



RETURN TO CONTACT: SPRING

COMMUNITY RUGBY LEAGUE



WEEK 1

29th March

RETURN TO TRAINING

Intensity is lower with a focus on running volume. Try to minimize maximal efforts during the first session back. Use body weight exercises and play touch or X League as part of your conditioning.



INTENSITY IS PROGRESSIVELY INCREASED

A small number of maximal sprints (<4 per session) over a longer distance (<40m) may be introduced. Contact is introduced but still not full.

WEEK 2

5th April



WEEK 3

12th April

VOLUME OF HIGHER INTENSITY EFFORTS INCREASED

For example, if you are using small sided games, pitch dimensions could be increased to increase high speed running demands. Higher impact contact in preparation for return to full contact in week 4.



RETURN TO FULL CONTACT

Potentially the hardest week of training prior to recommencement of competition. High volume and intensity. Monitor players.

WEEK 4

19th April

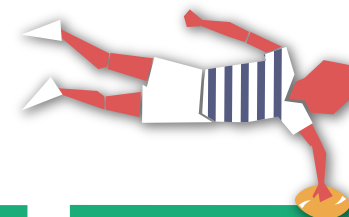


WEEK 5

26th April

REDUCTION IN TRAINING VOLUME, INTENSITY IS MAINTAINED

This week provides a chance to recover from 4 weeks of training with progressive difficulty.



COMPETITION PREPARATION

Progressively re-introduced to full contact and high-speed running with a week of less demanding training to recover for competition start.

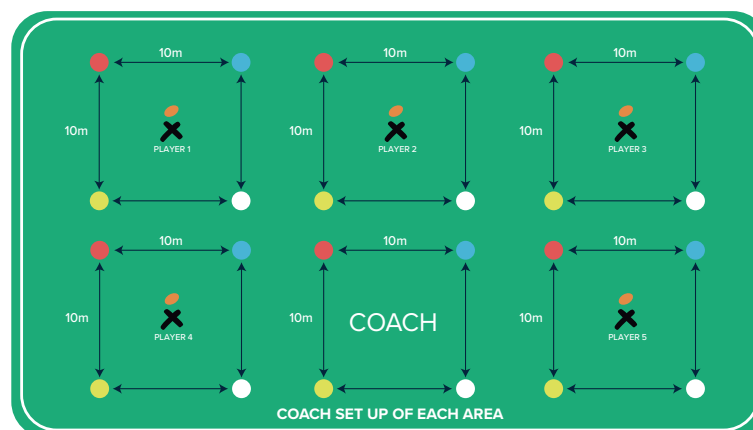
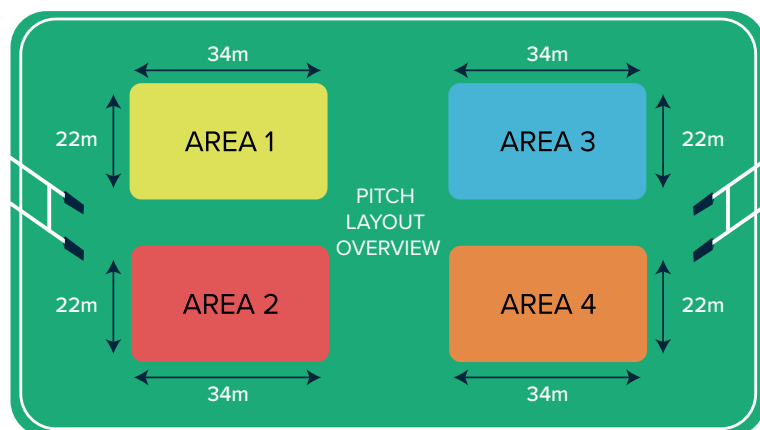
WEEK 6

3rd May



RETURN TO CONTACT: SPRING

WEEK 1 | SUGGESTED LAYOUT



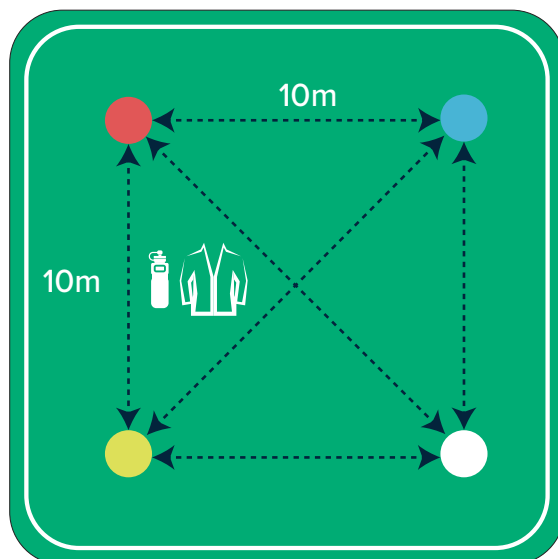
EQUIPMENT

COACHES TO BRING

- 24 Cones
- 5 Rugby Balls
- Sanitizer for cleaning of equipment

PLAYERS TO BRING

- Water Bottle
- Hand Sanitizer
- Players need to come ready to train, no changing rooms available



DIAGRAM

Arrows depict potential lines of run. This is just a guide as long as social distancing rules are followed coaches can utilise the space as they see fit. Water Bottle and Jacket to be placed in a safe place within their own area.

NOTES

Please note that we have worked on 10x10m grids; dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid.

For a reminder of the current RFL guidelines for a return to activity click here ([Rugby-League.com](https://www.rugby-league.com)).

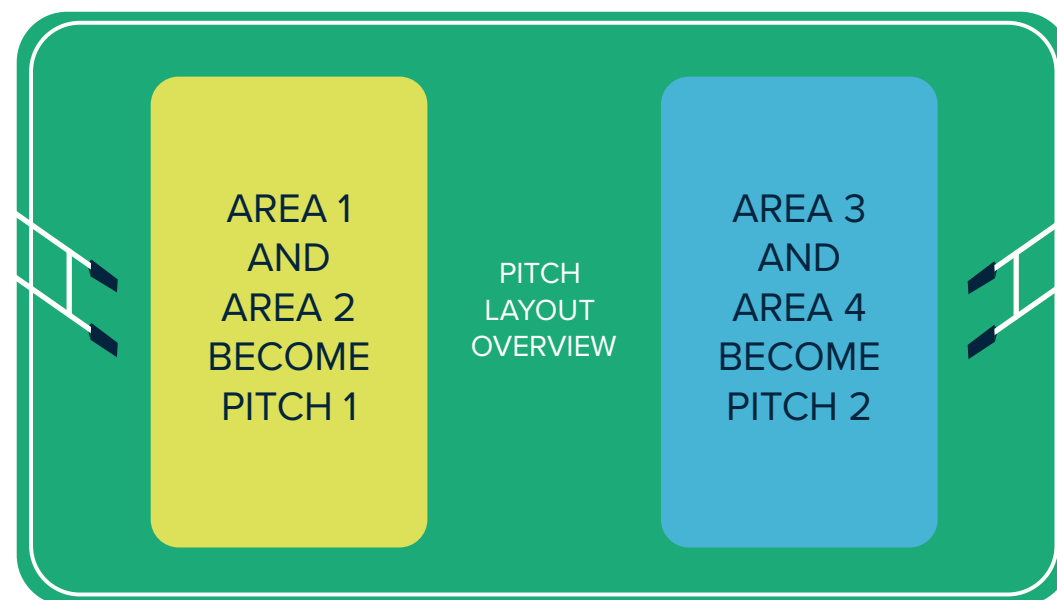
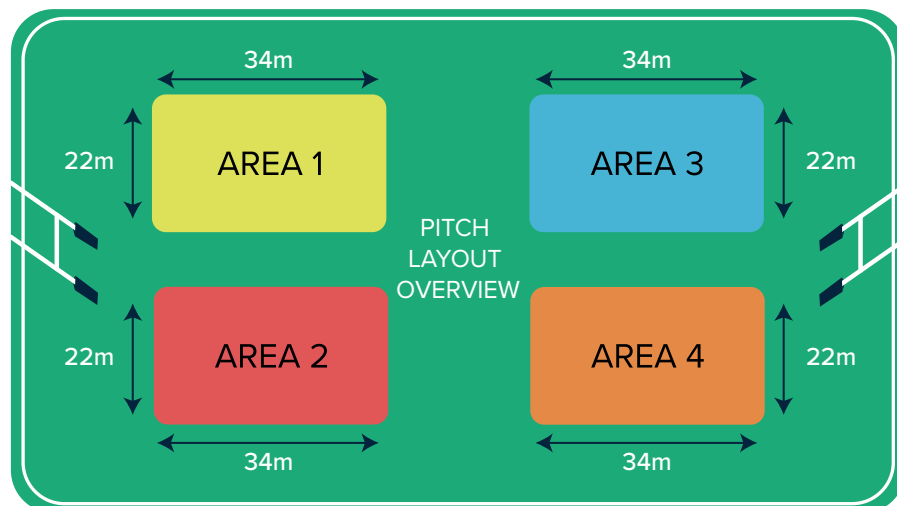
For a reminder of UK Government guidelines please click the link below.





RETURN TO CONTACT: SPRING

WEEK 1 | SUGGESTED LAYOUT



RETURN TO PLAY MILESTONE DATES

MARCH 29TH – Training to begin! – This includes return of Touch RL, Try Tag and X-League.

APRIL 5TH – RTC Protocols – Phased re-introduction of contact for 4 weeks – RFL resource to support.

1ST/2ND MAY – Friendly fixtures weekend.

8TH/9TH MAY – Competition resumption | Regional leagues, likely to have some normality e.g. they're regional. NCL likely to see regionalization of fixtures. Competitions will be able to consider merits and needs of promotion/relegation and other things affecting and impacting competition integrity.

Constant review and support protocols in place for clubs, OLZ, Development/Ops Team.

NOTES

- No more than 30 participants, including coaches, on the pitch at one time.
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s).
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30m x 50m (or half a pitch allowing for spacing between the pitches).



RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 7 - UNDER 9

FALLING, PTB & DH PASS

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Using forward, backward, sideways and diagonal movements, within the players own grid. Put the ball around their waist, then through their legs in a figure of 8 motion and repeat opposite way. Throw the ball up in the air and catch, varying the height of the throw (combinations of ball round waist, through legs, throw ball up and catch). Score a try with two hands, progress to one handed put down. Pick up stationary ball with two hands. Incorporate forward rolls, side stepping and evasion techniques.

NON-CONTACT SKILL GAME
(MAX 15 MINS)

SKILL FOCUS -FALLING, PTB & DH PASS (5 - 10 MINS)

UNDER 7 - UNDER 9

- **PROTECTIVE FALLING** – (front, back, left & right)
Play the Ball & Dummy Half pass Ensure all players have a ball and call out which way the player has to fall correctly. Progress to the playing then standing up and playing the ball. Next progression is to have the player making a dummy half pass. Player stands up after playing the ball, returns behind the ball and executes a dummy half pass to the player in the next grid. if a 2m can't be made the player can execute the pass without releasing the ball.

SKILL TO PLAY (5 - 10 MINS)

- Falling correctly
- Playing the ball correctly
- Passing the ball to a player both left & right and right to left from a dummy half position

NON-CONTACT SKILL GAME
(MAX 15 MINS)



THINK TO PLAY

I want to practice and learn new skills.
I know that working away from school/club will help my development.

MOVE TO PLAY (5 - 10 MINS)

STABILITY

Find & select shapes

OBJECT CONTROL

Distance Objects in different body positions

LOCOMOTION

Follow the Leader (encourage players falling correctly as part of the activity)

LIVE TO PLAY

I spend time practicing skills. - if you are unable to do a dummy pass over 2m use our #VirtualRL challenge and practice at home. I manage my time to balance sport, training and school/work.



RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 7 - UNDER 9

FALLING, PTB & DH PASS

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY

5-10 MINS

FIND & SELECT SHAPES



DISTANCE OBJECTS IN DIFFERENT BODY POSITIONS



FOLLOW THE LEADER



NON-CONTACT SKILL GAME
(MAX 15 MINS)

SKILL FOCUS

FALLING, PTB & DH PASS (5 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS



SKILL TO PLAY (5 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS



NON-CONTACT SKILL GAME
(MAX 15 MINS)



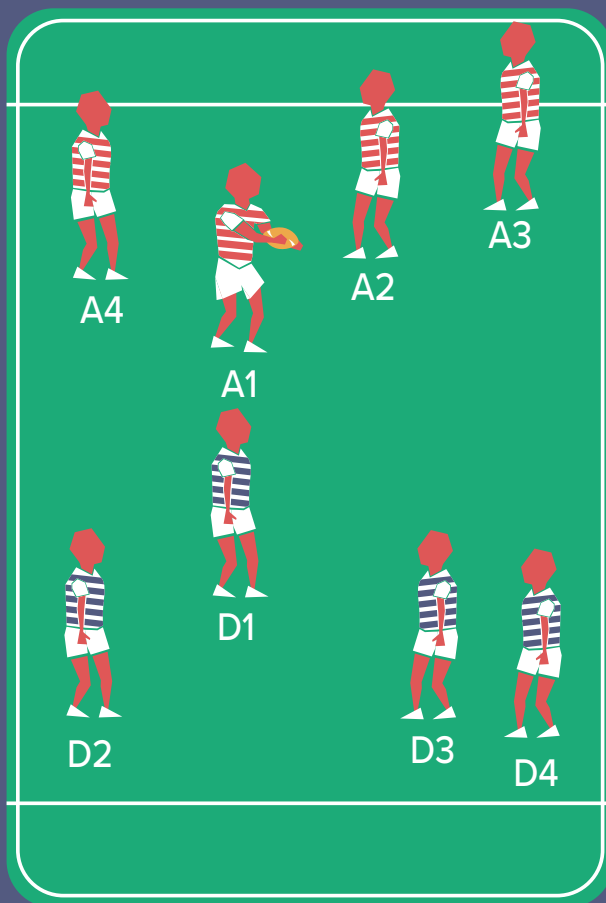
RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 7 - UNDER 9

MAX 30 MINS (2 x 15 MINS)



GAME 3 | IMAGE | PTB + DH PASS



GAME 3 | PTB + DH PASS WHAT TO DO?

MAX 30 MINUTES (2 x 15 MINS)

RULES / SCORING / PROGRESSION / REGRESSION

- People: 4 v 4 to 6 v 6
- Equipment: Balls, cones

COMPLETION GAME

- The game is laid out as normal touch – 6 plays
- On each touch:
 - Attacker drops to front then stands to PTB (with foot!)
 - Defender drops to front, rolls to back then stands
- DH can run, but not score – If DH touched = Turnover

POINTS AWARDED

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

PROGRESSION(S)

- Bigger/smaller grid space
- Less/more touches
- Every touch, full defensive line drops to front/back/front
- Defender retreats to tryline before rejoining game



RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 10 - UNDER 12

FALLING, PTB & DH PASS



WARM-UP (5 MINS)

10 X 10 GRID

(ALWAYS HAVE THE BALL)

Using forward, backward, sideways and diagonal movements, within the players own grid.

Put the ball around their waist, then through their legs in a figure of 8 motion and repeat opposite way. Throw the ball up in the air and catch, varying the height of the throw (combinations of ball round waist, through legs, throw ball up and catch). Score a try with two hands, progress to one handed put down. Pick up stationary ball with two hands. Incorporate forward rolls, side stepping and evasion techniques.

NON-CONTACT SKILL GAME
(MAX 15 MINS)

SKILL FOCUS -FALLING, PTB & DH PASS (5 - 10 MINS)

UNDER 10 – UNDER 12

- **PROTECTIVE FALLING** – (front, back, left & right). Play the Ball & dummy half pass Ensure all players have a ball and call out which way the player has to fall correctly. Progress to the playing then standing up and playing the ball. Next progression is to have the player making a dummy half pass. Player stands up after playing the ball, returns behind the ball and executes a dummy half pass to the player in the next grid. If a 2m pass can't be made the player can execute the pass without releasing the ball.

SKILL TO PLAY (5 - 10 MINS)

- Falling correctly
- Playing the ball correctly
- Passing the ball to a player both left & right and right to left from a dummy half position

NON-CONTACT SKILL GAME
(MAX 15 MINS)



THINK TO PLAY

I want to practice and learn new skills.
I know that working away from school/club will help my development.

MOVE TO PLAY (5 - 10 MINS)

STABILITY

Find & select shapes

OBJECT CONTROL

Distance Objects in different body positions

LOCOMOTION

Follow the Leader (encourage players falling correctly as part of the activity)

LIVE TO PLAY

I spend time practicing skills.

I manage my time to balance sport, training and school/work.



RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 10 - UNDER 12

FALLING, PTB & DH PASS

WARM UP (5 MINS)

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY

5-10 MINS

FIND & SELECT SHAPES



DISTANCE OBJECTS IN DIFFERENT BODY POSITIONS



RAISE THE LEVEL



NON-CONTACT SKILL GAME
(MAX 15 MINS)

SKILL FOCUS

FALLING, PTB & DH PASS (5 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS



SKILL TO PLAY (5 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS



NON-CONTACT SKILL GAME
(MAX 15 MINS)



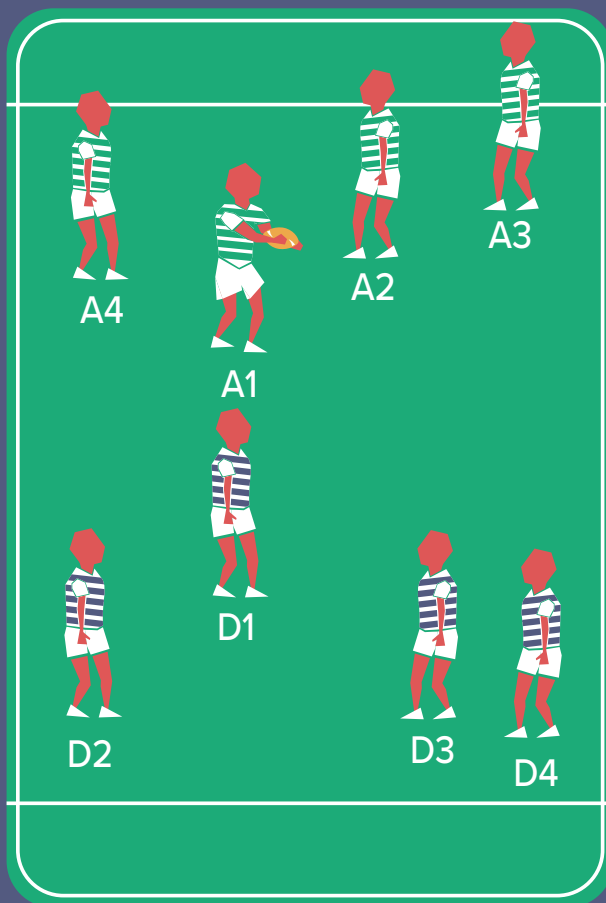
RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 10 - UNDER 12

MAX 30 MINS (2 X 15 MINS)



GAME 3 | IMAGE | PTB + DH PASS



GAME 3 | PTB + DH PASS WHAT TO DO?

