

SUISSE
RUGBY

— FSR —



PHASE I - Ecoles de Rugby / Children's Rugby

Post-Lockdown
Training Programme
for Kids (U6-U14)

Training Session Programme for Kids & Rugby Schools / Academies

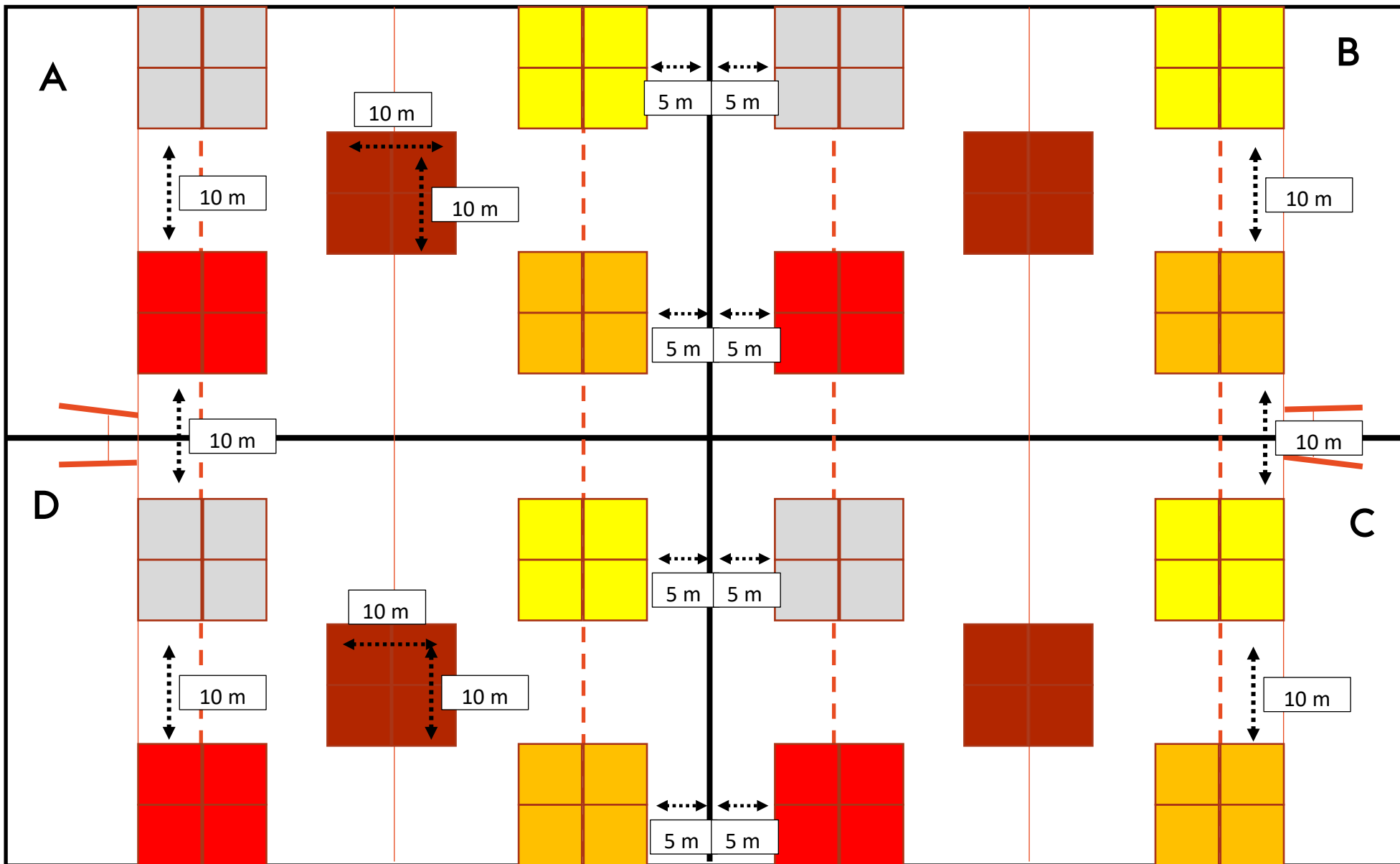
1. Introduction5 min
2. Warm up / Activate Program.....15 min
3. Individual Technique: ballhandling.....15 min
4. Individual Technique: going to the ground.....15 min
5. Individual Technique: kicking.....10 min
6. Cool down..... 5 min

