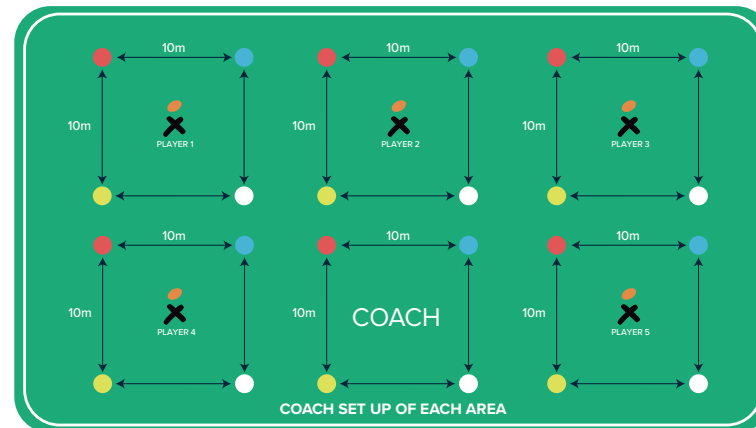
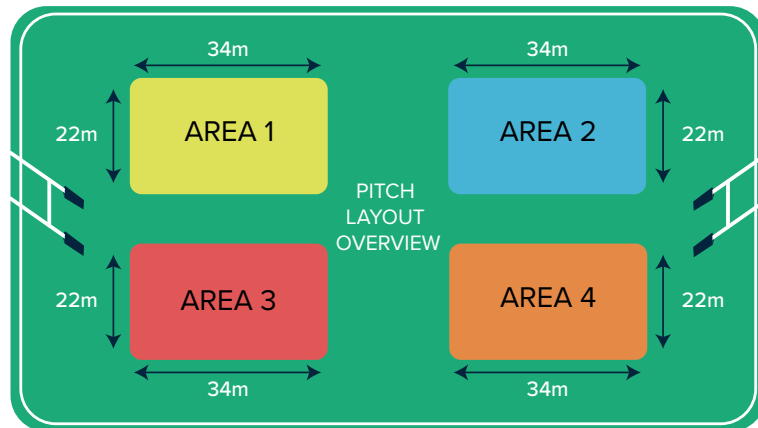




