



England  
Rugby

# TWO BALL

**GAME ZONE - RETURN TO RUGBY  
PHASE B**

PHASED RETURN

WHAT IT COULD LOOK LIKE



## INDIVIDUAL TRAINING WITH ONE OTHER PERSON

Exercise with one other person: fitness training or physical development

Maintain social distance

No equipment sharing



## SMALL GROUP TRAINING

Exercise within a small group (Up to 6) & maintain social distance

No face to face (F2F) /close contact

Equipment sharing kept to a minimum



## LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Limited F2F & close contact exposure could now be permitted



## WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Increase in level of F2F & close contact exposure could be permitted



## WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES

Social distancing could no longer be required

Unrestricted F2F & close contact exposure could be permitted

Rugby contact could be permitted



## RETURN TO MATCH PLAY

Competitive rugby can recommence.

Could include some form of adapted activity dependent on COVID-19 mitigation

### STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

LIKELY TRIGGER TO MOVE TO THIS STAGE

Individuals allowed to exercise with someone from another household



Expansion in numbers allowed to meet together

Equipment sharing allowed if supported by hand hygiene



Further expansion of group size rules & relaxation of social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities



Further easing of group size rules & social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities



Removal of social distancing

Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities



Social distancing removed completely

Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities





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**ALL PLAYERS MUST FOLLOW GOVERNMENT SOCIAL DISTANCING GUIDELINES**

[WWW.GOV.UK/CORONAVIRUS](http://WWW.GOV.UK/CORONAVIRUS)

GUIDANCE CAN CHANGE AT SHORT NOTICE, AND RESTRICTIONS CAN BE REINTRODUCED.

STAY UP TO DATE ON THE LATEST ENGLAND RUGBY COMMUNITY GAME GUIDELINES:

[WWW.ENGLANDRUGBY.COM/CORONAVIRUS](http://WWW.ENGLANDRUGBY.COM/CORONAVIRUS)

## ENGLAND RUGBY COMMUNITY GAME GUIDANCE UPDATE 02/06/20

COACHING CAN NOW TAKE PLACE WITH SMALL GROUPS OF UP TO SIX (INCLUDING THE COACH). RFU SAFEGUARDING POLICIES MUST BE FOLLOWED.



IT IS NOW PERMISSIBLE FOR TWO OR MORE GROUPS OF 6 TO TRAIN PROVIDED THEY ARE KEPT SEPARATE (NO MORE THAN 4 GROUPS PER FULL PITCH), AND SOCIAL DISTANCING AND STRICT HYGIENE MEASURES ARE OBSERVED.

OUTDOOR FIELD BASED INDIVIDUAL TRAINING IN SMALL GROUPS PERMITTED



**NO PHYSICAL CONTACT. USE ENGLAND RUGBY TRAINING RESOURCES FOR GUIDANCE**

PLAYERS CAN TRAIN WITH OWN HOUSEHOLD.

ONCE PER 24 HOUR PERIOD PLAYERS CAN TRAIN AS PART OF A GROUP OF MAX 6 FROM OTHER HOUSEHOLDS.



**THEY MUST BE 2M APART AT ALL TIMES**

EQUIPMENT SHARING (INCLUDING BALLS) SHOULD BE KEPT TO A MINIMUM



**STRONG HAND HYGIENE PRACTICE SHOULD BE IN PLACE BEFORE AND AFTER.**

WASH/SANITIZE HANDS & EQUIPMENT REGULARLY

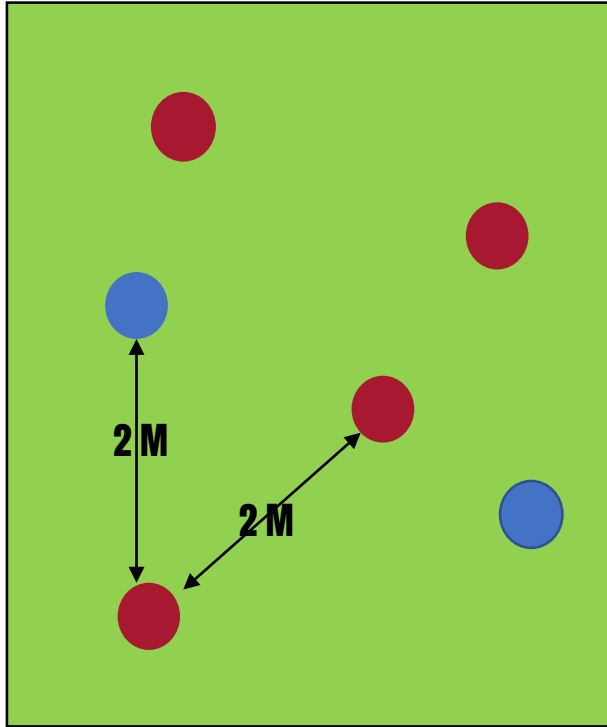


**DO NOT TRAIN OR MEET ANYONE IF YOU HAVE CORONAVIRUS SYMPTOMS**

CLUBHOUSES CURRENTLY CAN OPEN FOR ACCESS TO TOILETS AND TO SERVE TAKEAWAY FOOD/DRINK ONLY



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**PITCH SIZE MUST BE OF ADEQUATE SPACE TO ENSURE PLAYERS MAINTAIN MINIMUM 2 METRE DISTANCE**

**MAX 4V2 PER TEAM OR 4V1 PLUS A COACH**

**EQUIPMENT MUST BE CLEANED REGULARLY ALONG WITH PLAYERS HANDS**

**TWO BALL**

# PURPOSE

**PULSE RAISER LOOKING AT PRINCIPLES OF PLAY SUPPORT AND CONTINUITY WHILST DEVELOPING PLAYERS HAND EYE CO-ORDINATION**

**TWO BALL**

# PLAYER SKILLS

- **CREATIVITY**
- **RESILIENCE**
- **DECISION MAKING**

## **ATTACK**

- **CANNOT RUN WITH THE BALL**
- **PASS THE BALL IN ANY DIRECTION**
- **MUST HAVE THEIR OWN RUGBY BALL IN ONE HAND AT ALL TIMES**
- **ATTACK CONTINUOUSLY FOR 2 MINUTES COUNTING NUMBER OF SUCCESFUL CATCHES**

## **DEFENCE**

- **AIM TO INTERCEPT THE BALL IN THE AIR**
- **DEFEND CONTINUOUSLY FOR 2 MINUTES AIMING**

**TWO BALL**

## ADAPTATIONS

- **USE A DIFFERENT TYPE OF BALL ( tennis, small football, small rugby ball )**
- **THROW WITH NON DOMINANT HAND**
- **CATCH WITH NON DOMINANT HAND**

## KEY COACHING POINTS

- **PASS:** FOLLOW THROUGH WITH HAND TOWARDS THE TARGET
- **CATCH:** HAND UP EARLY TO RECEIVE THE BALL
- **SUPPORT:** PLAYERS MOVING INTO SPACE AND COMMUNICATING

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