Video Demonstrations of the different exercises are available from 22/05/2020 at
<https://www.youtube.com/user/SwissRugbyUnion>

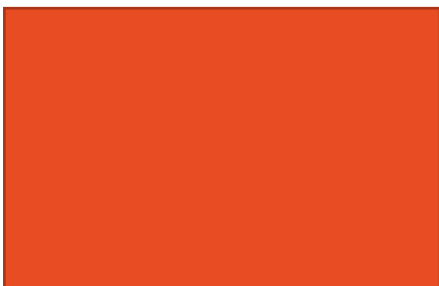
Kids' Rugby: Ecoles de Rugby (U6-U14)

- **Objectives: Train while keeping social distancing**
 - 2 meters between each person standing/sitting
 - 10 meters during the running phases
- **Instructions:**
 - The rugby field is divided into 4 parts (black line) of 50 meters x 30 meters.
 - In each of the 4 parts, 5 different coloured fields are organized, traced with cones. Size of the fields 10 x 10 meters.
 - 1 player per field with his own disinfected ball. No exchange of ball between fields.
 - The person in charge must note the presences with the help of the presence document and the fields used by the players.
 - Each player must stay in his own space during practice. This means that he must have his water close to his space.
 - Coaches may circulate between the fields, always keeping a distance of at least 2 meters from each field.
 - At the end of the training the players can leave their working area taking care to stay at a distance of 2 meters from their partners.
 - The balls must be disinfected before the next session.

Set-up of the Pitch



Kids' Rugby:
Ecoles de
Rugby
(U6-U14)



Attendance Sheet

Group: _____

Date: _____

| | | | |
|--------------------|--------------------|--------------------|--------------------|
| <p>Name: _____</p> | <p>Name: _____</p> | <p>Name: _____</p> | <p>Name: _____</p> |
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Group Planning

| | Group 1 | Group 2 | Group 3 | Group 4 |
|--------------------|---------|---------|---------|---------|
| Quadrant | A | B | C | D |
| Player 1 GREY | | | | |
| Player 2 YELLOW | | | | |
| Player 3 ORANGE | | | | |
| Player 4 RED | | | | |
| Player 5 MAROON | | | | |

Warm up World Rugby "Activate" programme

- Warm up structure

| Part | Focus | Time | Number of Exercises |
|------|--|--------|---------------------|
| A | Running-based preparation and Change of Direction Practice Focus: Running technique, coordination and changing direction through enhancing movement control in the trunk and lower limbs | 2 mins | 3 |
| B | Lower body Balance Training Focus: Developing movement control during static and dynamic activities | 4 mins | 2 |
| C | Targeted Resistance Training Focus: Improving strength, stability, and mobility across the upper and lower body | 8 mins | 5 |
| D | Landing, Change of Direction, and Plyometrics Focus: Improving control through the trunk and lower limbs during controlled landing and changing direction activities | 6 mins | 2 |

Warm up World Rugby "Activate" programme

PHASE

S = Sets R = Repetitions D = Distance / Duration

ACTIVATE U15 PROGRAMME

1

Running activities to warm-up and develop control and technique when changing direction.

PART

A

2 min.

INTENSITY
50%



Snake Run

S: 1 R: 2 D: 15 m

- Using the full width of the channel, alternate swerving from left to right while running
- Drive the outside leg across the body to swerve

Key cues: Chest up.



Walking Crunch S: 1 R: 2 D: 15 m

- Shuffle forward two steps and then raise one leg up straight in front of the body
- Bring the opposite elbow to the knee of the raised leg by bending at the waist

Key cues: Brace through the trunk. Hip, knee, ankle in line.



