



## Munster Home Training Session

| <b>Week 8 Rugby</b>  |  | <b>VENUE:</b><br>Home   | <b>SESSION THEME: Centre key skills -Tackle (GO/Balance/GO)</b>   |  |
|--|--|---|---|--|
| MEETINGS/TIMINGS   |  |   | EQUIPMENT   |  |
| <p><b>Day 1</b><br/> <b>Warm Up + Session (attempt all or as many as possible in video link)</b><br/> <b>Video review/fault ID-correction</b><br/> <b>Review (on couch/bed/relaxed -ID corections)</b></p> |  |   | <p><b>See video for equipment which is all easily tranferable to household found items (Be inventive)</b></p> |  |
| TIMING   | DRILL/SKILL  | COACHING POINTS/DETAIL  | REPS  |  |
| <b>A</b><br><br><b>10min</b>   | <p><b>Warm-Up -</b><br/>Speed &amp; Agility</p> <p><a href="https://youtu.be/AywWvEfN8Tw">https://youtu.be/AywWvEfN8Tw</a></p>   | <p><b>Speed (split stance only)</b></p> <ul style="list-style-type: none"> <li>Stay long &amp; low</li> <li>Push &amp; Drive</li> <li>Push ground away</li> </ul> <p><b>Agility</b></p> <ul style="list-style-type: none"> <li>Go-Balance-Go</li> <li>Inside edge push</li> </ul>   | <p>10 x 10m</p> <p>10 x L&amp;R</p>   |  |
| <b>B</b><br><b>8 min</b>   | <p><b>Skills</b><br/> <b>Eyes and feet:</b><br/> <b>Go -Balance (use cones or markers)</b><br/>           Fast to balance<br/>           Progress to add a late dip and a <b>boxers feet shuffle</b> &amp; late change of direction</p> <p><a href="https://www.youtube.com/watch?v=OIJ3KA-p23c&amp;list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&amp;index=23">https://www.youtube.com/watch?v=OIJ3KA-p23c&amp;list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&amp;index=23</a></p> | <p><b>Go to Balance</b></p> <ul style="list-style-type: none"> <li>ball of your feet - shorten steps still moving forward</li> <li>Boxers arms</li> <li><b>Eyes on targets"</b> -focus on attackers' core</li> <li><b>"Boxers arms"</b> -arms above hips</li> <li><b>Boxers feet"</b> -Same Leg Same Shoulde</li> <li><b>"late dip"</b> -drop hips</li> <li><b>"look over your sunglasses"</b></li> </ul> | <p>10 x 5-15m varied</p> <p>progression 10 x 5-15m varied</p>   |  |
| <b>C</b><br><b>5 min</b>   | <p><b>Shoulder:</b><br/> <b>Boxes Jab. (partner/punch bag/back pack)</b><br/>           balls of your feet/ <b>boxer arms</b> react to partners left or right hand as a Cue or alternate</p> <p><b>Eyes, Feet + Shoulder:</b></p>  | <ul style="list-style-type: none"> <li><b>"Boxers jab"</b> -punch through</li> <li><b>"Shoulder contact"</b></li> <li><b>"Ear in pocket"</b> -spine alignment</li> </ul> <p>boxer hands, boxer feet, boxer Jab + shoulder contact</p>   | <p>Alternate L/R x 30</p>   |  |
| <b>D</b><br><b>5 min</b>   | <p><b>Bite:</b><br/> <b>Wrap-chop-squeeze - (partner/circular bin)</b></p> <p><b>video above covers all skills</b></p>   | <ul style="list-style-type: none"> <li><b>Wrap</b> -forearm grip</li> <li><b>Chop down</b> - on the back of the legs</li> <li><b>Squeeze up</b> -using your whole-body;</li> <li><b>Leg drive to finish on top"</b></li> </ul>  | <p>Alternate L/R x 15</p>   |  |
| <b>E</b><br><b>15min</b>   | <p><b>Video Review (review your performance)</b></p>   | <p><b>Notice -</b></p> <ul style="list-style-type: none"> <li>What worked well/didn't?</li> <li>ID correction from coaching cues/video</li> <li>What corrections for next session(write down)</li> </ul>  |   |  |
| <p><b>Session 2: Complete the 45° Passing Skill Test and use the work-on video to review</b></p>   |  | <p><a href="#">45° Skill Test Click Here</a></p> <p><a href="#">45° Skill Work-Ons Click Here</a></p>   |   |  |

**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

