



# Club Training Schedule

## Offseason:

*From end of season to 8 weeks before first club practice of next season:*

<b>Monday</b>	Weight training and plyometrics
<b>Tuesday</b>	Interval training or other activity
<b>Wednesday</b>	Weight training and plyometrics
<b>Thursday</b>	Light and easy interval training
<b>Friday</b>	Off
<b>Saturday</b>	Any sports activity or "Fartlekking"
<b>Sunday</b>	Long Slow Distance (or rest)

## Preseason:

*8 weeks before first club practice to first club practice:*

<b>Monday</b>	Weight training and plyometrics
<b>Tuesday</b>	Interval training
<b>Wednesday</b>	Weight training and plyometrics
<b>Thursday</b>	Interval training
<b>Friday</b>	Off
<b>Saturday</b>	"Fartlekking"
<b>Sunday</b>	Long Slow Distance (or rest)

## In season:

*From first club practice to end of season:*

<b>Monday</b>	Weight training and plyometrics
<b>Tuesday</b>	Club practice
<b>Wednesday</b>	Interval training
<b>Thursday</b>	Light and easy interval training
<b>Friday</b>	Off
<b>Saturday</b>	Any sports activity of "Fartlekking"
<b>Sunday</b>	Long Slow Distance (or rest)



# Fitness Tests

*Fitness tests are only useful if we're tracking levels and progress for each player. The club should have a record of off-season, pre-season results before official start of practice.*

Test	Measures	Intructions	Units Measured
15 min run test	Aerobic endurance	Using a track that has a known distance, such as a 400 meter running track, the players run as far as possible in 15 minutes.	Meters run in 15 minutes
Shuffle (Beep) test	Anaerobic endurance	To perform the test, you must run from point A to point B, before the beep re-initiates. When performing this test, it is a good idea to make sure you are either outdoors on a non-slippery surface, or indoors and free from obstacles. This test involves turning rapidly, which means you may collide with something or fall over. The further along the beep test you get, the fitter you are.	Number of laps performed per test duration.
5-0-5 Test	Agility	A 10 meter ramp and a five meter track is set out. The players sprint forward to the start of the five meter track to the end and back to the start. The test does not say "go" as the stopwatch is started when the player begins to move. Take best of two trials.  Carry this test out on two occasions. The first should be before the first agility training session and again just before the start of the season.	Time, in seconds, in which test is performed.
Five double-legged hopt test	Power	Each player begins with their feet parallel and shoulder width apart. They take five jumps attempting to get as much distance as possible.	Distance, in meters, covered in 5 hops
10 meter sprint test	Speed	This simple test involves the players sprinting as fast as possible over a 10 meter course. The players being from a standing start.	Time, in seconds



# Weight Training

*Choose a weight with which you can perform at least 8 reps and no more than 12. If you cannot do 8, go on to the next exercise and remember to pick a lower weight next time. If you can lift more than 12, move on and next time pick a higher weight. All lifts are done to a count of TWO TO LIFT, a count of FOUR TO LOWER. The goal is to reach “momentary muscle failure”, that is you cannot lift any more weight without resting. Move immediately to the next exercise. YOU NEED ONLY TO PERFORM ONE SET PER TRAINING PERIOD.*

*As a general rule, the Offseason is the only time you will see significant strength gains. In the Preseason and Inseason periods there are too many other activities going on and too many nagging little injuries for you to concentrate on strength. Encourage your players to continue weight training in the offseason and you will see a stronger, fitter team come next*

<b>Military Presses</b>	From a sitting position pushing weight directly over your head
<b>Deltoid Lifts</b>	From a sitting position lifting weight outward and to the side
<b>Bicep Curls</b>	From a sitting position lifting weight by bending your arms
<b>Tricep extensions</b>	From a sitting position lifting weight by extending your arms
<b>Pull Downs</b>	From a sitting position pulling weight downward and behind your neck
<b>Butterflies</b>	From lying on your back with your arms either fully extended or bent at the elbow lifting weight from your sides without bending your arms (i.e. not using your biceps to lift the weight)
<b>Leg Curls</b>	Like Bicep Curls except using your legs while lying on your stomach
<b>Leg Extensions</b>	Like Triceps Extensions except using your legs while sitting
<b>Anything Else</b>	Hand and wrist strengthening exercises, neck work for front row players, sit-ups, stomach crunches, or whatever



# Interval Training (Basic)

A simple interval training exercise set is as follows:

One 25  
One 50  
One 75  
One 100  
One 75  
One 50  
One 25

Total for one set = 400 yards

Between runs walk back to the starting line and run the next sprint. The 25s and 50s are run at full pace, the 75s and 100s at 80% or so. The best way to run them is to find a football, soccer, or rugby pitch. For a rugby pitch begin at the midline and sprint to one 22, turn around and sprint to the far 22, turn around and run 80% to the goal line, turn around and run (80%) to the other goal line, turn around and run (80%) to the far 22, turn around and sprint to the other 22, turn around and sprint to the midline. That's one set.

You will do better if you can run these with a partner. Your brain will tell you that you are tired long before you need to stop. Running with a partner will probably keep you going through the exercise.

In the offseason and early preseason you should shoot for four (1,600 yards) to six (2,400 yards) sets. In the later preseason and during the in season period you should be looking at five (2,000 yards) to eight (3,200 yards) sets. Remember, one mile is 1760 yards.