STAYING SAFE

RETURN TO CONTACT | SUGGESTED LAYOUT



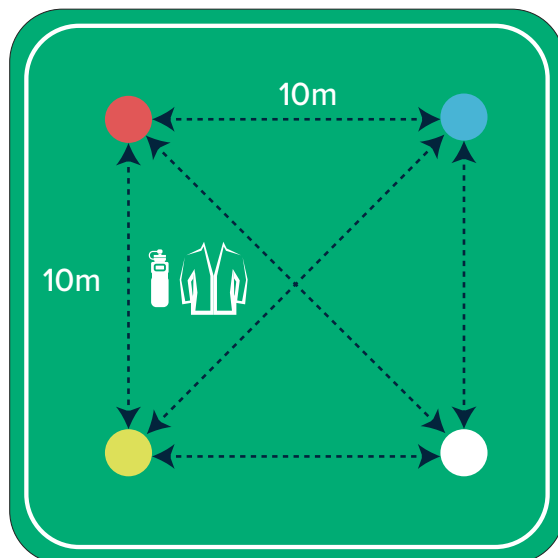
EQUIPMENT

COACHES TO BRING

- Cones
- 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

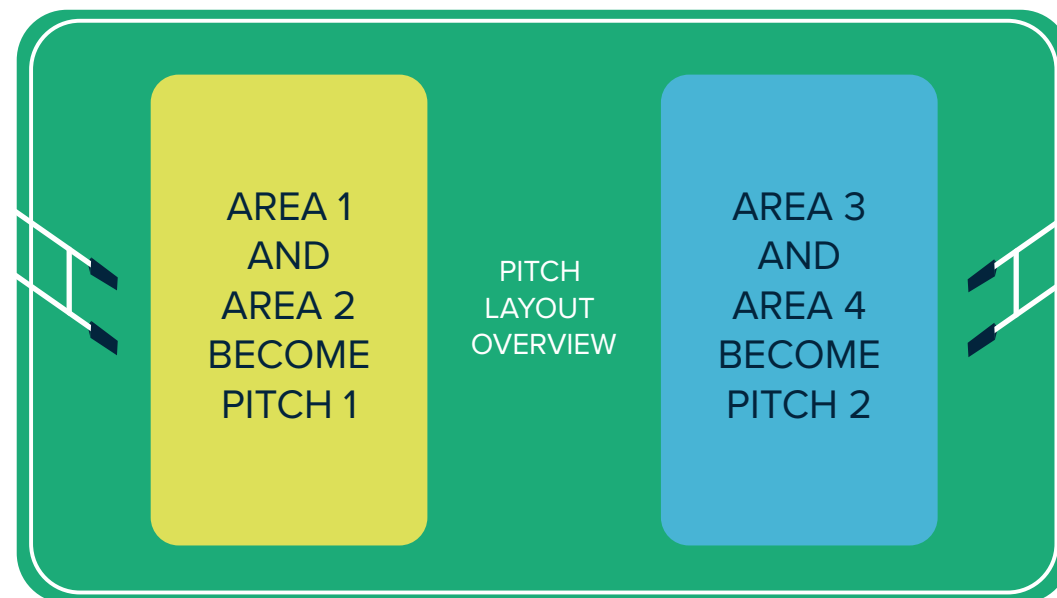
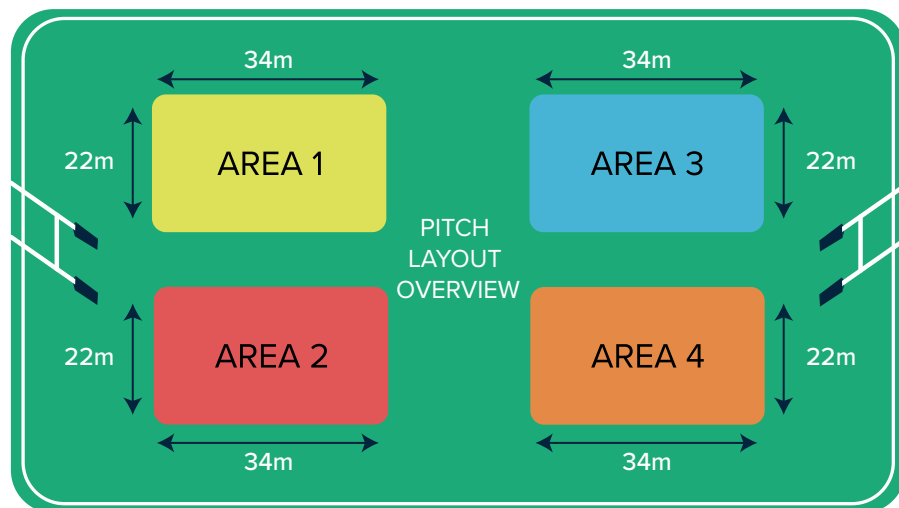
Please note that we have worked on 10x10m grids; dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid. For a reminder 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 CONTACT | SUGGESTED LAYOUT



RETURN TO PLAY MILESTONE DATES

W/C 10TH AUGUST (SUBJECT TO APPROVAL) - Community Club non-contact larger group training permitted. Opposed activity inc Touch.
W/C 31ST AUGUST - Review of current activity ahead of phased return of contact training and X-League.
OCT (TBC) - Match activity with rule amendments.
NOVEMBER 28TH - End of 2020 season.
JANUARY 1ST (2021) - Possible return of local and National Cups and League planning for the 2021 season.
MARCH 1ST (2021) - Return of League structures.
Please note that these dates are subject to change.
Please follow Government guidelines at all times including any local lockdown measures, which may have an impact on the timelines above.

NOTES

- No more than 30 participants, including coaches, on the pitch at one time.
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s).
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30m x 50m (or half a pitch allowing for spacing between the pitches).



STAYING SAFE

RETURN TO CONTACT | UNDER 7 - UNDER 9
CATCH + PASS

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 7 - UNDER 9

- Throw the ball into the air at different heights and catch the ball, progress to travelling and catching.
- Static pass to partner (minimum 2m apart), if unattainable, player to practice the technique of the pass without releasing the ball. Practice passing both L to R & R to L. Partner to catch the ball with two hands. Progress to walk, jog and run.

