

# Return to Rugby

## Top tips for coaches returning to delivery of contact activities

### KEEP SESSIONS FUN AND ENGAGING

Players of all age groups have had a significant period of inactivity due to the Covid-19 pandemic.



Re-engage players by delivering fun and engaging sessions that are inclusive and cater for players of all levels of fitness and skill.

### MAKE SURE EVERYONE WARMS UP

Utilise the World Rugby Activate Injury Prevention Programme ([here](#)) which has been proven to help reduce injuries.



When resuming contact training (e.g. tackling), deliver specific activities to prepare the players for the movements involved (e.g. wrestling)

### BUILD UP GRADUALLY

Carefully plan a gradual return to full contact training over a number of weeks (depending on age group and player fitness levels).



We recommend a 'quality over quantity' approach to contact training, where activities are delivered progressively to allow players to adapt.

### PHYSICAL PREPARATION

In addition to the technical aspects of contact training (e.g. tackle technique), sessions should focus on developing physical conditioning.



Sessions should be planned with work/rest ratios in mind, with speed, agility, strength and endurance all factored in to sessions.

### BUILD CONFIDENCE

After a lengthy time off from contact sport, many players may have lost confidence in their ability to return to full contact rugby.



Spend time gradually building confidence through low intensity activities, and by using training aids such as tackle bags and shields (PLEASE NOTE that coaches should not hold shields for players under the age of 18).