MAX 30 MINUTES (2 x 15 MINS)

RULES / SCORING / PROGRESSION / REGRESSION

- People: 4 v 4 to 6 v 6
- Equipment: Balls, cones

COMPLETION GAME

- The game is laid out as normal touch – 6 plays
- On each touch:
 - Attacker drops to front then stands to PTB (with foot!)
 - Defender drops to front, rolls to back then stands
- DH can run, but not score – If DH touched = Turnover

POINTS AWARDED

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

PROGRESSION(S)

- Bigger/smaller grid space
- Less/more touches
- Every touch, full defensive line drops to front/back/front
- Defender retreats to tryline before rejoining game



RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 13 - UNDER 15

FALLING, PTB & DH PASS

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME TOUCH
(MAX 20 MINS)

SKILL FOCUS -FALLING, PTB & DH PASS (5 - 10 MINS)

UNDER 13 – UNDER 15

DH PASS

- Face straight (side on to partner 3m away).
- Approach the ball and complete DH pass to partner.
- On completing 3 successful DH pass move out 1m.
- See how far you can move out.

PTB

- Player moves around 10 x 10 grid, listening to coach.
- Call s of, round back, through legs, PTB, drop & PTB.
- PTB will have additional instruction:
- Left Hand / Left Foot / Right Hand / Right Foot.

GRIP TO DH PASS

- Kneel side on to partner. Inside leg pointing to partner.
- Start with ball on outside knee.
- Grip the ball with outside hand.
- Drive the ball across body to partner.

SKILL TO PLAY (8 - 10 MINS)

DH PASS FOR ACCURACY

- Have marker poles set up (1-2m apart).
- Place ball 2-5m away from poles.
- Approach the ball and complete DH pass to partner.

CATCH & DH PASS

- Ball receiver to run straight, stay straight through pass.
- DH Pass accurately to support runner & call colour.
- Support runner: Catch, run to colour, drop & PTB.
- How many PTBs in 1 minute?

ROTATION FOR PASSING

- Kneel straight (side on to partner).
- Stay upright (not sat back on heels).
- Pass the ball to your partner. Aim for flat pass to target.

NON-CONTACT SKILL GAME X-LEAGUE
(MAX 10 MINS)



THINK TO PLAY

Understands seeing and trying new skills is important.
Know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (8 - 10 MINS)

6 SETS OF:

10 press ups
Wall sit for 30 seconds
10 Overhead squats
Hand Plank for 30 seconds

LIVE TO PLAY

I find opportunities to watch new skills and try them.

I enjoy watching new things then trying them out.

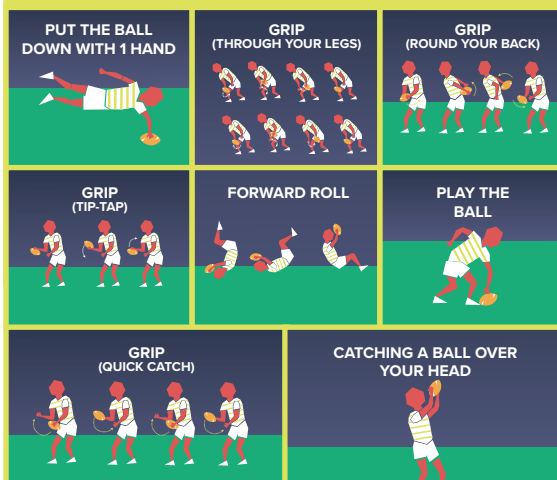


RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 13 - UNDER 15

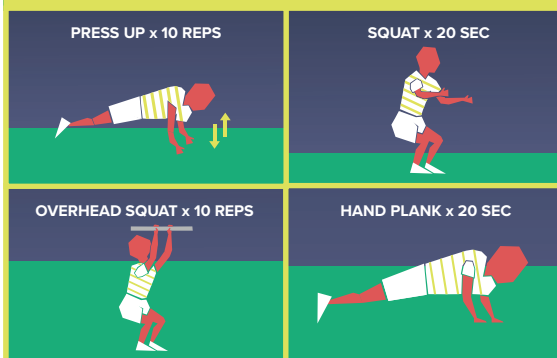
FALLING, PTB & DH PASS

WARM UP (5 MINS)



FIT TO PLAY

10 MINS



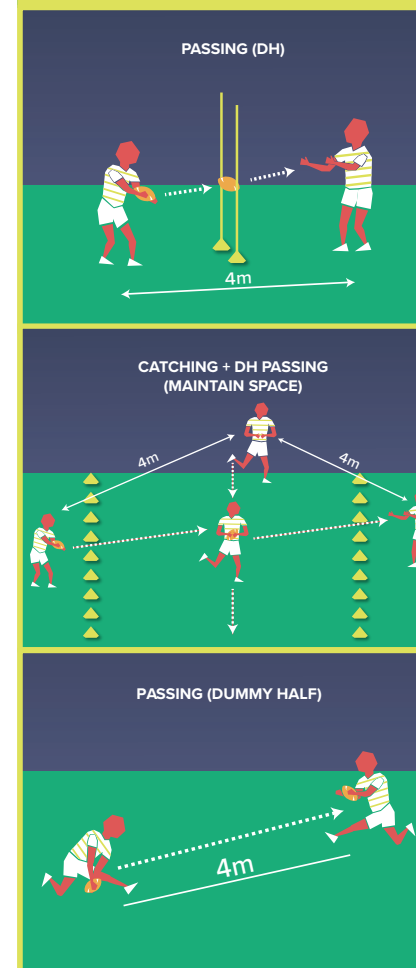
NON-CONTACT SKILL GAME TOUCH
(MAX 20 MINS)

SKILL FOCUS

FALLING, PTB & DH PASS (8 - 10 MINS)



SKILL TO PLAY (8 - 10 MINS)



NON-CONTACT SKILL GAME X-LEAGUE
(MAX 10 MINS)

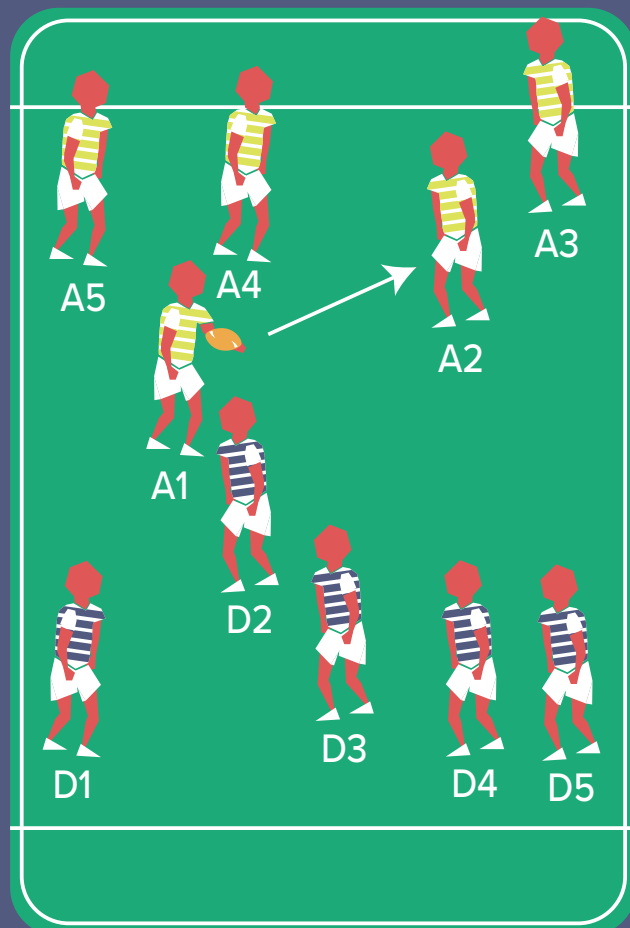


RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 13 - UNDER 15

MAX 30 MINS (1 X 20 MINS AND 1 X 10 MINS)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**



RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 16 - OPEN AGE

FALLING, PTB & DH PASS

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME TOUCH
(MAX 20 MINS)

SKILL FOCUS -FALLING, PTB & DH PASS (5 - 10 MINS)

UNDER 13 – UNDER 15

DH PASS

- Face straight (side on to partner 3m away).
- Approach the ball and complete DH pass to partner.
- On completing 3 successful DH pass move out 1m.
- See how far you can move out.

PTB

- Player moves around 10 x 10 grid, listening to coach.
- Call s of, round back, through legs, PTB, drop & PTB.
- PTB will have additional instruction:
- Left Hand / Left Foot / Right Hand / Right Foot.

GRIP TO DH PASS

- Kneel side on to partner. Inside leg pointing to partner.
- Start with ball on outside knee.
- Grip the ball with outside hand.
- Drive the ball across body to partner.

SKILL TO PLAY (8 - 10 MINS)

DH PASS FOR ACCURACY

- Have marker poles set up (1-2m apart).
- Place ball 2-5m away from poles.
- Approach the ball and complete DH pass to partner.

CATCH & DH PASS

- Ball receiver to run straight, stay straight through pass.
- DH Pass accurately to support runner & call colour.
- Support runner: Catch, run to colour, drop & PTB.
- How many PTBs in 1 minute?

ROTATION FOR PASSING

- Kneel straight (side on to partner).
- Stay upright (not sat back on heels).
- Pass the ball to your partner. Aim for flat pass to target.

NON-CONTACT SKILL GAME X-LEAGUE
(MAX 10 MINS)



THINK TO PLAY

Understands seeing and trying new skills is important.
Know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (8 - 10 MINS)

6 SETS OF:

10 press ups
Wall sit for 30 seconds
10 Overhead squats
Hand Plank for 30 seconds

LIVE TO PLAY

I find opportunities to watch new skills and try them.

I enjoy watching new things then trying them out.

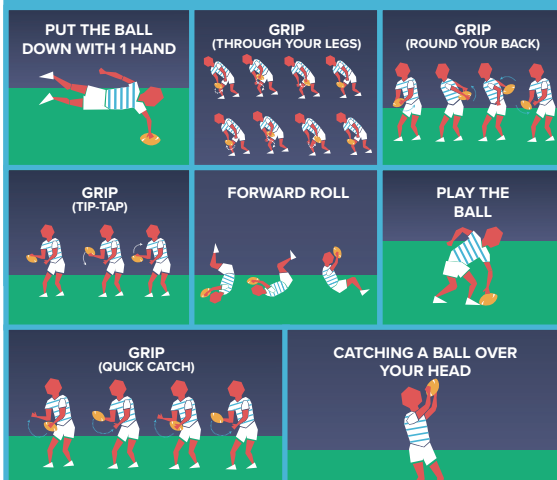


RETURN TO CONTACT: SPRING

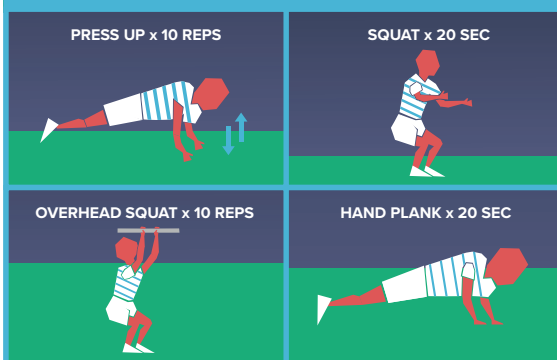
WEEK 1 | UNDER 16 - OPEN AGE

FALLING, PTB & DH PASS

WARM UP (5 MINS)



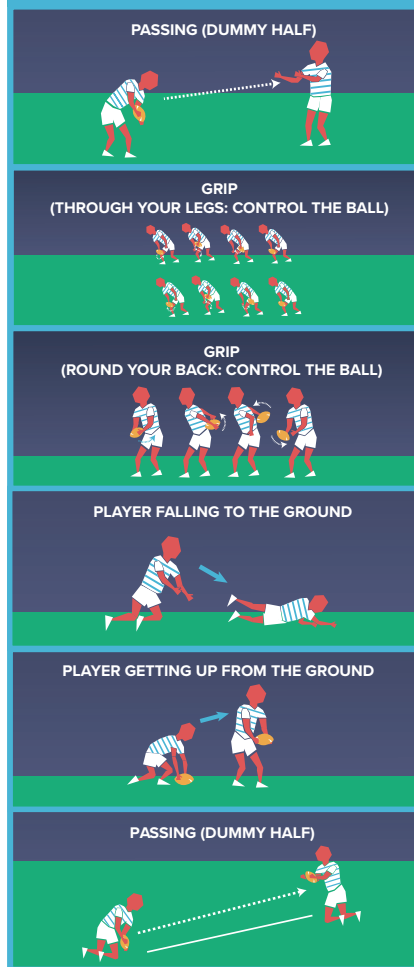
FIT TO PLAY x 6 SETS



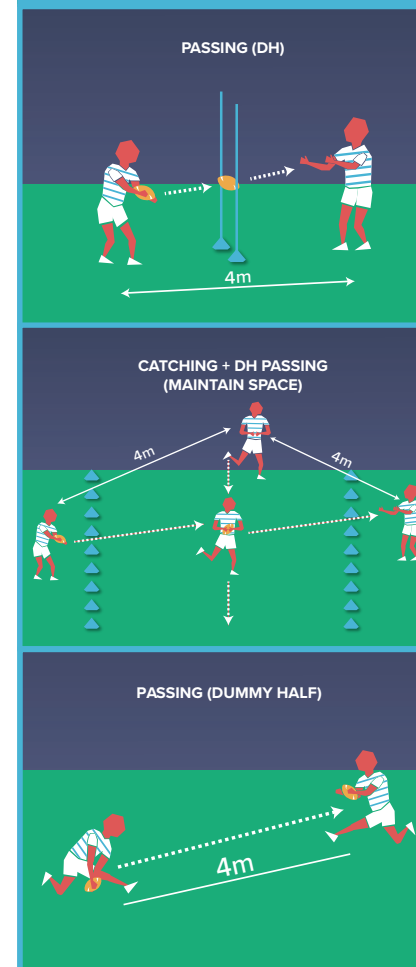
NON-CONTACT SKILL GAME TOUCH
(MAX 20 MINS)

SKILL FOCUS

FALLING, PTB & DH PASS (8 - 10 MINS)



SKILL TO PLAY (8 - 10 MINS)



NON-CONTACT SKILL GAME X-LEAGUE
(MAX 10 MINS)

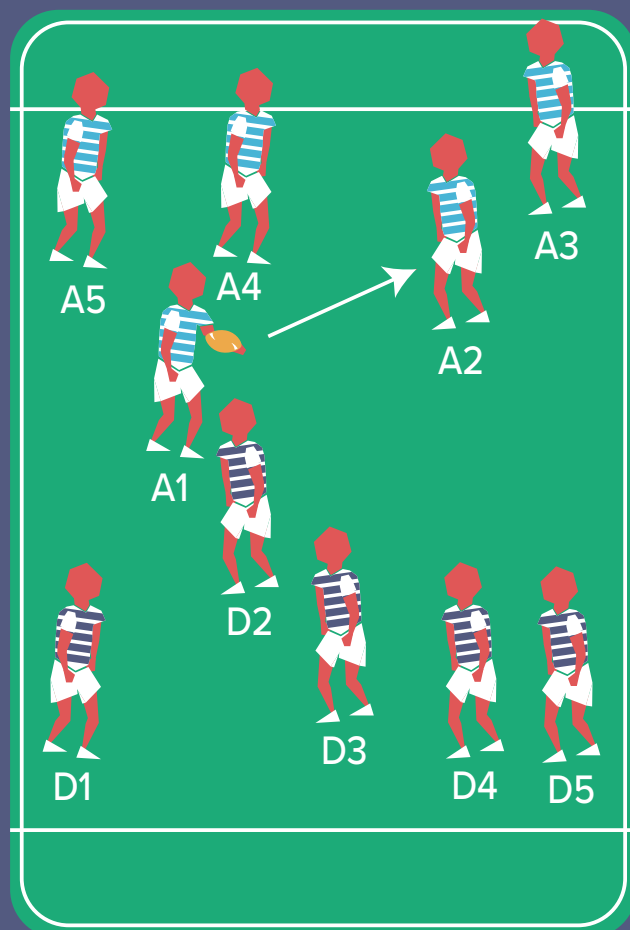


RETURN TO CONTACT: SPRING

WEEK 1 | UNDER 16 - OPEN AGE

MAX 30 MINS (1 X 20 MINS AND 1 X 10 MINS)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

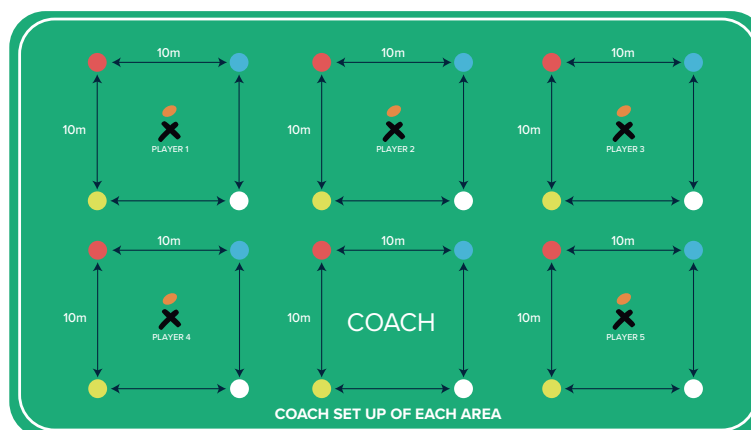
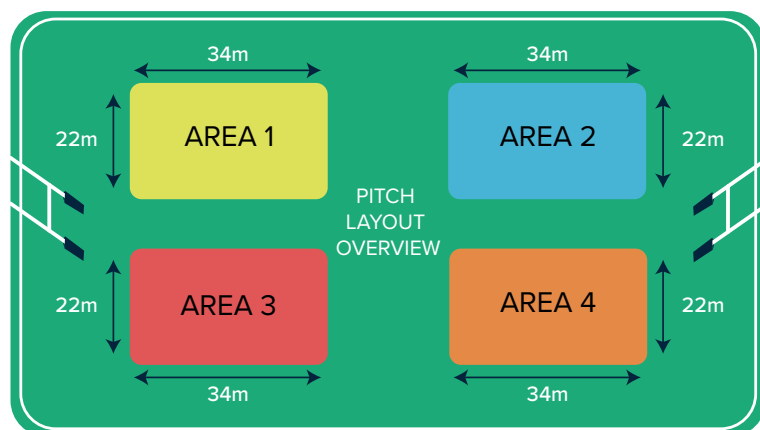
NOTE

- Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.