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

NON-CONTACT SKILL GAME
(MAX 20 MINS)



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 (10 MINS)

STABILITY

Pick up put down challenge

OBJECT CONTROL

Collect your rebound

LOCOMOTION

Follow the leader

LIVE TO PLAY

I spend time practicing skills. - **IF YOU ARE UNABLE TO PASS 2M USE OUR #VIRTUALRL CHALLENGE AND PRACTICE AT HOME.**

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



STAYING SAFE

RETURN TO CONTACT | UNDER 7 - UNDER 9
CATCH + PASS

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements

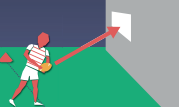


MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS

CATCH + PASS (MAX 10 MINS)

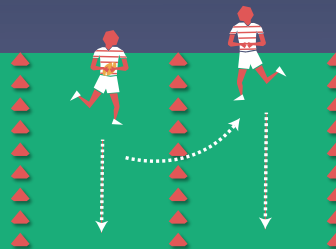
CATCHING A BALL OVER YOUR HEAD



CATCHING A BALL WITH 2 HANDS



SKILL FOCUS - PASSING (MAINTAIN SPACE)

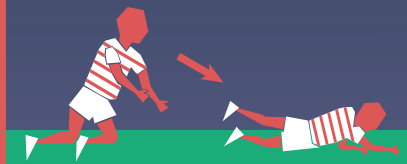


CONTACT TO PLAY

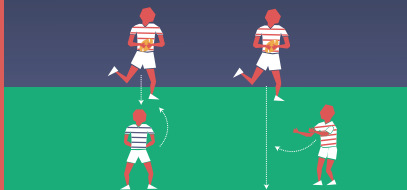
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



NON-CONTACT SKILL GAME
(MAX 20 MINS)



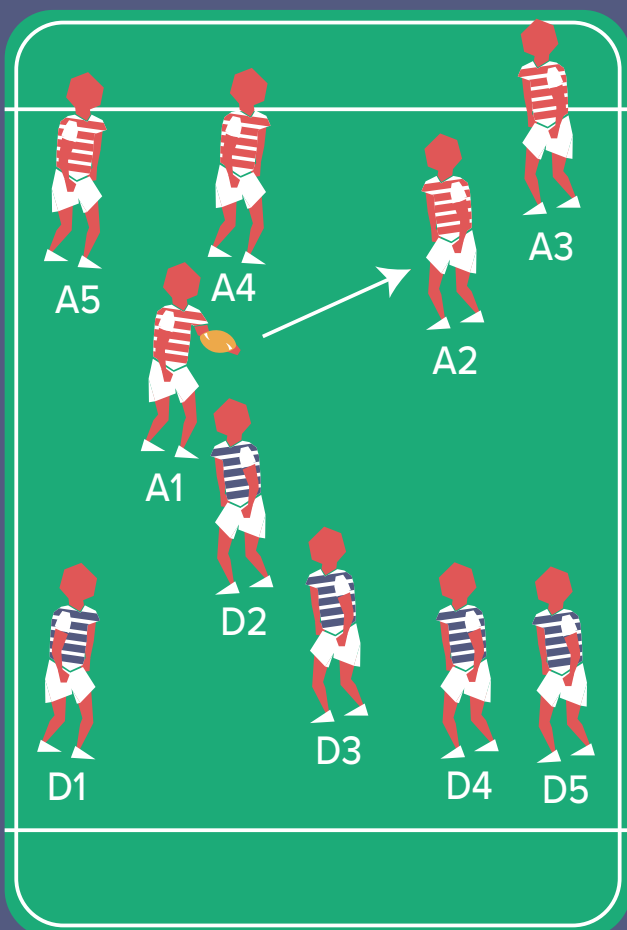
STAYING SAFE

RETURN TO CONTACT | UNDER 7 - UNDER 9

MAX 40 MINS (2 X 20 MINS)



GAME 1 & 2 | TOUCH



GAME 1 | TOUCH WHAT TO DO?

MAX. 40 MINUTES (2 X 20 MINUTES)

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- On each touch:
 - Attacker drops to front then stands to PTB (with foot!).
 - Defender drops to front, rolls to back then stands.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

ORGANISATION

- Grid 25m long x 20m wide
- Balls & Cones

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.



STAYING SAFE

RETURN TO CONTACT | UNDER 10 - UNDER 12

CATCH + PASS

WARM-UP (5 MINS)

10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from – hopping, (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 10 – UNDER 12

- Throw the ball into the air at different heights and catch the ball, progress to travelling and catching.
- Static pass to partner (minimum 2m apart), if unattainable, player to practice the technique of the pass without releasing the ball. Practice passing both L to R & R to L. Partner to catch the ball with two hands. Progress to walk, jog and run.

CONTACT TO PLAY (MAX 10 MINS)

PROTECTIVE FALLING

Players start in a crouched position with ball gripped in 2 hands.

