



## What is ContactBoks?

ContactBoks is a training programme that offers a **fun and safe transition** from playing modified, non-contact rugby to playing contact rugby. Ultimately a player could end up playing 15-a-side rugby.

ContactBoks games and drills are simple to understand and easy to adapt. Many of the exercises are derived from other sports, such as gymnastics, judo and wrestling. These games and drills can be used as standalone exercises or integrated with conditioning, and are easily transferable to other sports.

**Through ContactBoks, players are introduced to contact in rugby safely** – avoiding injuries – **and progressively** – gradually building up contact skills until they reach full contact.

**ContactBoks has three core components:**

**Player welfare** – The focus is always on safety and avoiding injuries.

**Education** – For the workforce, participants and parents.

**Integrated contact skills and conditioning** – Players are familiarised with different contact situations that are fun and good for them.

ContactBoks is a key safety component of the player pathway in new and established rugby markets and as such augments World Rugby’s more comprehensive and general guide *Coaching Children*, which can be found on the World Rugby Passport site under “Coaching”.

## What is contact?

Contact in rugby is when a player’s body connects with the ground, or with another player’s body, or with another player *and* the ground during the same movement. ContactBoks focuses on contact with the ground and contact with other players.

### Exercises that lay the foundation for contact

Contact with the ground	Contact with other players
<ul style="list-style-type: none"> <li>Falling</li> <li>Rolling</li> </ul>	<ul style="list-style-type: none"> <li>Pulling</li> <li>Pushing</li> <li>Wrestling</li> </ul>

### Techniques for successful contact

Before contact	During contact	After contact
<ul style="list-style-type: none"> <li>Evasive running</li> <li>Carrying the ball</li> </ul>	<ul style="list-style-type: none"> <li>Body position</li> <li>Leg drive</li> <li>Protecting the ball</li> </ul>	<ul style="list-style-type: none"> <li>Ripping</li> <li>Falling</li> <li>Placing</li> <li>Supporting</li> <li>Returning to play</li> <li>Competing for the ball</li> </ul>

**Note:** There are numerous manuals on World Rugby Passport that deal with the tackle and the various contact techniques. Refer to the World Rugby Passport website to access them: <https://passport.worldrugby.org/>

## Who is ContactBoks for?

ContactBoks is designed for pre-teen and teenage players that are looking to participate in the contact format of rugby.

## What does a ContactBoks session look like?

### Each session has four main phases:

- A. A **warm-up game** to assess the skills level and ability of players and prepare their bodies for the session.
- B. One or more **exercises** to teach specific techniques and skills or to correct skill and technique errors.
- C. A general, **modified contact game** where acquired skills are displayed and reviewed.
- D. **Cool-down exercises** and stretches, as well as some quick review questions.

## What is on the exercise cards?

The exercise cards in this material provide guidance for A, B and C above. Below you will see how the cards are organised. Cool-down exercises are left to the coach's discretion and expertise.

### A. Warm-ups

The warm-up phase always consists of a warm-up, an agility drill and a core exercise. Card 3 provides an example of each with suggestions for progression.

Card 3	Warm-ups	Warm-up game: Ruck touch 1 Agility drill: Ladders Core development exercises
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### B. Skills exercises

Choose one or more exercises to do. The exercises build up from basic skills to more complex skills within each phase. Repeat previous exercises while new skills are introduced, until players have mastered all the skills for each phase.

#### Phase 1: Contact with the ground

Card 4	Basic skill	Rolling and falling Rolling Pushing Pulling	Exercises	Sideways and forward rolls Rolling over another player Pushing over the line Pulling over the line
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#### Phase 2: Contact with another player (exercises start on side two of Card 4)

Card 5	Basic skill	Wrestling Ripping Wrestling	Exercises	Escaping and pinning down Pilfering the ball Box wrestling
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### C. General rugby-related games

Let players practise skills in the dynamic context of a rugby-related game.

Card 6	Game	Ruck touch 2 Offload in contact Counter-attack game
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