RETURN TO CONTACT: SPRING

WEEK 2 | SUGGESTED LAYOUT



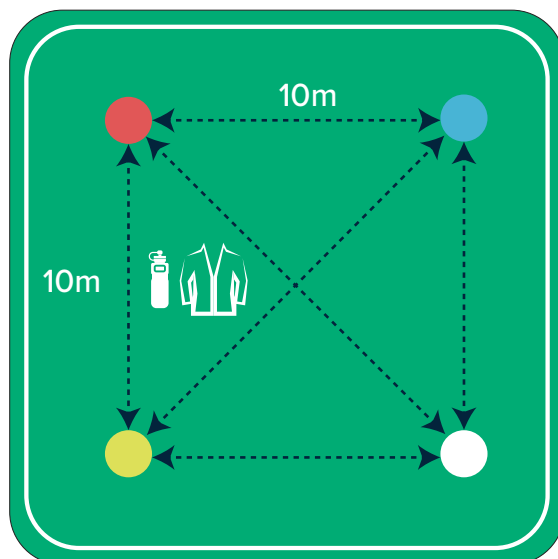
EQUIPMENT

COACHES TO BRING

- Cones
- Rugby balls
- Sanitizer for cleaning of equipment

PLAYERS TO BRING

- Water Bottle
- Hand Sanitizer
- Players need to come ready to train, no changing rooms available



DIAGRAM

Arrows depict potential lines of run.
This is just a guide as long as social distancing rules are followed coaches can utilise the space as they see fit.
Water Bottle and Jacket to be placed in a safe place within their own area.

NOTES

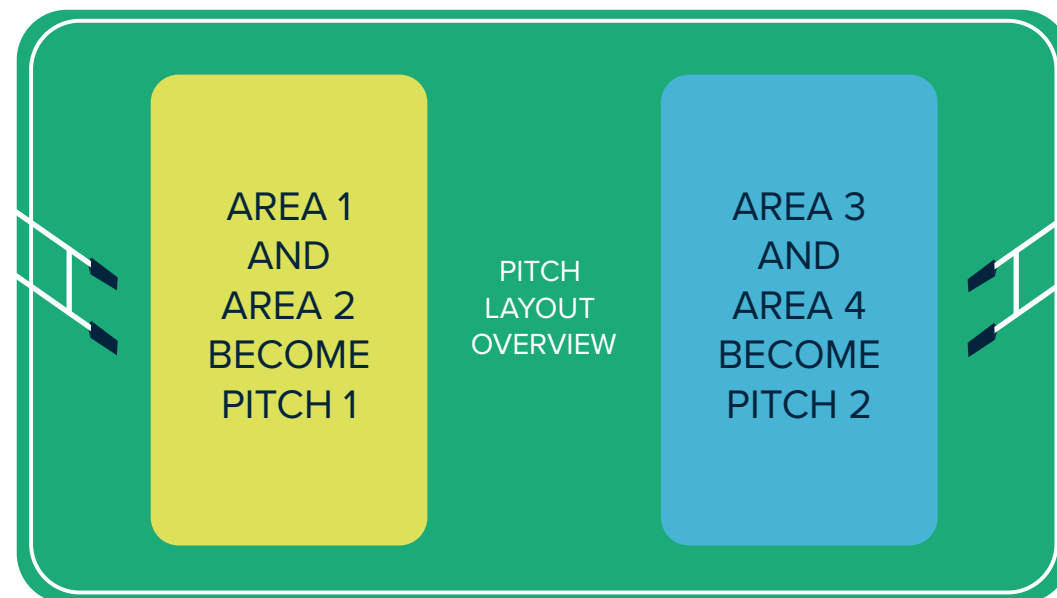
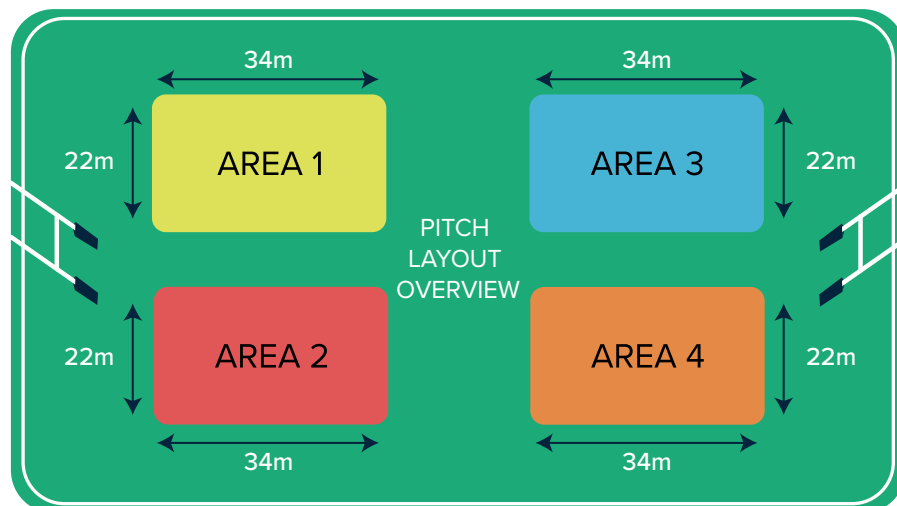
Please note that we have worked on 10x10m grids; dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid.
For a reminder of the current RFL guidelines for a return to activity click [here \(Rugby-League.com\)](https://www.rugby-league.com).
For a reminder of UK Government guidelines please click the link below.





RETURN TO CONTACT: SPRING

WEEK 2 | SUGGESTED LAYOUT



RETURN TO PLAY MILESTONE DATES

MARCH 29TH – Training to begin! – This includes return of Touch RL, Try Tag and X-League.

APRIL 5TH – RTC Protocols – Phased re-introduction of contact for 4 weeks – RFL resource to support.

1ST/2ND MAY – Friendly fixtures weekend.

8TH/9TH MAY – Competition resumption | Regional leagues, likely to have some normality e.g. they're regional. NCL likely to see regionalization of fixtures. Competitions will be able to consider merits and needs of promotion/relegation and other things affecting and impacting competition integrity.

Constant review and support protocols in place for clubs, OLZ, Development/Ops Team.

NOTES

- No more than 30 participants, including coaches, on the pitch at one time.
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s).
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30m x 50m (or half a pitch allowing for spacing between the pitches).



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 7 - UNDER 9

GRIP & CARRY

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 7 - UNDER 9

- Using forward, backward, sideways and diagonal movements within the player's own grid.
- Put the ball around their waist, then through their legs in a figure of 8 motion and repeat opposite way. Throw the ball up in the air and catch, varying the height of the throw (combinations of ball round waist, through legs, throw ball up and catch). Score a try with two hands, progress to one handed put down. Pick up stationary ball with two hands.

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

NON-CONTACT SKILL GAME
(MAX 20 MINS)



THINK TO PLAY

I enjoy trying new skills.

I enjoy going to training.



MOVE TO PLAY (10 MINS)

STABILITY

Pick up put down challenge

OBJECT CONTROL

Collect your rebound

LOCOMOTION

Follow the leader



LIVE TO PLAY

I spend time practicing skills.

I manage my time to balance sport, training and school/work.



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 7 - UNDER 9

GRIP & CARRY

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS

GRIP + CARRY (MAX 10 MINS)

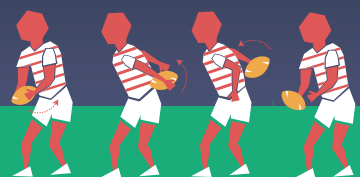
GRIP

(THROUGH YOUR LEGS - CONTROL THE BALL)



GRIP

(ROUND YOUR BACK - CONTROL THE BALL)



CATCHING A BALL OVER YOUR HEAD



CONTACT TO PLAY

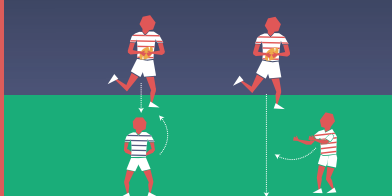
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



NON-CONTACT SKILL GAME
(MAX 20 MINS)

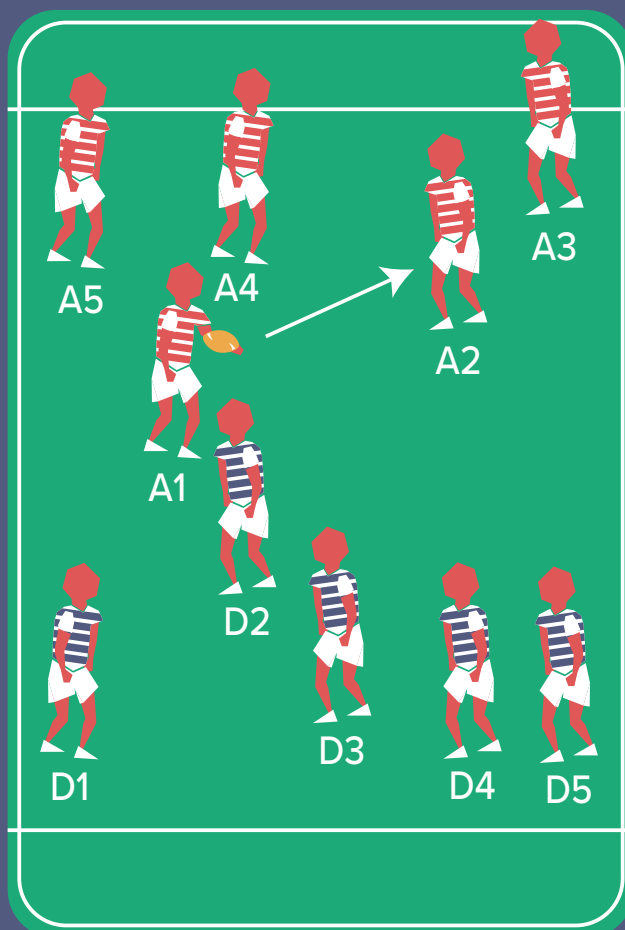


RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 7 - UNDER 9

MAX 40 MINS (2 X 20 MINS)

GAME 1 & 2 | TOUCH



GAME 1 | TOUCH WHAT TO DO?

MAX. 40 MINUTES (2 X 20 MINUTES)

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- On each touch:
- Attacker drops to front then stands to PTB (with foot!).
- Defender drops to front, rolls to back then stands.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

ORGANISATION

- Grid 25m long x 20m wide
- Balls & Cones

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 10 - UNDER 12

GRIP & CARRY

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 10 - UNDER 12

- Using forward, backward, sideways and diagonal movements within the player's own grid.
- Put the ball around their waist, then through their legs in a figure of 8 motion and repeat opposite way. Throw the ball up in the air and catch, varying the height of the throw (combinations of ball round waist, through legs, throw ball up and catch). Score a try with two hands, progress to one handed put down. Pick up stationary ball with two hands.

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I enjoy trying new skills.

I enjoy going to training.



MOVE TO PLAY (10 MINS)

STABILITY

Pick up put down challenge

OBJECT CONTROL

Collect your rebound

LOCOMOTION

Follow the leader



LIVE TO PLAY

I spend time practicing skills.

I manage my time to balance sport, training and school/work.



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 10 - UNDER 12

GRIP & CARRY

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS

GRIP + CARRY (MAX 10 MINS)

GRIP

(ROUND YOUR BACK - CONTROL THE BALL)



GRIP

(ROUND YOUR BACK - CONTROL THE BALL)



CATCHING A BALL OVER YOUR HEAD



CONTACT TO PLAY

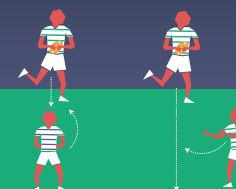
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



X-LEAGUE GAME
(MAX 20 MINS)

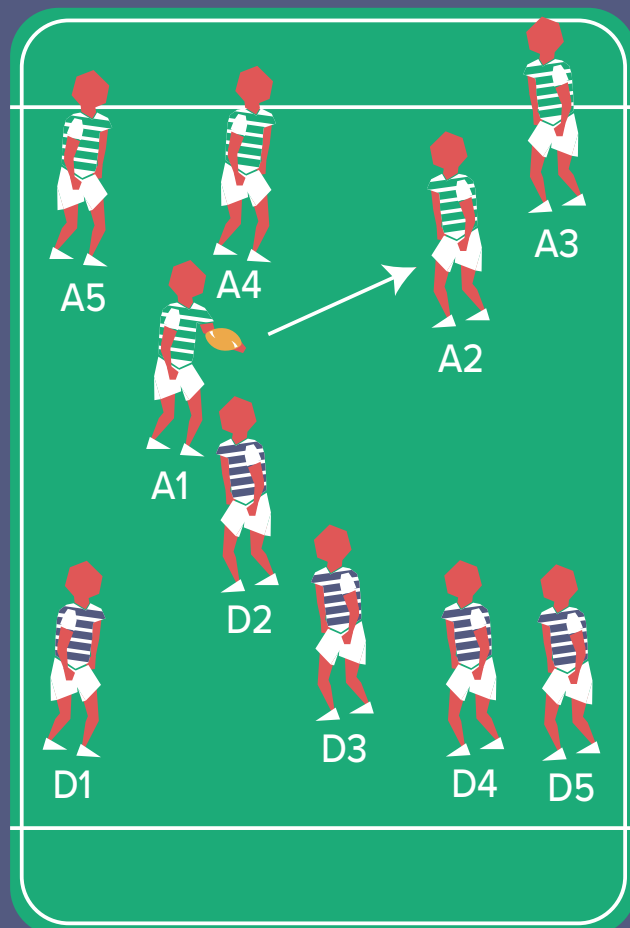


RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 10 - UNDER 12

MAX 40 MINS (2 X 20 MINS)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 13 - UNDER 15

GRIP & CARRY



WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 13 – UNDER 15

GRIP SPEED

- Hold belly of ball with one hand, overhand grip.
- Drop the ball and catch with other hand - Repeat.

REACT-A-CATCH

- Face partner in your channel.
- Each have a ball in hand., 1 partner feeds ball in.
- Other partner hits it back. – Keep your grip on the ball.

TENNIS (L/R)

- Face partner in your channel.
- Each have a ball in hand. 1 partner serves tennis ball.
- Other partner hits it back. See how long you can rally.

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (10 MINS)

6 SETS OF:

10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

I find opportunities to watch new skills and try them.
I enjoy watching new things then trying them out.

