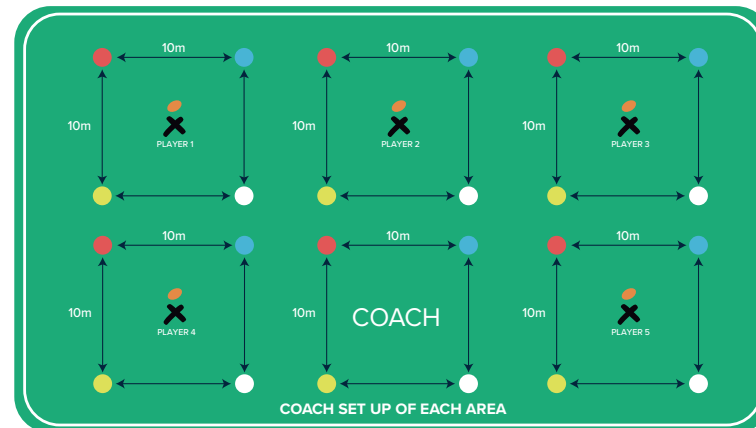
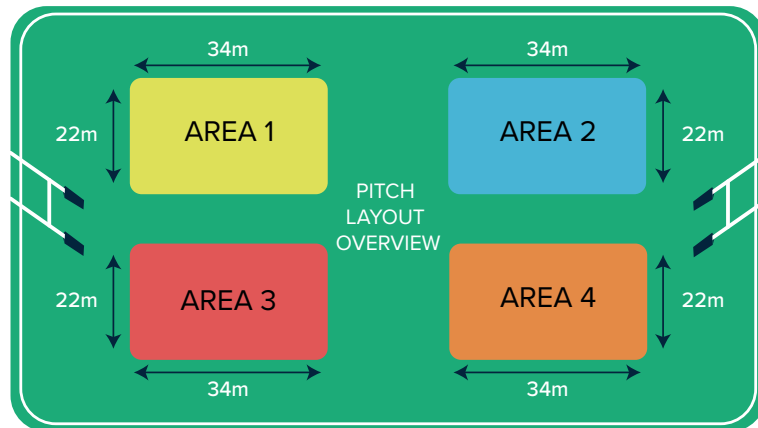




STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT
CATCH + PASS



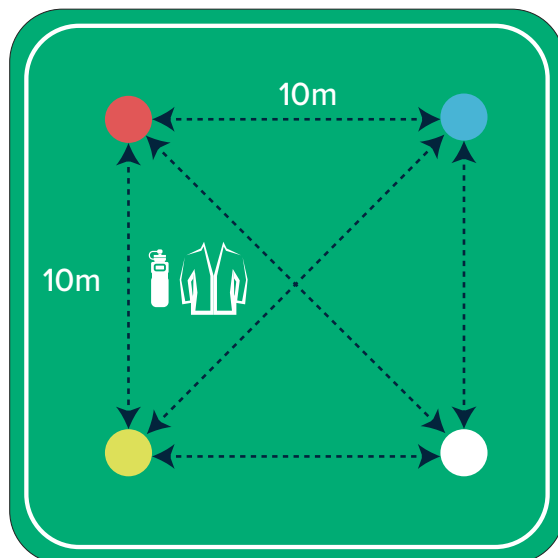
EQUIPMENT

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
CATCH + 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.

SKILL FOCUS - CATCH + PASS (8 - 10 MINS)

UNDER 7 - UNDER 9

- Throw the ball into the air at different heights and catch the ball, progress to travelling and catching.
- Static pass to partner (minimum 2m apart), if unattainable, player to practice the technique of the pass without releasing the ball. Practice passing both L to R & R to L. Partner to catch the ball with two hands. Progress to walk, jog and run.

SKILL TO PLAY (8 - 10 MINS)

- Catch the ball in two hands & maintain a good grip on the ball.
- Pass the ball to a player both left & right and right to left.

SKILL CHALLENGE (8 - 10 MINS)

- How many static passes can I make in 30 seconds?
- How many times can I throw the ball above my head and catch it in 30 seconds?
- How many catches can I make from my partner's passes?



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 (8 - 10 MINS)

STABILITY
Match, mirror & contrast
OBJECT CONTROL
Perform sequences
LOCOMOTION
Raise the level

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.



STAYING SAFE

RETURN TO ACTIVITY | UNDER 7 - UNDER 9
CATCH + PASS



WARM UP (5 MINS)

GRIP (THROUGH YOUR LEGS - CONTROL THE BALL)



GRIP (ROUND YOUR BACK - CONTROL THE BALL)



CATCHING A BALL OVER YOUR HEAD



GRIP (QUICK CATCH)



MOVE TO PLAY

MATCH, MIRROR & CONTRAST



PERFORM SEQUENCES



RAISE THE LEVEL



SKILL FOCUS GRIP + CARRY (8 - 10 MINS)

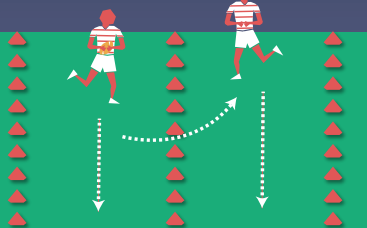
CATCHING A BALL OVER YOUR HEAD



CATCHING A BALL WITH 2 HANDS

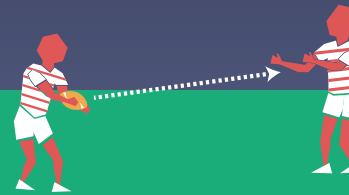


SKILL FOCUS - PASSING (MAINTAIN SPACE)

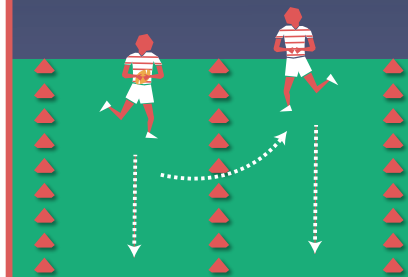


SKILL TO PLAY (8 - 10 MINS)

PASSING (STATIC)

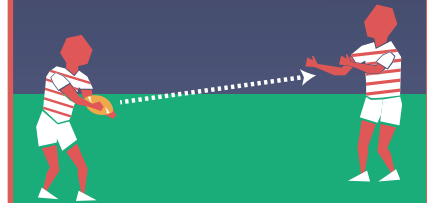


PASSING (MAINTAIN SPACE)



SKILL CHALLENGE (8 - 10 MINS)

PASSING (STATIC)



CATCHING THE BALL IN TWO HANDS



CATCHING A HIGH BALL