Plant and Cut

S: 2 R: 2 D: 15 m

- Begin running diagonally to the left or right
- Plant the outside foot and cut to run diagonally in the other direction
- Alternate between cutting left and right

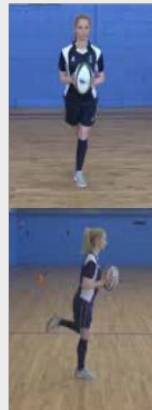
Key cues: Chest up. Brace through the trunk. Hip, knee, ankle in line

Balance exercises to develop movement control and stability in the lower body and trunk

PART

B

4 min.



Single leg balance

S: 1 R: 12 (6 each leg)

- Stand on one leg with a slight bend in the knee
- Hold for 10 seconds before switching to the other leg

Key cues: Chest up. Hip, knee, ankle in line. Knee over toes.



Single Leg Hop Forwards into Double Leg Landing

S: 1 R: 12 (6 each leg)

- Stand on one leg with a slight bend in the knee
- Hop forwards to land squarely on both feet in a partial squat position

Key cues: Chest up. Hips, knees, ankles in line. Soft knees.

Warm up World Rugby "Activate" programme

PHASE

1

Bodyweight or partner resistance activities to develop strength and control through the lower body, upper body, and neck area

ACTIVATE U15 PROGRAMME

PART

C

6 min.



Zombie Squat S: 1 R: 8

- Stand with feet a little wider than shoulder-width apart and arms raised in front at shoulder-height
- Squat down until thighs are parallel with the ground before returning to starting position
- Keep heels in contact with the ground throughout the exercise

Key cues: Chest up. Brace through the trunk. Hip, knee, ankle in line.



Double Leg Glute Bridge

S: 1 R: 8

- Lie face-up with hips and knees flexed
- Plant feet close to buttocks
- Raise hips and back from the ground to make a straight line from the shoulders to the knees

Key cues: Brace through the trunk.



Front Bridge

S: 1 R: 1 D: 30 s

- Start facing down and resting on the forearms and balls of feet
- Brace through the trunk to keep shoulders and hips aligned and away from the ground

Key cues: Pinch the shoulders together. Shoulder level with hips. Brace through the trunk.



Press Up with Push to Unbalance

S: 1 R: 1 D: 30 s

- Player one adopts a press-up position, with player two stood beside
- Player two applies force to various body parts to push player one off balance, while player one tries to maintain a rigid posture

Key cues: Pinch the shoulders together. Shoulders level with hips. Brace through the trunk.



Static Neck Contractions

S: 1 R: 1 each direction

D: 10 s each direction

- Use hands to apply force to the head in a number of directions while keeping the head still
- Direction of forces: (chin to chest, eyes to sky, ear to shoulder, looking over shoulder)

Key cues: Head neutral. Chest up.

Landing, change of direction, and plyometric training to develop power and control



Ski Jumps S: 1 R: 5 each side

- Start with feet together and hands resting on opposite shoulders
- Alternate jumping to the left and right, keeping feet together and knees bent

Key cues: Hips, knees, and ankles in line. Soft Knees.



Pogo Jumps S: 1 R: 16

- Maintaining a slight bend in the knees, bound up and down on the balls of the feet
- Try to minimise the time that feet spend in contact with the ground

Key cues: Hips, knees, and ankles in line. Soft Knees.

PART

D

3 min.

Individual Technique: Ballhandling

Objective:

- Improve ballhandling.

Instructions:

- Practice different ballhandling and movement tasks:
 - a. Circle the ball around your body
 - b. Hold the ball in two hands alternating in front of your legs and behind your legs.
 - c. Juggle the ball between your hands.
 - d. Alternate circling your ball around your legs and between your legs (step back).
 - e. Bounce the ball.
 - f. Circle the ball in a figure-8 around your legs.
 - g. Play Volleyball passes into the air.

More Variations are possible.

Expected behaviours:

- Hold the ball with your fingers. It shouldn't touch the palm of your hands.
- Hold the ball for as little time as possible between movements.
- Stay in an active body position. Keep the weight on the balls of your feet.