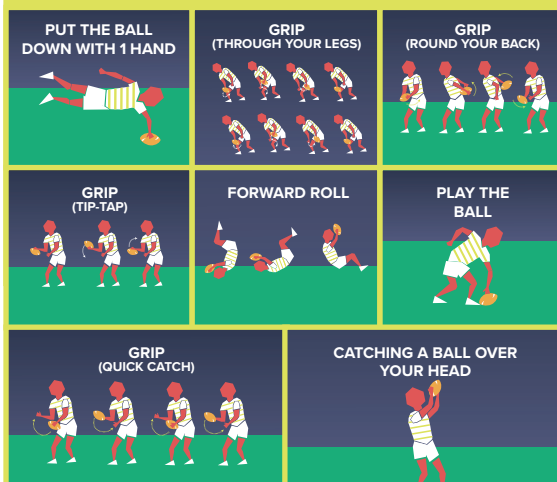


RETURN TO CONTACT: SPRING

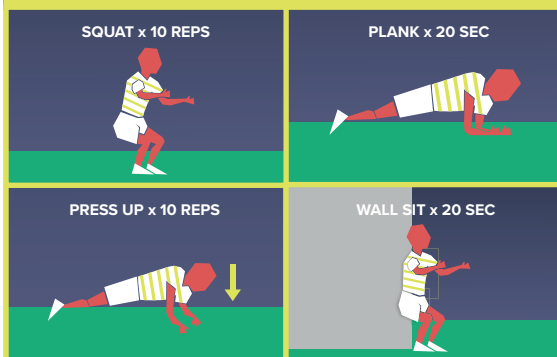
WEEK 2 | UNDER 13 - UNDER 15

GRIP & CARRY

WARM UP (5 MINS)



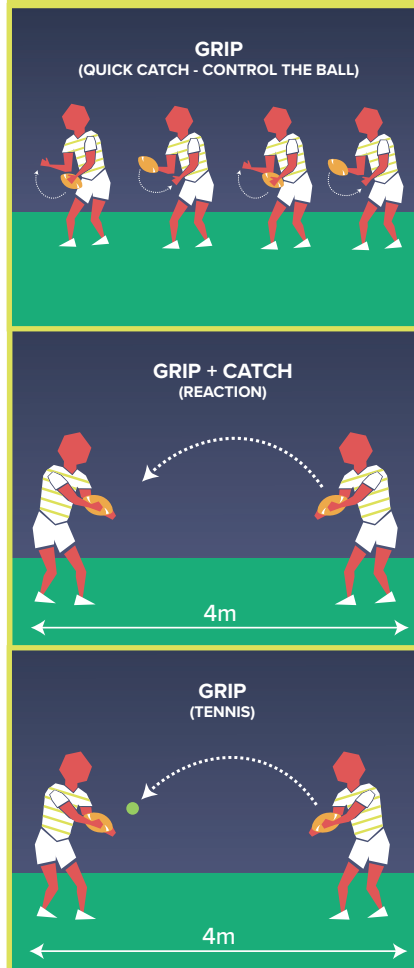
FIT TO PLAY (10 MINS)



NON-CONTACT SKILL GAME (MAX 20 MINS)

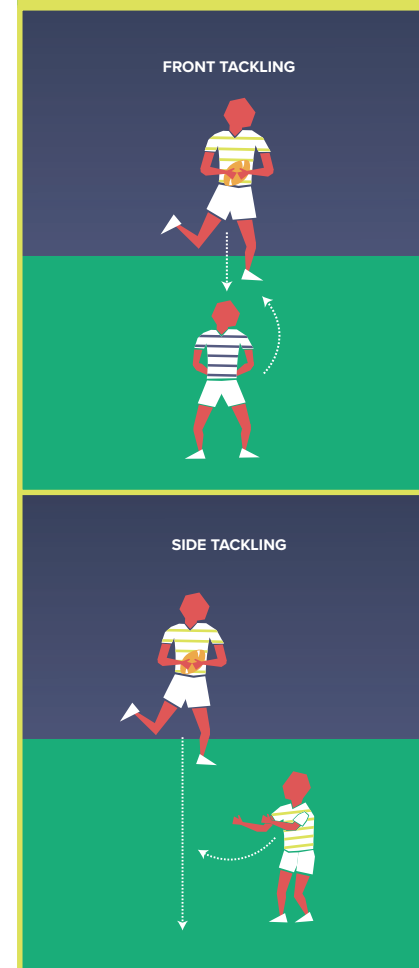
SKILL FOCUS

GRIP + CARRY (MAX 10 MINS)



CONTACT TO PLAY

(MAX 10 MINS)



X-LEAGUE GAME (MAX 20 MINS)

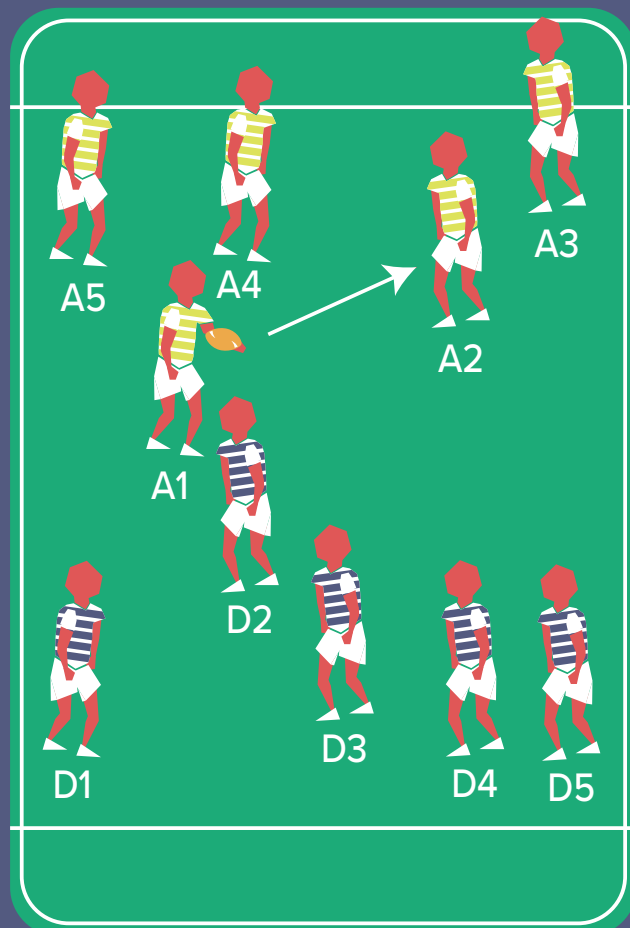


RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 13 - UNDER 15

MAX. 40 MINS (20 MINS TOUCH + 20 MINS X-LEAGUE)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 16 - OPEN AGE

GRIP & CARRY



**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

**NON-CONTACT SKILL GAME
(MAX 20 MINS)**

**SKILL FOCUS - GRIP &
CARRY (MAX 10 MINS)**

UNDER 16 – UNDER 18

GRIP SPEED

- Hold belly of ball with one hand, overhand grip.
- Drop the ball and catch with other hand - Repeat.

REACT-A-CATCH

- Face partner in your channel.
- Each have a ball in hand., 1 partner feeds ball in.
- Other partner hits it back. – Keep your grip on the ball.

TENNIS (L/R)

- Face partner in your channel.
- Each have a ball in hand. 1 partner serves tennis ball.
- Other partner hits it back. See how long you can rally.

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m apart. Partner jogs towards tackler.

- 1) On approach shorten steps , hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

**X-LEAGUE GAME
(MAX 20 MINS)**



THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (10 MINS)

6 SETS OF:

10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

I find opportunities to watch new skills and try them.
I enjoy watching new things then trying them out.



RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 16 - OPEN AGE

GRIP & CARRY

WARM UP (5 MINS)

PUT THE BALL
DOWN WITH 1 HAND



GRIP
(THROUGH YOUR LEGS)



GRIP
(ROUND YOUR BACK)



GRIP
(TIP-TAP)



FORWARD ROLL



PLAY THE
BALL



GRIP
(QUICK CATCH)



CATCHING A BALL OVER
YOUR HEAD



FIT TO PLAY (10 MINS)

SQUAT x 10 REPS



PLANK x 20 SEC



PRESS UP x 10 REPS



WALL SIT x 20 SEC



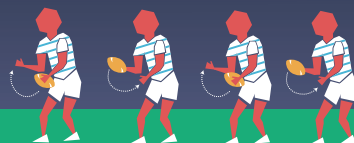
NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS

GRIP + CARRY (MAX 10 MINS)

GRIP

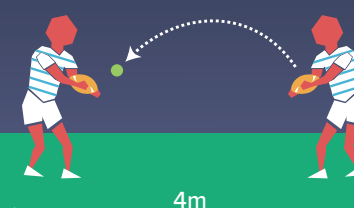
(QUICK CATCH - CONTROL THE BALL)



GRIP + CATCH
(REACTION)



GRIP
(TENNIS)



CONTACT TO PLAY

(MAX 10 MINS)

FRONT TACKLING



SIDE TACKLING



X-LEAGUE GAME (MAX 20 MINS)



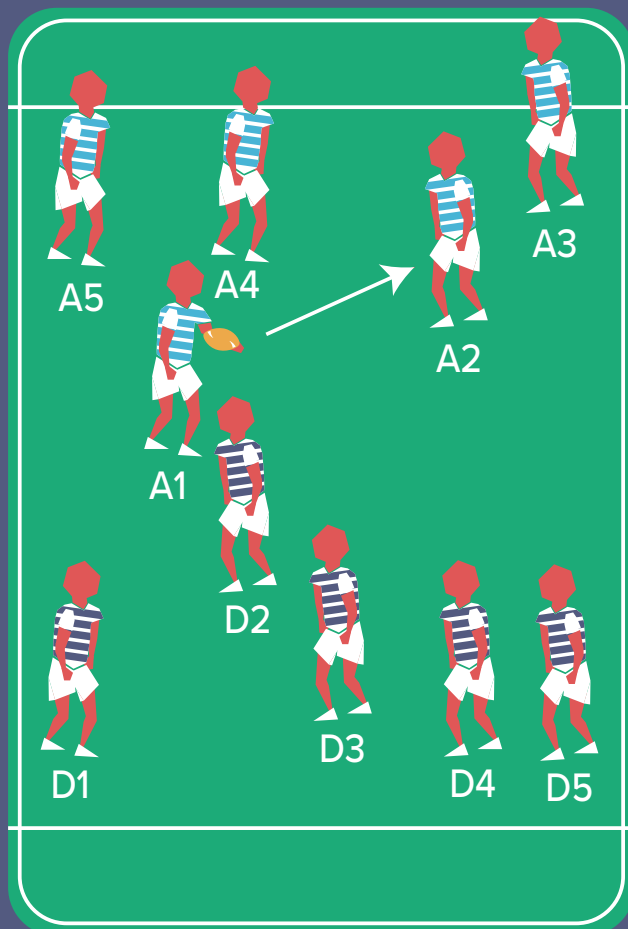
RETURN TO CONTACT: SPRING

WEEK 2 | UNDER 16 - OPEN AGE

MAX 40 MINS (2 X 20 MINS)



GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

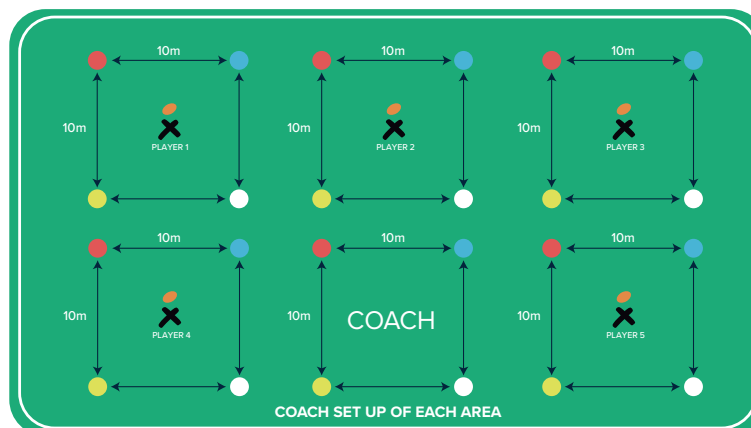
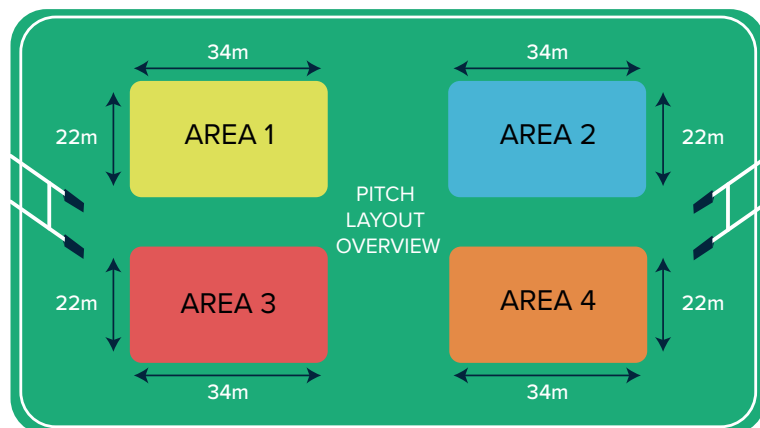
NOTE

- Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.



RETURN TO CONTACT: SPRING

WEEK 3 | SUGGESTED LAYOUT



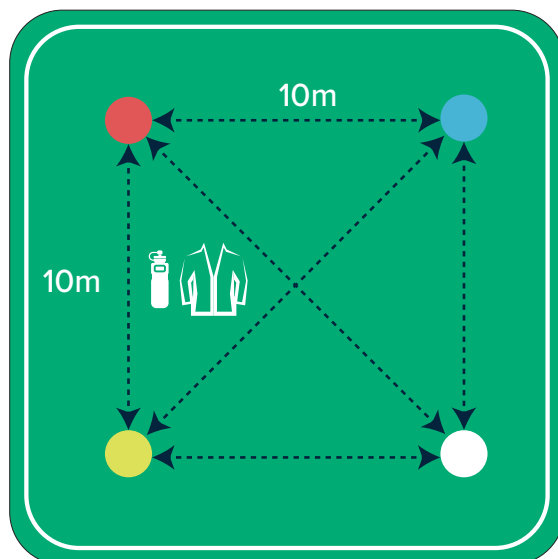
EQUIPMENT

COACHES TO BRING

- Cones
- Rugby balls
- Sanitizer for cleaning of equipment

PLAYERS TO BRING

- Water Bottle
- Hand Sanitizer
- Players need to come ready to train, no changing rooms available



DIAGRAM

Arrows depict potential lines of run.
This is just a guide as long as social distancing rules are followed coaches can utilise the space as they see fit.
Water Bottle and Jacket to be placed in a safe place within their own area.

NOTES

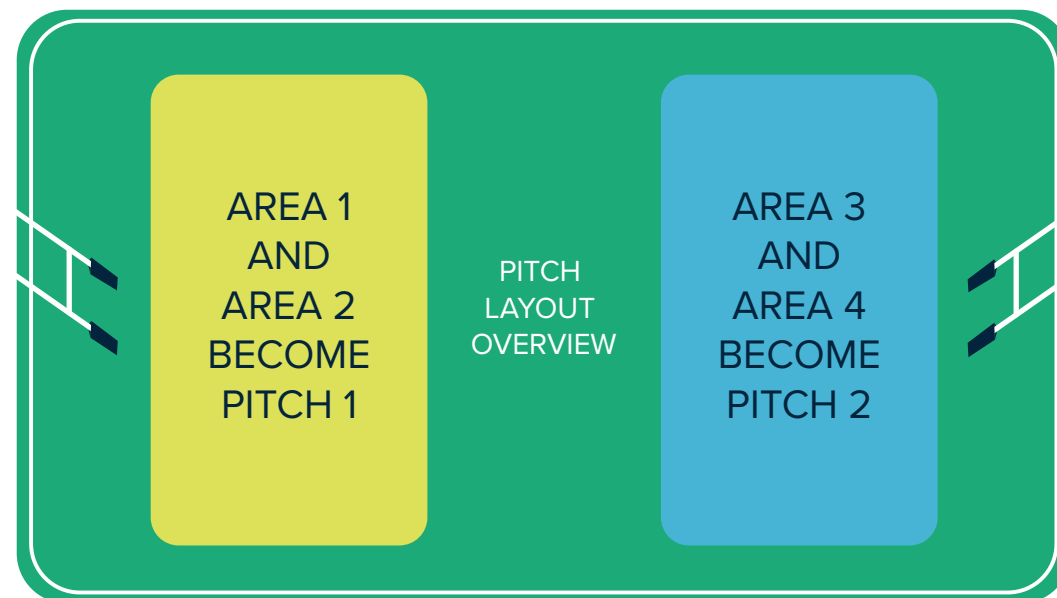
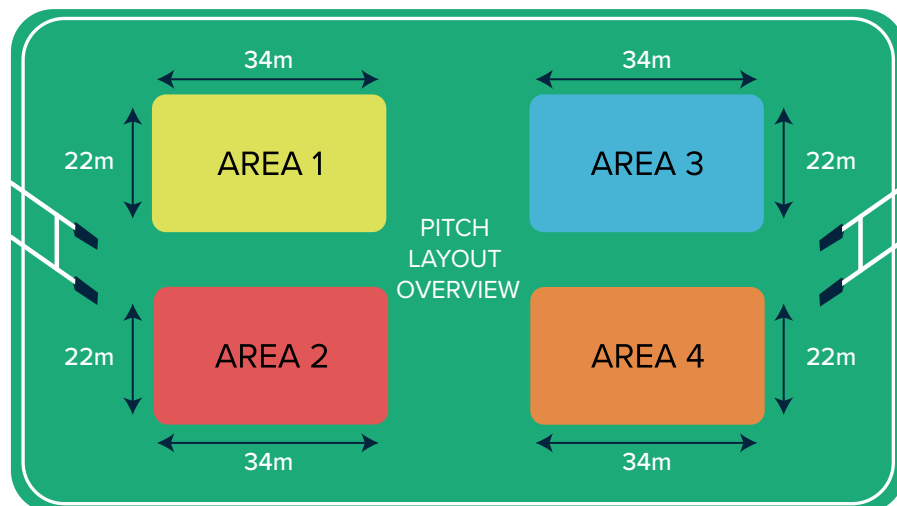
Please note that we have worked on 10x10m grids; dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid.
For a reminder of the current RFL guidelines for a return to activity click [here \(Rugby-League.com\)](https://www.rugby-league.com).
For a reminder of UK Government guidelines please click the link below.





RETURN TO CONTACT: SPRING

WEEK 3 | SUGGESTED LAYOUT



RETURN TO PLAY MILESTONE DATES

MARCH 29TH – Training to begin! – This includes return of Touch RL, Try Tag and X-League.

APRIL 5TH – RTC Protocols – Phased re-introduction of contact for 4 weeks – RFL resource to support.

1ST/2ND MAY – Friendly fixtures weekend.

8TH/9TH MAY – Competition resumption | Regional leagues, likely to have some normality e.g. they're regional. NCL likely to see regionalization of fixtures. Competitions will be able to consider merits and needs of promotion/relegation and other things affecting and impacting competition integrity.

Constant review and support protocols in place for clubs, OLZ, Development/Ops Team.

NOTES

- No more than 30 participants, including coaches, on the pitch at one time.
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s).
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30m x 50m (or half a pitch allowing for spacing between the pitches).



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 7 - UNDER 9

CATCH + PASS

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME
(MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 7 - UNDER 9

DECISION MAKING

- In groups, 3 v 2 or 4 v 3 (defending team has more players) within a 12m x 20m grid. Attackers have the ball for 2 minutes, before rotating the players and will try to score as many tries as possible. Building upon the grip and carry elements from previous sessions, players are to be challenged on their ability to hold onto the ball in contact, whilst defenders are to be encouraged to execute the correct tackle technique(s).

NON-CONTACT SKILL GAME
(MAX 20 MINS)



THINK TO PLAY

I want to practice and learn new skills.
I know that working away from school/
club will help my development.



MOVE TO PLAY (10 MINS)

STABILITY

Pick up put down challenge

OBJECT CONTROL

Collect your rebound

LOCOMOTION

Follow the leader



LIVE TO PLAY

I spend time practicing skills. - **IF YOU ARE UNABLE TO PASS 2M USE OUR #VIRTUALRL CHALLENGE AND PRACTICE AT HOME.**

I manage my time to balance sport,
training and school/work.



