



CONTACT READY





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CONTACT READY COACHES KIT



Welcome to your Contact Ready Coaches Kit, designed to guide you through six tailor-made sessions for teenage girls.

The Coaches Kit complements the Contact Ready Programme Guide, and the face-to-face coach training. We recommend that you attend the Contact Ready coach training and read the supporting programme guide before using this kit.

Contact Ready is our national introductory programme made especially for teenage girls who are new, in their first year of rugby, or who are playing non-contact versions of the game. The programme seeks to enhance player safety and confidence when transitioning into contact versions of rugby. It is all about providing a safe space to learn and practice with girls of similar abilities, make friends, and grow their love of rugby.

Girls who participate in the programme, will learn the:

- The fundamentals of preparing their body for contact.
- Basics of landing safely.
- Basics of taking the ball into contact (BIC) safely.
- Basics of how to tackle safely.
- How to apply what they have learned through modified games.

While the focus of the programme is to build the basics of safe technique, the delivery prioritises learning these skills through games where possible. Contact Ready is about building the basics, keeping the players safe, and growing their love of the game.

Note – This coaches kit has been developed for the Contact Ready 2025 pilot and is an interim support tool. The coaches kit will evolve based on coach and player feedback and is intended to be developed into illustrated A5 coaches' cards, and digital content in 2026.

CONFIDENCE

A SAFE
SPACE TO
LEARN



CONTACT READY COACHES KIT

Programme Overview

- Session 1: Landing Safely
- Session 2: Introduction to Ball into Contact
- Session 3: Introduction to Tackle
- Session 4: Contact Confidence
- Session 5: Contact Confidence +
- Session 6: Mini Festival

Session Format

All sessions follow the same format:

1. Welcome and recap
2. Connection game
3. Warm-up and primers
4. Skill development
5. Games
6. Cool down and learning reflection

Session Duration

80 MINS

All sessions are 80 minutes long inclusive of a 10-minute allowance to demonstrate, explain and transition between activities.

Coach and Player Numbers

- Contact Ready has a 1:10 coach to player ratio.
- Contact Ready runs with a minimum of 10 players and maximum of 30 players.

Programme Equipment List

This programme list is based on 30 players and can be adjusted if your programme has less players.





"The programme provides a safe

GIRLS-ONLY

learning environment for players to learn."

WARM-UP

Warm-up overview

14 MINS

There are five parts to the warm-up:

- A** CARDIOVASCULAR WARM-UP
- B** DYNAMIC STRETCHING
- C** NEUROMUSCULAR CONTROL & MUSCULAR STRENGTH
- D** SHOULDER AND NECK ACTIVATIONS
- E** RUNNING AT INTENSITY

The warm-up is run with the whole group. Sessions 1-3 are coach-led and session 4-6 are player-led. During sessions 4, 5, & 6 players can utilise the warm-up cards to run their own group warm-ups while coaches support and observe correct technique. Coaches always lead the neck and shoulder activations.

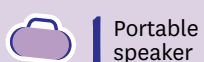
Equipment needed



18 Dome cones



4 Rugby balls



Portable speaker



Stop watch

A

3 MINS

Cardiovascular warm-up

Different forms of movement:

- “Forwards.”
- “Left side shuffle.”
- “Right side shuffle.”
- “High skipping.”
- “Backwards.”
- “Bear crawl” forwards and backwards

C

3 MINS

Neuromuscular control & muscular strength

- Lunge and twist.
- Snake runs (make an S).
- Zig zag cone land on one foot.
- Zig zag cones and ‘cut’ slow.
- Zig zag cones and ‘cut’ with pace.
- Run two cones forward and one back.

B

2 MINS

Dynamic stretching

- Leg swings.
- Hamstring sweeps.
- Arm circles.
- World's greatest stretch.

D

4 MINS

Neck & shoulder activations

- Independent static neck holds.
- Bear crawl partner nudges.
- Triangle impulse with shuffle.

E

1 MIN

Running at intensity

- 1 x 50%.
- 1 x 75%.
- 1 x 90%.

WARM-UP: PLAYER CARD

Why warm up?

- Warming up prepares our mind and body for rugby.
- It can help us reduce the risk of injuries.
- It can keep us focused and ready to perform at our best.
- Warming up is fun with friends!

Duration

14 MINS

This warm-up should take approximately 14 minutes to complete.

Set up



30^X30^M Open space

Cardiovascular

A

3 MIN

Group running with music

Play your favourite jams while you jog around the outside edge of the set up warm-up space (try to spread out and have some space between you and the player in front of you). Have someone call out the following prompts to change movements over the 3 minutes:

- “Forwards” - jog forward
- “Left side shuffle” - side shuffle left
- “Right side shuffle” - side shuffle right
- “High skipping”
- “Backwards” - jog backwards
- “Bear crawl” forwards and backwards

Tip: Pace yourselves and keep going till the 3 minutes is up!