1. Chin on chest
2. Bent knees
3. Lands on pants (bottom/thigh)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head behind
3. Squeeze ball carrier towards you

FRONT PASSIVE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1. Target thigh area
2. Head to side
3. Squeeze ball carrier towards you

X-LEAGUE GAME
(MAX 20 MINS)



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 (10 MINS)

STABILITY

Pick up put down challenge

OBJECT CONTROL

Collect your rebound

LOCOMOTION

Follow the leader

LIVE TO PLAY

I spend time practicing skills. - **IF YOU ARE UNABLE TO PASS 2M USE OUR #VIRTUALRL CHALLENGE AND PRACTICE AT HOME.**

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



STAYING SAFE

RETURN TO CONTACT | UNDER 10 - UNDER 12
CATCH + PASS

WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



MOVE TO PLAY (10 MINS)

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



FOLLOW THE LEADER



NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS

CATCH + PASS (MAX 10 MINS)

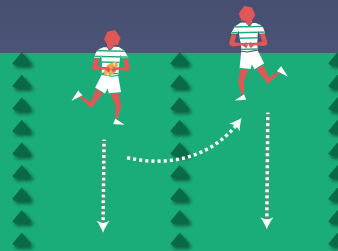
CATCHING A BALL OVER YOUR HEAD



PASSING A BALL WITH 2 HANDS



SKILL FOCUS - PASSING (MAINTAIN SPACE)



CONTACT TO PLAY

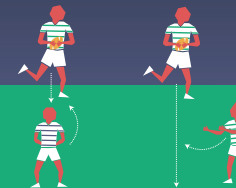
(MAX 10 MINS)

- Line movement in unison, up and back, looking left and right, communicating at all times with each other.

PLAYER FALLING TO THE GROUND



TACKLING



DEFENDING



X-LEAGUE GAME (MAX 20 MINS)



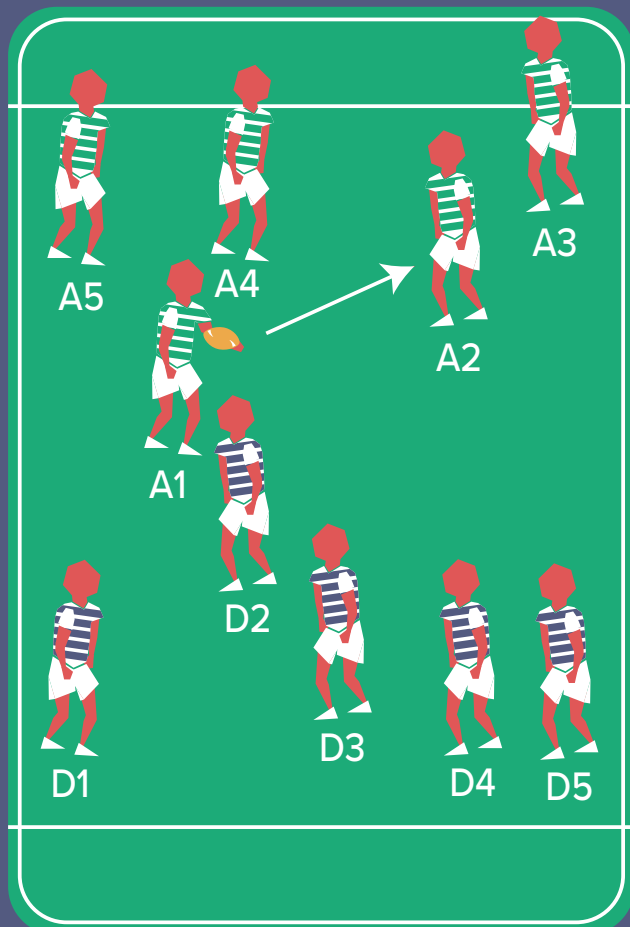
STAYING SAFE

RETURN TO CONTACT | UNDER 10 - UNDER 12

MAX 40 MINS (2 X 20 MINS)



GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**



STAYING SAFE

RETURN TO CONTACT | UNDER 13 - UNDER 15
CATCH + PASS



WARM-UP (5 MINS)

**5 MINS MAX.
MOVEMENT
AROUND GRID
BALL IN HAND!**

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 13 – UNDER 15 PASS & CATCH

- Form a circle, all have a ball, then all make 1 pass to the left, then 1 to the right.
- All make 2 passes to the left, then 2 to the right – Work up to 10 – Remember to catch after you’ve passed!