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 7 - UNDER 9

CATCH + PASS



WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



NON-CONTACT SKILL GAME
(MAX 20 MINS)

CONTACT TO PLAY

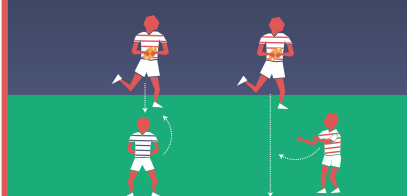
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



SKILL FOCUS

CATCH + PASS (MAX 10 MINS)

D1

D2

D3

D4

A1

A2

A3

NON-CONTACT SKILL GAME
(MAX 20 MINS)



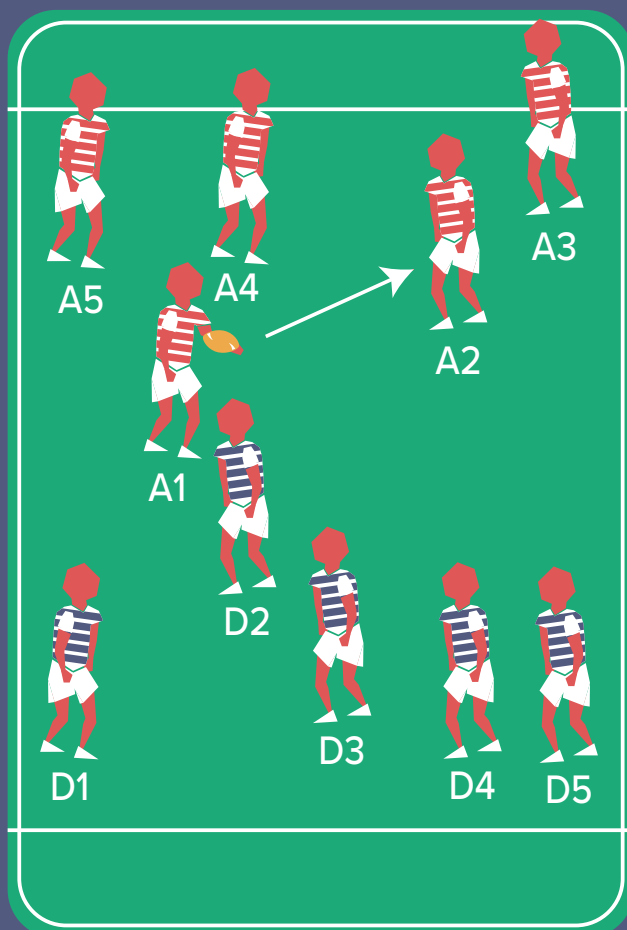
RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 7 - UNDER 9

MAX 40 MINS (2 X 20 MINS)



GAME 1 & 2 | TOUCH



GAME 1 | TOUCH WHAT TO DO?

MAX. 40 MINUTES (2 X 20 MINUTES)

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- On each touch:
- Attacker drops to front then stands to PTB (with foot!).
- Defender drops to front, rolls to back then stands.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

ORGANISATION

- Grid 25m long x 20m wide
- Balls & Cones

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 10 - UNDER 12

CATCH + PASS

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME (MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 10 – UNDER 12

DECISION MAKING

- In groups, 3 v 2 or 4 v 3 (defending team has more players) within a 12m x 20m grid. Attackers have the ball for 2 minutes, before rotating the players and will try to score as many tries as possible. Building upon the grip and carry elements from previous sessions, players are to be challenged on their ability to hold onto the ball in contact, whilst defenders are to be encouraged to execute the correct tackle technique(s).

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I want to practice and learn new skills.
I know that working away from school/
club will help my development.

MOVE TO PLAY (10 MINS)

STABILITY

Pick up put down challenge

OBJECT CONTROL

Collect your rebound

LOCOMOTION

Follow the leader

LIVE TO PLAY

I spend time practicing skills. - **IF YOU ARE UNABLE TO PASS 2M USE OUR #VIRTUALRL CHALLENGE AND PRACTICE AT HOME.**

I manage my time to balance sport, training and school/work.



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 10 - UNDER 12

CATCH + PASS

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER

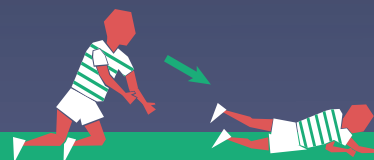


NON-CONTACT SKILL GAME (MAX 20 MINS)

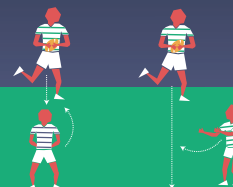
CONTACT TO PLAY (MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



SKILL FOCUS CATCH + PASS (MAX 10 MINS)

D1

D1

D2

D3

A1

A2

A3

X-LEAGUE GAME (MAX 20 MINS)

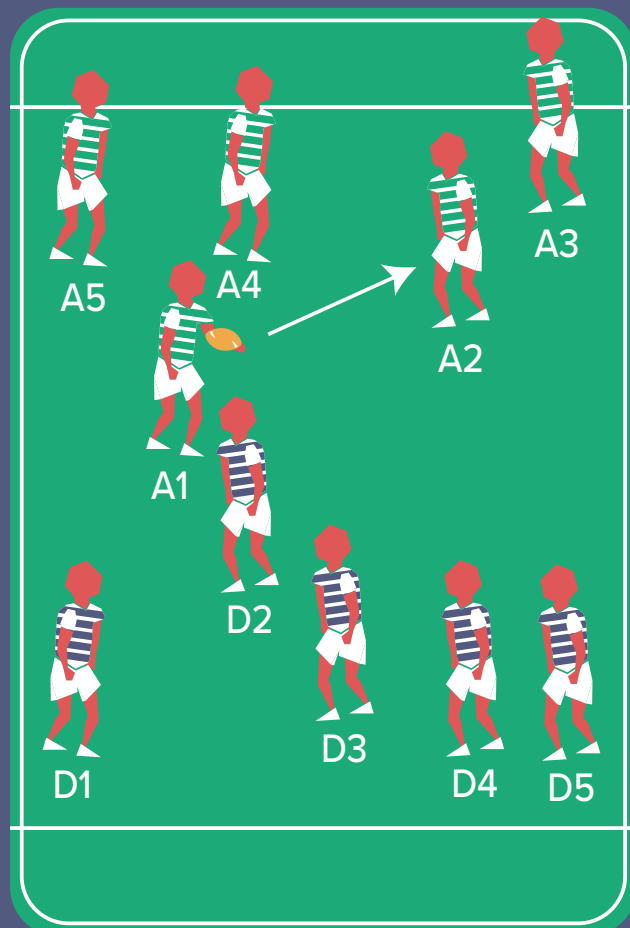


RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 10 - UNDER 12

MAX 40 MINS (2 X 20 MINS)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 13 - UNDER 15

CATCH + PASS

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m to 5m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 13 – UNDER 15 PASS CHALLENGE

- Minimum 3 v 3 and Maximum 5 v 5
- Group A have the ball for 1 minute and count the number of passes they make.
- Each successful pass is worth 1 point.
- Passes must not go over head height to count.
- Each time Group B stop the ball or intercept they gain 5 points.
- Swap Groups so Group B have the ball.
- 3 v 3 use 12m x 12m grid
- 4 v 4 use 15m x 15m grid
- 5 v 5 use 18m x 18m grid

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I want to practice and learn new skills.

I know that working away from school/club will help my development.

FIT TO PLAY (10 MINS)

6 SETS OF:

- 10 Squats
- Plank for 20 seconds
- 10 press ups
- Wall sit for 20 seconds

LIVE TO PLAY

I spend time practicing skills.

I manage my time to balance sport, training and school/work.

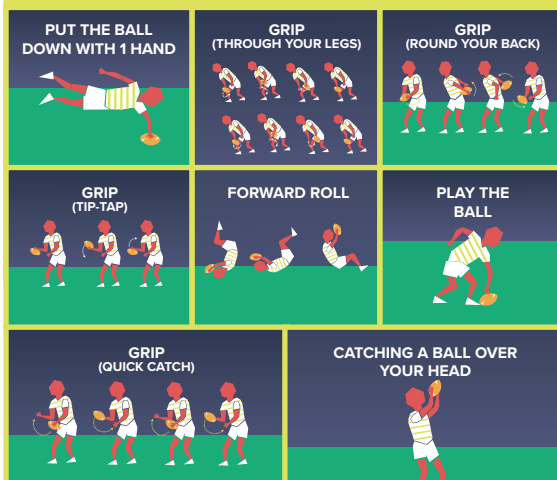


RETURN TO CONTACT: SPRING

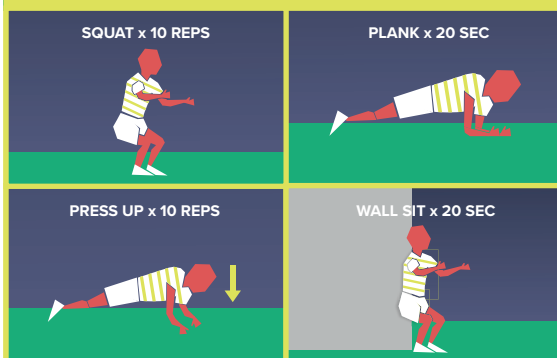
WEEK 3 | UNDER 13 - UNDER 15

CATCH + PASS

WARM UP (5 MINS)

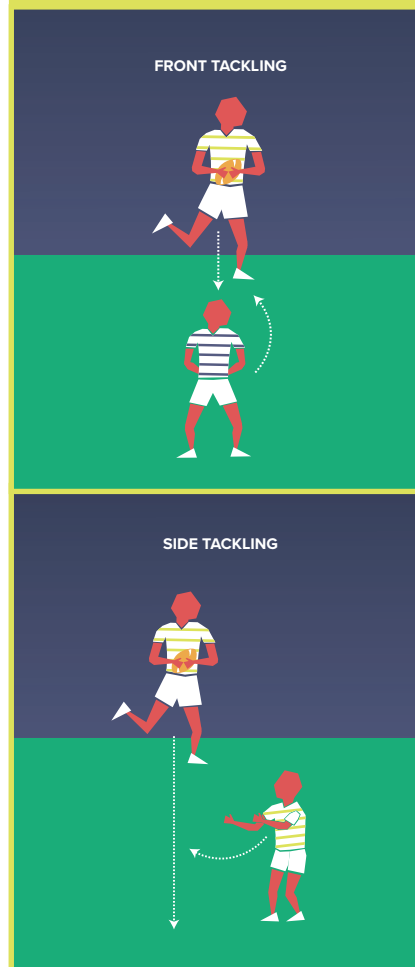


FIT TO PLAY (10 MINS)

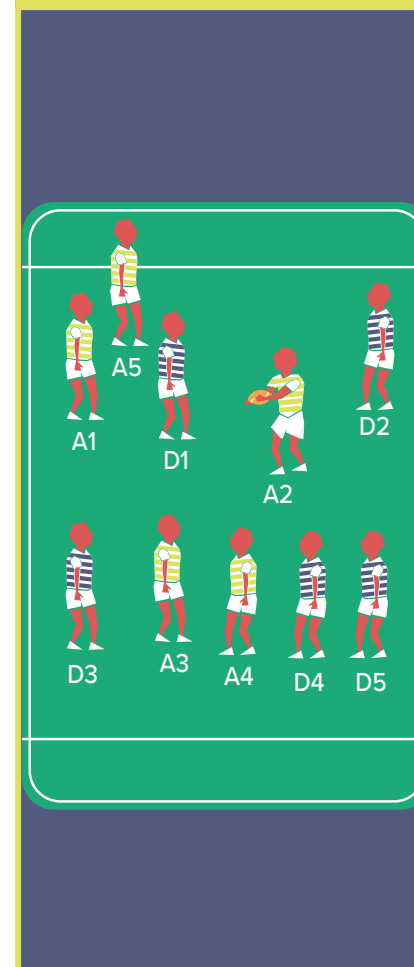


NON-CONTACT SKILL GAME (MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)



SKILL FOCUS CATCH + PASS (MAX 10 MINS)



X-LEAGUE GAME (MAX 20 MINS)

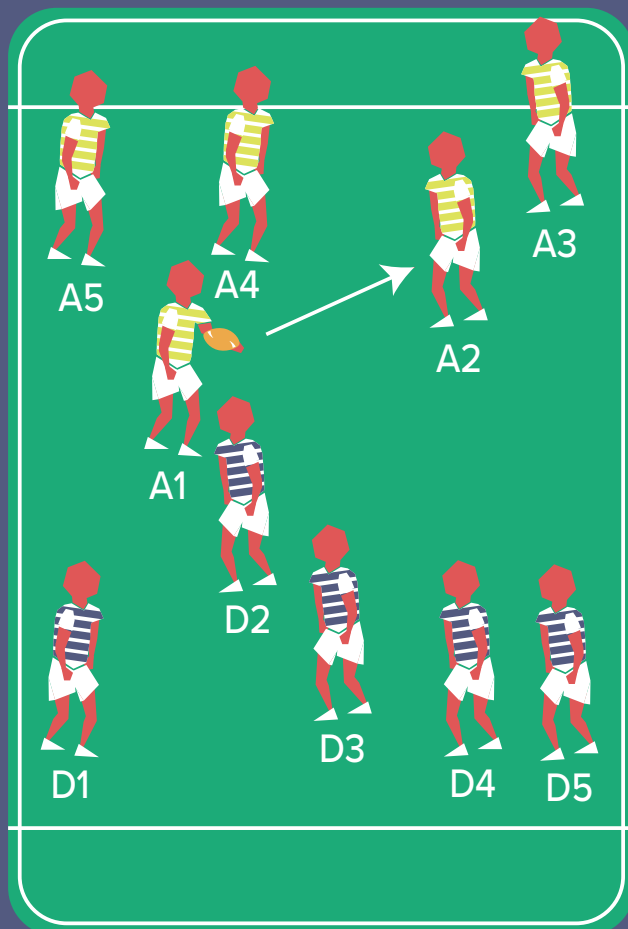


RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 13 - UNDER 15

MAX. 40 MINS (20 MINS TOUCH + 20 MINS X-LEAGUE)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 16 - OPEN AGE
CATCH + PASS

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m to 5m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m to 5m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 16 – UNDER 18 PASS CHALLENGE

- Minimum 3 v 3 and Maximum 5 v 5
- Group A have the ball for 1 minute and count the number of passes they make.
- Each successful pass is worth 1 point.
- Passes must not go over head height to count.
- Each time Group B stop the ball or intercept they gain 5 points.
- Swap Groups so Group B have the ball.
- 3 v 3 use 12m x 12m grid
- 4 v 4 use 15m x 15m grid
- 5 v 5 use 18m x 18m grid

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I want to practice and learn new skills.

I know that working away from school/club will help my development.

FIT TO PLAY (10 MINS)

6 SETS OF:

10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

I spend time practicing skills.

I manage my time to balance sport, training and school/work.



RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 16 - OPEN AGE

CATCH + PASS

WARM UP (5 MINS)

PUT THE BALL
DOWN WITH 1 HAND



GRIP
(THROUGH YOUR LEGS)



GRIP
(ROUND YOUR BACK)



GRIP
(TIP-TAP)



FORWARD ROLL



PLAY THE
BALL



GRIP
(QUICK CATCH)



CATCHING A BALL OVER
YOUR HEAD



FIT TO PLAY (10 MINS)

SQUAT x 10 REPS



PLANK x 20 SEC



PRESS UP x 10 REPS



WALL SIT x 20 SEC



CONTACT TO PLAY (MAX 10 MINS)

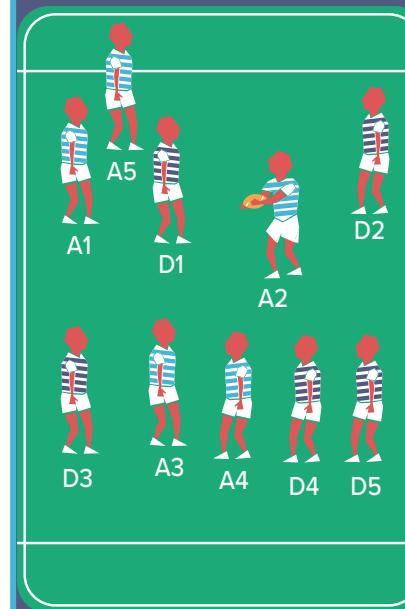
FRONT TACKLING



SIDE TACKLING



SKILL FOCUS CATCH + PASS (MAX 10 MINS)



NON-CONTACT SKILL GAME
(MAX 20 MINS)

X-LEAGUE GAME
(MAX 20 MINS)

