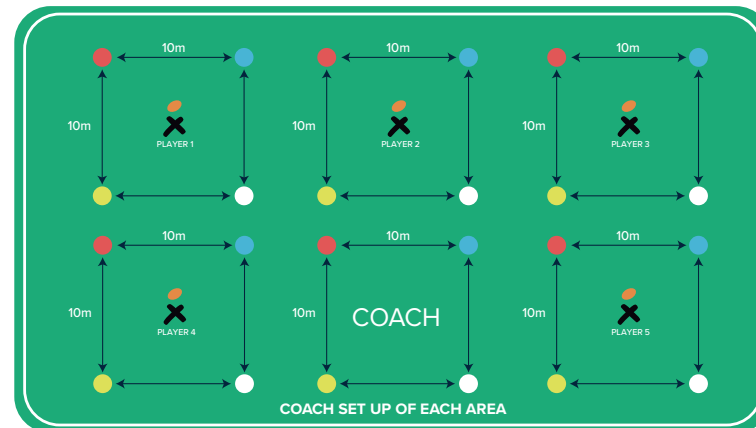
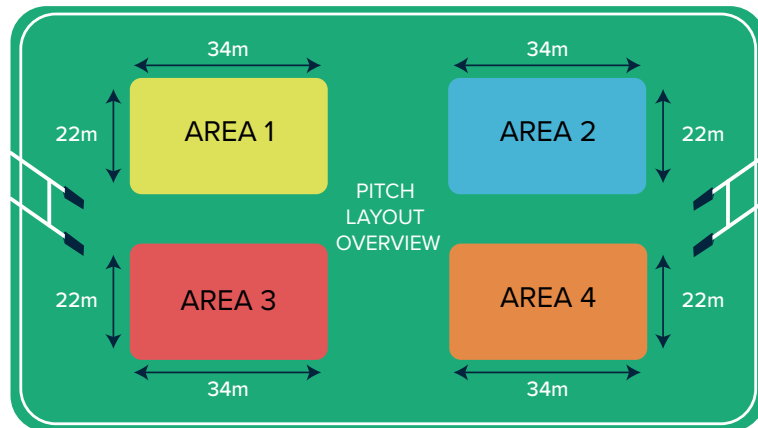




# STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT  
FALLING, PTB & DH PASS



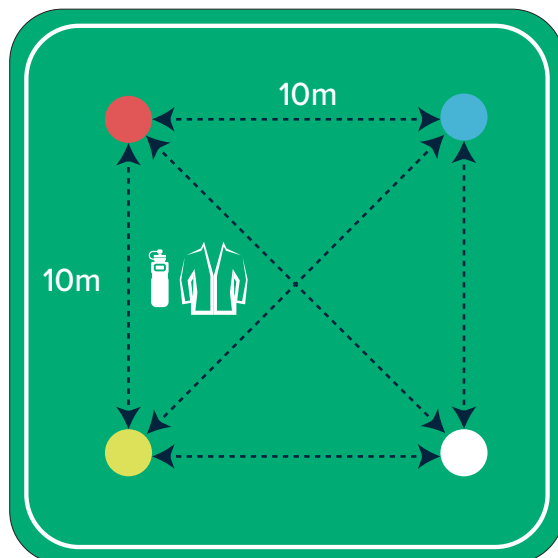
## EQUIPMENT

### 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

FALLING, PTB & DH 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. Incorporate forward rolls, side stepping and evasion techniques.

## SKILL FOCUS - FALLING, PTB & DH PASS (8 - 10 MINS)

### UNDER 7 - UNDER 9

- **PROTECTIVE FALLING** – (front, back, left & right) Play the Ball & Dummy Half pass. Ensure all players have a ball and call out which way the player has to fall correctly. Progress to the player then standing up and playing the ball. Next progression is to have the player making a dummy half pass. Player stands up after playing the ball, returns behind the ball and executes a dummy half pass to the player in the next grid. If a 2m pass can't be made the player can execute the pass without releasing.

## SKILL TO PLAY (8 - 10 MINS)

- Falling correctly
- Playing the ball correctly
- Passing the ball to a player both left & right and right to left from a dummy half position

## SKILL CHALLENGE (8 - 10 MINS)

- How many dummy half passes can I make in 30 seconds?
- How many times can I fall correctly forward, backwards and to both sides correctly? in 30 seconds?
- How many catches can I make from my partner's dummy half 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**  
Find & select shapes

**OBJECT CONTROL**  
Distance Objects in different body positions

**LOCOMOTION**  
Follow the Leader (encourage players falling correctly as part of the activity)

## LIVE TO PLAY

I spend time practicing skills. - if you are unable to do a dummy pass over 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  
FALLING, PTB & DH 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

FIND & SELECT SHAPES



DISTANCE OBJECTS IN DIFFERENT BODY POSITIONS



FOLLOW THE LEADER



## SKILL FOCUS FALLING, PTB & DH PASS (8 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS

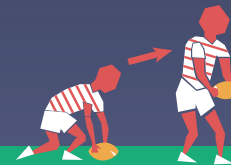


## SKILL TO PLAY (8 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS



## SKILL CHALLENGE (8 - 10 MINS)

PLAYER FALLING TO THE GROUND



PLAYER GETTING UP FROM THE GROUND



DUMMY HALF PASS



CATCHING A BALL WITH TWO HANDS