PASSING LINE

- Form a line.
- Receive 1 pass from left then pass to right.
- Receive 1 pass from right then pass to left.
- Alternate whilst running – how quick can you run?

POP & PASS

- Form a circle facing inwards, Player 1 throw ball 1 up.
- Player 2 pass ball 2 to player 1, Player 1 catch ball 2.
- Player 1 pass ball 2 to player 3 Player 1 catch ball 1.

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I want to practice and learn new skills.

I know that working away from school/club will help my development.

FIT TO PLAY (10 MINS)

6 SETS OF:

- 10 Squats
- Plank for 20 seconds
- 10 press ups
- Wall sit for 20 seconds

LIVE TO PLAY

I spend time practicing skills.

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



STAYING SAFE

RETURN TO CONTACT | UNDER 13 - UNDER 15
CATCH + PASS

WARM UP (5 MINS)

<p>PUT THE BALL DOWN WITH 1 HAND</p>	<p>GRIP (THROUGH YOUR LEGS)</p>	<p>GRIP (ROUND YOUR BACK)</p>
<p>GRIP (TIP-TAP)</p>	<p>FORWARD ROLL</p>	<p>PLAY THE BALL</p>
<p>GRIP (QUICK CATCH)</p>	<p>CATCHING A BALL OVER YOUR HEAD</p>	

FIT TO PLAY (10 MINS)

<p>SQUAT x 10 REPS</p>	<p>PLANK x 20 SEC</p>
<p>PRESS UP x 10 REPS</p>	<p>WALL SIT x 20 SEC</p>

NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS CATCH + PASS (MAX 10 MINS)

PASS + CATCH

PASSING LINE

POP + PASS

CONTACT TO PLAY (MAX 10 MINS)

FRONT TACKLING

SIDE TACKLING

X-LEAGUE GAME (MAX 20 MINS)



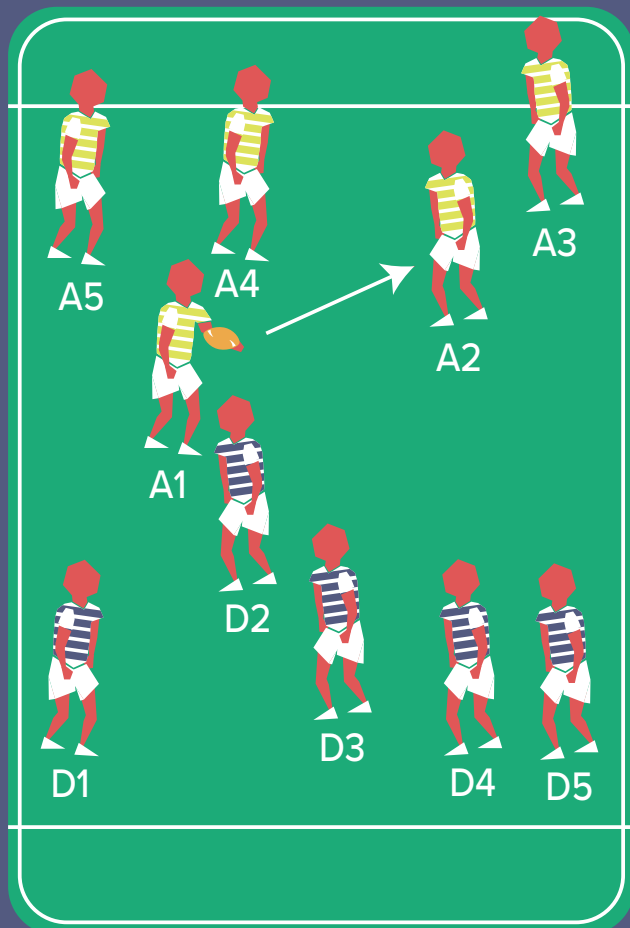
STAYING SAFE

RETURN TO CONTACT | UNDER 13 - UNDER 15

MAX 40 MINS (2 X 20 MINS)



GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**



STAYING SAFE

RETURN TO CONTACT | UNDER 16 - UNDER 18

CATCH + PASS

5 MINS MAX. MOVEMENT AROUND GRID BALL IN HAND!

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS - CATCH + PASS (MAX 10 MINS)

UNDER 16 – UNDER 18

PASS & CATCH

- Form a circle, all have a ball, then all make 1 pass to the left, then 1 to the right.
- All make 2 passes to the left, then 2 to the right – Work up to 10 – Remember to catch after you’ve passed!