The purpose behind interval training is to stress your body and to decrease the recovery time you need to take. In the offseason, allow a work to rest ratio of one-to-four. In the late preseason and the in season the work to rest ratio should be around one to three or one to two (very businesslike).



# Interval Training (Advanced)

The interval training program is a two night per week, nine week course designed to develop acceleration, speed, and endurance. All intervals are run at either FULL SPEED (flat out) or at FAST SPEED (75-85% of maximum effort) with a brisk walk and/or jog back to the start. Alternate starting foot with each run. The Program is quite emending and NO SUBSTITUTE ACTIVITIES ARE ACCEPTABLE!

Week	Day 1	Day 2
<b>Week 1</b>	2x440 (FAST) 4x220 (FAST)	4x330 (FAST) 2x110 (FAST) 2x110 (FULL)
<b>Week 2</b>	3x440 (FAST) 3x220 (FAST)	2x330 (FAST) 2x220 (FAST) 2x110 (FAST) 2x110 (FULL)
<b>Week 3</b>	4x440 (FAST) 5x85 (FULL)	1x440 (FAST) 2x220 (FAST) 5x110 (FAST) 4x85 (FULL)
<b>Week 4</b>	4x85 (FAST) 4x110 (FAST) 1x220 (FAST) 8x55 (FULL) 1x220 (FAST) 4x110 (FAST) 4x85 (FULL)	2x220 (FAST) 4x110 (FAST) 5x85 (FAST)
<b>Week 5</b>	11x25 (FULL) 7x85 (FAST) 3x110 (FAST) 3x220 (FAST) 3x110 (FAST) 2x85 (FAST) 11x25 (FULL)	2x220 (FAST) 6x110 (FAST) 9x25 (FULL)
<b>Week 6</b>	4x220 (FAST) 3x110 (FAST) 3x110 (FULL) 5x85 (FAST) 5x85 (FULL) 1x440 (FAST)	2x440 (FAST) 2x220 (FAST) 6x110 (FULL)
<b>Week 7</b>	2x330 (FAST) 12x55 (FULL) 1x330 (FAST) 10x85 (FULL) 1x330 (FAST) 10x25 (FULL)	1x330 (FAST) 10x85 (FULL) 9x25 (FULL) 10x55 (FULL) 9x25 (FULL)
<b>Week 8</b>	10x110 (FAST) 10x85 (FULL) 10x55 (FULL) 26x55 (FULL)	19x25 (FULL) 15x55 (FULL) 10x110 (FULL)

Week	Day 1	Day 2
<b>Week 9</b>	15x25 (FULL) 10x55 (FULL) 5x85 (FULL) 3x110 (FAST) 2x220 (FAST) 3x110 (FULL) 5x85 (FULL) 10x55 (FULL) 15x25 (FULL)	3x220 (FAST) 2x110 (FULL) 10x85 (FULL) 10x55 (FULL) 14x25 (FULL)



# Other Training

## **Rugby Specific Plyometrics:**

Plyometrics require a complete warm-up (high knee marching, stretching, skipping, lunging, slow running with exaggerated movements, etc.). They are not high intensity/long duration exercises (like sprints). They are more like explosive, ballistic, maximum power exercises with a fairly long recovery time in between. We need to focus on quality of the exercise rather than quantity. The recovery time is necessary to allow your body to replenish the creatine phosphate energy system. If you do not allow recovery time, you are dipping into the lactic acid cycle and, eventually, the aerobic system. neither of these produce the power we are seeking. (Be sure to warm down at the end of the session, too.

### **1. Depth Jump with 180 Degree Turn**

Jump/step off a bench (18" high or more), land on both feet, immediately jump as high as you can turning 180 degrees and land on both feet. Repeat. Alternate direction of turn with each repetition. Increase the difficulty by jumping up onto another bench or box (not really necessary, though). Perform 10 sets of 4 with a work to rest ration of 1:5 or 1:10 to allow complete muscle recovery between sets (i.e. if you perform 4 jumps in 20 seconds, rest for 100 to 200 seconds -1.5 to 3 minutes - between sets). 40 foot contacts

### **2. Depth Jump with 360 Degree Turn:**

Same, but increase power of turn so that you go 360 degrees. Perform 10 sets of 4 with work to rest ratio of 1:5 to 1:10 40 foot contacts.

### **3. Pyramiding Box Hops:**

Set up three benches, boxes, stools, chairs, etc. (18" high) two to three feet apart. Start from the ground hopping up (swinging both arms at same time) onto the bench/box, then the ground, then the next bench/box, then the ground., etc., walk back to the start. Perform 10 sets of 4, work to rest of 1:5 or 1:10. 120 foot contacts

### **4. Barrier Hops:**

Set up three hurdles (can be anything), 18" to 24" high. Hop over each in line. Walk back to beginning. Perform 10 sets of 4. 120 foot contacts.

### **5. Alternate Bounding:**

This is actually an exaggerated running action. Begin with a short (10 yard) jog to get up to speed. At the starting line begin "bounding" pushing off hard with each step. The trailing leg should be extended, the knee bent (kick up your heels), and the leading leg extended as far forward as possible before landing with "braking" your momentum. Go as far as possible and stay in the air as long as possible with each step. Bound 10 steps and walk back to the beginning. Perform 8 repetitions. 80 foot contacts.



