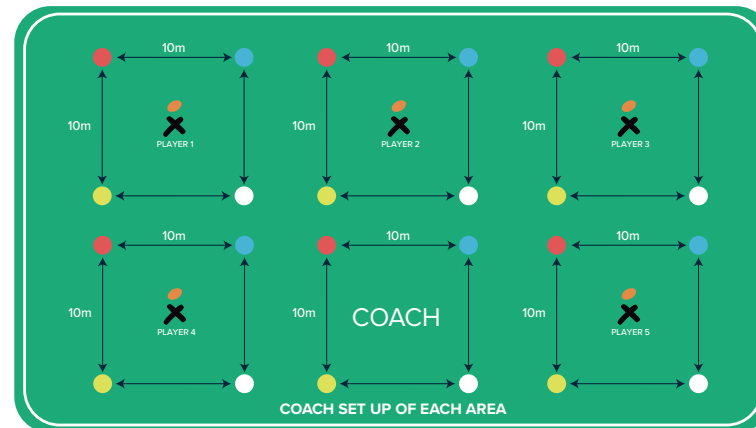
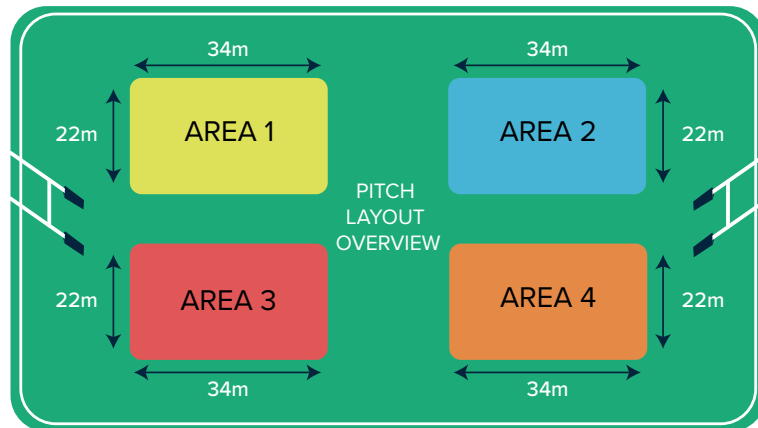




STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT
GRIP + CARRY



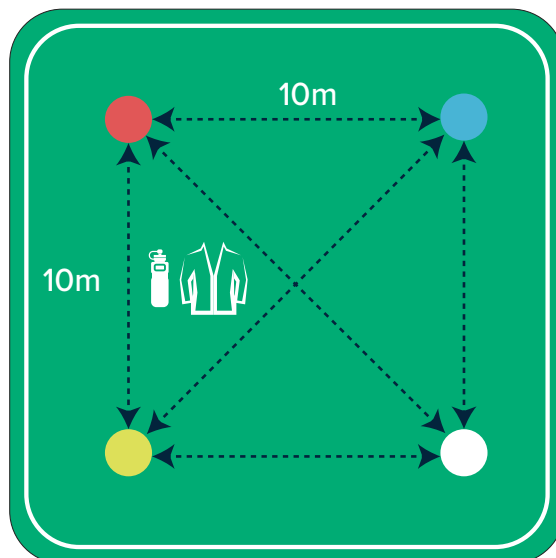
EQUIPMENT

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 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.

SKILL FOCUS - GRIP + CARRY (8 - 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.

SKILL TO PLAY (8 - 10 MINS)

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

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
Pick Up Put Down Challenge
OBJECT CONTROL
Collect your rebound
LOCOMOTION
Follow the leader

LIVE TO PLAY

Do you...take an active a role in preparation during the week . Including planning sessions, setting meeting times as well as pre and post match food.



STAYING SAFE

RETURN TO ACTIVITY | 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

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER

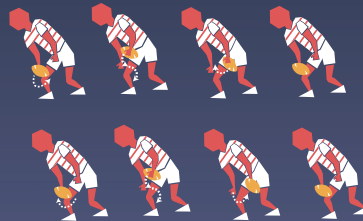


SKILL FOCUS

GRIP + CARRY (8 - 10 MINS)

GRIP

(THROUGH YOUR LEGS - 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



PUT THE BALL DOWN WITH 2 HANDS



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

