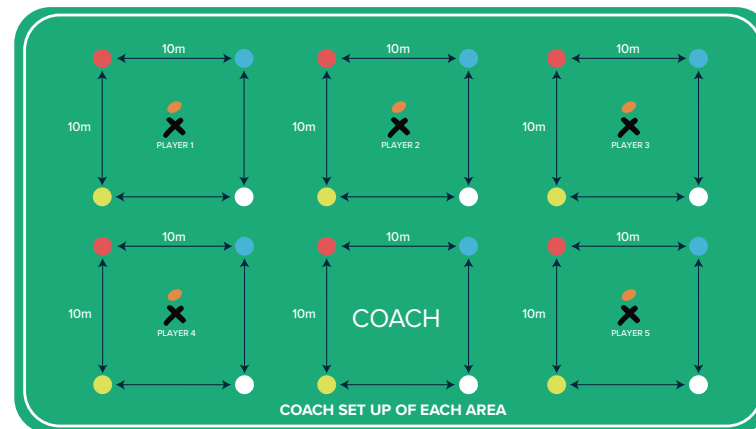
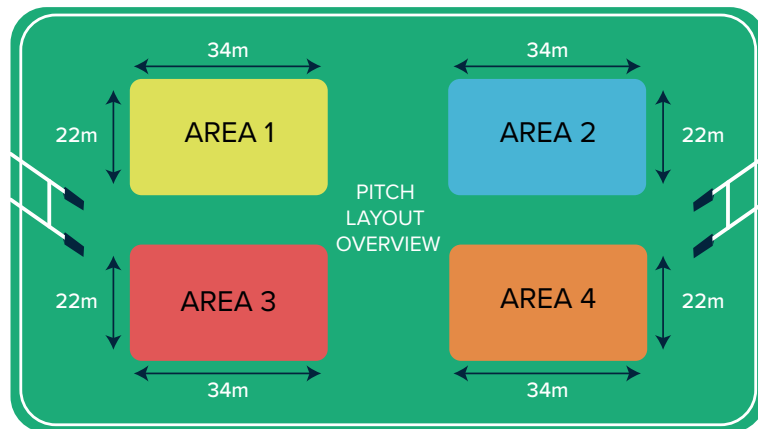




STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT CATCH + PASS



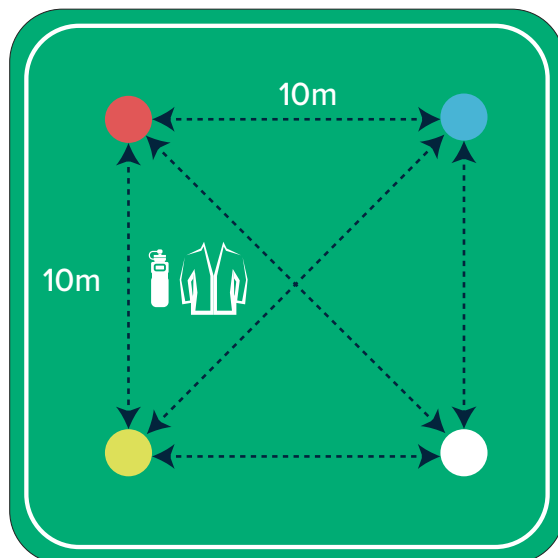
EQUIPMENT

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 16 - UNDER 18

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.

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

UNDER 16 – UNDER 18

PASS + CATCH

Form a circle, all have a ball, then all make 1 pass to the left, then 1 to the right.

All make 2 passes to the left, then 2 to the right – Work up to 10 – Remember to catch after you've passed!

- **PASSING LINE**
- Form a line.
- Receive 1 pass from left then pass to right.
- Receive 1 pass from right then pass to left.
- Alternate whilst running – how quick can you run?

POP & PASS

- Form a circle facing inwards, Player 1 throw ball 1 up.
- Player 2 pass ball 2 to player 1. Player 1 catch ball 2.
- Player 1 pass ball 2 to Player 3. Player 1 catch ball 1.

SKILL TO PLAY (8 - 10 MINS)

PASS FOR ACCURACY

- Face straight (side on to poles).
- Have marker poles set up.
- Pass the ball between poles. Aim for flat pass to target.

CATCH + PASS

- Ball carrier to: Run straight, stay straight through pass.
- Pass accurately to support runner.
- Support runner: Run straight, stay straight through catch.
- How many catches and passes in a 1minute?

ROTATION FOR PASSING

- Sit straight (side on to partner).
- Legs straight and toes up.
- Pass the ball to your partner. Aim for flat pass to target.

SKILL CHALLENGE (8 - 10 MINS)

Set cone channel up as diagram. On call players race, collect ball pass. Pass to team mate. How many successful passes can they make in a minute?

CATCH THE BALL WHILST RUNNING!

2 HANDED PASS OR OFFLOAD PASS



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 (8 - 10 MINS)

6 SETS OF:

- 10 overhead squats.
- Hand plank for 20 secs.
- 10 tuck jumps.
- Plank for 20 seconds.

LIVE TO PLAY

I spend time practicing skills.

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



STAYING SAFE

RETURN TO ACTIVITY | UNDER 16 - UNDER 18

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 x 6 SETS

SQUAT x 10 REPS 	HAND PLANK x 20 SEC
TUCK JUMP x 10 REPS 	PLANK x 20 SEC

SKILL FOCUS GRIP + CARRY (8 - 10 MINS)

PASS + CATCH

PASSING LINE

POP + PASS

SKILL TO PLAY (8 - 10 MINS)

PASS FOR ACCURACY

CATCH + PASS

ROTATION FOR PASSING

SKILL CHALLENGE (8 - 10 MINS)

CATCHING AND PASSING (MAINTAIN SPACE)

CATCHING A BALL WHILST RUNNING

PASSING A BALL WITH 2 HAND

PASSING A BALL WITH 1 HAND