# Aerobic Endurance Drills

*Aerobic fitness is the first fitness characteristic to be developed. Improving a player's aerobic endurance early in the training program allows them to tolerate harder training later in the program.*

*Most aerobic training sessions require only an open area and a stopwatch as equipment. Other landmarks such as steps and hills, as well as field markers, can be used in an aerobic training session.*

*Two to four weeks of training should be spent on developing aerobic endurance. The first few training sessions use lower intensity, longer duration drills. As the fitness level improves, more intense aerobic endurance drills need to be undertaken.*

## **L.S.D. (Long Slow Distance)**

The players jog for 20 minutes, or greater, at a comfortable pace and on a set course.

*Training Load*

**Time:** 20 to 50 minutes

**Distance:** 5 to 10 km.

**Intensity:** Very low

## **FOLLOW THE LEADER**

- \* Players jog in a large group
- \* One member of group is selected to determine the running pace as well as course to take
- \* Leader is changed every 3-5 minutes

*Training load*

**Time:** 20-45 minutes

**Distance:** 4-9 km

**Intensity:** Low

## **OUT AND BACK RUNS**

- \* Running course is designed in which the players run "out" for the first half of the run, and the other half "back" to the start
- \* An ideal place to stage such a run is a long beach or riverbank

*Training load*

**Time:** 30-50 minutes

**Distance:** 5-10 km

**Intensity:** Low

## **PURSUIITS**

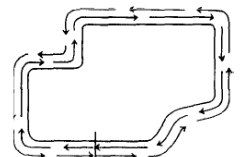
- \* Two groups are organized
- \* Each group sets off on the run at the same time, in opposite directions, on same course.
- \* Aim of the drill is for each team to try and beat the other one back to the start.

*Training load*

**Time:** 20-40 minutes

**Distance:** 4-8 km

**Intensity:** Medium



## **HANDICAP RUNS**

- \* Players run over a course of set distance
- \* Slower runners set off first and faster runners later so players finish fairly close together
- \* Run should bring out the competitive nature of the players and better performances will result.

*Training load*

**Time:** 20-40 minutes

**Distance:** 4-8 km

**Intensity:** Medium





# Aerobic Endurance Drills

## Fartlekking:

Use a high-school or college 440 yard track

- \* Starting at the middle of one straightaway jog to the middle of the first turn (110 yards)
- \* Sprint through the rest of the run (55 yards) and jog to the middle of the straightaway (55 yards)
- \* Perform an exercise (10 jacks, 10 push-ups, 10 start jumps or 10 sit-ups, rotating through)
- \* Jog-sprint-jog as before to next straightaway.

*Training load*

**Time:** 30-60 minutes

**Distance:** 4-8 km

**Intensity:** Medium to High

## TEMPO RUNS:

- \* A Tempo Run is conducted over a set distance
- \* The players run the course as fast as possible

*Training Load*

**Distance:** 4 to 6 km.

**Intensity:** High

## HILL CIRCUITS

- \* This drill requires a course that involves very hilly terrain
- \* Players run the course as many times as possible in a set time
- \* Facilities near the course will allow the undertaking of skills or ball work training.

*Training Load*

**Time:** 20 to 30 minutes

**Distance:** 4 to 6 km.

**Intensity:** High

## STAIR CIRCUITS:

- \* The concept of this drill very similar to Hill Circuit, uses stairs to increase difficulty

*Training Load*

**Time:** 20 to 30 minutes

**Distance:** 4 to 6 km.

**Intensity:** High

## VITA PARCOUR RUNS:

- \* A Vita Parcour run involves a variety of exercises with intervals of running between them
- \* Exercises may include agility activities (e.g. shuttles) and/or muscle endurance activities. There should be lots of running involved
- \* Example  
100m run > 10 tuck jumps > 200 meter run > 50 half sit-ups > 100 meter run > 6\*10m shuttles > 200m run > 100 step-ups > 100 meter run > 50 push-ups > 200m run > 20 burps > 400m run > return to start

*Training Load*

**Distance:** 4 to 6 km.

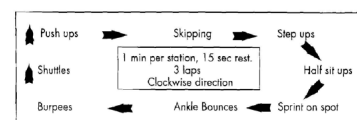
**Intensity:** High

## CIRCUITS

- \* Circuits are very similar to Vita Parcour runs; however, the emphasis shifts from running to exercises
- \* A number of different exercises are performed over a set period of time, with a set period of time for rest
- \* The players do as many reps as possible on each exercise in set time.

An

example:



*Training Load*

**Time:** 20 to 30 minutes

**Stations:** 6 to 12

**Work time period:** 30s to 2 minutes



### **TIMED INTERVALS**

- \* Instead of running over a set distance, the players run intervals for a set period of time, with a set period of rest between each interval
- \* A minimal distance should be set for each rep, to stop players from running too slowly

An example of such a work out is;

- 1) 4\*2 min run; 1 min rest
- 2) 4\*3 min run; 2 min rest

*Training Load*

**Time:** 2 to 8 min

**Reps:** 3 to 9

**W:R:** 1:0.5 to 2

### **HILLS**

- \* Players run up a long gradually sloping hill for a set interval
- \* Rest period involves jogging back to bottom of the slope
- \* Slope should not be too steep as this can lead to bad running form
- \* Facilities nearby will allow the team to carry out skills or ball work training