Individual Technique: Passing

Passing

Objective:

- Optimise the passing movement.
- Spin the ball.

Instructions:

- Hold the ball in one hand.
- Throw the ball straight into the air.

Variations:

- Alternate left and right.
- Throw the ball with two hands.
- Stand on 1 leg.

Expected behaviours:

- The ball is held on the lower end.
- The ball is gripped with the fingers.
- After throwing the ball, the arm is extended towards the sky. The arm is straight.
- The eyes follow the ball.
- The ball should be caught at the highest point (keep your arm straight until you touch the ball again)

Individual Technique: Exercises in Passing & Ballhandling (I)

Exercises

Objective

- Optimise the passing movement.
- Spin the ball.
- Strengthen the grip.

Instructions

- The player **stands** in his square, carrying the ball in both hands.
- Each ballhandling and movement task is demonstrated and coded by a number.
Example:
 - #1 - Circle the ball around your body
 - #2 - Hold the ball in two hands alternating in front of your legs and behind your legs.
 - #3 - I-handed passes into the air, catch I-handed, left
 - #4 - I-handed passes into the air, catch I-handed, right
 - #5 - Juggle the ball
- The coach calls a number and the players change the ballhandling and movement task accordingly.

Variations:

- ❖ The coach shows the number with his fingers.
- ❖ Each player has 3 lives. If he makes a mistake he loses a life. Who survives the longest?
- ❖ Every movement has to be performed 6 times. Who is the fastest?

Expected behaviours

- The players react as quickly as possible to the coach's cues.
- The players stay active and keep the weight on the balls of their feet.
- The players take their sight off the ball.

Individual Technique: Exercises in Passing & Ballhandling (II)

Exercises

Objective

- Optimise the passing movement.
- Spin the ball.
- Strengthen the grip.

Instructions

- The player **walks** in his square, carrying the ball in both hands.
- Each ballhandling and movement task is demonstrated and coded by a number. Example:
 - #1 – Bounce the ball
 - #2 – Move the ball in a figure-8 around your legs
 - #3 – Volleyball passes
 - #4 – Circle the ball around your body
 - #5 – throw the ball with 2 hands into the air
- The coach calls a number and the players change the ballhandling and movement task accordingly.
- Different ways of movement (forward, backward, sideways etc.) can be announced by the coach. Each movement can be defined by a cone colour. Depending on which cone is held up by the coach, the players have to adapt how they move.

Variations:

- ❖ The coach shows the number with his fingers.
- ❖ Each player has 3 lives. If he makes a mistake he loses a life. Who survives the longest?
- ❖ Every movement has to be performed 6 times. Who is the fastest?
- ❖ Different cones are laid out in the square. The player moves from one cone to the next. How he has to move is defined by the cone colour.

Expected behaviours

- The players react as quickly as possible to the coach's cues.
- The players stay active and keep the weight on the balls of their feet.
- The players take their site off the ball.

Individual Technique: Exercises in Passing & Ballhandling (III)

Exercises

Objective

- Optimise the passing movement.
- Spin the ball.
- Strengthen the grip.

Instructions

- The player **runs** in his square, carrying the ball in both hands.
- Each ballhandling and movement task is demonstrated and coded by a number. Example:
 - #1 - Circle the ball around your body
 - #2 - Volleyball passes
 - #3 - Juggle the ball
 - #4 - throw the ball with 2 hands into the air
 - #5 - Bounce the ball
- The coach calls a number and the players change the ballhandling and movement task accordingly.
- Different ways of movement (forward, backward, skipping, high knees etc.) can be announced by the coach. Each movement can be defined by a cone colour. Depending on which cone is held up by the coach, the players have to adapt how they move.

Varianten:

- ❖ The coach shows the number with his fingers.
- ❖ Each player has 3 lives. If he makes a mistake he loses a life. Who survives the longest?
- ❖ Every movement has to be performed 6 times. Who is the fastest?
- ❖ Different cones are laid out in the square. The player moves from one cone to the next. How he has to move is defined by the cone colour.
- ❖ The players start on cone 1 and perform each movement once. Then they go to the 2nd cone and perform each movement twice. Then they go to the 3rd corner and so on. Who reaches the highest repetition number?

