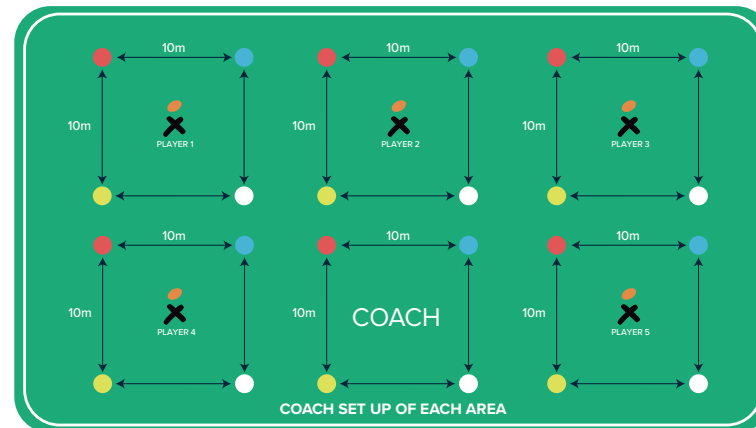
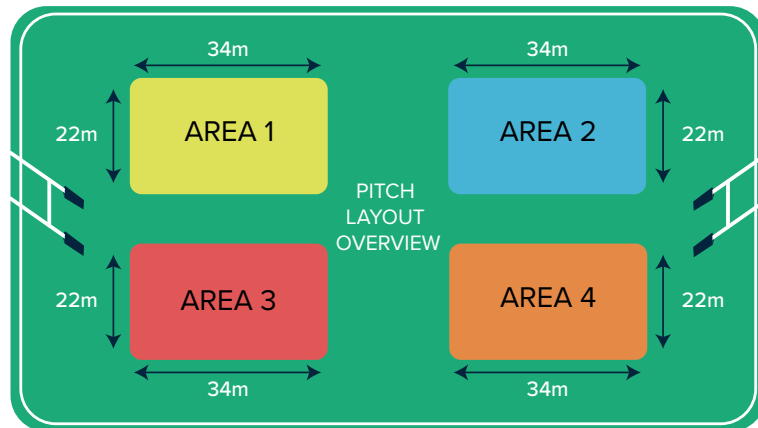




# STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT  
GRIP + CARRY



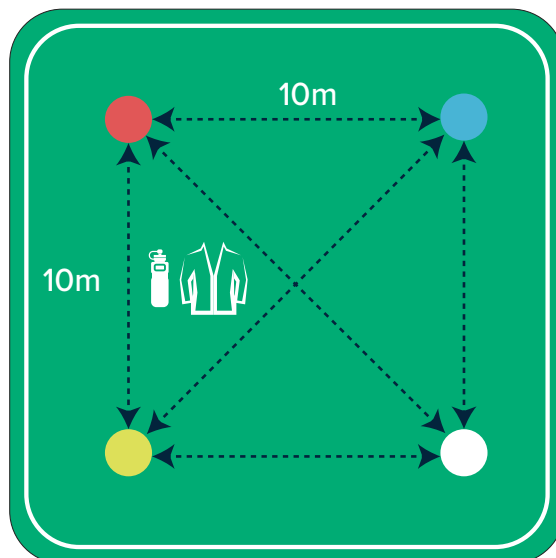
## EQUIPMENT

### 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 (<https://www.rugby-league.com/coronavirus>). For a reminder of UK Government guidelines please click the link below.





# STAYING SAFE

RETURN TO ACTIVITY | 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 (2 feet), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

## SKILL FOCUS - GRIP + CARRY (8 - 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.

## SKILL TO PLAY (8 - 10 MINS)

- Carry the ball in two hands.
- Score a try with a two handed put down.
- Score a try with a one handed put down.
- Catch the ball in two hands.
- Catch the ball in one hand.
- Maintain and develop your grip on the ball (two hands), develop your grip on the ball with one hand.

## SKILL CHALLENGE (8 - 10 MINS)

### GRIP TO SCORE

### GRIP TO SCORE (DIVE)

### GRIP TO CATCH/ SCORE



## THINK TO PLAY

I enjoy trying new skills.  
I enjoy going to training.

## MOVE TO PLAY (8 - 10 MINS)

**STABILITY**  
Mirror Challenge  
**OBJECT CONTROL**  
Complex Challenges  
**LOCOMOTION**  
Corner Movement

## LIVE TO PLAY

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



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 10 - UNDER 12

GRIP + CARRY

## 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

### MIRROR CHALLENGE



### COMPLEX CHALLENGES



### CORNER MOVEMENT



## SKILL FOCUS

GRIP + CARRY (8 - 10 MINS)

### GRIP

(ROUND YOUR BACK - CONTROL THE BALL)



### GRIP

(ROUND YOUR BACK - CONTROL THE BALL)



### CATCHING A BALL OVER YOUR HEAD



## SKILL TO PLAY (8 - 10 MINS)

### CATCHING A BALL WITH 2 HANDS



### CATCHING A BALL WHILST RUNNING



### CATCHING A BALL WITH 1 HAND



### PUT THE BALL DOWN WITH 2 HANDS



### PUT THE BALL DOWN WITH 1 HAND



## SKILL CHALLENGE (8 - 10 MINS)

### PUT THE BALL DOWN WITH 2 HANDS



### PUT THE BALL DOWN WITH 1 HAND



### PUT THE BALL DOWN WITH 1 HAND

