though, because you can aim at a target instead.



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### KEY POINTS

#### POINT 1

- Always start with the ball in the two-hand grip. This allows you to pass well in all directions.

#### POINT 2

- Plan your pass or trick shot before you do it.

#### POINT 3

- The pass must be accurate and hit the target!



# SKILL 31

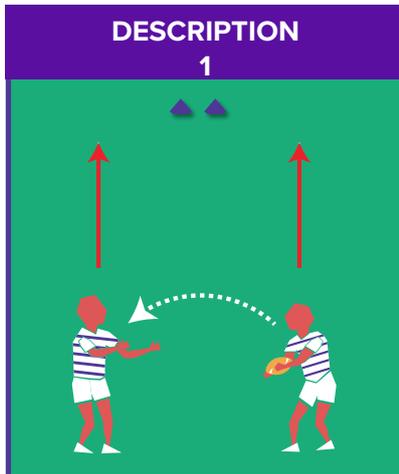


## BRAZIL WOMEN'S TEAM

### EVASION | COACHING POINTS

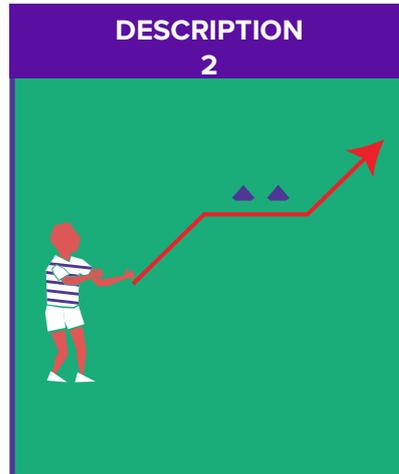
For this session you'll be using all of your skills. We want to see you catch, move, and pass perfectly. That means no dropped balls, passing on target and dodging defenders.

You will need a ball, some obstacles and somewhere safe to practice. It would be great to play with a partner too, if you can.



DESCRIPTION

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### KEY POINTS

#### POINT 1

- Catch the ball off your chest with two hands, Then get moving around your obstacle course!

#### POINT 2

- Dodge the obstacles without stopping, holding the ball in two hands off your chest.

#### POINT 3

- Once you have ran around the obstacle, pass the ball to your partner or to hit your target, if you are training on your own.
- Try your best to get the ball to land where you want it to.

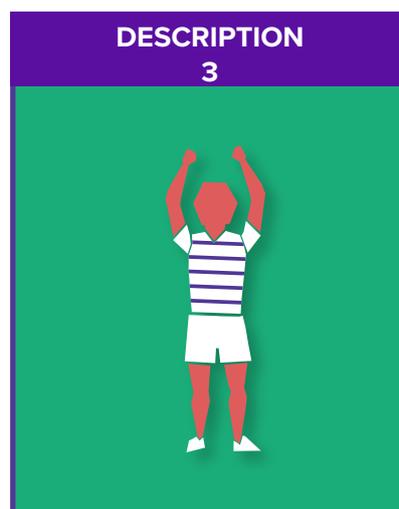
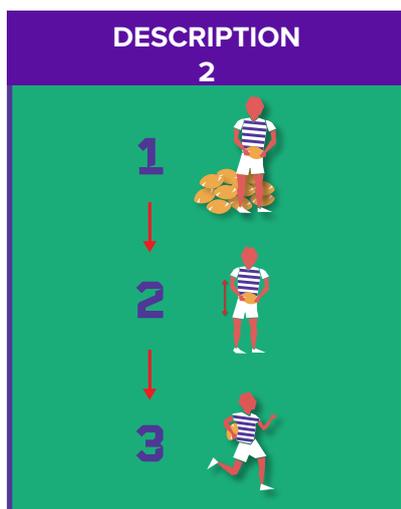


# SKILL 32

## ENGLAND MEN'S TEAM

### COMBINED | COACHING POINTS

The England Men's team are one of the best in the world. They can do all the skills you have practiced throughout your journey. For the final skill England Men's team would like you to showcase 3 of your awesome and most favourite skills you have learned throughout the journal from the Rugby League World Cup 2021 Teams. Show us all your new top skills, best tricks, best moves and favourite exercises!



### KEY POINTS

**POINT 1**

- Plan your 3 favourite skills you have done throughout your time practicing over the last year.

**POINT 2**

- Put together the plan of what you want to show and perform your best skills for your coach, team mates or families and friends.

**POINT 3**

- How does it feel to be a Rugby League player and have learned all these skills?



# CONGRATULATIONS

Well done on completing your Rugby League World Cup 2021 Skills Journal!  
We hope you had fun doing all your training and managed to collect all 32 postcards from the teams.

All of the players and teams are really proud of how well you have done.

But just because you have done them all, this is not the end! Use this journal over and over, because the world's best Rugby League players practice their skills every day. Please keep training and having fun!