PASSING LINE

- Form a line.
- Receive 1 pass from left then pass to right.
- Receive 1 pass from right then pass to left.
- Alternate whilst running – how quick can you run?

POP & PASS

- Form a circle facing inwards, Player 1 throw ball 1 up.
- Player 2 pass ball 2 to player 1, Player 1 catch ball 2.
- Player 1 pass ball 2 to player 3 Player 1 catch ball 1.

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head behind
- 3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m apart. Partner jogs towards tackler.

- 1) Target thigh area
- 2) Head to side
- 3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m apart. Partner jogs towards tackler.

- 1) On approach shorten steps, hands up
- 2) Drop hips into sitting position
- 3) Target area under the ball
- 4) Drive up and lock ball

X-LEAGUE GAME (MAX 20 MINS)



THINK TO PLAY

I want to practice and learn new skills.

I know that working away from school/club will help my development.



FIT TO PLAY (10 MINS)

6 SETS OF:

- 10 Squats
- Plank for 20 seconds
- 10 press ups
- Wall sit for 20 seconds



LIVE TO PLAY

I spend time practicing skills.

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



STAYING SAFE

RETURN TO CONTACT | UNDER 16 - UNDER 18
GRIP & CARRY

WARM UP (5 MINS)

<p>PUT THE BALL DOWN WITH 1 HAND</p>	<p>GRIP (THROUGH YOUR LEGS)</p>	<p>GRIP (ROUND YOUR BACK)</p>
<p>GRIP (TIP-TAP)</p>	<p>FORWARD ROLL</p>	<p>PLAY THE BALL</p>
<p>GRIP (QUICK CATCH)</p>	<p>CATCHING A BALL OVER YOUR HEAD</p>	

FIT TO PLAY (10 MINS)

<p>SQUAT x 10 REPS</p>	<p>PLANK x 20 SEC</p>
<p>PRESS UP x 10 REPS</p>	<p>WALL SIT x 20 SEC</p>

NON-CONTACT SKILL GAME
(MAX 20 MINS)

SKILL FOCUS CATCH + PASS (MAX 10 MINS)

PASS + CATCH

PASSING LINE

POP + PASS

X-LEAGUE GAME
(MAX 20 MINS)

CONTACT TO PLAY (MAX 10 MINS)

FRONT TACKLING

SIDE TACKLING



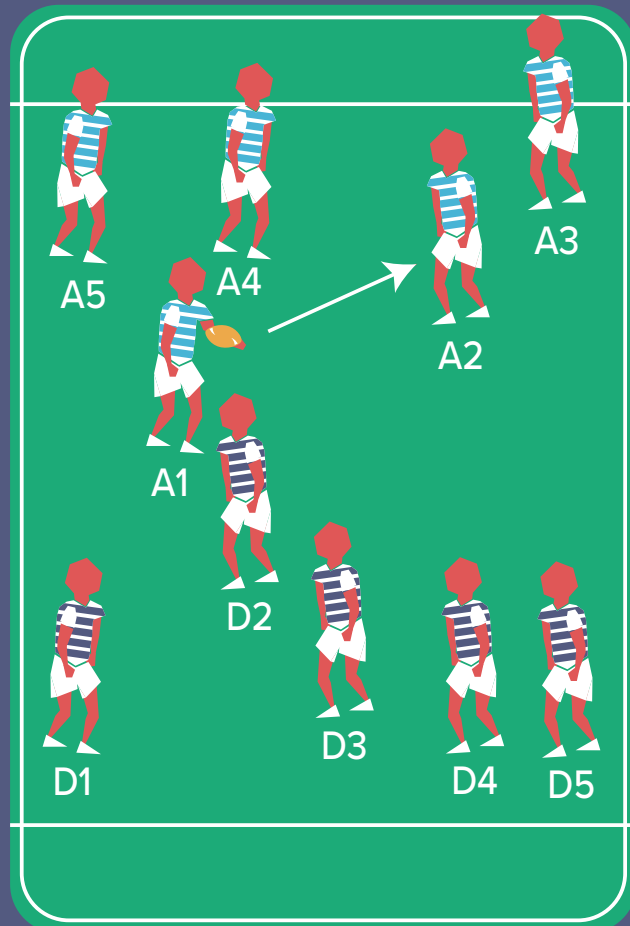
STAYING SAFE

RETURN TO CONTACT | UNDER 16 - UNDER 18

MAX 40 MINS (2 X 20 MINS)



GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**