

Warm-up game: Ruck touch

Skills

- The work before going to ground
- Controlling the ball while making contact with the ground

Equipment

- Cones for grids
- 1 ball per grid

Space needed

- Grids 30 x 20 m
- 10 players
(6 attackers and 4 defenders) in a grid (6 v 4)

What to do

- Team A starts game with tap and pass; attacks opposition try line.
- If touched by player from Team B, player from Team A maintains continuity by going to ground and placing the ball.
- Team B's player leaves field after touch, runs to cone on furthest touch line and rejoins team.
- Team A keeps ball until knock-on occurs or ball is intercepted.
- When a try is scored, the attacking team gets 5 seconds to run across their try line, or else the try is disallowed.
- Attacking team continues to attack until they make a handling error.

Time: 8-10 minutes

Progression

- From 6 v 4 to 5 v 5 or 7 v 7.
- From touch to grab tackle.

Agility drill: Ladders

Skill

- Coordination and evasive running

Equipment

- Ladders

Space and players needed

- Maximum 10 players per ladder

What to do

Time: 5 minutes

- Run forwards through length of ladder:
 - Step inside block with one foot and into next block with other foot. Repeat to end of ladder.
- Run sideways through ladder:
 - Step inside block with one foot and follow with other foot (in same block). Repeat to end.
- Jump from block to block with feet together.
- Hop from block to block on one leg.
- Do jumping jacks through ladder:
 - Jump inside block with feet together, jump outside block with feet wide apart (body over ladder). Repeat to end.



Forwards



Sideways



Both feet



One leg



Jumping jacks



Core development

Equipment

- None

Skills

- Core development
- Placing the ball

Space needed

- 2 m in between players

What to do

Time

- 4-6 minutes

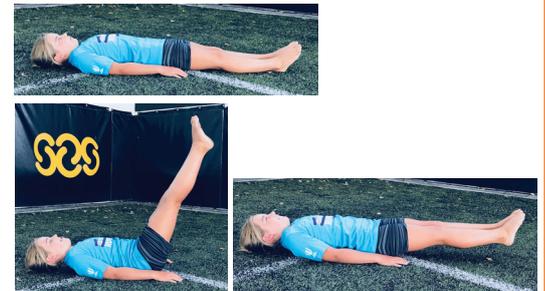
Planking

- Players lie on stomachs, 2 m apart, forearms placed flat on ground directly under shoulders.
- Legs shoulder width apart, feet flexed and toes gripping the ground.
- On signal, players clasp hands in V-shape, contract core muscles and buttocks and in one movement lift body onto toes into planking position.
- Body in straight line on toes, back straight, bum in air, hips off ground. Arms bent 90 degrees.
- Hold position until signal to drop back down, 20-30 seconds.



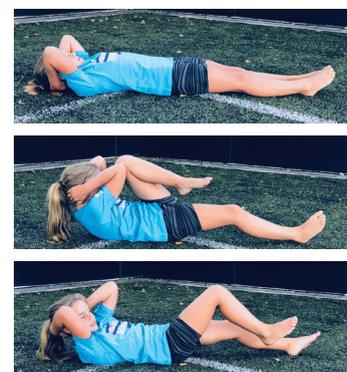
Leg raises

- Players on backs, arms straight at their side.
- Contract core muscles to lift legs while keeping them straight. Stop when body and legs are at 90 degree angle.
- Bring legs down again as close to ground as possible without touching it. Keep legs straight.
- Do 10 repetitions.



Air cycling

- Players lie on backs, hands clasped behind head, elbows flat, knees bent, feet on ground.
- On signal, lift head and elbows and bring feet up as if pedalling a bicycle. Bring one elbow towards opposite knee, and back, and other elbow to opposite knee and back.
- Keep elbows flaring out behind head. Use core muscles to turn upper body and bring elbow to knee.
- Do 10 repetitions (left and right is one repetition).



Placing the ball

- Players lie on backs, 2 m apart, holding ball with both hands.
- They turn on sides and place ball at ankles by contracting core muscles to jack-knife.
- Alternate sides (left and right).
- Do 10 repetitions on each side.



Prawn race

- Players lie on backs, 2 m apart, holding ball with both hands.
- Players race each other by turning on side and using momentum of jack-knifing (as in "Placing the ball" exercise) to move backwards.

Progression

- Do side plank.
- Hold position for longer.
- Increase reps.