*Training Load*

**Distance:** 500 to 1000 meters

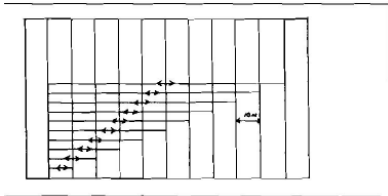
**Time:** 2 to 5 minutes

**Reps:** 3 to 6

**Rest:** Jog recovery

### **SUPER SHUTTLES**

- \* The players start from the goal line and run to every line on the field (i.e. 10, 20 etc) and then back to the goal line
- \* The total distance for the shuttle is 1100 meters



*Training Load*

**Reps:** 4 to 6

**W:R:** 1:2

### **HIT THE GROUND SHUTTLES**

- \* Players starting at the goal line run to the 20 meter line, hit the ground and then return to goal
- \* Repeat this to 40, 60,80 and 100 meter lines
- \* Total distance of each shuttle is 600 meters

*Training Load*

**Reps:** 4 to 6

**W:R:** 1:2

### **UP AND DOWN THE CLOCK**

- \* Up and down the clock is a specific interval training session
- \* The session involves players running the following intervals

- 200 meters hard, followed by 200 meters easy
- 400 meters hard, followed by 200 meters easy
- 600 meters hard, followed by 200 meters easy
- 800 meters hard, followed by 200 meters easy
- 600 meters hard, followed by 200 meters easy
- 400 meters hard, followed by 200 meters easy
- 200 meters hard to finish

- Only one rep of this workout is required



# Anaerobic Endurance Drills

Anaerobic training should begin at the completion of aerobic endurance training. This will be towards the end of the preparation phase. This allows the players to tolerate the increased intensity. In other words, the team can be trained harder. It should be pointed out that this type of training is very fatiguing. It is important to provide plenty of water for the players and to realize that the players become very tired towards the end of the session.

Anaerobic endurance training is carried out over a period of two to four weeks. Training should begin with longer, simpler drills. Once the player's tolerance to the training has improved, the training should gradually shift to drills that are shorter and harder.

## Important points to remember:

- \* Anaerobic endurance training will allow players to perform at a high intensity for extended periods.
- \* Two to four weeks of training set aside to develop anaerobic endurance

### TRACK INTERVALS

- \* This drill involves the players running over a set distance on a 400 meter track with a set rest period between each interval.

An example of such a workout is:

- 1) 3x100 meters, 30 sec recovery
- 2) 3x200 meters, 1 min recovery
- 3) 3x300 meters, 2 min recovery

#### Training Load

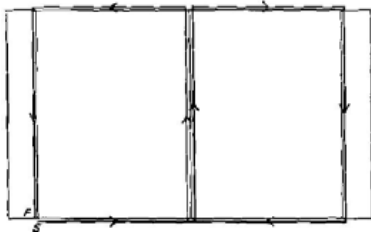
**Distance:** 150 to 400 m

**Reps:** 6 to 10

**W:R:** 1:3

### LINE RUNS

- \* The players start this drill at the corner of the goal line and touch line
- \* They run, in a single file, up the touch line and along the halfway line, up the touchline to the far goal line and along the goal line
- \* The players then return to where they started along the same course.



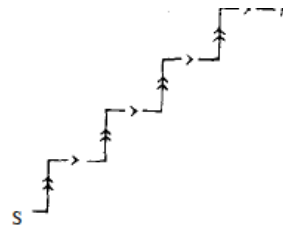
#### Training Load

**Reps:** 4 to 8

**W:R:** 1:2

### SPRINT AND SLIDE

- \* Field markers are set 10 meters apart, with each set at right angles to the previous one (see diagram). The entire course is 100 meters long.
- \* The players start by sprinting to the first marker and then sliding to the next.
- \* They repeat this procedure for the entire course



#### Training Load

**Reps:** 4 to 10

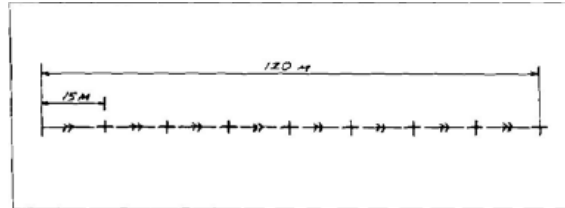
**W:R:** 1:2



# Anaerobic Endurance Drills

## **BACK DOWNS**

- \* A 120 meter track is set out, with field markers at 15 meter intervals
- \* The players sprint to the first marker and go down onto their backs
- \* They then jump up and continue, repeating this procedure at every marker



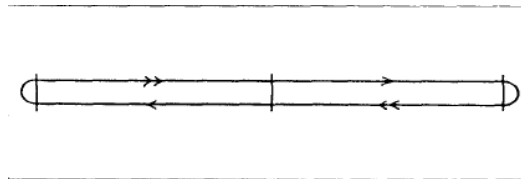
*Training Load*

**Reps:** 5 to 10

**W:R:** 1:2

## **SUICIDE SPRINTS**

- \* A 100 meter track is set out, with a marker at the 50 meter point
- \* The players sprint to this marker and then jog to the end of the track
- \* They have 30 seconds to complete the sprint and be ready for the next one