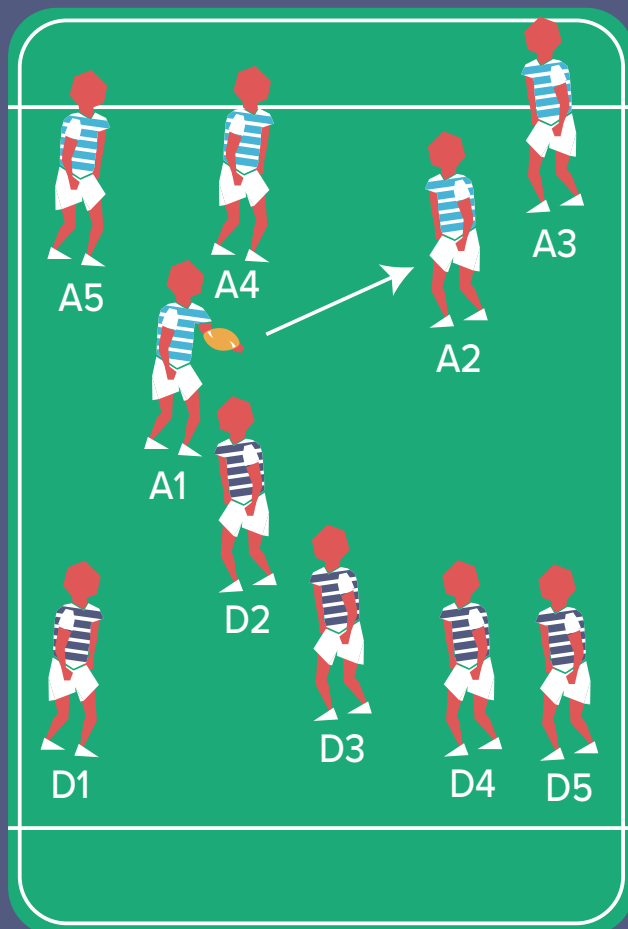


RETURN TO CONTACT: SPRING

WEEK 3 | UNDER 16 - OPEN AGE

MAX 40 MINS (2 X 20 MINS)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

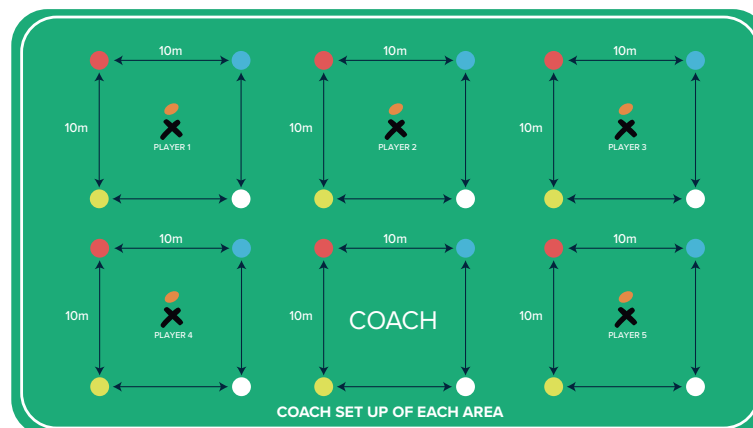
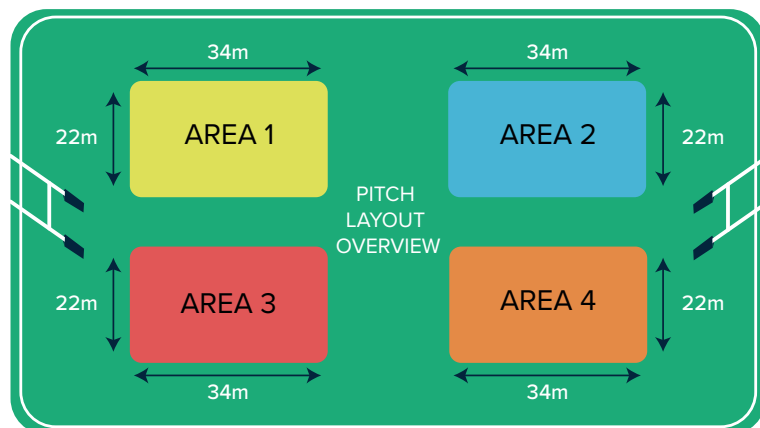
NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**



RETURN TO CONTACT: SPRING

WEEK 4 | SUGGESTED LAYOUT



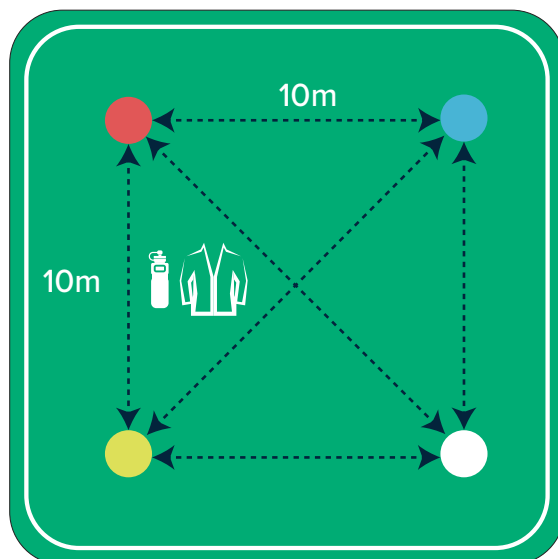
EQUIPMENT

COACHES TO BRING

- Cones
- Rugby balls
- Sanitizer for cleaning of equipment

PLAYERS TO BRING

- Water Bottle
- Hand Sanitizer
- Players need to come ready to train, no changing rooms available



DIAGRAM

Arrows depict potential lines of run.
This is just a guide as long as social distancing rules are followed coaches can utilise the space as they see fit.
Water Bottle and Jacket to be placed in a safe place within their own area.

NOTES

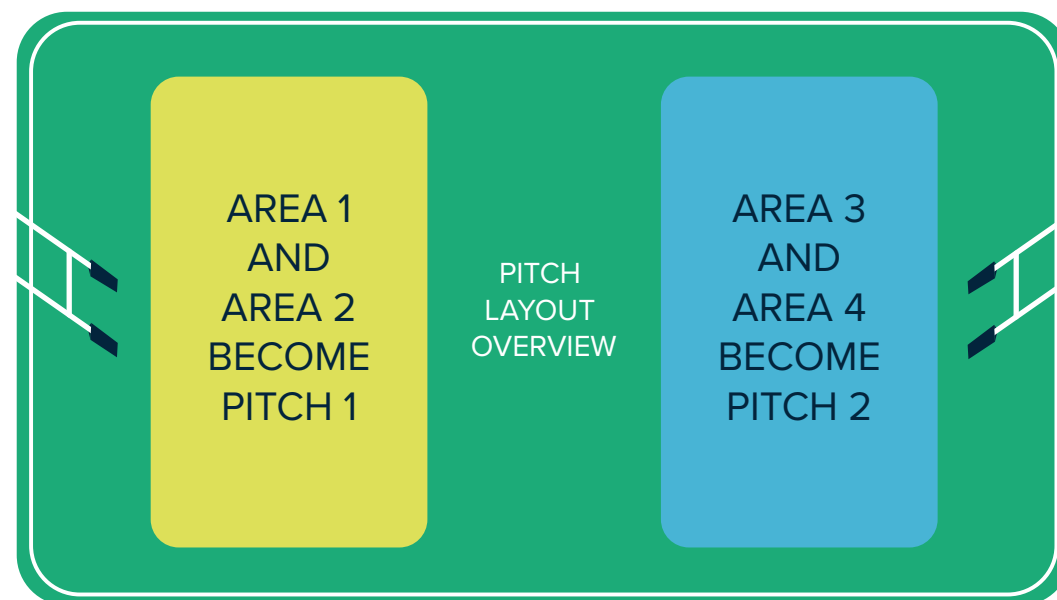
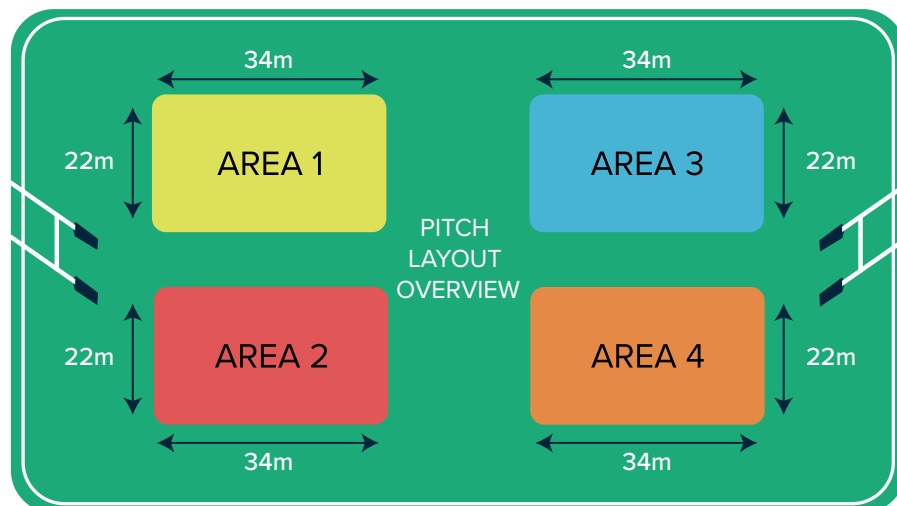
Please note that we have worked on 10x10m grids; dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid.
For a reminder of the current RFL guidelines for a return to activity click [here](https://www.rugby-league.com) (Rugby-League.com).
For a reminder of UK Government guidelines please click the link below.





RETURN TO CONTACT: SPRING

WEEK 4 | SUGGESTED LAYOUT



RETURN TO PLAY MILESTONE DATES

MARCH 29TH – Training to begin! – This includes return of Touch RL, Try Tag and X-League.

APRIL 5TH – RTC Protocols – Phased re-introduction of contact for 4 weeks – RFL resource to support.

1ST/2ND MAY – Friendly fixtures weekend.

8TH/9TH MAY – Competition resumption | Regional leagues, likely to have some normality e.g. they're regional. NCL likely to see regionalization of fixtures. Competitions will be able to consider merits and needs of promotion/relegation and other things affecting and impacting competition integrity.

Constant review and support protocols in place for clubs, OLZ, Development/Ops Team.

NOTES

- No more than 30 participants, including coaches, on the pitch at one time.
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s).
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30m x 50m (or half a pitch allowing for spacing between the pitches).



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 7 - UNDER 9

GRIP & CARRY

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME (MAX 15 MINS)

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands

- 1) Chin on chest
- 2) Bent knees
- 3) Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

CONTACT SKILL GAME (MAX 10 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 7 - UNDER 9

DECISION MAKING

- In groups, 3 v 2 or 4 v 3 (attacking team has more players) within a 12m x 20m grid. Attackers have the ball for 2 minutes, before rotating the players and will try to score as many tries as possible. Building upon the catch and pass elements from previous sessions, players are to be challenged on their decision-making skills on when attacking.

NON-CONTACT SKILL GAME (MAX 15 MINS)



THINK TO PLAY

I enjoy trying new skills.

I enjoy going to training.



MOVE TO PLAY (10 MINS)

STABILITY

Turn Differently

OBJECT CONTROL

Throw Squash

LOCOMOTION

Raise The Level



LIVE TO PLAY

Sport is FUN!

Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 7 - UNDER 9

GRIP & CARRY

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



CONTACT TO PLAY

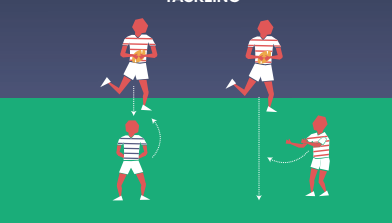
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

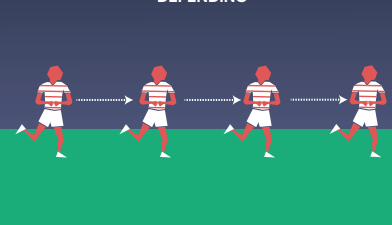
PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



NON-CONTACT SKILL GAME
(MAX 15 MINS)

CONTACT SKILL GAME
(MAX 10 MINS)

SKILL FOCUS

GRIP + CARRY (MAX 10 MINS)

D1

D2

D3

A1

A2

A3

A4

NON-CONTACT SKILL GAME
(MAX 15 MINS)

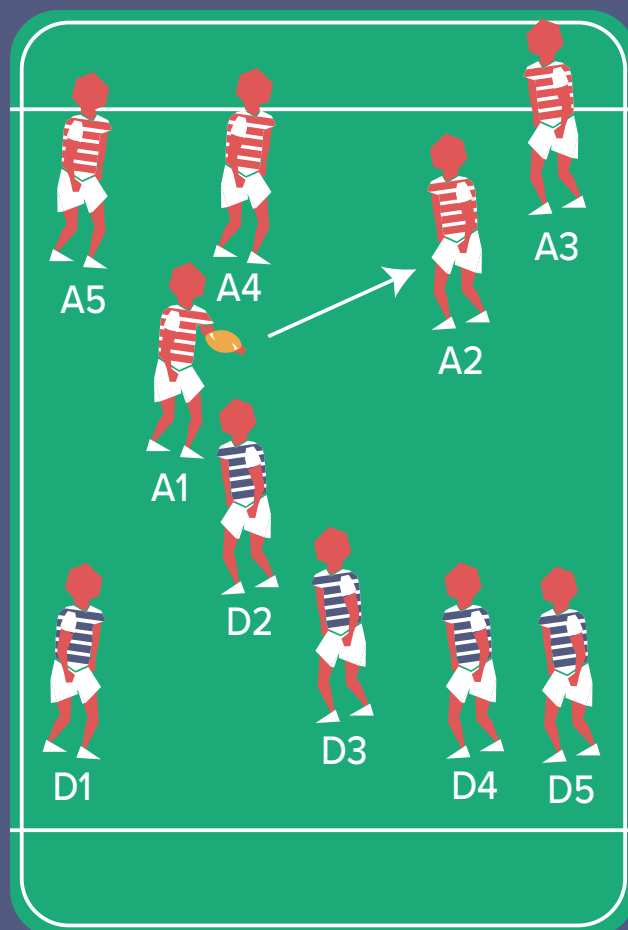


RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 7 - UNDER 9

MAX 40 MINS (2 X 15 MINS + 1 X 10 MINS)

GAME 1 + 3 - TOUCH |
GAME 2 - CONTACT



GAME 1 + 3 | TOUCH WHAT TO DO?

MAX. 15 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- People | 5v5 - 7v7 max (dependent on age group)
- Equipment | Balls, cones
- Pitch size: 20m x 30m max (based on 7v7 reduce as appropriate)

TOUCH

- The game is touch.
- The touch is effected by defender touching the attacker.
- 1 point per try scored.

GAME 2 | CONTACT GAME WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- As per Primary RL rules
- https://secure.rugby-league.com/ign_docs/RFL%20Primary%20RL%20Handbook%202019.pdf

PROGRESSIONS

- Additional points for tries from offloads



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 10 - UNDER 12

GRIP & CARRY



WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME (MAX 15 MINS)

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

CONTACT SKILL GAME (MAX 10 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 10 - UNDER 12

DECISION MAKING

- In groups, 3 v 2 or 4 v 3 (attacking team has more players) within a 12m x 20m grid. Attackers have the ball for 2 minutes, before rotating the players and will try to score as many tries as possible. Building upon the catch and pass elements from previous sessions, players are to be challenged on their decision-making skills on when attacking.

X-LEAGUE GAME (MAX 15 MINS)



THINK TO PLAY

I enjoy trying new skills.

I enjoy going to training.



MOVE TO PLAY (10 MINS)

STABILITY

Turn Differently

OBJECT CONTROL

Throw Squash

LOCOMOTION

Raise The Level



LIVE TO PLAY

Sport is FUN!

Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 10 - UNDER 12

GRIP & CARRY

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



NON-CONTACT SKILL GAME
(MAX 15 MINS)

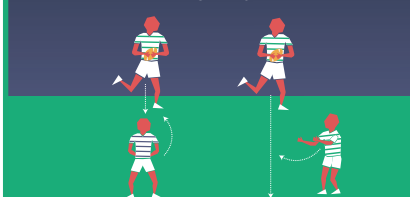
CONTACT TO PLAY (MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



CONTACT SKILL GAME
(MAX 10 MINS)

SKILL FOCUS GRIP + CARRY (MAX 10 MINS)

D1

D2

D3

A1

A2

A3

A4

X-LEAGUE GAME
(MAX 15 MINS)

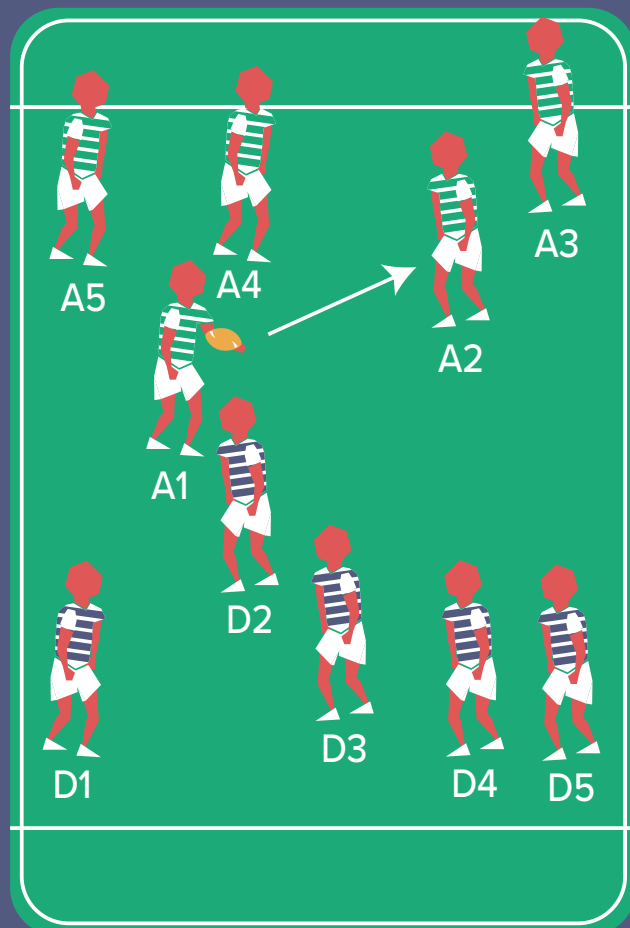


RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 10 - UNDER 12

MAX 40 MINS (2 X 15 MINS + 1 X 10 MINS)

GAME 1 + 3 - TOUCH & X-LEAGUE | GAME 2 - CONTACT



GAME 1 + 3 | TOUCH & X-LEAGUE WHAT TO DO?

MAX. 15 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- People | 7v7 max
- Equipment | Balls & cones
- Pitch size | 20m x 30m

TOUCH

- The game is touch.
- The touch is effected by defender touching the attacker.
- 1 point per try scored.

GAME 2 | CONTACT GAME WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- As per Primary RL rules
- https://secure.rugby-league.com/ign_docs/RFL%20Primary%20RL%20Handbook%202019.pdf

PROGRESSIONS

- Additional points for tries from offloads



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 13 - UNDER 15

GRIP & CARRY

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

GAME 1 TOUCH (2 x 10 MINS)

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

GAME 2 X-LEAGUE (10 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 13 – UNDER 15 OFFLOAD CHALLENGE

- Minimum 3 v 3 and Maximum 5 v 5
- Group A have the ball for 1 minute and count the number of passes they make.
- Each successful pass is worth 1 point.
- Successful one hand passes is worth 2 points
- Each time Group B stop the ball or intercept they gain 5 points.
- Swap Groups so Group B have the ball.
- 3 v 3 use 9m x 9m grid
- 4 v 4 use 12m x 12m grid
- 5 v 5 use 15m x 15m grid

GAME 3 CONTACT (10 MINS)



THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.