Dynamic stretching

B

2 MIN

(Stretching with movement)

- **Leg swings** - Swing each leg for 15 seconds
- **Roll and reach** - Keep moving through the roll and reach with control for 30 seconds
- **Arm circles** - Circle forwards for 15 seconds and backwards for 15 seconds
- **World's greatest stretch** - Switch between sides and keep going for 30 seconds

Neuromuscular control & muscular strength

C

3 MIN

Line up in two lines and complete one length of the cones with each of the following movements:

- **Lunge and twist** - Move straight ahead along the length of the cones, continuing until you reach the end
- **Snake run - make S shapes** - Move in a S shape along the length of the cones, continuing until you reach the end
- **Zig zag cones and land on one foot** - Zig zag through the cones, crossing over with the other line, and continue this pattern until you reach the end
- **Zig zag cones and 'cut' slow** - Zig zag through the cones, crossing over with the other line, and continue this pattern until you reach the end
- **Zig zag cones and 'cut' with pace** - Zig zag through the cones, crossing over with the other line, and continue this pattern until you reach the end
- **Run two cones forward and one back** - Move straight ahead along the length of the cones, continuing until you reach the end

Tip: Look out for each other when crossing over with the zig zag movements.

Neck and shoulder activations



4 MINS

Static neck activations

Using your own hands, apply force to your head in the following directions while keeping your head still.

Directions:

1. Chin to chest
2. Eyes to sky
3. Ear to shoulder (left and right)
4. Looking over shoulder (left and right)

Hold each movement for 15 seconds.

Bear crawl partner nudges

Partner 1: Get into a bear crawl position, keep your head neutral with a slight chin-tuck and focus on your gaze between your hands.

Partner 2: Gently apply nudges from different directions.

Continue for 30 seconds, then switch roles.

Triangle impulse with shuffle

Form a triangle with three people, placing hands on the sides of each other's heads. Apply gentle pressure while maintaining a neutral head position with a slight chin tuck. Once stable, begin slowly rotating to the left for 20 steps and then the right for 20 steps.

Running at intensity (with ball)



1 MIN

Set in up two lines. The front player in each line will sprint with the ball, then jog back to the end of their line. Complete a total of three sprints at the intensities listed below.

- 1 x sprint at 50% intensity
- 1 x sprint at 75% intensity
- 1 x sprint at 90% intensity

Tip: The next player in line can start their sprint before the previous runner finishes. Use two balls in each line to cycle through faster.

Cool down

Gentle exercise > stretching

Play some slow jams while you walk around the perimeter of the warm-up stations as a team. Afterwards, circle up to finish with some static stretches and connection chats.

Hold each stretch for 30-60 seconds.

- Quadricep stretch
- Hamstring stretch
- Thread the needle
- Lat stretch

PREPARE YOUR
MIND AND BODY
FOR RUGBY

IMPROVE
RECOVERY

Why do we cool down?

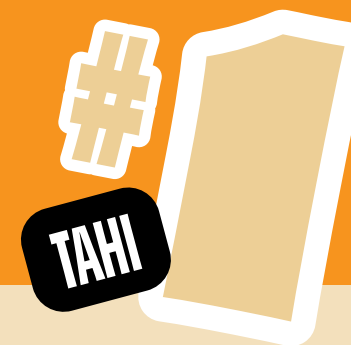
We cool down to gradually return the body to its resting state. Static (still hold) stretching after exercise can help improve flexibility and recovery.

A young woman in a dark t-shirt and shorts is shown in profile, holding a softball. She is looking towards the left. In the background, another young woman in a similar uniform is visible, looking down. The scene is outdoors on a field with trees and a building in the distance. The overall tone is warm and focused.

"Has been developed with teenage girls,

FOR TEENAGE GIRLS!"

LANDING SAFELY



IN THIS SESSION THE PLAYERS WILL:

Form strong bonds

- Get to know each other through connection games.

Learn a range of warm-ups and primers

- Become familiar with getting in close contact with each other, and the ground.
- Complete an introduction to warm-up.

Learn correct landing techniques

- Learn how to land sideways and backwards safely.

SUCCESS INDICATORS

- Players learn the names of at least three other participants.
- Players can explain the importance of warming up.
- Players demonstrate the correct technique for landing safely sideways and backwards.

Session overview

1 CONNECTION

Clumps Speed Dating

GROUPING: All

6 MINS

2 WARM-UP & PRIMERS

Coach-led Warm-up

GROUPING: All

14 MINS

Three Primers

GROUPING: All

5 MINS

3 SKILL DEVELOPMENT

Safe Landing

GROUPING: All

8 MINS

Stations

14 MINS

STATION 1:

7 MINS

STATION 2:

7 MINS

Rats & Rabbits

GROUPING: Half

Miss Wolf

GROUPING: Half

4 MODIFIED GAME

Octopus Tag

GROUPING: All

12 MINS

5 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



30 Dome cones



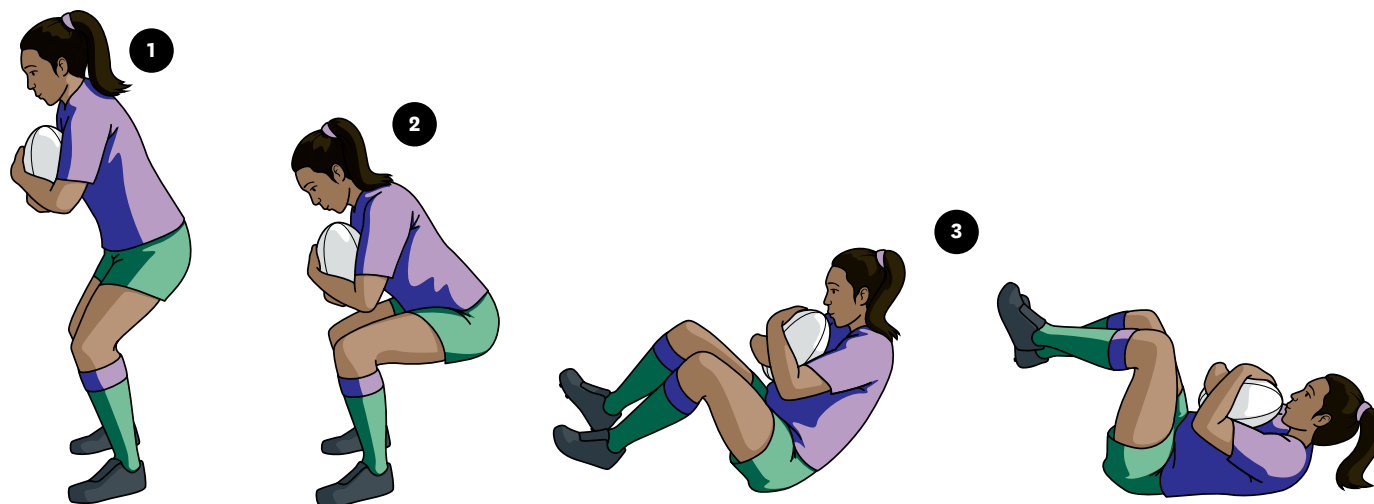
30 Rugby balls



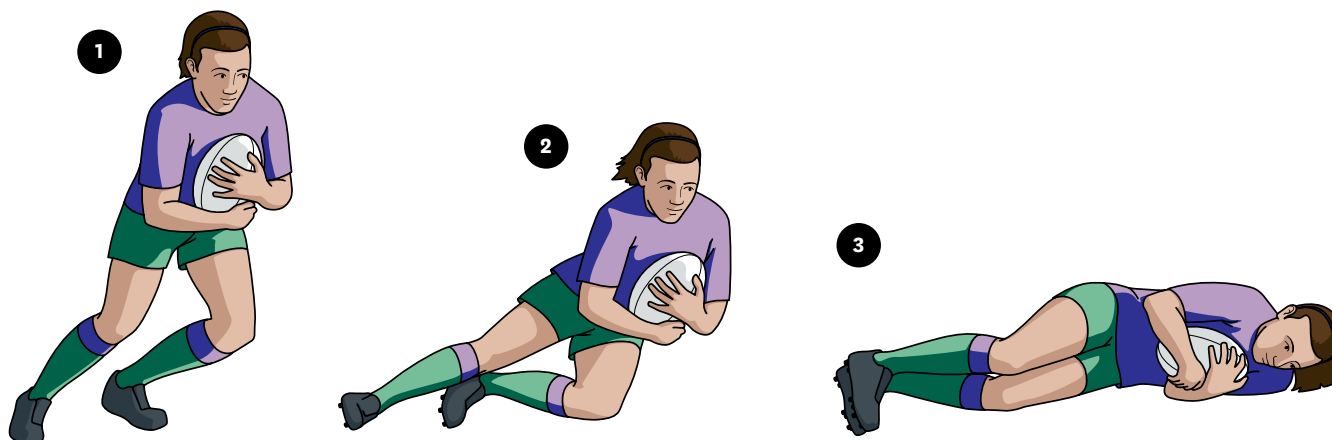
1 Portable speaker

LANDING SAFELY

LANDING BACKWARDS



LANDING SIDWAYS



1

Sink

- Lower your centre of gravity.
- Bend at your knee and hip.

2

Tuck

- Tuck your arms to chest.
- Tuck chin to protect your head.

OPTIONAL SUPPORT CUES:

Landing backwards:

- "Chin to chest"

Landing sideways:

- "Head nod – neutral"
- "Give yourself a double chin"

3

Roll

- Land on large part of the body.

OPTIONAL SUPPORT CUES:

- "Knee, hip then shoulder"

Top things to look for:

- Player is spreading the force of impact by landing/rolling on big parts of body
- Player is protecting their head through the correct chin tuck.

Clumps Speed Dating

6 MINS

Purpose

An opportunity to start moving and burn some energy in an activity that provides an interactive way to create short sharp connection opportunities.

Set up

- Set up 20x20m boundary marked with cones.
- All players are spread out inside the boundary.

Equipment



4 Dome cones

How to play

1. Coach demonstrates and calls a locomotion movement i.e. Sidestepping, hopping, backwards running, bear crawling, high knees, butt kicks etc.
2. Players then move in this way for about 10-15 sec.
3. Coach calls out a number, and players get into a group of that many people. i.e. Coach calls "4" they must find three other people and huddle up, linking arms.
4. Once in the groups, the coach calls out a 'get to know each other' question for the players to answer in their groups. The group will have 30 seconds to share their names and answers within the group.
5. Coach will then call a new locomotion movement e.g. "Sidestepping."
6. And the process repeats.

