



RUGBY TRAINING TEMPLATE 2

Training Focus: Defence (Tackling)

Primary Objectives: To have players focus on safe and effective tackling technique required for team defence.

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



ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
WARM UP 1. Bear Crawls 2. Pummelling 3. Crocodile Crawls 4. Shoulder Bumps	10-15mins	<ol style="list-style-type: none">1. Keeping their backs straight, players must get on their hands and feet, and crawl along slowly and deliberately.2. Warm up activity for chest and shoulders. In pairs, grab each other – one hand on shoulder and one on waist. Alternate between the two grips. When pummelling use same foot same shoulder aligns.3. Keeping their tummy close to the ground, players must get on their hands and feet, and crawl along slowly and deliberately.4. In pairs, both players cross their arms over their chest and balance on one leg. They hop on one leg trying to bump their partner off balance using their shoulder.	<ul style="list-style-type: none">• To build a progressive warm-up that is specific to the muscle groups utilised for a tackle training. The warm-up also builds from individual warm-up to pairs.
INDIVIDUAL SKILLS 1. Back-to-Back 2. Knee Tackles 3. Foot Tracking	10-15mins	<ol style="list-style-type: none">1. In pairs, players must link arms while being back-to-back, with knees bent and seated on the ground. If the coach calls LEFT, both players roll to the left. If the coach calls RIGHT, both players try to roll to the right.2. In pairs, nominate 1 player as the attacker and 1 as the tackler. The tackler gets on their knees and the attacker runs to their left or right. The tackler must complete 10 effective tackles and then players swap around.3. Pair up and stand about a metre away. One player is attacker and one defender. Attacker moves backwards or sideways, with defender keeping up with attacker keeping sight of the core.	<ul style="list-style-type: none">• Dynamic/sharp movements are encouraged when performing these skills. Players should aim to move quickly and perform the tasks like they would in a game of rugby.

ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
UNIT SKILLS 1. Dog and Bone 2. Alignment Tackle 3. Tackle Clock	20mins	<ol style="list-style-type: none"> <li data-bbox="559 215 1271 301">1. In groups of five, one player is the dog. The other 4 players link hands to form a circle, nominating a player to be the bone. On GO the dog tries to tag the bone, with the 3 linked players trying to stop this from happening by moving to obstruct. <li data-bbox="559 315 1271 433">2. In 2 groups of 3, nominate a tackling line and an attacking line. The tacklers work together (staying connected and using comms) to move up and make a tackle on their nominated attacker. Tacklers should make low tackles and complete the tackle by finishing with the attacker on the ground. <li data-bbox="559 447 1271 557">3. Make a circle with cones (6-8). Line up a small group of players on a cone (attackers) and one player on another (tackler). On go defender moves to middle and gets tackled by defender. They then get up and move to next cone. This changes the angle of the tackle 	<ul style="list-style-type: none"> <li data-bbox="1294 215 1740 301">• Tacklers will learn to work as a unit and by being more connected they will stop breaches in their defence during games. <li data-bbox="1294 315 1740 401">• Communication, visual cues and listening to teammates are important aspects being developed in these activities.
COOL DOWN Walking Touch	5-10mins	<p data-bbox="559 580 1271 635">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.</p> <p data-bbox="559 649 1024 673">Dynamic full body stretches regressing to static stretches.</p>	