



RUGBY TRAINING TEMPLATE 1

Training Focus: Back Attack

Primary Objectives: To have backline players focus on catch/pass and alignment when attacking.

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



ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
WARM UP 1. Butt Kicks 2. High Knees 3. Two Ball Touch	10-15mins	<ol style="list-style-type: none">Moving forward, players kick their heels into their butt and pump their arms.Moving forward, players run with high knees and a straight back.Split the group into 2 teams. Usual game of touch, but with 2 balls – one on the ground and one in hands. When a player is touched, they alternate between each ball e.g., 1st touch, team goes back to the 2nd ball, 2nd touch team goes back to the 1st ball. After 6 touches it's a turnover to the other team.	<ul style="list-style-type: none">To build a progressive warm-up that is specific to the muscle groups utilised for a training on Back Attack. The warm-up also builds from an individual task to then requiring teamwork, communication and fun which are aspects required to play the game of rugby.
INDIVIDUAL SKILLS 1. Passing into air 2. Passing at the post	5-10mins	<ol style="list-style-type: none">Players have a ball each and spiral pass it as high as they can into the air and catch it again. Repeat 20 passes, changing the top hand/bottom hand on the ball. Players should focus on "firing" the ball into the air and pointing their hands/fingers at the ball once it's released.Using the rugby post, players move at a jog from 5m away and throw a spiral pass to hit it. Players should swap sides so that they focus on their weaker passing side as well. Remember to point the hands and fingers at the ball once it's released.	<ul style="list-style-type: none">The individual skills are centred around passing and catching.Players will work on accurately giving a strong spiral pass.The progression goes from catching and passing to moving at speed and accurately passing.By emphasising technique the skill becomes more learned and thus becomes habit.

ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
UNIT SKILLS 1. Short Passing Waves 2. 2 v 1 Attack 3. 3 v 2 Attack	15-20mins	<ol style="list-style-type: none"> <li data-bbox="555 215 1252 366">1. In a small space 5m x 5m, players are working in groups of 3-4. The emphasis is for short passes (less than 1.5m) so that players learn to pass effectively in small spaces. When catching the ball remember to have hands ready to receive and look at where the ball is coming from. When passing, keep ball above waist and pass across the chest. <li data-bbox="555 375 1252 520">2. In a 5m x 15m channel have 2 players attacking at 1 defender. The attackers must try and shift the ball into the space so that they can get over the gain line and "beat" the defence. Focus on drawing the player in, giving an accurate pass, and accelerating into the space. This drill can be progressed to 3 attackers 2 defenders. 	<ul style="list-style-type: none"> <li data-bbox="1268 215 1740 271">• Players will learn the difference between a shorter "pop" pass than a longer spiral pass. <li data-bbox="1268 283 1740 339">• Players should notice a difference with how they receive/catch the ball. <li data-bbox="1268 352 1740 437">• Bringing the 2v1 game to life requires players to work together. More communication is required, and players must focus on accurate passing. <li data-bbox="1268 449 1740 509">• Players will focus on attacking space (moving forward).
COOL DOWN 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.	