EXAMPLE QUESTIONS THAT CAN BE USED:

- If you could eat only one food for the rest of your life, what would it be? Why?
- Do you prefer Instagram or TikTok? Why?
- How many siblings do you have and what do you like doing with them?

Encourage the players to come up with their own questions for the group.

14 MINS

Coach-led Warm-up

Complete Contact Ready Warm-up (refer to warm-up cards)

Coach question

- Why is it important to warm-up our bodies?
 - *Warming up prepares both your mind and body.*
 - *Helps reduce the risk of injuries.*
 - *Keeps you focussed, ready and performing at your best.*

5 MINS

Three Primers

Coaches demonstrate primers, and then players practice the following:

- Shoulder push.
- Press up slap.
- Wind in the willows.

Refer to primer cards

GET IN CLOSE CONTACT WITH EACH OTHER!

LAND SAFELY!



Safe Landing – Landing Sideways

4 MINS

Purpose

To allow the players to learn and practice how to land sideways safely in a controlled environment.

Coach question

- What part of our body do we not want to touch the ground?
 - “Head”
- How do we protect our head when landing sideways?
 - “Give ourselves a double chin, land knee, hip, shoulder”

How to play

- Coach explains why learning to land safely is important and then demonstrates correct technique, both sides, emphasising key cues.
- Players practice landing sideways with a partner on their knees, while the coach moves around the group observing and giving feedback
- Four reps landing to the right and four reps landing to the left.
- Repeat practice, but now from standing.

Progression:

Once players complete four reps without the ball, complete four reps while hugging the rugby ball.

OBSERVE:

- Player is spreading the force of impact by landing/rolling on big parts of body.
- Player is protecting their head through the correct chin tuck.

Landing Backwards

4 MINS

Purpose

To allow the players time to learn and practice landing backwards in a controlled environment.

Coach question

- How do we keep our head safe when landing backwards?
 - “Rolling backwards onto big body parts first and tucking our chin”

How to play

- Coach explains why we are learning to land safely and demonstrates correct landing backwards, emphasising key cues.
- Players practice landing backwards with a partner, starting crouched down low, while the coach checks for technique.
- Practice landing backwards four times from crouched position, and four from standing.

Progression:

Once players complete four reps without the ball, complete four reps while hugging the rugby ball.

OBSERVE:

- Player is spreading the force of impact by landing/rolling on big parts of body.
- Player is protecting their head through the correct chin tuck.

Rats & Rabbits – Station 1

7 MINS

Purpose

This is a game that allows players to practice landing backwards and it is also great practice for quick reactions.

Set up

- Set up a line of cones indicating the “safe zone”.
- Place the group into two teams.

Equipment



6 Dome cones

How to play

1. Two teams line up facing each other. One team are identified as ‘Rats’ the other team as ‘Rabbits’.
2. The player they are facing is the player they will be chasing or running away from.
3. There will be a line of cones behind each group, indicating the safe zone they need to get to when running away from the opponent.

THE COACH PROVIDES SOME CALL AND RESPOND ACTIONS:

Sink - The players must drop their body height.

Tuck - The players must bring their arms into their chest and tuck chin.

Roll - The players will crouch down and roll onto their back, then back to their feet.

Rats - Rats will chase the rabbits, if they are tagged before the line, they will join the rats’ team.

Rabbits - Rabbits will chase the rats, if they are tagged before the line, they will join the rabbits’ team.

Add some additional prompts to keep it exciting!

Coach question

- How do we avoid having a “bobble head” when landing?
 - “Land on a large part of our body first”
 - “Tuck chin and engage neck muscles”

What's the Time Miss Wolf – Station 2

7 MINS

Purpose

This game allows time to practice landing sideways with the ball, allowing for repetition during a familiar game.

Set up

- Players stand along a designated line holding a rugby ball with two hands.
- Miss Wolf is standing 22m in front of the players.

Equipment



15 Rugby balls

How to play

- The aim of the game is to sneak to Miss Wolf’s try line and score a try without Miss Wolf catching you!
- While the wolf has her back to the players, the players can sneak forward, but as soon as she turns her whole body around, they must ‘sink, tuck and roll’. If someone is still standing when the wolf turns around, they must go back to the try line and start again from there.
- If the wolf looks over her shoulder, players must freeze to avoid being spotted.
- The winners are the first two players to reach the try line.
- Repeat the game with a different wolf and encourage players to land on different sides

Coach question

- What are the three cues?
 - Sink tuck roll.
- What are we tucking?
 - Our chin.
- How many chins do we want?
 - Two! (Double chin).

Octopus Tag

12 MINS

Purpose

This game allows players to practice landing sideways and backwards in a controlled game. The addition of carrying the ball reminds them to fall on their big parts not putting their hand down.

Set up

- Playing space is defined between the goal line and an identified distance marked out by cones.