Expected behaviours

- The players react as quickly as possible to the coach's cues.
- The players stay active and keep the weight on the balls of their feet.
- The players take their sight off the ball.

Additional Game: Hugo

Hugo

Objective

- Improve rhythm
- Challenge cognitive reaction while performing a motor skill
- Laugh 😊

Notes

- This game is based on the clapping game «Hugo».
- The players stand in a circle with 2m between them or in their square.
- All players throw the ball into the air at the same time, and clap their hands and the first player counts «1». On the second throw, the 2nd player counts «2» and so on.
- If you reach a number that is a multiple of 7 (7, 14, 21 etc.) or if the number has the digit 7 in it (17, 27, etc) the player has to call «Hugo». If you make a mistake (wrong number, not in the rhythm, dropping the ball) you drop out.

Variations:

- ❖ The players move within their square.
- ❖ Use a different number.
- ❖ If you reach a multiple of 10, change direction.
- ❖ The coach announces when the direction is changed.

Individual Technique: Back posture when going to the ground (I)

- Round back / flat back on all fours
 - Round back / flat back standing (with and without ball)
- Movement on all fours
 - Put a cone or a ball on to your back
- Fall and rebound
- Forward roll (Judo)
 - Roll plus ball presentation on the ground
- Motor function circuit
 - Connect falling / ball presentation and movement on all fours

Individual Technique: Back Posture (II)



Round back / flat back on all 4s

Objective:

1. Position of the back
2. Strengthening of the core muscles

Instructions:

1. The player is on all fours (hands, knees, feet touch the ground) The arms are shoulder width apart and the knees are under the hips.
2. The coach gives the signal to round the back, make it straight or make a hollow back.
3. *Variation: the players move on all fours in their square, on the signal of the coach they have to put their back as fast as possible into the position that is asked by the coach.*

Expected behaviours:

- *Hollow back:* lift the head, pull the shoulder blades together, lower the hips (anteversion), contract the buttocks
- *Flat back:* lift the head, pull the shoulder blades together, contract the core muscles, contract the buttocks
- *Round back:* the chin touches the sternum, breath out, push the shoulders forward, push with the arms, pull in your stomach

Individual Technique: Back Posture (III)



Round back / flat back standing

Objectiv:

1. Position of the back
2. Strengthening of the core muscles

Instructions:

1. The player is standing upright and the feet are placed hip width apart, the knees are bent.
2. The coach gives the signal to turn the hips forward or back to move from a flat back to a round back.

Variation: holding a ball

Expected behaviours:

- *Flat back:* lift the head, pull the shoulder blades back, contract the core muscles, contract the buttocks, turn the hips forwards (anteversion) (the iliac crests must tilt forward)
- *Round back:* chin goes towards the sternum, breathe out, roll the shoulders forwards, lower the hips – retroversion reduce the distance between the belly button and the pubic bone (the iliac crests must tilt backwards)

Individual technique: Back Posture (IV)

Movement on all fours

Objectiv:

1. Awareness of the correct position of the back
2. Strengthening of the core muscles
3. Keeping the correct back position when moving

Instructions:

1. Move in the square on all fours and keep a straight back.
2. Move in the square on all fours, keep a straight back and carry a cone on your lower back. The cone shouldn't fall down.
3. Move in the square on all fours, keep a straight back and carry a ball on your lower back. The ball shouldn't fall down.

Expected behaviours:

- Look forward (looking over glasses).
- Squeeze the shoulder blades .
- Keep the knees close to the ground and below the hips.
- Pull the buttocks towards the back.
- Move taking small steps.



Falling and presentation of the ball

Individual technique: Going to the ground (I)

Objectiv:

1. Get used to the contact with the ground
2. Stay active while falling
3. Make one active movement on the ground

Instructions:

1. Start on the knees, let your self fall and when making contact with the ground, move the ball towards an area that the coach has announced before.
2. Start on the knees, let your self fall and when making contact with the ground, move the ball towards an area that the coach announces during the fall (during the movement).

