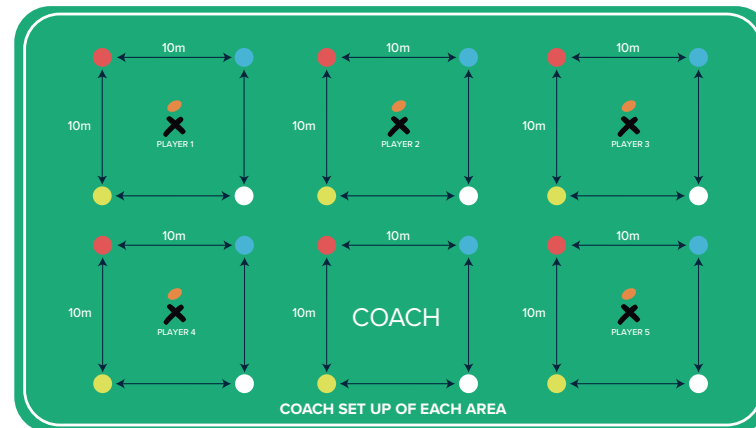
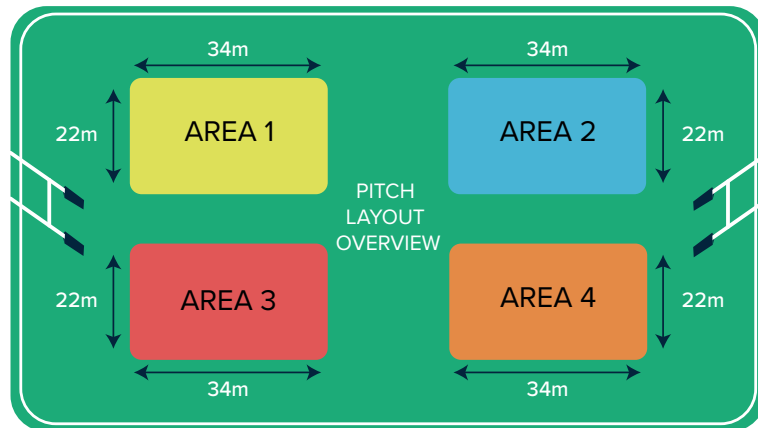




STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT

GRIP + CARRY



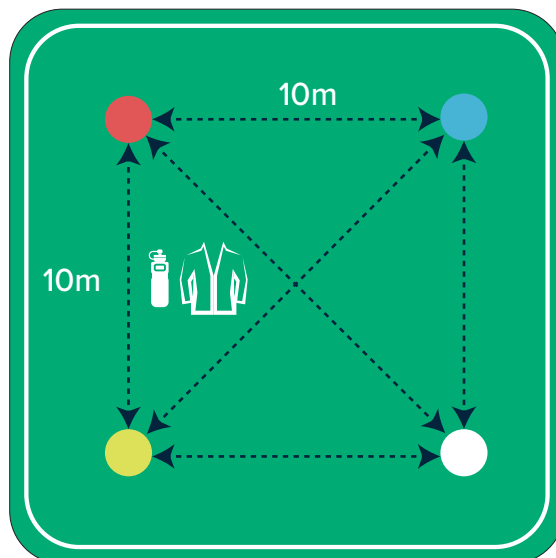
EQUIPMENT

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 16 - UNDER 18

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

SKILL FOCUS - GRIP + CARRY (8 - 10 MINS)

UNDER 16 – UNDER 18

GRIP SPEED

- Hold centre of the 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.

SKILL TO PLAY (8 - 10 MINS)

GRIP TO SPIN FORWARD

- Face partner. Start with ball on hip.
- Grip the ball then drive the ball to partner.

GRIP TO SPIN SIDEWARD

- Be side on to partner. Start with ball on outside hip.
- Grip the ball then drive the ball across body to partner.

GRIP TO PASS (KNEE)

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

GRIP TO PASS (ELBOW IN)

- Face partner. Keep elbows tucked to side.
- Grip the ball and use forearm, wrist to pass.

SKILL CHALLENGE (8 - 10 MINS)

Set cones up as diagram. Ball at white cone. Green cone 10m away. On colour call players race, collect ball. Run around colour called. Race to end. Score on the green cone.

**GRIP TO SCORE
GRIP TO SCORE (DIVE)
GRIP TO CATCH/
SCORE**



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 (8 - 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.



STAYING SAFE

RETURN TO ACTIVITY | UNDER 16 - UNDER 18

GRIP + CARRY

WARM UP (5 MINS)

<p>PUT THE BALL DOWN WITH 1 HAND</p>	<p>GRIP (THROUGH YOUR LEGS)</p>	<p>GRIP (ROUND YOUR BACK)</p>
<p>GRIP (TIP-TAP)</p>	<p>FORWARD ROLL</p>	<p>PLAY THE BALL</p>
<p>GRIP (QUICK CATCH)</p>		<p>CATCHING A BALL OVER YOUR HEAD</p>

FIT TO PLAY

<p>SQUAT x 10 REPS</p>	<p>PLANK x 20 SEC</p>
<p>PRESS UP x 10 REPS</p>	<p>WALL SIT x 20 SEC</p>

SKILL FOCUS

GRIP + CARRY (8 - 10 MINS)

<p>GRIP (QUICK CATCH - CONTROL THE BALL)</p> <p>4m</p>
<p>GRIP + CATCH (REACTION)</p> <p>4m</p>
<p>GRIP (TENNIS)</p> <p>4m</p>

SKILL TO PLAY (8 - 10 MINS)

<p>PASSING (SPIN)</p> <p>4m</p>
<p>PASSING (SPIN)</p>
<p>PASSING (DUMMY HALF)</p> <p>4m</p>
<p>PASSING (GRIP)</p> <p>4m</p>

SKILL CHALLENGE (8 - 10 MINS)

<p>GRIP + CARRY (DECISION MAKING)</p>
<p>PUT THE BALL DOWN WITH 2 HANDS</p>
<p>PUT THE BALL DOWN WITH 1 HAND</p>
<p>PUT THE BALL DOWN WITH 1 HAND</p>