

CONTACT READINESS TRAINING



All teams that want to play structured contact rugby in 2021 will need to undergo a minimum of four weeks contact readiness training.

Contact rugby has not been permitted in six months. For many players it has not been permitted in over a year. Failure to reintroduce team sport activity in a graduated fashion brings with it an increased risk of injury.

Clubs will have to be extra cautious around the training loads they are putting in place and coaches must be mindful of load and intensity in their planning along with the multi-directional movement needed to safely play the sport.

Player welfare remains paramount in terms of injury prevention just as much as it does in terms of COVID-19.

This document offers a sample overview for clubs and schools and is subject to change relative to length of period of inactivity.

Key Considerations (April 2021)

How are you adapting your training to mitigate the risk of COVID-19?

Purpose of #ReadyForRugby – Do your training sessions reflect why the players are there?

What type of activities are you preparing your players for? Non-Contact? Contact? Touch? Tag? 7s? 10s? 15s?

What type of activities have players done since you last trained on pitch?

What level are you coaching? Minis players should not be treated as small adults.

Training and Load – How can you build up intensity safely and progressively?

Are your players moving to different levels in the game? Minis to Youth? Youth to Adult? Do your sessions reflect their needs?

All players returning to pitch must have the opportunity to redevelop multi directional movement in a fun, non-contact environment at first.

Resources

PDF	Guiding Principles in Assessing Contact Risk of Rugby during The COVID-19 Pandemic
VIDEO:	Considerations For Updating Your COVID-19 Safety Plan (inc. management of pods)
VIDEO:	Performance, COVID-19, Injury Reduction And A Safe Return To Contact
PDF	Performance, Injury Reduction & Return To Play After Prolonged Inactivity

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Skill Based Activities	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Controlled Contact Development	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Unit & Team Contact Development			<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Limited Game Time				<input checked="" type="checkbox"/>

Sample Activities	
Skills Based activities	Controlled Contact Development
Handling Positioning re-positioning Support play Decision making Ground Skills Conditioned Games (e.g.7v7)	Technique & Muscle Memory: Commence in grids or drills of 2 to 3 players using pads and shields before gradual introduction of 1v1 and 2v1 contact. Progress from walking to jogging to running with an emphasis on control and technique. Backline Attack: Unopposed Lineout: Unopposed Scrum: Set ups on machine only small pods 1s,2s,3s
Unit/Team Contact Development	
Contact Scenarios: Working in small numbers with controlled gradual progression. Impact with bump, targeting contact entry points only with gradual increase of participants. Open Play: 1v1 Tackle, 2v1 Ruck, 3v2 Defence etc. Phase Play: 6v4, 7v5, 10v5, 10v8, 7v7, 15v5 etc Small Sided games: e.g. 5v4 Scrum: Progress 1v1> 2v2 > 3v Machine > 3v3 > 5 v Machine > 5v5 > 8 v Machine > 8v8 Lineout: Gradually add opposition and contest <i>Contact time for scrum, lineout and maul should be limited and pads should be used where appropriate.</i>	
Limited Game Time	
Time limited (10/15 mins) hit outs graduating to full contact to reflect the reality of the game.	