FIT TO PLAY (10 MINS)

6 SETS OF:
10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds



LIVE TO PLAY

Sport is FUN!
Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 13 - UNDER 15

GRIP & CARRY

WARM UP (5 MINS)

PUT THE BALL
DOWN WITH 1 HAND



GRIP
(THROUGH YOUR LEGS)



GRIP
(ROUND YOUR BACK)



GRIP
(TIP-TAP)



FORWARD ROLL



PLAY THE
BALL



GRIP
(QUICK CATCH)



CATCHING A BALL OVER
YOUR HEAD



FIT TO PLAY (10 MINS)

SQUAT x 10 REPS



PLANK x 20 SEC



PRESS UP x 10 REPS



WALL SIT x 20 SEC



CONTACT TO PLAY (MAX 10 MINS)

FRONT TACKLING



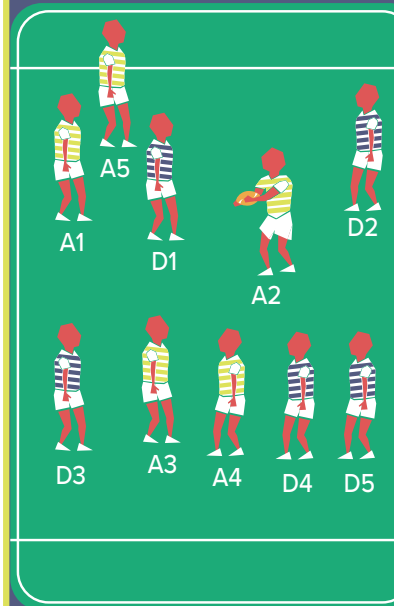
SIDE TACKLING



GAME 1 TOUCH
(2 x 10MINS)

GAME 2 X-LEAGUE
(10 MINS)

SKILL FOCUS GRIP + CARRY (MAX 10 MINS)



GAME 3 CONTACT
(10 MINS)

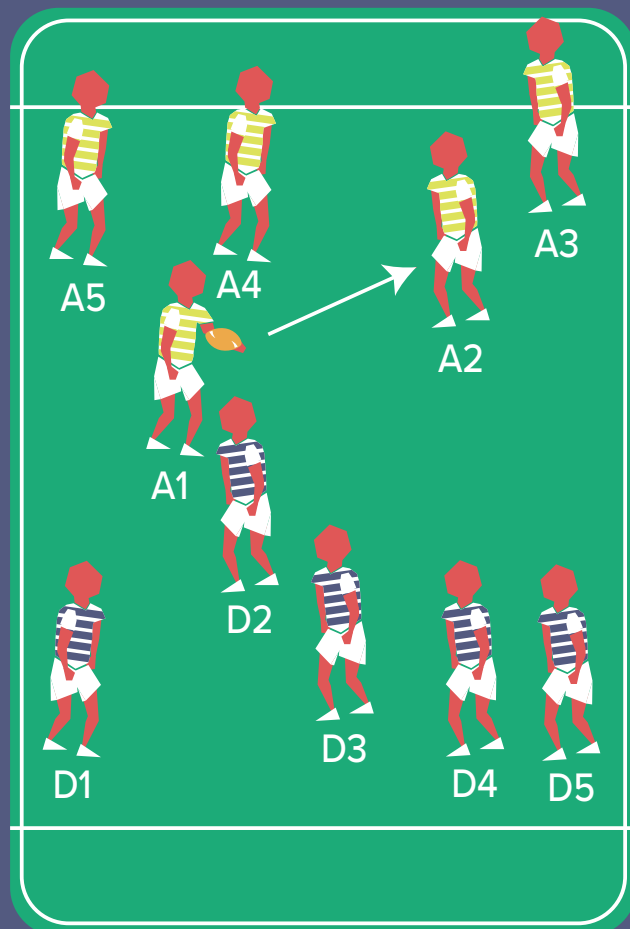


RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 13 - UNDER 15

MAX 40 MINS (1 X 20 MINS + 2 X 10 MINS)

GAME 1 - TOUCH |
GAME 2 - X-LEAGUE | GAME 3 - CONTACT



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

GAME 2 | X-LEAGUE WHAT TO DO?

10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

GAME 3 | CONTACT WHAT TO DO?

10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- Small sided contact game
- 4 tackles per set
- Rewards for successful 1 v 1 tackles

PROGRESSIONS

- Bigger/Smaller grid space.
- Less/More Touches/Tackles.
- Additional points for tries from offloads

FOR ALL GAMES

VARIATIONS

- Increase or decrease the grid size.
- Increase the number of touches/tackles.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 16 - OPEN AGE

GRIP & CARRY

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

GAME 1 TOUCH (2 x 10 MINS)

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

GAME 2 X-LEAGUE (10 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 16 – UNDER 18 OFFLOAD CHALLENGE

- Minimum 3 v 3 and Maximum 5 v 5
- Group A have the ball for 1 minute and count the number of passes they make.
- Each successful pass is worth 1 point.
- Successful one hand passes is worth 2 points
- Each time Group B stop the ball or intercept they gain 5 points.
- Swap Groups so Group B have the ball.
- 3 v 3 use 9m x 9m grid
- 4 v 4 use 12m x 12m grid
- 5 v 5 use 15m x 15m grid

GAME 3 CONTACT (10 MINS)



THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (10 MINS)

6 SETS OF:
10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

Sport is FUN!

Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 16 - OPEN AGE

GRIP & CARRY

WARM UP (5 MINS)

PUT THE BALL
DOWN WITH 1 HAND



GRIP
(THROUGH YOUR LEGS)



GRIP
(ROUND YOUR BACK)



GRIP
(TIP-TAP)



FORWARD ROLL



PLAY THE
BALL



GRIP
(QUICK CATCH)



CATCHING A BALL OVER
YOUR HEAD



FIT TO PLAY (10 MINS)

SQUAT x 10 REPS



PLANK x 20 SEC



PRESS UP x 10 REPS



WALL SIT x 20 SEC



CONTACT TO PLAY (MAX 10 MINS)

FRONT TACKLING



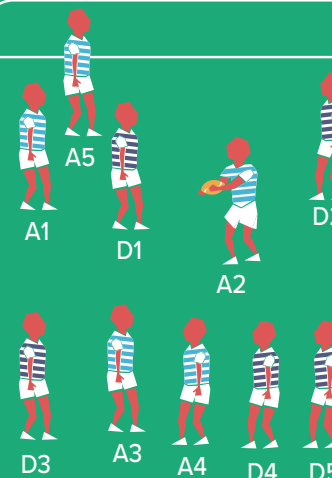
SIDE TACKLING



GAME 1 TOUCH
(2 x 10MINS)

GAME 2 X-LEAGUE
(10 MINS)

SKILL FOCUS GRIP + CARRY (MAX 10 MINS)



GAME 3 CONTACT
(10 MINS)

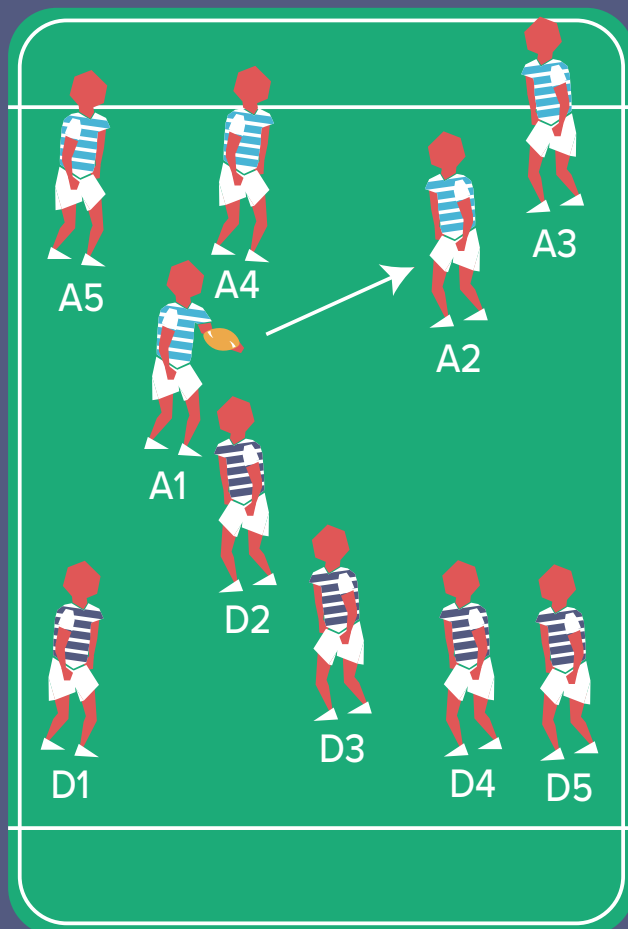


RETURN TO CONTACT: SPRING

WEEK 4 | UNDER 16 - OPEN AGE

MAX 40 MINS (1 X 20 MINS + 2 X 10 MINS)

GAME 1 - TOUCH |
GAME 2 - X-LEAGUE | GAME 3 - CONTACT



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

GAME 2 | X-LEAGUE WHAT TO DO?

10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

GAME 3 | CONTACT WHAT TO DO?

10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- Small sided contact game
- 4 tackles per set
- Rewards for successful 1 v 1 tackles

PROGRESSIONS

- Bigger/Smaller grid space.
- Less/More Touches/Tackles.
- Additional points for tries from offloads

FOR ALL GAMES

VARIATIONS

- Increase or decrease the grid size.
- Increase the number of touches/tackles.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

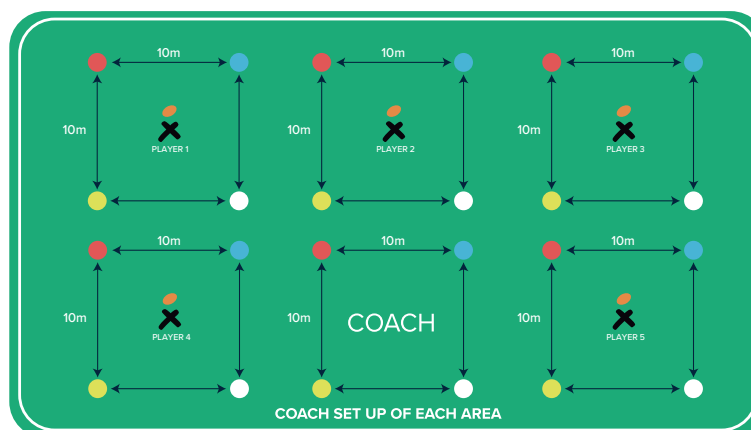
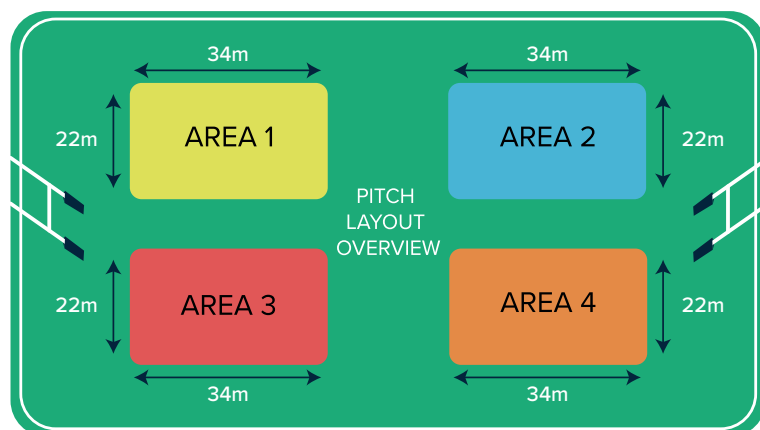
NOTE

- Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.



RETURN TO CONTACT: SPRING

WEEK 5 | SUGGESTED LAYOUT



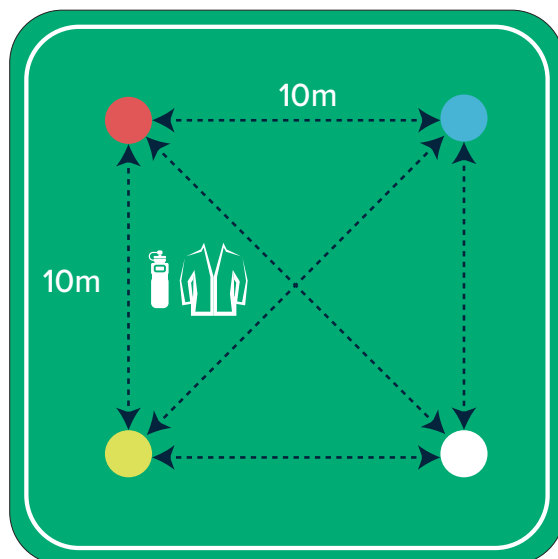
EQUIPMENT

COACHES TO BRING

- Cones
- Rugby balls
- Sanitizer for cleaning of equipment

PLAYERS TO BRING

- Water Bottle
- Hand Sanitizer
- Players need to come ready to train, no changing rooms available



DIAGRAM

Arrows depict potential lines of run.
This is just a guide as long as social distancing rules are followed coaches can utilise the space as they see fit.
Water Bottle and Jacket to be placed in a safe place within their own area.

NOTES

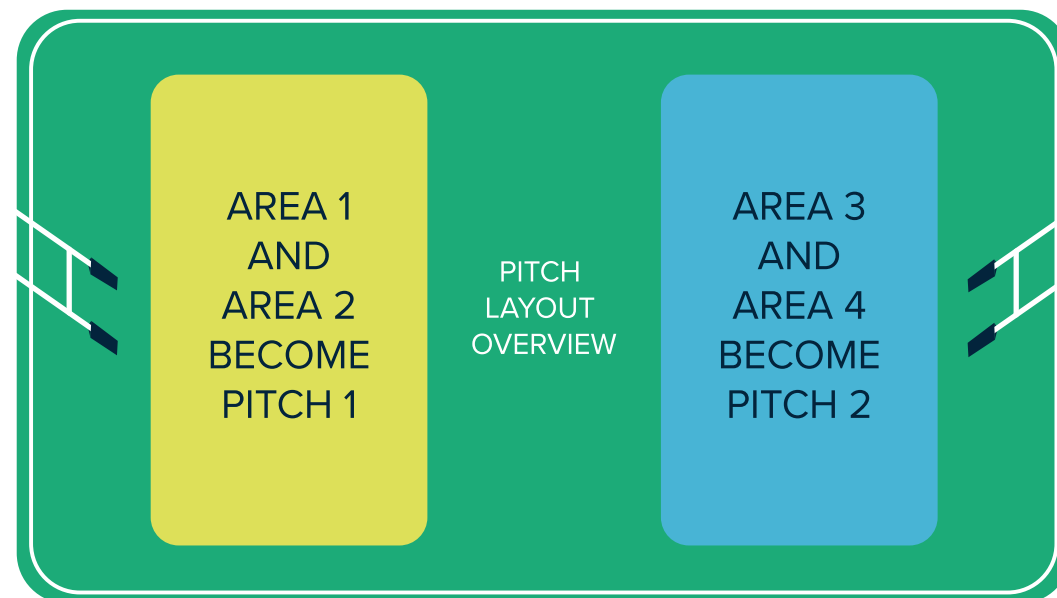
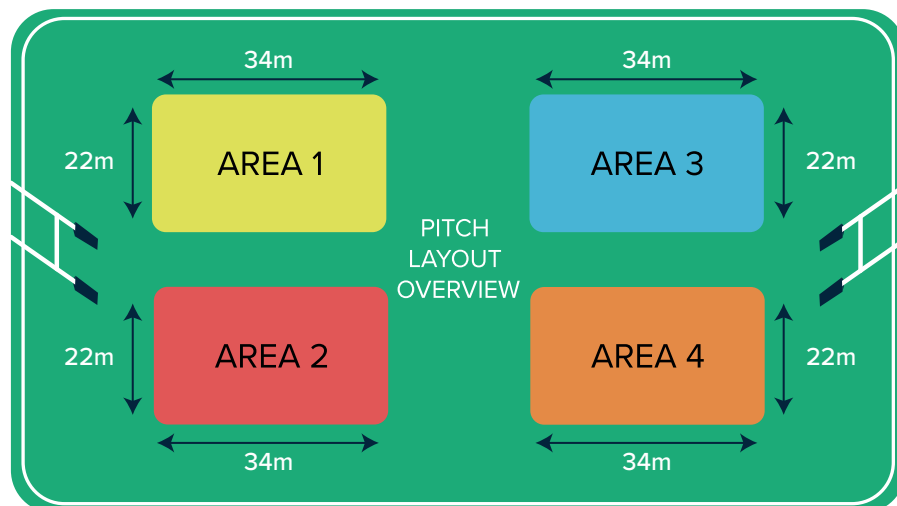
Please note that we have worked on 10x10m grids; dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid.
For a reminder of the current RFL guidelines for a return to activity click [here \(Rugby-League.com\)](https://www.rugby-league.com).
For a reminder of UK Government guidelines please click the link below.





RETURN TO CONTACT: SPRING

WEEK 5 | SUGGESTED LAYOUT



RETURN TO PLAY MILESTONE DATES

MARCH 29TH – Training to begin! – This includes return of Touch RL, Try Tag and X-League.

APRIL 5TH – RTC Protocols – Phased re-introduction of contact for 4 weeks – RFL resource to support.

1ST/2ND MAY – Friendly fixtures weekend.

8TH/9TH MAY – Competition resumption | Regional leagues, likely to have some normality e.g. they're regional. NCL likely to see regionalization of fixtures. Competitions will be able to consider merits and needs of promotion/relegation and other things affecting and impacting competition integrity.

Constant review and support protocols in place for clubs, OLZ, Development/Ops Team.

NOTES

- No more than 30 participants, including coaches, on the pitch at one time.
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s).
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30m x 50m (or half a pitch allowing for spacing between the pitches).



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 7 - UNDER 9

GRIP & CARRY

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME
(MAX 10 MINS)

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands

- 1) Chin on chest
- 2) Bent knees
- 3) Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 7 - UNDER 9

DECISION MAKING

- In groups, 3 v 2 or 4 v 3 (defending team has more players) within a 12m x 20m grid. Attackers have the ball for 2 minutes, before rotating the players and will try to score as many tries as possible. Building upon the grip and carry elements from previous sessions, players are to be challenged on their decision-making skills on when attacking.

