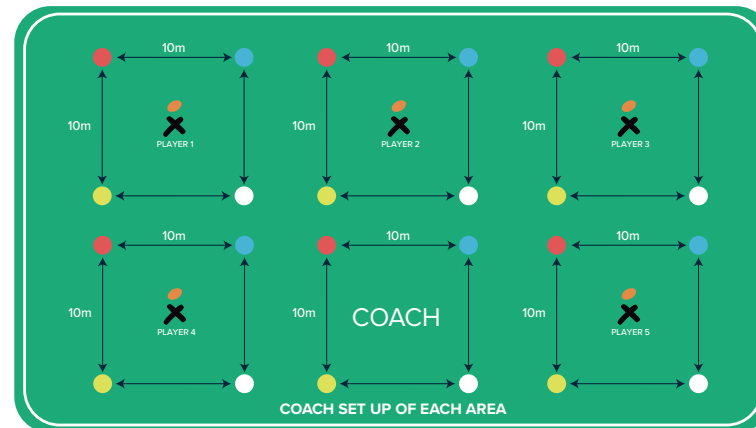
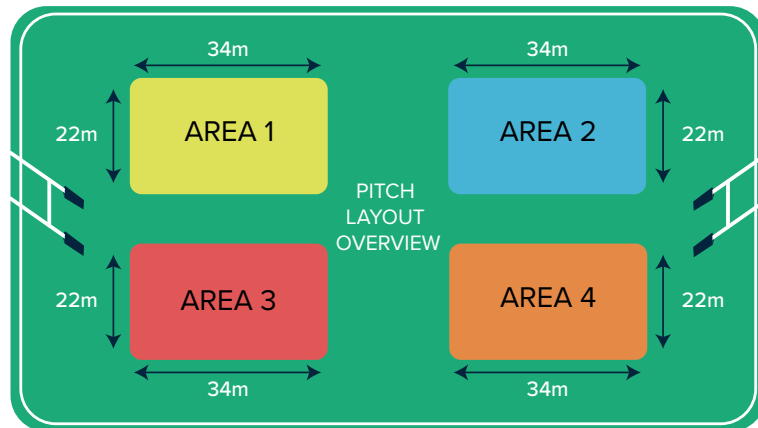




STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT
KICKING, BALL RETRIEVAL & EVASION



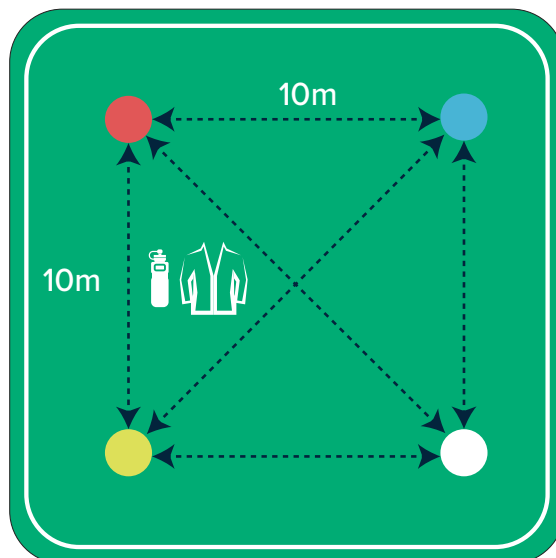
EQUIPMENT

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

KICKING, BALL RETRIEVAL & EVASION



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

KICK TO TARGET

- Start 15m from pole, which is the centre of the circle.
- 2m radius cones and 5m radius cones.
- Aim to hit the pole. Pole = 10 points / 2m radius = 5 points / 5m radius = 2 points.

KICK TENNIS

- Face partner.
- Have centre zone marked.
- Kick the ball over the zone. Aim to land in partner's half.

KICK CATCH

- Can you kick and catch the ball with one hand?
- Using both left and right hand and left and right feet?
- Can you kick, make 5 / 10 claps then catch ball?
- Can you kick and catch ball behind your back?

SKILL TO PLAY (8 - 10 MINS)

KICK FOR POWER/ACCURACY

- Face partner, both 5m from poles.
- Have marker poles set up (2m apart).
- Kick the ball between poles. Aim to strike firmly to target, which is your partner's hands. Partner to catch.

KICK PASSING

- Make 10-15m square. Face target.
- Alternate punt/grubber kicks. Aim for firm kick to target.
- Aim to allow catcher to catch.