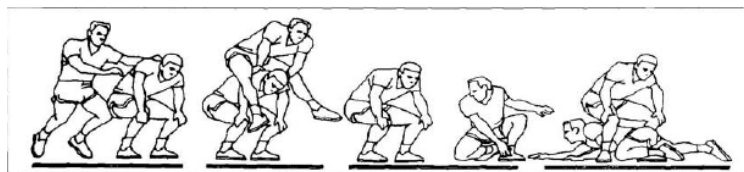
*Training Load*

**Reps:** 10 to 20

**Rest:** Jog to far end of track

## **UNDERS AND OVERS**

- \* The players are divided into pairs
- \* One player stands with legs apart, elbows resting on knees and legs bend
- \* The other player leap frogs over their partner, then turns and crawls back between their legs
- \* This is repeated as many times as possible in a set time



*Training Load*

**Time:** 30 seconds per rep

**Reps:** 4 to 6

**W:R:** 1:1





# Anaerobic Endurance Drills

## **CORNERS**

- \* The players are divided into groups of four.
- \* A square, 10 meters by 10 meters is set out, with a player on each corner. Each player passes the ball to the left, then runs to the corner on their right and back to where they started before the ball is passed around the square
- \* Once the drill has been performed, the direction is reversed.

*Training Load*

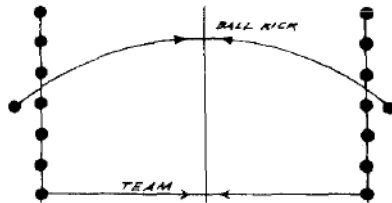
**Time:** 30 seconds per rep

**Reps:** 4 to 8

**W:R:** 1:2

## **KICK AND CHASE**

- \* Two people stand a comfortable kicking distance apart.
- \* The players all stand behind one person
- \* The ball is kicked from one person to the other and the team chases, forming a defensive line around each.
- \* Once the line has been set up, the person returns the kicks and repeats drill.



*Training Load*

**Time:** 30 seconds per rep

**Reps:** 4 to 8

**W:R:** 1:2

## **MAD BALL**

- \* Players are divided into groups of four, with one group defending against another group. The group with the ball attempts to run the length of the field, simply by continually passing, backing up and keeping the ball “alive”.
- \* The team in defense tries to stop the other team, by continually getting back in defense to stop the ball movement
- \* There can be moderate body contact in this drill and the play is to be mistake free.

*Training Load*

**Reps** 3 to 6

**Distance:** Length of field

**W:R:** 1:3



# Agility Drills

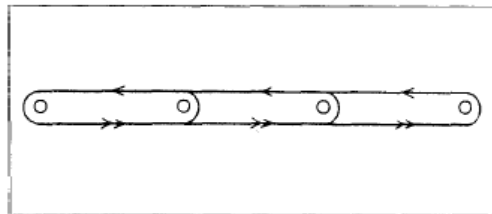
Agility in Rugby is a very important fitness characteristic. Decelerating and accelerating, stepping, swerving and getting up off the ground are all examples of agility. Like the other physical characteristics, agility can be improved through constant and consistent training. Agility activities require energy from the short term (0 to 12 seconds) anaerobic energy system. This energy system is easily depleted. Adequate rest between drills and between workouts needs to be included in the training program.

Agility training takes many different forms. In defense, specific movements need to be made, such as running backwards as well as sliding left or right to cover gaps. Players must also be able to react to an opponents movements. The ability to get to one's feet quickly after making a tackle is also important. In attack, a players requires agility to beat an opponent, in support and getting up to play the ball.

Agility development begins late in the Preparation phase and continues to the start of the season. At least five weeks of agility training is required. Early drills should be low intensity and follow a set series of movements. These drills also help to reduce the risk of joint injury. As the season draws closer, the drills require more decision making and reacting to the movements of others. Agility work is carried out in conjunction with power and speed training.

## **SINGLE FILE RUNS**

- \* Four markers are set out 4 meters apart, with an end marker used as the starting position.
- \* The players run forward to the first marker and backwards to the start.
- \* This is repeated for the second and third markers carrying the ball in both hands.



### *Training Load*

Groups of five perform the drill continuously for 30 seconds

**Sets:** 1 to 3

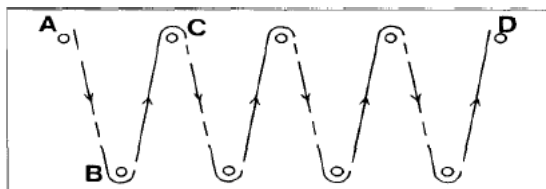
**Rest:** 30 seconds between each set



# Agility Drills

## **DOUBLE W**

- \* Nine markers are set out to form a double W (see diagram), with each marker six meters apart.
- \* The players begin at marker A and run backwards to B then forward to C and so on to the last marker, D.
- \* The players then walk back to the start and repeat the drill.



*Training Load*

**Reps:** 3 to 6

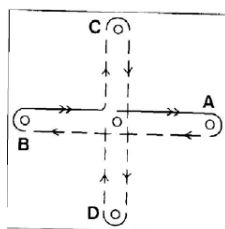
**Rest:** Walk recovery

## **CROSSES**

- \* Four markers are set out to form a cross, with another marker placed in the center. Each marker is five meters from the center.
- \* The players start at the center and sprint forward to A, backwards to B and then back to the center.
- \* They then immediately slide to C, across to D and back to the center. This is done with the ball carried in both hands

*Training Load*

Groups of five perform the drill continuously for 30 seconds



**Sets:** 1 to 3

**Rest:** 30 seconds between each set

## **SPRINT, HIT, SPRINT**

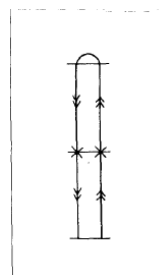
- \* Three markers are set up, 3 meters apart.
- \* Starting at an end marker, the players sprint to the middle marker and hit the ground, jump up, then sprint to the third marker.
- \* They immediately turn and repeat the drill.

