








MUNSTER RUGBY

Props & Hooker Shape Session

Individual Shape-Front Row Session

ACTIVITY	REPS	Click to view video	NOTES
<p>Individual Shape</p> <ol style="list-style-type: none"> 1. Feet Shoulder Width apart. Grip the ground with your feet 2. Slight knee bend 3. Engage Core (be able to convese) 4. Pelvis Through, push knees out sideways, shoulder blades together 5. Chest Out, Chin off Chest, Eyes over sunglasses 6. Levers stabilizing arms feet 7. Key: build our connection from the ground up, appropriate footwear, round studs 		    	<p>Setup in Scrum Position Fall onto hands on the ground (spine in line – bent knees – eyes over sunglasses)</p> <ol style="list-style-type: none"> 1. Hip Activation - 10 rep e/s 2. Individual shape fall onto hands reps hold - 10secs on - 10 secs off x 6 3. Partner (if available) applies pressure all over body (maintain chest over ball/cone) 10 sec on - 10 sec off x3 <p style="text-align: center;">Progression for U16/U18/Adult Player</p> <ol style="list-style-type: none"> 4. Wall isometric (Grip the ground with your feet apply pressure through feet not hands) <ul style="list-style-type: none"> • 2 hands 20 secs on 10 off 4 reps • Left hand only 10 secs on 10 off 3 reps • Right hand hand 10secs on 10secs off 3 reps <p>Repeat above Reps for wall isometric with swiss ball and Band as per video (Ball Hip Activation 3 reps e/s 15secs on 15secs off</p>
<p>Rugby Session 2: Complete the 45° Skill Test and use the Work-On Video to review</p>			<p>45° Skill Test Video Here</p> <p>45° Skill Work On</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	Sample Video Here
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: x 10 Reps each

