



## RUGBY TRAINING TEMPLATE 4

**Training Focus:** Lineouts

**Primary Objectives:** To build an efficient and safe lineout.

**Equipment Required:** Rugby balls, cones, players' mouth guards and your training plan.



ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
<b>WARM UP</b> 1. Bear Crawls 2. Rugby Netball	10-15mins	<ol style="list-style-type: none"><li>1. Keeping their backs straight, players must get on their hands and feet, and crawl along slowly and deliberately.</li><li>2. In a 25m x 25m zone split the squad into 2 groups. Teams play a game of netball but use a rugby ball. Players cannot run with the ball but need to use teamwork to try and get the ball over their opponents "tryline." Players are allowed to pass the ball how ever they want (pop, spiral, overhead) and it can be passed forward.</li></ol>	<ul style="list-style-type: none"><li>• To build a progressive warm-up specific for the skills and physical attributes used in jumping and lifting for the LINEOUT.</li></ul>
<b>INDIVIDUAL SKILLS</b> 1. Lineout Warm Up	5mins	<ol style="list-style-type: none"><li>1. 3 pods to warm up. Jumper doing some explosive movements; lifters working on timing; and thrower warming up arms.</li></ol>	<ul style="list-style-type: none"><li>• Explosive power to maximise reaching height.</li><li>• Players learning to keep hands above head and reach.</li></ul>

ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
<b>UNIT SKILLS</b> 1. Jump Support Drill 2. Win the Race	30mins	<ol style="list-style-type: none"> <li>In groups of 3, setup two lifters, one jumper. On the coach's command of "forward" or "back" the jumper moves approximately three small fast steps into a position to explode upwards. Two lifters move in a balanced manner to hoist the jumper when movement up or down the line has ceased.</li> <li>In 2 or more groups of 4 (thrower, lifters and jumper) setup a lineout throw. Different coloured cones are used to represent the front, middle and back of the lineout. When the coach calls out the colour of the cone the jumper moves forward or back to get to that cone and loads as if to jump for a lineout. The lifters must support and lift the jumper safely and try to win the race against the other group.</li> </ol>	<ul style="list-style-type: none"> <li>Lifters supporting the jumper safely in the air.</li> <li>Lifters supporting the jumper safely back to the ground.</li> <li>Throwing accuracy and distance.</li> <li>Use of visual and verbal cues.</li> </ul>
<b>COOL DOWN</b> Walking Touch	5-10mins	In a 25m x 50m channel (1/4 Rugby Field) play a regular game of touch rugby. No player is allowed to jog or run; all players must walk only.	