NON-CONTACT SKILL GAME
(MAX 10 MINS)



THINK TO PLAY

I enjoy trying new skills.

I enjoy going to training.



MOVE TO PLAY (10 MINS)

STABILITY

Turn Differently

OBJECT CONTROL

Throw Squash

LOCOMOTION

Raise The Level



LIVE TO PLAY

Sport is FUN!

Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 7 - UNDER 9

GRIP & CARRY

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



CONTACT TO PLAY

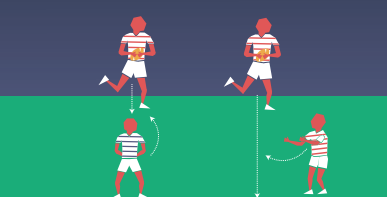
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



NON-CONTACT SKILL GAME
(MAX 10 MINS)

CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS

GRIP & CARRY (MAX 10 MINS)

D1

D2

D3

D4

A1

A2

A3

NON-CONTACT SKILL GAME
(MAX 10 MINS)

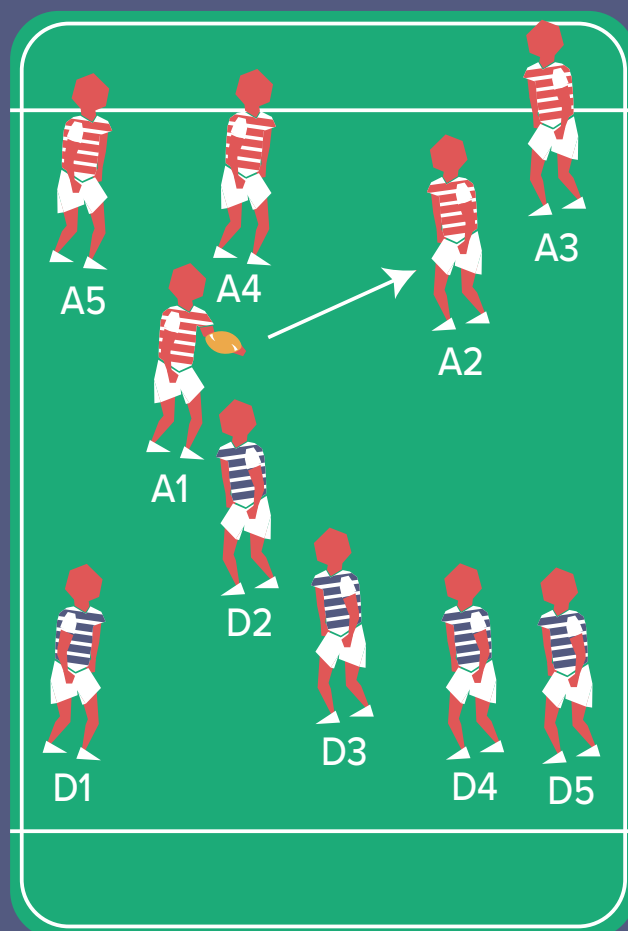


RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 7 - UNDER 9

MAX 40 MINS (2 X 10 MINS + 1 X 20 MINS)

GAME 1 + 3 - TOUCH |
GAME 2 - CONTACT



GAME 1 + 3 | TOUCH WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- People | 5v5 - 7v7 max (dependent on age group)
- Equipment | Balls, cones
- Pitch size: 20m x 30m max (based on 7v7 reduce as appropriate)

TOUCH

- The game is touch.
- The touch is effected by defender touching the attacker.
- 1 point per try scored.

GAME 2 | CONTACT GAME WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- As per Primary RL rules
- https://secure.rugby-league.com/ign_docs/RFL%20Primary%20RL%20Handbook%202019.pdf

PROGRESSIONS

- Additional points for tries from offloads



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 10 - UNDER 12

GRIP & CARRY



WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME (MAX 10 MINS)

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 10 - UNDER 12

DECISION MAKING

- In groups, 3 v 2 or 4 v 3 (defending team has more players) within a 12m x 20m grid. Attackers have the ball for 2 minutes, before rotating the players and will try to score as many tries as possible. Building upon the grip and carry elements from previous sessions, players are to be challenged on their decision-making skills on when attacking.

X-LEAGUE GAME (MAX 10 MINS)



THINK TO PLAY

I enjoy trying new skills.

I enjoy going to training.



MOVE TO PLAY (10 MINS)

STABILITY

Turn Differently

OBJECT CONTROL

Throw Squash

LOCOMOTION

Raise The Level



LIVE TO PLAY

Sport is FUN!

Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 10 - UNDER 12

GRIP & CARRY

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



CONTACT TO PLAY

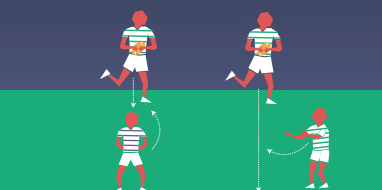
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



NON-CONTACT SKILL GAME
(MAX 10 MINS)

CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS

CATCH + PASS (MAX 10 MINS)

D1

D2

D3

D4

A1

A2

A3

X-LEAGUE GAME
(MAX 10 MINS)

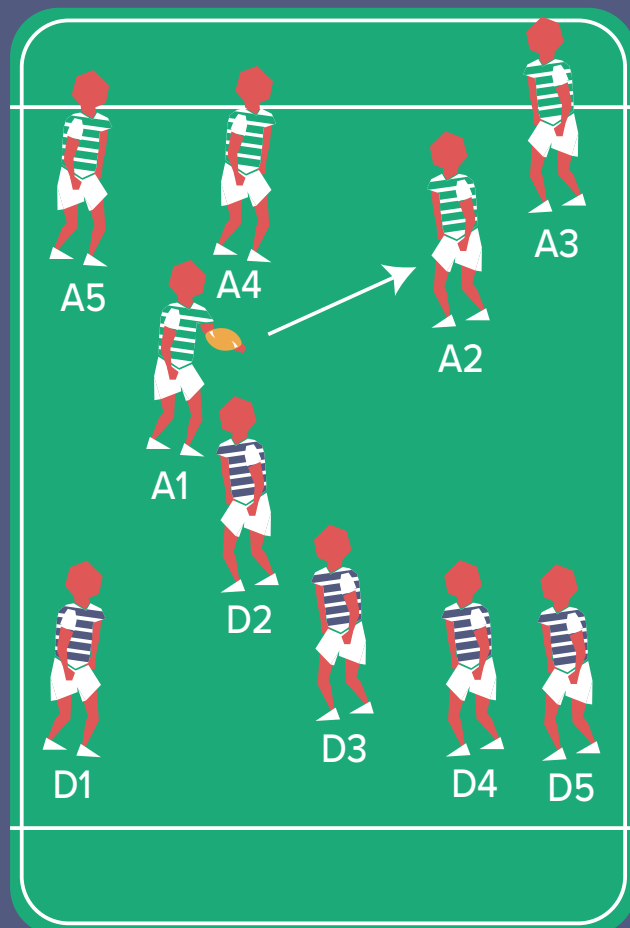


RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 10 - UNDER 12

MAX 40 MINS (2 X 10 MINS + 1 X 20 MINS)

GAME 1 + 3 - TOUCH & X-LEAGUE | GAME 2 - CONTACT



GAME 1 + 3 | TOUCH & X-LEAGUE WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- People | 7v7 max
- Equipment | Balls & cones
- Pitch size | 20m x 30m

TOUCH

- The game is touch.
- The touch is effected by defender touching the attacker.
- 1 point per try scored.

GAME 2 | CONTACT GAME WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- As per Primary RL rules
- https://secure.rugby-league.com/ign_docs/RFL%20Primary%20RL%20Handbook%202019.pdf

PROGRESSIONS

- Additional points for tries from offloads



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 13 - UNDER 15

GRIP & CARRY

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME
(MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

CONTACT SKILL GAME
(MAX 10 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 13 – UNDER 15 OFFLOAD CHALLENGE

- Minimum 3 v 3 and Maximum 5 v 5
- Group A have the ball for 1 minute and count the number of passes they make.
- Each successful pass is worth 1 point.
- Successful one hand passes is worth 2 points
- Each time Group B stop the ball or intercept they gain 5 points.
- Swap Groups so Group B have the ball.
- 3 v 3 use 12m x 12m grid
- 4 v 4 use 15m x 15m grid
- 5 v 5 use 18m x 18m grid

CONTACT SKILL GAME
(MAX 10 MINS)



THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (10 MINS)

6 SETS OF:
10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

Sport is FUN!
Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 13 - UNDER 15

GRIP & CARRY

WARM UP (5 MINS)

PUT THE BALL
DOWN WITH 1 HAND



GRIP
(THROUGH YOUR LEGS)



GRIP
(ROUND YOUR BACK)



GRIP
(TIP-TAP)



FORWARD ROLL



PLAY THE
BALL



GRIP
(QUICK CATCH)



CATCHING A BALL OVER
YOUR HEAD



FIT TO PLAY (10 MINS)

SQUAT x 10 REPS



PLANK x 20 SEC



PRESS UP x 10 REPS



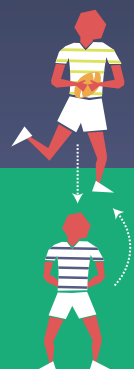
WALL SIT x 20 SEC



CONTACT TO PLAY

(MAX 10 MINS)

FRONT TACKLING



SIDE TACKLING

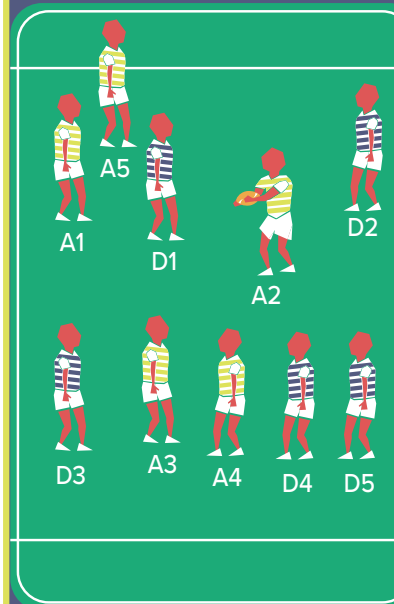


NON-CONTACT SKILL GAME
(MAX 20 MINS)

CONTACT SKILL GAME
(MAX 10 MINS)

SKILL FOCUS

GRIP + CARRY (MAX 10 MINS)



CONTACT SKILL GAME
(MAX 10 MINS)

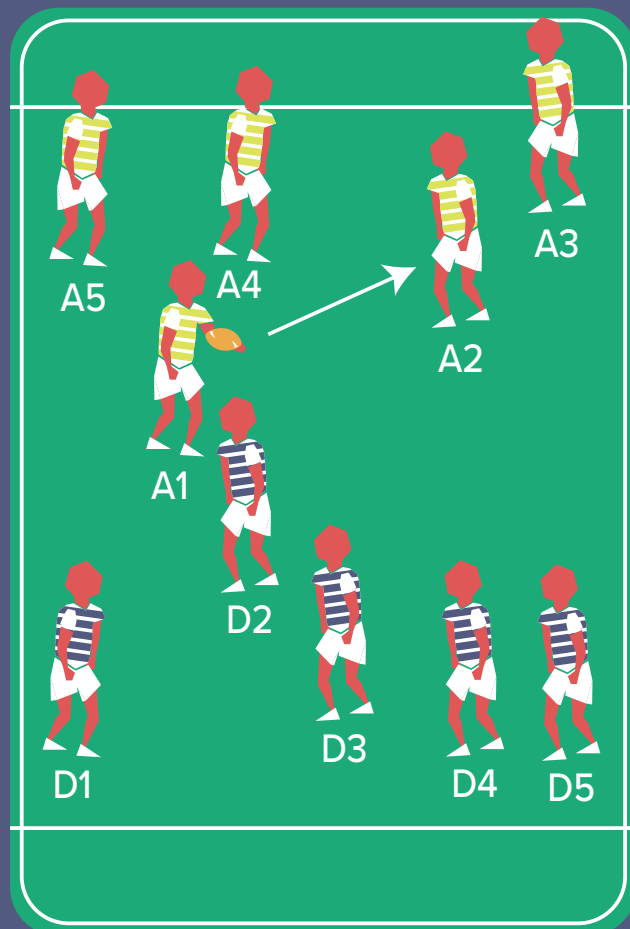


RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 13 - UNDER 15

MAX 50 MINS (2 X 10 MINS + 1 X 20 MINS)

GAME 1 - X-LEAGUE | GAME 2 + 3 - CONTACT



GAME 1 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- People | 4 v 4 to 6 v 6
- Pitch | 4v4 = 20x30m, 5v5 = 25x35m, 6v6 = 30x40m
- Equipment | Balls, cones

X-LEAGUE

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!
- 1 point per try scored.

GAME 2 + 3 | CONTACT GAME WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- Small sided contact game
- 4 tackles per set
- Rewards for successful 1 v 1 tackles

PROGRESSIONS

- Bigger/Smaller grid space.
- Less/More Touches/Tackles.
- Additional points for tries from offloads



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 16 - OPEN AGE

GRIP & CARRY

WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 5m – 7m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

CONTACT SKILL GAME (MAX 10 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 16 – UNDER 18 OFFLOAD CHALLENGE

- Minimum 3 v 3 and Maximum 5 v 5
- Group A have the ball for 1 minute and count the number of passes they make.
- Each successful pass is worth 1 point.
- Successful one hand passes is worth 2 points
- Each time Group B stop the ball or intercept they gain 5 points.
- Swap Groups so Group B have the ball.
- 3 v 3 use 12m x 12m grid
- 4 v 4 use 15m x 15m grid
- 5 v 5 use 18m x 18m grid

CONTACT SKILL GAME (MAX 10 MINS)



THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (10 MINS)

6 SETS OF:
10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

Sport is FUN!

Parents and coaches to introduce concepts of good rest and hygiene.



RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 16 - OPEN AGE

GRIP & CARRY

WARM UP (5 MINS)

PUT THE BALL
DOWN WITH 1 HAND



GRIP
(THROUGH YOUR LEGS)



GRIP
(ROUND YOUR BACK)



GRIP
(TIP-TAP)



FORWARD ROLL



PLAY THE
BALL



GRIP
(QUICK CATCH)



CATCHING A BALL OVER
YOUR HEAD



FIT TO PLAY (10 MINS)

SQUAT x 10 REPS



PLANK x 20 SEC



PRESS UP x 10 REPS



WALL SIT x 20 SEC



CONTACT TO PLAY (MAX 10 MINS)

FRONT TACKLING



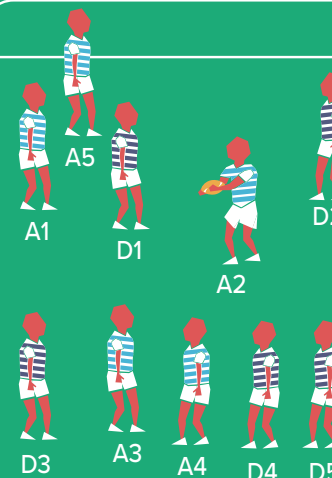
SIDE TACKLING



NON-CONTACT SKILL GAME
(MAX 20 MINS)

CONTACT SKILL GAME
(MAX 10 MINS)

SKILL FOCUS GRIP + CARRY (MAX 10 MINS)



CONTACT SKILL GAME
(MAX 10 MINS)

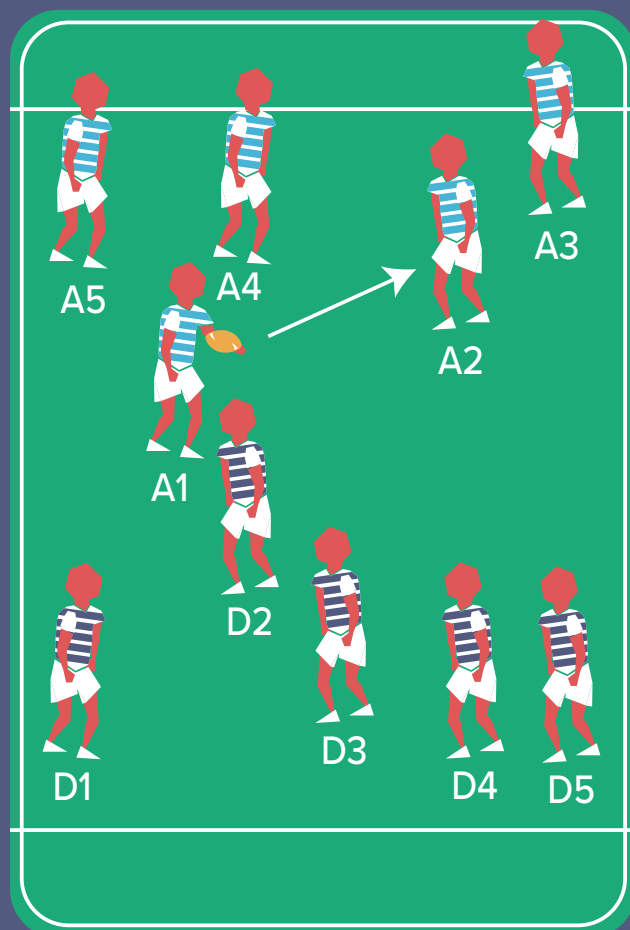


RETURN TO CONTACT: SPRING

WEEK 5 | UNDER 16 - OPEN AGE

MAX 40 MINS (2 X 10 + 1 X 20 MINS)

GAME 1 - X-LEAGUE | GAME 2 + 3 - CONTACT



GAME 1 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- People | 4 v 4 to 6 v 6
- Pitch | 4v4 = 20x30m, 5v5 = 25x35m, 6v6 = 30x40m
- Equipment | Balls, cones

X-LEAGUE

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!
- 1 point per try scored.

GAME 2 + 3 | CONTACT GAME WHAT TO DO?

MAX. 10 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

CONTACT GAME

- Small sided contact game
- 4 tackles per set
- Rewards for successful 1 v 1 tackles

PROGRESSIONS

- Bigger/Smaller grid space.
- Less/More Touches/Tackles.
- Additional points for tries from offloads