GRUBBER KICK FOR POWER/ACCURACY

- Face partner, both 5m from poles.
- Have marker poles set up (2m apart).
- Grubber kick the ball between poles. Aim to strike firmly to target, which is your partner's hands. Partner to catch.

SKILL CHALLENGE (8 - 10 MINS)

**SET CONE CHANNELS UP
AS DIAGRAM.
ON CALL PLAYERS RACE,
KICK/COLLECT BALL.
SCORE A TRY AT THE
END.**

**HOW MANY SUCCESSFUL
TRIES CAN THEY SCORE
IN A MINUTE?**

Catch the ball whilst
running!
Overhead or low to ground.
Place the ball down to
score.



THINK TO PLAY

I know that watching myself can help to identify improvements.
I encourage people in my house to help me to practice and share ideas with them.

FIT TO PLAY (8 - 10 MINS)

6 SETS OF:
10 burpees
Plank for 30 seconds
10 squats
Wall sit for 30 seconds

LIVE TO PLAY

I enjoy watching rugby, Live Rugby, Sky TV, YouTube, ouRLeague.
I video and watch my own performance.



STAYING SAFE

RETURN TO ACTIVITY | UNDER 16 - UNDER 18

KICKING, BALL RETRIEVAL & EVASION



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

BURPEES x 10 REPS



PLANK x 20 SEC



SQUATS x 10 REPS



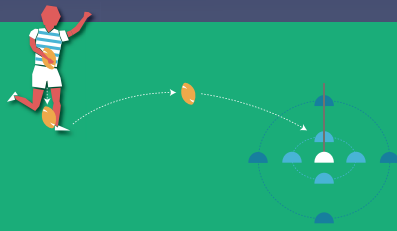
WALL SIT x 20 SEC



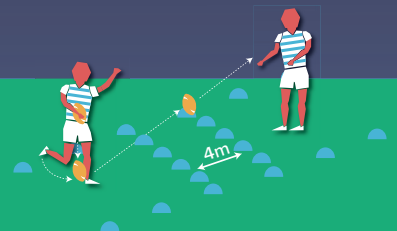
SKILL FOCUS

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

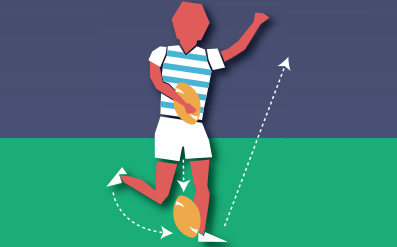
KICKING TO TARGET



KICK TENNIS

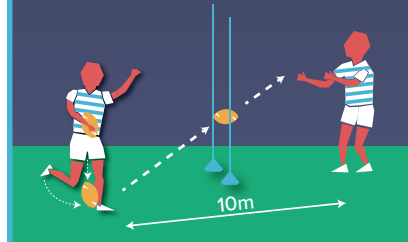


KICK CATCH

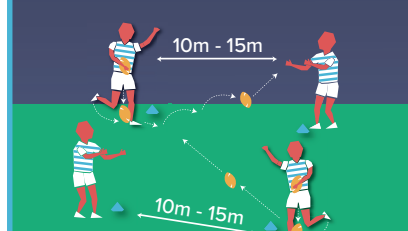


SKILL TO PLAY (8 - 10 MINS)

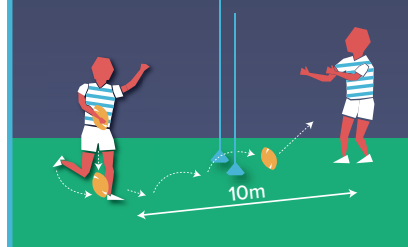
KICKING (POWER/ACCURACY)



KICK PASSING

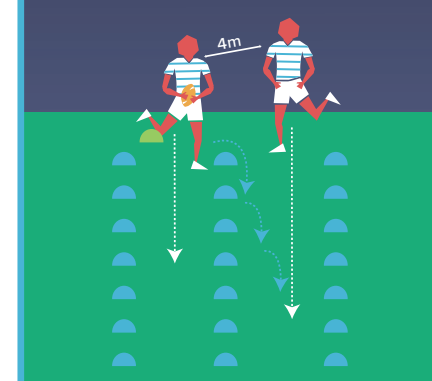


KICKING (GRUBBER/ACCURACY)



SKILL CHALLENGE (8 - 10 MINS)

KICKING LOW (TRY SCORING)



KICKING HIGH (TRY SCORING)

