

## **Overview**

This document is designed to guide decision making for a safe and successful return to play for all players. This document is only guidance and coaches are asked to use their discretion alongside the outlined information provided.

## What should training look like upon returning to rugby?

Coaches should be mindful that when players return to training following easing of restrictions, some players despite best efforts in remote training programs may have been relatively inactive for the last 3 months. A slow and steady return is needed to allow all players to get back up to the level they were at before this break.

## What intensity should we train at?

Training intensity should be gradually increased over the first 3–4-week period. Use the RPE scale to judge how difficult the players are finding the session. This can be done by randomly asking 3 -4 players across different positions how hard that game or drill was out of 10. A game in the first few weeks

Rating of Perceived Exertion (RPE Scale)		
10	Maximal	
9	Really, Really, Hard	
8	Really Hard	
7		
6	Hard	
5	Challenging	
4	Moderate	
3	Easy	
2	Really Easy	
1	Rest	

should be a 6-7 out of 10. However, be mindful that what was a 6-7 before the break may now be a 9-10 for some. So, be conservative in your first few weeks and don't be afraid to regress a drill if too difficult or advance if players are finding it too easy. The best blend of return to rugby is an intermittent type of session switching between games and drills. The games will be fun and intense allowing the players to get back up to previous training levels and have some fun. While the drills will allow for a lower intensity of a 3-4 out of 10 allowing the players to get a break from the higher intensity activity will also allowing them to

focus on honing their skills which may be rusty after the break. As the players get used to training again their skills will simultaneously improve allowing for a greater quality games as the weeks progress. Be patient and trust the process.

## **How long should training last?**

Training duration is an important consideration, in the first few week's coaches should aim for 2-3 rotations of a game and drill. Games should last 5-10 minutes with coach using discretion for quality and intensity of the game to judge duration. Drills should last 5-10 minutes also, giving the player time to practice the skill and recover before the next game. A 10-15 minute warm up to prepare the players appropriately should proceed this so the players are prepared for the session. For a sample warm up

click <u>here</u>. Including the warm up, it is advised sessions are 45-60 minutes in duration. For some ideas on games and drills to use check out our coaching resources page <u>here</u>.

## How should this be done?

- Fitness through the game using variations of tag/touch by changing the game constraints (wider pitch, fewer players, run to try line after you tag/touch). For examples click <a href="here">here</a>
- Animal Movement challenges will require full body movement and control and could be a fun addition to the warm up or in between games. For examples click <a href="here">here</a>.
- Skills sections to incorporate learning/coaching breaks within session.

# Sample session Plan

TIMING	DRILL/SKILL	GAME/ACTIVITY	COACHING POINTS/DETAIL
A 7 minutes	Warm Up -Dynamic Movements (and Games)	Game-stuck in the mud, end ball etc.  See warm up videos	Dynamic Movements  Muscle Activation  Prep for session
B 5-10 mins	High tempo touch/tag game	Small sided continuous gameplay  See Examples Here	Intensity kept high (6-7 out of 10)  Coach while play continues and during planned breaks. 'No Stop and Tell'
C 5-7mins D 5-10 mins	Activity  Skills and integrated movements  High tempo touch/ tag game	Skills Block 1  See Examples Here  Movement challenges See Examples Here  Change game conditions (wide pitch, two touch turnover etc)	No static – maintain dynamic skill development i.e. keep players moving  Lower intensity but a focus on strength and movement through the exercise  Intensity kept high (6-7 out of 10)  Coach while play continues and during planned breaks. 'No Stop and Tell'
E 5-7mins	Activity Skills and integrated movements	Skills Block 2 – progression or regression from skills block 1 <u>See Examples Here</u> Movement challenges <u>See Examples Here</u>	Skills – Coaches choice. Sample Activities  here  Lower intensity but a focus on strength and movement through the exercise
F 5-10 mins	Players Choice  Let the players decide  the game  Warm down (3min)	Change game conditions (wide pitch, two touch turnover etc)	Intensity kept high (6-7 out of 10)  Coach while play continues and during planned breaks. 'No Stop and Tell'

<sup>\*</sup>Athletic development - For coaches comfortable with coaching S&C – a more definite conditioning program and circuit block (push ups, squats, lunge, planks etc) could be introduced after week 3, with a strength focus and good movement. With no competitions then the preference should be to graduate players back by using games and movement challenges for exercise!

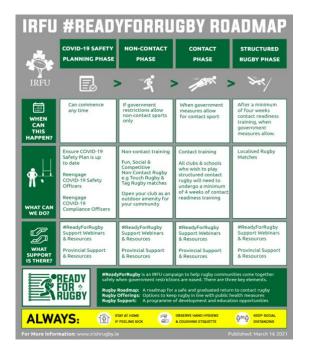
## **Coaching Code:**

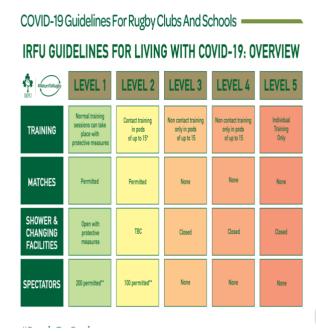
- Keep It Simple
- Keep It Safe
- Make it FUN and Enjoyable
- Ask Questions don't tell, tell, tell..
- Listen to them don't ignore their feedback
- Be Positive encourage and praise
- Take water breaks during games and activities

## **Session Review (APES Principle):**

- Was the session Active and varied?
- Did it have Purpose what were my objectives?
- Did the player **Enjoy** the session how do you know, did you ask them?
- Was the environment **Safe** did I ensure the players and the area we trained was safe?

#### **IRFU #READYFORRUGBY ROADMAP**







#### Further Details:

 $\frac{https://www.irishrugby.ie/2021/03/31/readyforrugby-support-webinar-an-introduction-to-coaching-touch-rugby/$ 

https://www.munsterrugby.ie/domestic/coaching/