Expected behaviours:

- Get used to falling forwards.
- Make sure that while you fall you can organise your upper body in order for the hips to touch the ground first and then the shoulders.
- Hold the ball tightly in both hands in front of the stomach while you fall.
- Immediately after you make contact with the ground organise your upper body to move towards your zone and extend your arms to move the ball away (one movement).
- Keep one hand on the ball.



Judo roll

Individual technique: Going to the ground (II)

Objectiv:

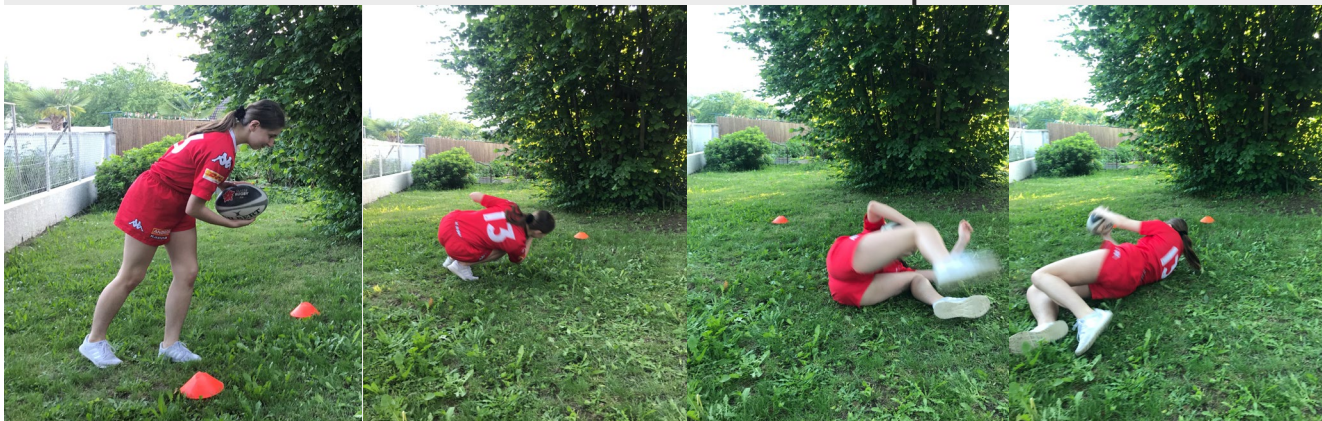
1. Get used to the contact with the ground
2. Stay active while falling
3. Make one active movement on the ground

Instructions:

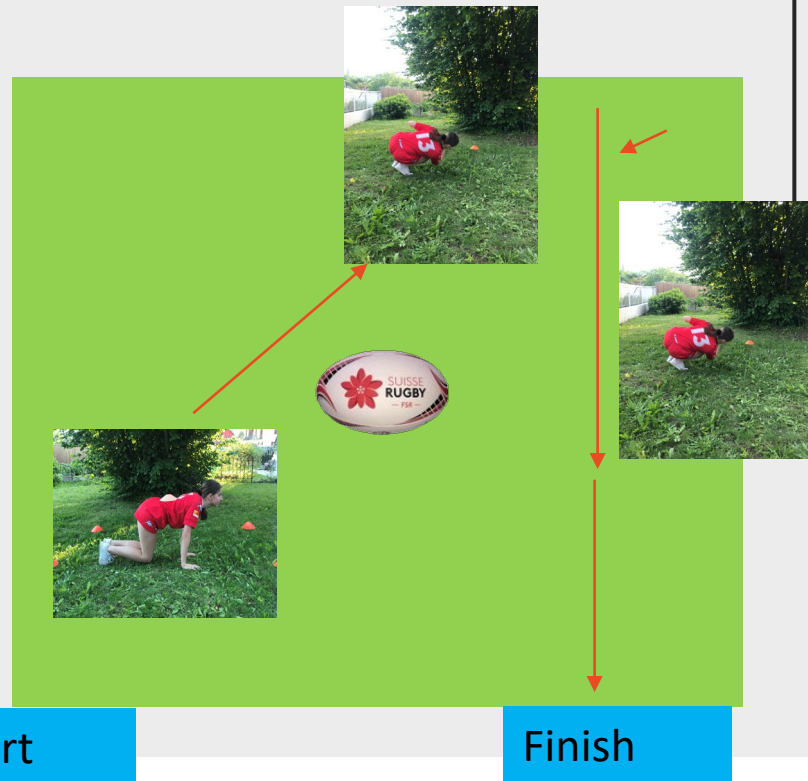
1. Start standing up, let yourself fall forward and roll over your shoulder (Judo roll) and put the ball towards your zone.