*Training Load*

Groups of 2 to 4

**Reps:** 10 to 20

**Rest:** 20 seconds between each set



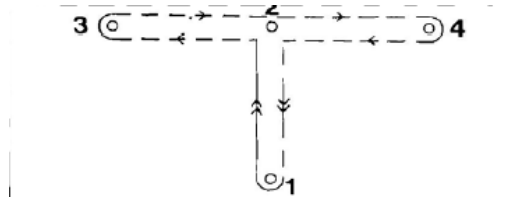




# Agility Drills

## **T-RUNS**

- \* Four markers are set up in a T formation
- \* The players beginning at marker 1 sprint forward to the second, slide across to number three, slide back to no. 4, slide again to no. 2 and then run backwards to the starting point
- \* This drill is performed with a ball in two hands



### *Training Load*

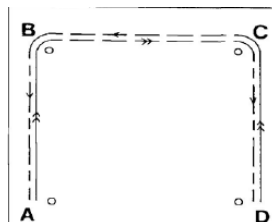
Groups of 5 perform the drill continuously for 30 seconds

**Sets:** 1 to 3

**Rest:** 30 seconds between each set

## **SQUARES**

- \* A square, five meters by five meters is set out with the players beginning at A
- \* When all the players in the group have completed the drill, it is repeated in the opposite direction.
- \* This drill is performed with the ball carried in both hands



### *Training Load*

Groups of 5 are used

**Reps:** 5 to 10 each way

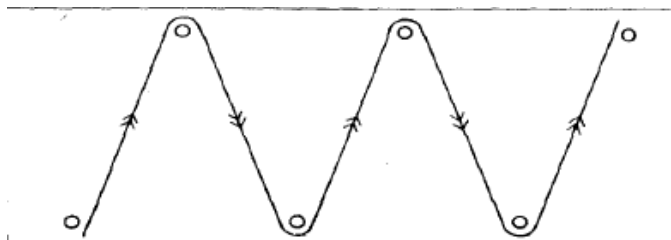
**Rest:** 10 to 30 seconds



# Agility Drills

## **ZIG ZAGS**

- \* Six markers are set out in a zig zag formation.
- \* The players run from marker to marker, stepping off the outside foot to change direction
- \* The course should not have any turns that are too tight
- \* This drill can be performed with the ball carried in two hands



*Training Load*

**Reps:** 5 to 10

**Rest:** Jog recovery

## **RUN AND STEP**

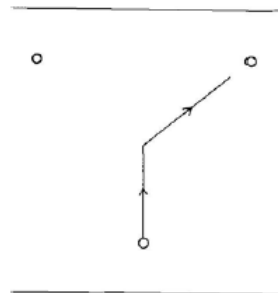
- \* Three markers are set out in a triangle.
- \* The player, starting at one of the corners, runs in a line directly between the other two markers (see diagram).
- \* The coach, at any time will shout “left” or “right” and the player moves immediately in that direction

*Training Load*

Groups of five perform the drill continuously for 30 seconds

**Sets:** 1 to 3

**Rest:** 30 seconds between each set.



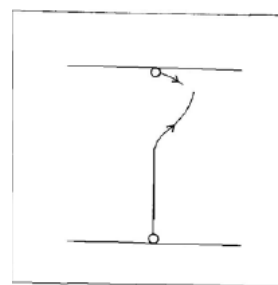
## **ONE ON ONE**

- \* The players are divided into pairs
- \* One of the players, the defender, stands at one end of a 10 meter zone, and the other player, the attacker, stands at the other end of the zone.
- \* The attacker runs towards the other end of the zone, and tries to step around i.e. avoid, the defender.
- \* The roles are then reversed.

*Training Load*

**Reps:** 5 to 10 reps are both defender and attacker

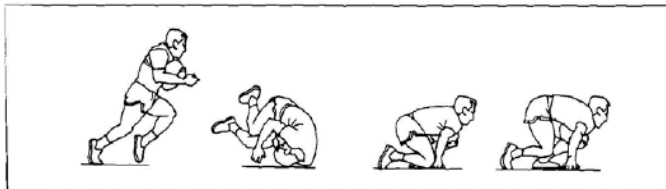
**Rest:** Walk recovery



# Agility Drills

## **SPRINT, ROLL, SPRINT**

- \* The same markers are used as in Sprint Hit Sprint, however the players do a commando roll instead of hitting the ground
- \* A commando roll involves bending at the knees and hips and rolling over the left or right shoulder and then bouncing back to the feet
- \* This drill is performed with the ball.



