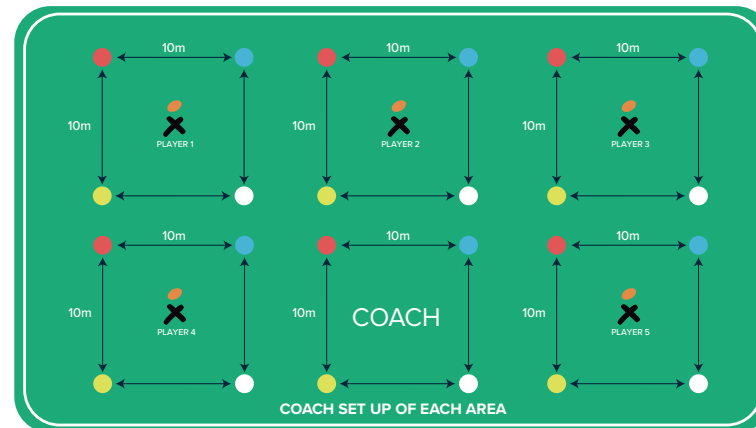
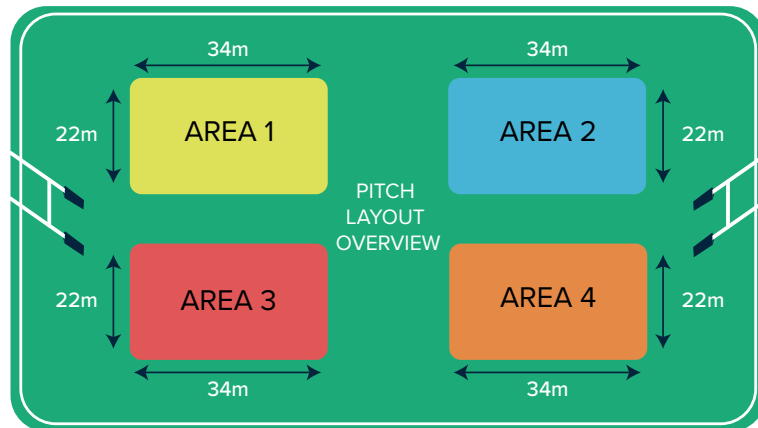




STAYING SAFE

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



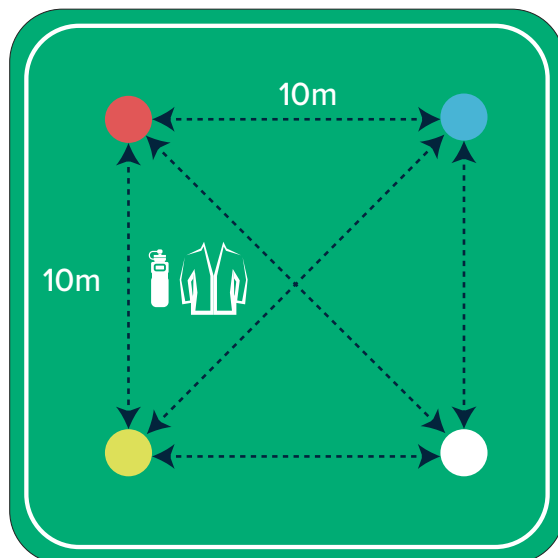
EQUIPMENT

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 10 - UNDER 12

KICKING, BALL RETRIEVAL & EVASION



WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Using forward, backward, sideways and diagonal movements, within the player's 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 10 – UNDER 12

- **KICKING** – Grubber & punt.
- **BALL RETRIEVAL** – High ball and ground ball. Evasion.
- Players practice grubber kicks to a target within their grid, they then practice punt kicks.
- In pairs (maintaining 2m social distancing). Players kick grubber kicks and punts to each other. One player kicks the other player retrieves the ball (high or ground ball). Progress to players using evasion skills before kicking to their partner.

SKILL TO PLAY (8 - 10 MINS)

- Kicking – grubber and punt kicks.
- High ball & ground ball retrieval.
- Evasion – changing direction.

SKILL CHALLENGE (8 - 10 MINS)

- How many kicks can you successfully make to a target, out of 6 kicks?
- Are you able to pick up a stationary and moving ball from the ground?
- Are you able to catch a high ball?
- Can you change speed & direction whilst running with a ball?



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
Mirror & Match.
OBJECT CONTROL
1 v 1 Balance Challenge.
LOCOMOTION
Turn differently.

LIVE TO PLAY

I spend time practicing skills.

I manage my time to balance sport, training and school/work.



STAYING SAFE

RETURN TO ACTIVITY | UNDER 10 - UNDER 12
KICKING, BALL RETRIEVAL & EVASION

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)

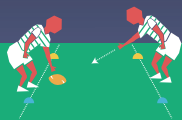


MOVE TO PLAY

MIRROR & MATCH



1 V 1 BALANCE CHALLENGE

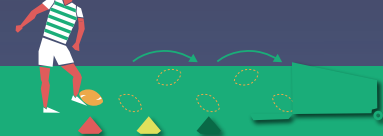


TURN DIFFERENTLY



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

GRUBBER KICK



CATCH A BALL WITH 2 HANDS



CATCHING A BALL OVER YOUR HEAD



PUNT KICK



EVASION



SKILL TO PLAY (8 - 10 MINS)

GRUBBER KICK



CATCH A BALL WITH 2 HANDS



CATCHING A BALL OVER YOUR HEAD



PUNT KICK



EVASION



SKILL CHALLENGE (8 - 10 MINS)

GRUBBER KICK



CATCH A BALL WITH 2 HANDS



CATCHING A BALL OVER YOUR HEAD



PUNT KICK



EVASION