Equipment



4 Dome cones



28 Rugby balls

How to play

- Two players are identified as the 'taggers'.
- The remaining players are lined up along the goal line, they are the 'runners'.
- The aim of the game is for the runners to get from the goal line to the cones without being tagged.
- If the player is tagged, they choose to demonstrate a backwards or sideways landing, then get back up and continue running.
- The same tagger cannot tag this player twice.
- If they are tagged a second time by another tagger, they also become a tagger but can only move horizontally from where they were tagged (shuffling sideways).

Progression:

Everyone will be carrying a ball. If the ball is dropped when they go to ground, they become a tagger too.

Coach question

- Why do we not want your hand making contact with the ground first?
 - Could damage arm.*
- What are some cues to remember when landing sideways?
 - 'Sink, tuck, roll' and/or 'knee, hip, shoulder'.*

Cool Down

5 MINS

Players will pair up and walk to the sideline and back allowing the opportunity to connect and cool down.

How to

- Players form one large circle facing in.
- The coach will demonstrate one stretch and give a learning reflection question to the group.
- Players will have 45 seconds to do the stretch and to answer the reflection question with the player standing next to them.
- Coach demonstrates another stretch and asks a new reflection question; this continues until four stretches are complete (for stretches, refer to cool down card).
- Always finish with a 'hands in' cheer.

LEARNING REFLECTION QUESTIONS

- Do you feel more confident to land safely after today's session? Explain why.
- What has helped you feel more confident?
- How do we protect our head when landing?
- Why did we activate our necks today?

Learning Capture

- Ask players to show with their hands, "How many FEEL-GOOD moments did you have today?"
- Ask players to write down their top moment on a post-it note and collect answers.

Equipment

- White board/somewhere to stick answers.



Post-it notes



Pens

BALL INTO CONTACT



IN THIS SESSION THE PLAYERS WILL:

Form strong bonds

- Continue to get to know each other and make friends.

Become familiar with warming up body and primers

- Participate in new primers that prepare them for contact.
- Learn how to warm up their body for rugby.

Introduction to safely taking the ball into contact (BIC)

- Learn how to keep themselves safe through the basics of correct technique.
- Learn the 'Rugby Strong' position.

SUCCESS INDICATORS

- Players can demonstrate the 'Rugby Strong' position and explain why it is important.
- Players can give one example of how to keep themselves safe when taking the ball into contact.
- Players can demonstrate landing safely.
- Players can demonstrate 'step to space' to evade and prepare for safe contact and explain why it's important.

Session overview

1 CONNECTION

Tag Name Game

GROUPING: All

6 MINS

2 WARM-UP

Coach-led Warm-up

GROUPING: All

14 MINS

3 SKILL DEVELOPMENT

Intro to Rugby Strong

GROUPING: All

5 MINS

4 PRIMERS

Three Primers

GROUPING: All

5 MINS

5 SAFE LANDING RECAP

Miss Wolf

GROUPING: All

5 MINS

6 SKILL DEVELOPMENT

Ball into Contact intro

GROUPING: All

3 MINS

Stations

14 MINS

STATION 1:

7 MINS

Reverse Rats & Rabbits

GROUPING: Half

STATION 2:

7 MINS

Drive for 5 & Place

GROUPING: Half

7 MODIFIED GAME

Rats & Rabbits

GROUPING: All

7 MINS

8 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



4 Dome cones



30 Rugby balls

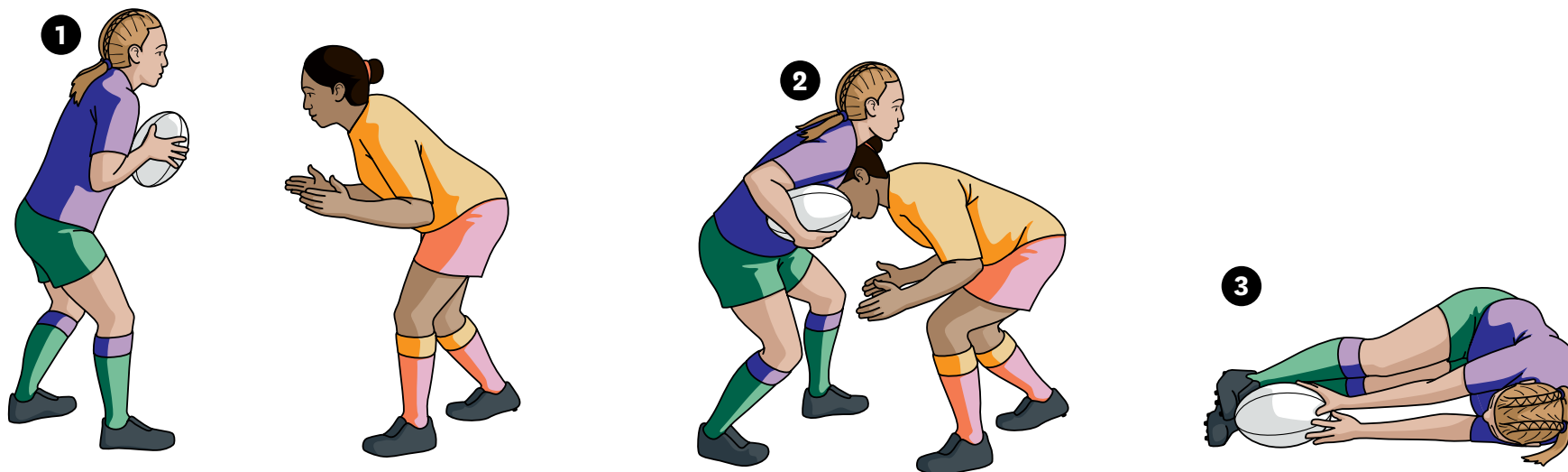


1 Portable speaker



7 TO 8 Hit shields

TEACHING SAFE BALL INTO CONTACT TECHNIQUE



1 Footwork

- Hold the ball with two hands.
- Keep your eyes up & look for space to the side of the tackler.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Spaces not faces"
- "Feet alive" or "fast feet"

