

Return to Rugby

Keep players engaged

This document aims to support clubs and schools to keep their players engaged until competitive rugby resumes in January 2021 at the earliest. The ideas and examples highlighted in this document can be adjusted to meet the needs of your players, and to any local restrictions that might be in place.

Before implementation we encourage clubs/schools to consider the following:

- Engage with your player group – what do they want? Do they have any ideas of their own?
- How do you implement an initiative that includes everyone?
- Are there opportunities to engage sponsors and partners?
- How can you raise the profile of your club/school through this process, and attract new members?

PLEASE NOTE: Some of the examples below are subject to local restrictions and may not be permitted. Please see up to date Scottish Government and Scottish Rugby guidelines before undertaking any activities.

MODIFY TRAINING PRACTICES AND CONTENT



- Change up practice sessions to include new, different, fun activities that might help keep players engaged.
- Utilise this time to focus on skill development without the pressure of competition.

Examples:

- Deliver position specific session with players from different age-groups (e.g. 1st XV hooker helping younger players).
- Design some new training games to spice up training (see some examples [here](#)).
- Run joint men's and women's rugby training sessions.

INTERNAL TOUCH RUGBY FESTIVALS/TOURNAMENTS



- Run a touch rugby tournament, aligned with the current Return to Rugby guidelines (max 30 players).
- Teams can be mixed age groups to help build relationships and a whole club/school bond (if local restrictions allow).
- Create an in-house leadership board for top try scorer – could a sponsor provide a prize?
- Have a knock-out stage and a finals day.
- Could a social touch rugby event help attract new members?

ONLINE ACTIVITIES



- The current restrictions on group activity and social gatherings mean that online activity has become the norm.
- Clubs and schools could utilise online platforms such as zoom, Microsoft Teams and FaceTime to deliver player activities.

Examples:

- Start up a club webinar which features members of the club and/or community on a weekly/monthly basis.
- Deliver video analysis sessions using previous games or recent clips from other countries.
- Deliver an online club function which people/members pay for a ticket to attend.

INTERNAL GROUP ACTIVITIES OR CHALLENGES



- Create 'groups' within teams – small player groups who work together on set tasks or undertake challenges against each other.
- Set challenges (examples below) and record how each group has performed (e.g. points).

Examples:

- Fitness challenges:
 - Run the total length of Scotland – which groups can complete this in the quickest time.
 - Total kg lifted challenge – which group can be the first to lift 1million kgs.
- Fundraising challenges (e.g. groups challenged with fund raising for a specific purpose within a set time).

COMMUNITY ENGAGEMENT



- Members of the local community could be facing challenging times over the next few months, and may have already experienced hardship since lockdown.
- Clubs and schools can play a huge role in supporting local community groups and charities.
- Charity groups in your area can be found here - www.oscr.org.uk

Examples:

- Support a local food bank by providing food and delivery food parcels.
- Volunteers to undertake garden maintenance local elderly peoples homes.