



## BACKROW SESSION PLAN

DATE: March 2021

VENUE: Home

SESSION THEME: – BR PSS

### Key Points

### EQUIPMENT

- Please focus on quality over quantity here
- If you find hips are too high or not staying low/lets not ignore
- Hip flexibility and knees bent are key
- Safety is vital

Cones – 0  
 Balls – 1 rugby  
 Bags – one old gear bag  
 Poles – 0  
 Pads – 0

TIMING	DRILL/SKILL	STAFF	COACHING POINTS/DETAIL	REPS
<b>A</b> <b>4min</b>	Warm Up See video, for explanation Keep hips low/ knees bent.  Move around as to get body/ready incase of impact.  <a href="#">Video Click Here</a>	Videos will explain	<ol style="list-style-type: none"> <li>1. Use Warm up to concentrate on hip height</li> <li>2. Video yourself and see where you can improve</li> <li>3. Look to see balance is good by rocking over &amp; Back</li> </ol>	
<b>B</b> <b>10 reps</b>  <b>60secs off</b>  <b>10 reps</b>	Power Burpees  <a href="#">Video Click Here</a>  Power Burpees	Videos will explain	<ol style="list-style-type: none"> <li>1. Actively get off the ground</li> <li>2. Up and stay low /don't straighten up</li> <li>3. Get hands ready</li> <li>4. Good strong position to poach</li> </ol>	
<b>C</b> <b>5 min</b>  <b>60secs rest</b>  <b>3min</b>	Grip & Rip  <a href="#">Video Click Here</a>	Videos will explain	<ol style="list-style-type: none"> <li>1. Look to sink low as in the warm up?base strong</li> <li>2. Get in and out as quick as possible</li> <li>3. Rip motion to be aggressive/dynamic as possible</li> </ol>	
Session 2: Complete the 45° Passing Skill Test and use the work-on video to review			<a href="#">45° Skill Test Click Here</a>  <a href="#">45° Skill Work-Ons Click Here</a>	

**Week 8 Conditioning:**

**Running - Fartlek**

Warm up with light jog, and dynamic exercises, Squat, Lunge, Hamstring Bridge, etc.,  
 Jog @ 70% for 3 mins  
 50m stride through @ 85%  
 Jog @ 70% for 2 mins  
 100m Sprint @ 95-100%  
 Repeat 4 times

**Speed and Agility**

Warm Up incl Dynamic Stretches	3mins	<a href="#">Sample Video Here</a>
Walk easy for 5m then 10m acceleration	10m x 2	Rest for 1 min in between Sprints
10m static start & sprint	10m x 2	2 feet together start & then sprint
10m hard accelerations (chest on the ground)	10m x 2	Pop off ground fast and sprint (rest 1min in between sprints)
10m Hill sprint	10m x 2	Rest 1min in between sprints
Lateral shuffle into 20m sprint	20m x 2	Don't let your feet touch in shuffle (Rest 1min in between sprints)
Jog easy for 5m then 30m sprint	30m x 2	Rest 1min between sprints
Weaving Sprints	30m x 2	Weaving like a snake (Rest between sprints and cool down)

**Speed Tech – “A” March Drills**



**Body Weight Exercises:**

X10 reps