2 Forward

- Shift the ball to the side of your body (away from tackler).
- Step to the side of the tackler.
- Get low and drive forward.

OPTIONAL SUPPORT CUES:

- "Rugby Strong position"

3 Finish

- Land on a large part of the body.
- Place the ball in the direction of your team.

OPTIONAL SUPPORT CUES:

- "Sink, tuck, roll"
- "Land and place"
- "Staple"

Top things to look for:

- Protecting the ball in contact
- A balanced, strong position ready for contact with a tackler
- Evading direct contact where possible
- Safe landing

Tag Name Game

6 MINS

Purpose

This game allows for lots of repetition of people's names.

Set up

- Place players into 2-3 smaller groups if the group is larger than 10.

How to play

1. Players stand in a circle facing in, everyone starts by going around the circle, saying their name and where they were born.
2. One player stands in the middle of the circle and is the tagger.
3. Everyone in the circle will have their hands out in front of them. Palms up elbows tucked in at side.
4. The coach will begin by calling the name of someone standing in the circle.
5. The player whose name has been called needs to shout another player's name before the player in the middle tags their hand. If they do not call another person's name in time, they swap places with the tagger.

Coach-led Warm-up

14 MINS

Coaches lead all warm-up components, demonstrating and checking for correct technique.

Coach question

- Why do we warm up our body before playing?
 - Warming up prepares both your mind and body.
 - Helps reduce the risk of injuries.
 - Keeps you focussed, ready and performing at your best.

Intro to Rugby Strong

5 MINS

Purpose

Rugby Strong is a strong body position that forms the foundation of many movements in rugby, and is utilised throughout the programme.

Coach question

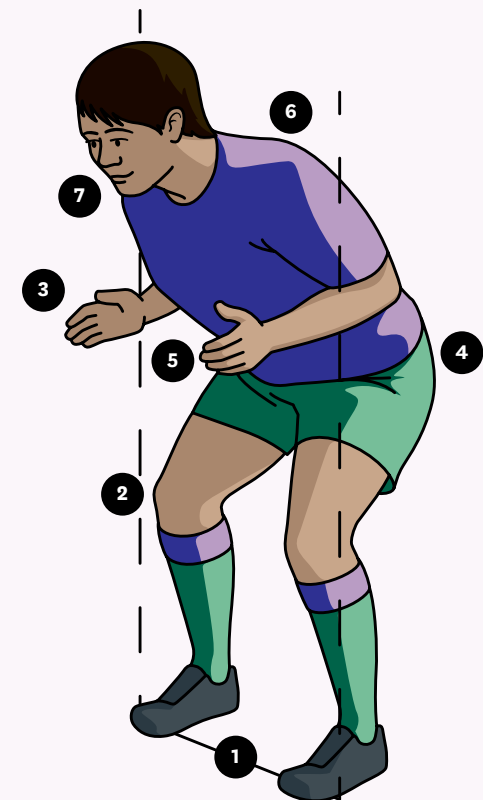
- How might the 'Rugby Strong' position keep us safe?
 - It keeps our neck safe, keeps our body safe into contact, helps us keep a strong and stable position.

How to:

- 1 Feet shoulder width apart
- 2 Knees slightly bent
- 3 Hands up
- 4 Pelvic tilt
- 5 Belly button to back (engage core)
- 6 Roll shoulders back and down
- 7 Neck in neutral

OPTIONAL SUPPORT CUES:

- "Chest over toes"
- "Hand above elbows"
- "T-rex arms"
- "Look over your sunglasses"



Three Primers

5 MINS

Note: For this session, the primers have been included after the introduction of 'Rugby Strong' to utilise the Rams primer to practice the position.

Coaches demonstrate primers, and then players practice the following:

- Rams
- Push Pull Tug of War
- Flip the Turtle

Refer to primer cards.

What's the Time Miss Wolf

5 MINS

Purpose

This game allows time to practice safely landing with the ball. Allowing for repetition during a familiar game. The addition of Rugby Strong is a fun way to remind players of the position.

Set up

- Players stand along a designated line holding a rugby ball with two hands.
- Miss Wolf stands 22m in front of the players.

Equipment



15 Rugby balls

Coach question

- Do you feel more confident landing sideways or backwards?

(Encourage players to practice landing sideways and backwards).