Expected behaviours:

- Accept to fall forwards.
- Make contact with the shoulder (preferably with the same side that you step forward with)
- Roll on the ground and orientate your head and your chest towards your zone.
- The ball is held firmly in two hands during the fall in front of the stomach and also on the ground.
- Straighten your arms to move the ball away from you.
- Keep one hand on the ball.



Individual technique: Going to the ground (III)



Motor function circuit

Objective:

Connect the different movements in regards to the body position and the contact with the ground.

Instructions:

Complete the course as fast as possible. It's a competition between the different fields.

1. Start on all fours with a cone on your back and move diagonally. If the cone falls to the ground, start at the beginning.
2. Pick up the ball in the middle of the field.
3. Roll forward (judo roll) on your left shoulder.
4. Run around the cone.
5. Fall forward (judo roll) on your right shoulder.
6. Score diving onto the cone.

Expected behaviours:

See previous slides

Individual Technique: Kicking (I)

Box kick

Objective

1. Learn to box kick

Instructions

1. Kick the ball about 3m high and catch it.
2. I'm in the centre of my square and I stay in my square.

Variation: use the other foot

Expected behaviours

1. The ball is held straight above the kicking foot.
2. The ball is dropped onto the foot (no throwing in the air).
3. Kick the point of the ball with the top of your foot.

Individual Technique: Kicking (II)

Grubber kick

Objective

1. Learn to grubber kick

Instructions

1. Kick the ball with the foot so that it rolls on the ground.
2. I'm standing in a corner of the square and I look towards the diagonally opposite corner.

Variation: use the other foot

Expected behaviours

1. The ball is held straight above the kicking foot.
2. Push the shoulders forward.
3. The ball is dropped onto the foot (no throwing in the air).
4. Hit the ball at the top with the top of your foot. It should roll end over end along the ground.
5. Kick the ball forward.

Reminder: Health & Hygiene Rules

- **Hygiene:** Players must wash or sanitize hands before and after each training or competition session, avoid touching their faces, and cough or sneeze into their elbow. Each player must bring their own water bottle, labelled with their name. They are encouraged to strictly follow the confederation hygiene rules and respect health, prevention, and general recommendations.
- **Self-Assessment:** before going to their training or competition session, each player must complete a daily health self-assessment:
Do I have one of the following symptoms : symptoms of acute respiratory disease (including Cough, sore throat, shortness of breath) OR Fever over 38 degrees OR sudden loss of smell or taste. If YES: do not go to training/competition, follow the advice of local health authorities
- Each player must inform their coach if the answer to the question above is YES. Each club has the responsibility to ensure this information is provided by their players and that the rest of the group is informed if a player has such symptoms.
A player may not go to training if he/she has any of the symptoms above or if he/she or anyone in their household has been diagnosed with COVID-19
- **Tracking Presences:** at each training/competition session, the club must keep track of the first name, last name, e-mail address, and phone number of each person present at the training session.
- **Player Safety:** as is always the case in the sport of rugby, player safety must remain at the berruyer of each activity, be it in training or in competition. This rule takes on an extra-special importance in the current time, as injury prevention not only serves to keep players healthy, but also to avoid overburdening our emergency health care system.

Questions?

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