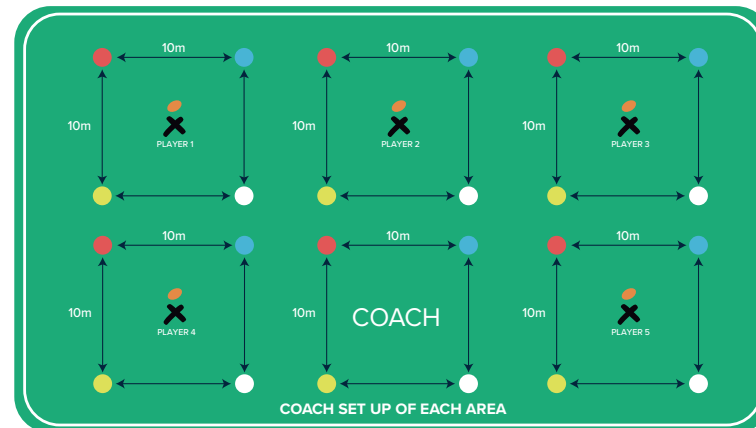
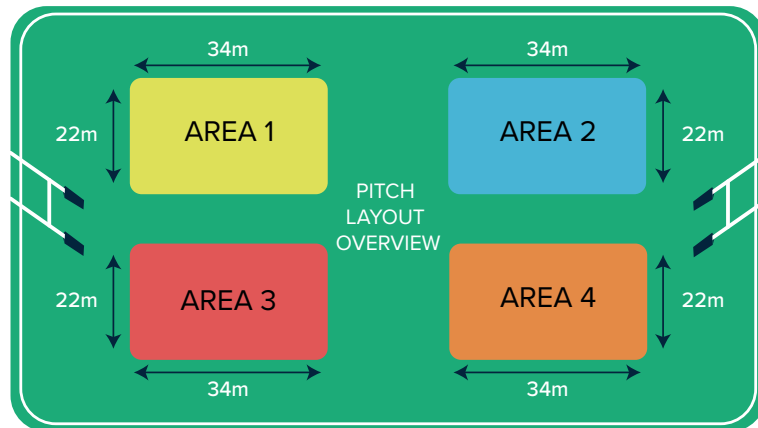




STAYING SAFE

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



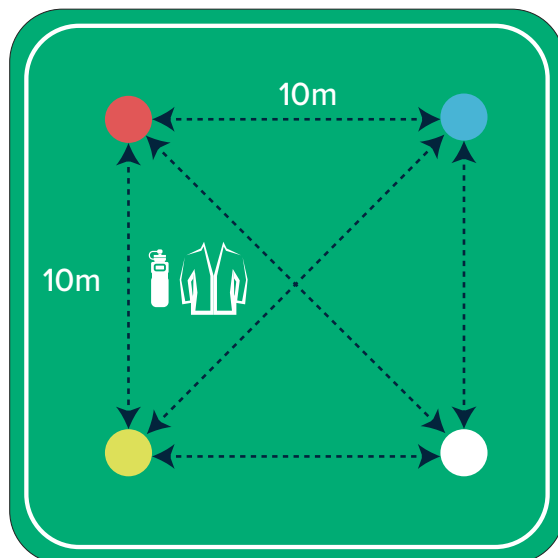
EQUIPMENT

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 16 - UNDER 18

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

UNDER 13 – UNDER 15

DH PASS

- Face straight (side on to partner 3m away).
- Approach the ball and complete DH pass to partner.
- On completing 3 successful DH pass move out 1m.
- See how far you can move out.

PTB

- Player moves around 10 x 10 grid, listening to coach.
- Calls of, round back, through legs, PTB, drop & PTB.
- PTB will have additional instruction:
- Left Hand / Left Foot / Right Hand / Right Foot.

GRIP TO DH PASS

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

SKILL TO PLAY (8 - 10 MINS)

DH PASS FOR ACCURACY

- Have marker poles set up (1-2m apart).
- Place ball 2-5m away from poles.
- Approach the ball and complete DH pass to partner.

CATCH & DH PASS

- Ball receiver to run straight, stay straight through pass.
- DH Pass accurately to support runner & call colour.
- Support runner: Catch, run to colour, drop & PTB.
- How many PTBs in 1 minute?

ROTATION FOR PASSING

- Kneel straight (side on to partner).
- Stay upright (not sat back on heels).
- 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!**

**PLACE THE BALL
DOWN TO SCORE.**



THINK TO PLAY

Understands seeing and trying new skills is important.
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 press ups
Wall sit for 30 seconds
10 Overhead squats
Hand Plank for 30 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

FALLING, PTB & DH 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

PRESS UP x 10 REPS



SQUAT x 20 SEC



OVERHEAD SQUAT x 10 REPS



HAND PLANK x 20 SEC



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

PASSING (DUMMY HALF)



GRIP (THROUGH YOUR LEGS: CONTROL THE BALL)



GRIP (ROUND YOUR BACK: CONTROL THE BALL)



PLAYER FALLING TO THE GROUND



PLAY THE BALL

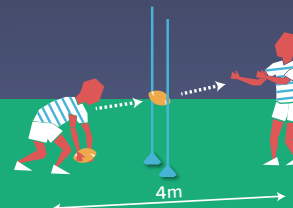


PASSING (DUMMY HALF)

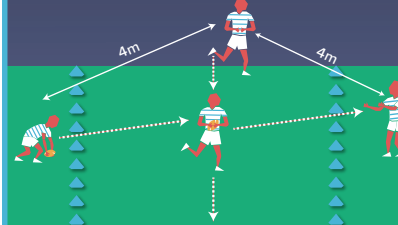


SKILL TO PLAY (8 - 10 MINS)

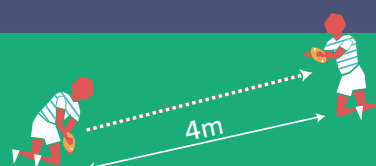
PASSING (DH)



CATCHING + DH PASSING (MAINTAIN SPACE)



PASSING (DUMMY HALF)



SKILL CHALLENGE (8 - 10 MINS)

DH PASSING (MAINTAIN SPACE)