How to play

- The aim of the game is to sneak to Miss Wolf's try line and score a try without the wolf catching you!
- While the 'wolf' has her back to the players, the players can sneak forward, but as soon as she turns her whole body around, they must 'sink, tuck and roll'. If someone is still standing when the wolf turns around they must go back to the try line and start again from there.
- If the wolf looks over her shoulder, the players must stop and demonstrate the 'Rugby Strong' position. If an incorrect position is demonstrated that player is sent back to the start again (observed by Miss Wolf or the coaches).
- The winners are the first two players to reach the try line.
- Repeat the game with a different wolf.

Reverse Rats & Rabbits – Station 1

7 MINS

Purpose

To break down 'Ball into Contact' with a focus on footwork. This game reinforces the need to protect the ball and promotes the use of 'step to space' to avoid direct contact with another player. The progression brings in tracking and reinforces looking for space.

Set up

- Players are split into pairs and lie down facing each other with a ball positioned in the middle of them, forming two lines, ensuring space on either side of players.
- Each player has a cone 5m behind them, this will act as the try line.

Equipment



16 Dome cones



8 Rugby balls

Coach question

- Why do we want to 'step to space' as the ball carrier?
 - *To avoid head-on direct contact to keep ourselves and our partner safe.*

How to play

- One team is identified as 'Rats' the other as 'Rabbits'
- The coach calls either 'Rats' or 'Rabbits', whichever team is called gets the ball.
- Players on the called team retrieve the ball with two hands and run back toward their own try line. They will then turn to return to the midline and attempt to score a try on their partner's line.
- The ball carrier will evade their partner by using 'step to space' and protect the ball by shifting it to the side of their body (away from their partner).
- If the defending player touches the ball carriers' hips as they run past, they win.
- If the ball carrier gets past their partner and scores a try, they win.
- Repeat.

Drive For 5 & Place – Station 2

7 MINS

Purpose

To break down ball into contact, focusing on forward and finish. The activity preloads contact so the players can simply focus on driving forward in their 'Rugby Strong' position.

Set up

- Put players into pairs, 5m out from the try line.
- Allow for safe distance between pairs approx. 2-3m.

Equipment



Coach question

- What do you need to do with your body position to drive forward?
 - *Get low and drive forward.*
- How do we land and place the ball safely?
 - *Use our 'sink, tuck, roll'*

How to play

- Player 1 holds the ball with two hands, facing the try line in a 'Rugby Strong' position.
- Player 2 holds a hit shield towards the ball carrier.
- When the coach shouts 'Go,' the ball carrier will lower their body position and drive forward with their legs into the hit shield, staying on their feet for 5m towards the try line.
- Player 2 will try to resist them getting over the line.
- Once they have gone forward a few metres, swap roles and repeat continuously.

Progression:

Forward and Finish

- This time, remove the hit shields and the player will put their hands on the ball carrier's shoulders and provide resistance.
- When ready, the ball carrier will push forward three steps, then land on their side and place the ball in the direction of their 'team' (towards their feet).
- Swap roles and repeat continuously.

OBSERVE:

- A balanced, strong position ready for contact.
- Safe landing technique spreading force across larger parts of the body.
- Head is protected through correct chin tuck.

Rats & Rabbits

7 MINS

Purpose

To use a familiar game that allows players to practice ball into contact as a whole skill in a controlled environment.

Set up

- Players are split into pairs and lay down facing each other with a ball positioned in the middle of them (forming two lines, ensuring space either side of players).
- Each player has a cone 5m behind them, this will act as a try line.

Equipment



Coach question

- How do we keep our head safe when landing backwards?
 - *Tuck chin, sink tuck roll.*
- What are the three Fs of ball into contact?
 - *Footwork, Forward, Finish.*

How to play

One team is identified as 'Rats' and the other as 'Rabbits'. The coach will shout some call and respond actions.

- **Rugby Strong** - The players will get up and demonstrate the Rugby Strong position.
- **Rabbits, Forward & Finish** - Rabbits will pick up the ball as the ball carrier. The 'Rats' will stand up and gently push the 'Rabbits' shoulders to provide some resistance. After a few steps forward the rabbits will land and place.
- **Rats, Forward & Finish** - Rats will pick up the ball as the ball carrier. The 'Rabbits' will stand up and hold the 'Rats' shoulders to provide some resistance. After a few steps forward the rabbits will land and place.
- **Rats** - Rats will chase the rabbits to try to tag them before the safe line.
- **Rabbits** - Rabbits will chase the rats to try to tag them before the safe line.
- **Sink, Tuck, Roll** - All players must fall backwards demonstrating safe landing technique.

OBSERVE:

- A balanced, strong position ready for contact.
- Safe landing technique spreading force across larger parts of the body.
- Head is protected through correct chin tuck.

Cool Down

Players will pair up and walk to the sideline and back allowing the opportunity to connect and cool down.

How to

- Players form one large circle facing in.
- The coach will demonstrate one stretch and give a learning reflection question to the group.
- Players will have 45 seconds to do the stretch and to answer the reflection question with the player standing next to them.
- Coach demonstrates another stretch and asks a new reflection question; this continues until four stretches are complete (for stretches, refer to cool-down card).
- Always finish with a 'hands in' cheer.