### *Training Load*

Groups of 2 to 4

**Reps:** 10 to 20

**Rest:** 20 seconds

## **UP AND BCK**

- \* This drill is similar to UPS AND DOWNS with the markers set only 5 meters apart
- \* The players perform the drill one at a time as a relay

### *Training Load*

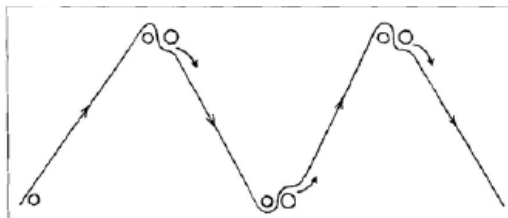
Groups of five perform the drill

**Reps:** 3 to 6

**Rest:** 1 to 4

## **ZIG ZAG WITH PRESSURE**

- \* At each of the markers used in Zig Zag a defender is placed
- \* The aim is for the player to step around the defenders off the left and right foot, and for the defender to react to the attacker's movements
- \* These drills can be performed with the attacker carrying the ball



### *Training Load*

Two groups are used in this drill

**Reps:** 5 to 10

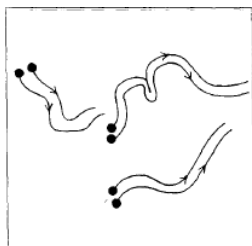
**Rest:** Walk recovery



# Agility Drills

## SHADOWS

- \* Players are divided into pairs
- \* One player stands a meter behind the other
- \* The front player runs all over the field, continually changing speed and direction
- \* The rear player must try to stay close to the front player to “shadow” his every movement



*Training Load*

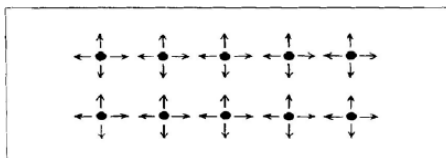
**Time:** 30 seconds per rep

**Reps:** 4 to 6 reps each

**Rest:** 60 seconds

## THE DIRECTION DRILL

- \* Two rows of players spaced on meter apart are set out.
- \* The coach or trainer points in one of five directions, forwards, sideways, left right or down (hit the ground), and the players must react by moving in that direction.
- \* In addition the players must shout the direction in which they are moving.



*Training Load*

**Time:** 60 to 120 seconds

**Reps:** 1 to 2

**W:R:** 1:1

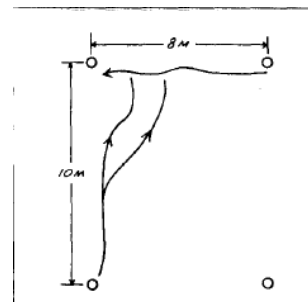
## CUTOFFS

- \* A rectangle 10 meters by 8 meters is set out with players divided into two groups, standing at opposite corners of the playing area.
- \* The first player in one group, carrying the ball, runs towards the other end of the playing area and tries to avoid being caught by an opponent from the other group.
- \* A player is considered caught if their opponent can tag them with both hands.
- \* After performing the drill, the two players change roles.

*Training Load*

**Reps:** 10 to 20

**Rest:** Walk recovery





# Power Drills

*Power is very important, even vital, to the Rugby player. Power is important for sprinting short distances, tackling, breaking tackles and jumping. Developing power will give a player an advantage when, later in the training program, speed training commences. The energy for power activities comes from the short term anaerobic energy system. Players require a good aerobic endurance base to be able to recover quickly from these intensive efforts.*

*The second form of power training is simply called Power. This form of training requires minimal equipment and can be carried out on the field. Power training commences at the beginning of the pre-competition phase and continues till the start of the season. Only a small number of drills and repetitions should be carried out in each session. Training must begin with very simple activities. As the players improve, more intense drills can be undertaken.*

*Drills for power are carried out in conjunction with training for agility and speed. It is important to allow adequate rest when carrying out power drills. This will lead to far better results.*

*Important points to remember:*

- \* Power gives a player more speed, the ability to tackle harder, break tackles and jump for the ball.*
- \* At least four weeks of power training is carried out.*
- \* Power training is very intense and must begin with small training loads and lots of rest.*

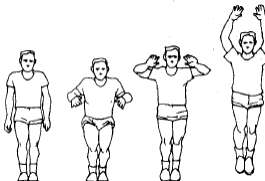
*Due to their intensity, it is very important not to overuse jumping exercises. This will lead to heavy fatigue and possibly muscle and joint damage. If jumps are to be used, it is important that they be done on a forgiving surface, such as gym mats, sand or soft grass/earth. Keep the number of repetitions in a session under 40. Allow plenty of recover between jumping exercises.*



# Power Drills

## **ANKLE BOUNDS**

- \* the players stand with feet parallel, and should-width apart
- \* They jump up as high as possible, pushing up off the toes and keeping the legs straight



*Training Load*

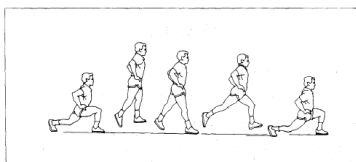
**Sets:** 3 to 6

**Reps:** 10 to 20

**Rest:** 90 seconds

## **ALTERNATE SPLIT JUMPS**

- \* The players start with one leg bent forward at the knee to the front of the body, and the other leg bent behind the body (see diagram).
- \* To perform the exercise, the players jump up into the air as high as possible
- \* While in the air, the legs change positions with the back leg moving forward and vice versa. The hands are placed on the hips throughout the performance of the drill.

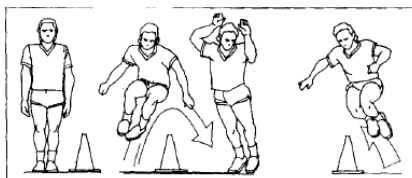


*Training Load*

**Sets:** 3 to 6

## **LATERAL JUMPS**

- \* An obstacle such as a tackling bag or witches hat is used in this drill.
- \* The player stands, with feet parallel, shoulder width apart, at the side of the obstacle.
- \* The players bend at the knee and hip and then jump up and over the obstacle, i.e. side to side.