Hope to see you at the Rugby League World Cup 2021. There is a full fixture on the next page. Why not take your postcards to the event and see if you can get them signed by your favourite players?





## WOMEN'S GROUP A

**ENGLAND** ●● **BRAZIL**  
TUES 9 NOV 2021, 14:30 - EMERALD HEADINGLEY STADIUM, LEEDS

**ENGLAND** ●● **CANADA**  
SAT 13 NOV 2021, 12:00 - ANFIELD, LIVERPOOL

**CANADA** ●● **BRAZIL**  
WED 17 NOV 2021, 17:00 - EMERALD HEADINGLEY STADIUM, LEEDS

**PNG** ●● **CANADA**  
TUES 9 NOV 2021, 17:00 - EMERALD HEADINGLEY STADIUM, LEEDS

**PNG** ●● **BRAZIL**  
SAT 13 NOV 2021, 17:00 - KCOM STADIUM, HULL

**ENGLAND** ●● **PNG**  
WED 17 NOV 2021, 19:30 - EMERALD HEADINGLEY STADIUM, LEEDS

**SPAIN** ●● **NORWAY**  
THUR 11 NOV 2021, 17:00 - COPPER BOX ARENA, LONDON

**ENGLAND** ●● **SPAIN**  
SUN 14 NOV 2021, 12:00 - COPPER BOX ARENA, LONDON

**AUSTRALIA** ●● **SPAIN**  
WED 17 NOV 2021, 11:00 - COPPER BOX ARENA, LONDON

## WHEELCHAIR GROUP A

**ENGLAND** ●● **AUSTRALIA**  
THUR 11 NOV 2021, 19:30 - COPPER BOX ARENA, LONDON

**AUSTRALIA** ●● **NORWAY**  
SUN 14 NOV 2021, 14:30 - COPPER BOX ARENA, LONDON

**ENGLAND** ●● **NORWAY**  
WED 17 NOV 2021, 13:30 - COPPER BOX ARENA, LONDON

### SEMI-FINAL 1

MON 22 NOV 2021, 17:00 - LNER COMMUNITY STADIUM, YORK

WINNER B      RUNNER UP A

## WOMEN'S FINAL

SATURDAY 27 NOVEMBER 2021, 14:15  
OLD TRAFFORD, TRAFFORD

WINNER SF 1

WINNER SF 2

### SEMI-FINAL 2

MON 22 NOV 2021, 19:30 - LNER COMMUNITY STADIUM, YORK

WINNER A      RUNNER UP B

### SEMI-FINAL 1

SUN 21 NOV 2021, 12:00 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

WINNER B      RUNNER UP A

## WHEELCHAIR FINAL

FRIDAY 26 NOVEMBER 2021, 19:30  
M&S BANK ARENA, LIVERPOOL

WINNER SF 1

WINNER SF 2

### SEMI-FINAL 2

SUN 21 NOV 2021, 14:30 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

WINNER A      RUNNER UP B

## WOMEN'S GROUP B

**NEW ZEALAND** ●● **FRANCE**  
WED 10 NOV 2021, 17:00 - LNER COMMUNITY STADIUM, YORK

**NEW ZEALAND** ●● **COOK ISLANDS**  
SUN 14 NOV 2021, 17:00 - LNER COMMUNITY STADIUM, YORK

**FRANCE** ●● **COOK ISLANDS**  
THUR 18 NOV 2021, 17:00 - LNER COMMUNITY STADIUM, YORK

**AUSTRALIA** ●● **COOK ISLANDS**  
WED 10 NOV 2021, 19:30 - LNER COMMUNITY STADIUM, YORK

**AUSTRALIA** ●● **FRANCE**  
SUN 14 NOV 2021, 19:30 - LNER COMMUNITY STADIUM, YORK

**AUSTRALIA** ●● **NEW ZEALAND**  
THUR 18 NOV 2021, 19:30 - LNER COMMUNITY STADIUM, YORK

**FRANCE** ●● **WALES**  
FRI 12 NOV 2021, 11:00 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

**FRANCE** ●● **SCOTLAND**  
MON 15 NOV 2021, 17:00 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

**FRANCE** ●● **USA**  
THUR 18 NOV 2021, 11:00 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

**SCOTLAND** ●● **USA**  
FRI 12 NOV 2021, 13:30 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

**WALES** ●● **USA**  
MON 15 NOV 2021, 19:30 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD

**WALES** ●● **SCOTLAND**  
THUR 18 NOV 2021, 13:30 - ENGLISH INSTITUTE OF SPORT, SHEFFIELD



## MEN'S GROUP A

**ENGLAND** ●● **SAMOA**  
SAT 23 OCT 2021, 14:30 - ST JAMES' PARK, NEWCASTLE

**FRANCE** ●● **GREECE**  
MON 25 OCT 2021, 14:30 - KEEPMOAT STADIUM, DONCASTER

**ENGLAND** ●● **FRANCE**  
SAT 30 OCT 2021, 17:00 - UNIVERSITY OF BOLTON STADIUM, BOLTON

**SAMOA** ●● **GREECE**  
SUN 31 OCT 2021, 17:00 - KEEPMOAT STADIUM, DONCASTER

**ENGLAND** ●● **GREECE**  
SAT 6 NOV 2021, 14:30 - BRAMALL LANE, SHEFFIELD

**SAMOA** ●● **FRANCE**  
SUN 7 NOV 2021, 17:00 - HALLIWELL JONES STADIUM, WARRINGTON

### QUARTER-FINAL 2

SAT 13 NOV 2021, 14:30  
ANFIELD, LIVERPOOL

WINNER A / RUNNER UP A

RUNNER UP D / WINNER D

### SEMI-FINAL 2

SAT 20 NOV 2021, 14:30  
EMIRATES STADIUM, LONDON

WINNER SF 2

WINNER SF 3

### SEMI-FINAL 1

FRI 19 NOV 2021, 19:45  
ELLAND ROAD, LEEDS

WINNER SF 1

WINNER SF 4

### QUARTER-FINAL 1

FRI 12 NOV 2021, 19:30  
JOHN SMITH'S STADIUM, HUDDERSFIELD

WINNER B

RUNNER UP C

## MEN'S GROUP D

**TONGA** ●● **PNG**  
TUES 26 OCT 2021, 19:30 - TOTALLY WICKED STADIUM, ST HELENS

**WALES** ●● **COOK ISLANDS**  
WED 27 OCT 2021, 19:30 - LEIGH SPORTS VILLAGE, LEIGH

**TONGA** ●● **WALES**  
MON 1 NOV 2021, 19:30 - TOTALLY WICKED STADIUM, ST HELENS

**PNG** ●● **COOK ISLANDS**  
TUES 2 NOV 2021, 19:30 - HALLIWELL JONES STADIUM, WARRINGTON

**TONGA** ●● **COOK ISLANDS**  
SUN 7 NOV 2021, 14:30 - RIVERSIDE STADIUM, MIDDLESBROUGH

**PNG** ●● **WALES**  
MON 8 NOV 2021, 19:30 - KEEPMOAT STADIUM, DONCASTER

### QUARTER-FINAL 4

SUN 14 NOV 2021, 14:30  
UNIVERSITY OF BOLTON STADIUM, BOLTON

WINNER A / RUNNER UP A

RUNNER UP D / WINNER D

## MEN'S FINAL

SATURDAY 27 NOVEMBER 2021, 17:00  
OLD TRAFFORD, TRAFFORD

WINNER SF 1

WINNER SF 2

### QUARTER-FINAL 3

SAT 13 NOV 2021, 19:30  
KCOM STADIUM, HULL

WINNER C

RUNNER UP B

## MEN'S GROUP B

**AUSTRALIA** ●● **FIJI**  
SAT 23 OCT 2021, 19:30 - KCOM STADIUM, HULL

**SCOTLAND** ●● **ITALY**  
SUN 24 OCT 2021, 14:30 - KINGSTON PARK, NEWCASTLE

**AUSTRALIA** ●● **SCOTLAND**  
FRI 29 OCT 2021, 19:30 - BICOH ARENA, COVENTRY

**FIJI** ●● **ITALY**  
SAT 30 OCT 2021, 14:30 - KINGSTON PARK, NEWCASTLE

**FIJI** ●● **SCOTLAND**  
SAT 6 NOV 2021, 17:00 - KINGSTON PARK, NEWCASTLE

**AUSTRALIA** ●● **ITALY**  
SAT 6 NOV 2021, 19:30 - TOTALLY WICKED STADIUM, ST HELENS

## MEN'S GROUP C

**JAMAICA** ●● **IRELAND**  
SUN 24 OCT 2021, 17:00 - EMERALD HEADINGLEY STADIUM, LEEDS

**NEW ZEALAND** ●● **LEBANON**  
SUN 24 OCT 2021, 19:30 - HALLIWELL JONES STADIUM, WARRINGTON

**NEW ZEALAND** ●● **JAMAICA**  
SAT 30 OCT 2021, 19:30 - EMERALD HEADINGLEY STADIUM, LEEDS

**LEBANON** ●● **IRELAND**  
SUN 31 OCT 2021, 14:30 - LEIGH SPORTS VILLAGE, LEIGH

**NEW ZEALAND** ●● **IRELAND**  
FRI 5 NOV 2021, 19:30 - EMERALD HEADINGLEY STADIUM, LEEDS

**LEBANON** ●● **JAMAICA**  
SUN 7 NOV 2021, 12:00 - LEIGH SPORTS VILLAGE, LEIGH

\*ALL FIXTURES SUBJECT TO CHANGE. KO TIMES GMT.

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**GOOD LUCK FROM ALL OF US!**