*Training Load*

**Sets:** 3 to 6

**Reps:** 10 to 20

**Rest:** 90 seconds



# Power Drills

## **TUCK JUMPS**

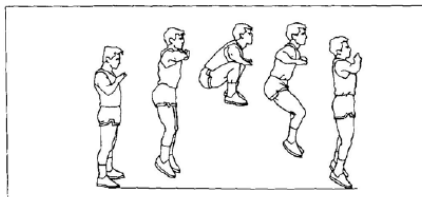
- \* The players stand erect with feet parallel and shoulder width apart.
- \* They bend at the hip and knee and then jump into the air as high as possible, bringing the knees up to the chest.
- \* The arms are kept across the chest throughout the drill.

*Training Load*

**Sets:** 3 to 6

**Reps:** 5 to 10

**Rest:** 90 seconds



## **CLAP PUSH-UPS**

- \* The players assume a position similar to a normal push-up with feet a little wider apart and arms straight
- \* They bend their arms and push themselves up as fast and as far as possible, lifting them into the air, and attempt to perform a clap while in the air

*Training Load*

**Sets:** 2 to 4

**Reps:** 4 to 8

**Rest:** 2 min

## **DOUBLE LEGGED HOPS**

- \* The players start with the feet parallel and shoulder width apart.
- \* They bend at the knee and hips and then jump forward, trying to get as much distance as possible with each repetition.
- \* The arms should be swung forward on each repetition to gain greater distance.

*Training Load*

**Sets:** 2 to 4

**Reps:** 1 to 5

**Rest:** 1 to 3 minutes depending on number of reps

## **ZIG ZAG JUMPS**

- \* A line of markers is set out at 2 meter intervals
- \* The players start at the side of the first marker, with feet parallel and shoulder width apart
- \* They jump from side to side, moving between the markers

*Training Load*

**Sets:** 3 to 6

**Reps:** 4 to 8

**Rest:** 2 minutes

## **BOUNDING**

- \* The players start with the feet together
- \* They take very long powerful jumps that are similar to running strikes. The knee is driving up as high as possible and the arms are swung back and forth vigorously to gain extra distance. Each bound should be as far as possible.

*Training Load:* **Sets:** 3 to 6 **Reps:** 4 to 8 **Rest:** 2 minutes



# Power Drills

## **ONE LEGGED HOPS**

- \* The players start with the feet together
- \* They take very long powerful jumps that are similar to running strikes. The knee is driving up as high as possible and the arms are swung back and forth vigorously to gain extra distance. Each bound should be as far as possible.

*Training Load:* **Sets:** 2 to 3 on each leg **Reps:** 3 to 6

## **BOUND AND SPRINT**

- \* The players perform two quick bounds, on a soft surface such as sand or thick grass.
- \* After performing the second bound, the players sprint forward for two or three strides

*Training Load*

**Distance:** Up to 10 meters

**Reps:** 3 to 6

## **HIGH KNEE STARTS / BACKWARD-FORWARD SPRINTS**

- \* The players are positioned 3 meters behind the starting line.
- \* They begin by running forward very slowly, bringing the knees up as high as possible.
- \* Once they reach the starting line, they sprint forward 10 meters
- \* B/F is the same, but start 3 meters in front of starting line and run backwards, changing directions for sprint.

*Training Load*

**Distance:** 13 meters

**Reps:** 5 to 15

## **PARTNER SPRINTS**

- \* The players are divided into pairs.
- \* One player puts both hands on the shoulders of the other to provide a resistance
- \* On the command "GO" the learning player sprints forward, driving the legs as hard as possible. The partner, maintaining a moderate resistance, jobs backward slowly.
- \* If the player finds it difficult to sprint forward, less resistance is applied. After each sprint, the players switch roles.

*Training Load*

**Distance:** 10 meters

**Reps:** 5 to 15

**Rest:** 1:1 or greater

## **POWER HITS**

- \* This drill requires hit, or bump, pads
- \* One player holds the pad. Another player, standing 2 meters away and holding a ball, sprints into the pad, and continues driving the legs for another three or four strides.
- \* The player holding the pad applies a heavy resistance not the player running.

*Training Load*

**Distance:** 4 to 6 meters

**Reps:** 5 to 15

**Rest:** 1:3





# Speed Drills

*Speed over a very short distance is one of the biggest assets any Rugby player can possess. Players in all positions require a high level of speed. Players require speed to carry out attacking moves, chase down opposition attackers when constantly adjusting their positions. Any improvement in a player's speed will increase their effectiveness in both attack and defense. Speed requires the short term anaerobic system to provide energy. Maximal effort and adequate rest are required to get the best results. It is also important to train players to run quickly when fatigued, as they are often called on to do towards the end of each half.*

*At least four weeks of speed training should be undertaken, after aerobic and anaerobic endurance have been developed. This will allow for quicker recovery and a greater workload can be tolerated. Speed training is carried out in conjunction with agility and power drills.*

*Speed training should commence with very simple drills to improve technique. Next come general speed drills. Finally, drills that are similar to the game should be undertaken. This will allow the players to improve their speed — specific to the needs of Rugby.*

*Important points to remember:*

- \* Speed in attack and defense is important for all Rugby players*
- \* Speed training should be carried out after the development of aerobic and anaerobic endurance so greater amounts of training can be tolerated.*
- \* Speed training commences at least four weeks before the season begins.*



# Speed Drills