5 MINS

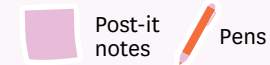
LEARNING REFLECTION QUESTIONS

- What three cues do we need to remember when taking ball into contact?
 - *Footwork, Forward, Finish.*
- What is one way we can keep ourselves safe when taking the ball into contact?
 - *Step to space, look for space, strong position.*
- What is the safest way to land ground?
 - *Sink, Tuck, Roll.*
- Why?
 - *To spread the load on big parts of body and avoid hitting head.*

Learning Capture

Ask the players to give a thumbs up, thumbs sideways, or thumbs down based on how confident they feel about taking the ball into contact. Then ask them to write down one thing they feel they did well, and one thing they would like to work on. Coaches to collect answers.

Equipment:



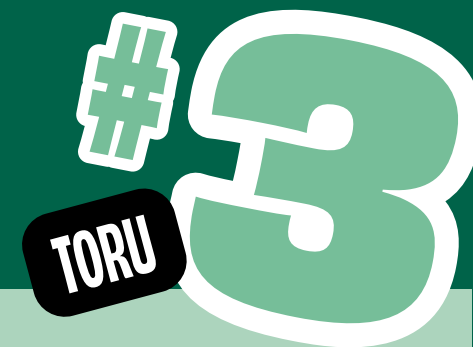
“Skill-build and injury prevention programmes for

SAFE & CONFIDENT

entry or transition into tackle rugby.”



INTRO TO TACKLING



IN THIS SESSION THE PLAYERS WILL:

Form strong bonds

- Continue to build connections with each other through games.

Learn a range of warm-ups and primers

- Lead their own warm-up using warm-up cards.
- Learn two new primers.

Learn correct landing techniques

- Learn how to keep themselves and others safe through the basics of correct tackle technique.
- Understand the importance of correct tackle height & head positioning.

SUCCESS INDICATORS

- Players can lead their own warm-up supported by coaches, using warmup cards.
- Players can explain why it is important to activate their neck before rugby.
- Players can identify and demonstrate correct tackle height and head position on a stationary ball carrier (on crash mats).
- Players can give one example of how to keep themselves safe as a ball carrier and a tackler.

Session overview

1 CONNECTION

Paper, Scissors, Rock

GROUPING: All

6 MINS

2 WARM-UP & PRIMERS

Coach-led Warm-up

GROUPING: All

14 MINS

Three Primers

GROUPING: All

5 MINS

3 BALL INTO CONTACT RECAP

Reverse Rats & Rabbits

GROUPING: All

5 MINS

4 SKILL DEVELOPMENT

Tackle Basics

GROUPING: All

5 MINS

Stations

21 MINS

STATION 1:

Mirroring

GROUPING: A third

7 MINS

STATION 2:

Stationary Front-on

GROUPING: A third

7 MINS

STATION 3:

Stationary Side-on

GROUPING: A third

7 MINS

5 MODIFIED GAME

T-Rex Touch

GROUPING: Half

9 MINS

6 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



15 Dome cones



30 Rugby balls



1 Portable speaker



7-8 Hit shields

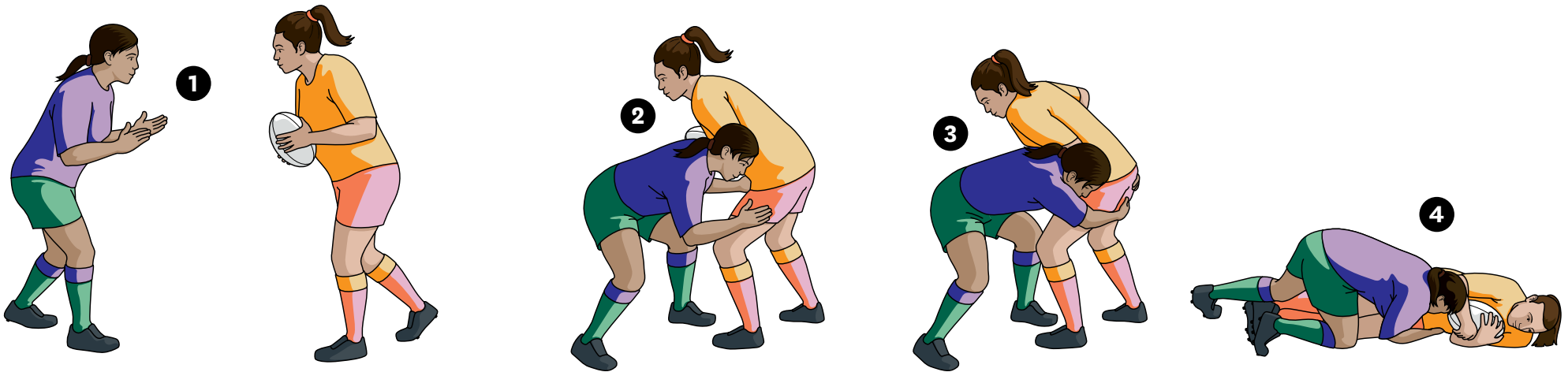


15 Bibs



1-2 Crash mats

TEACHING THE BASICS OF SAFE TACKLE



1 Approach

- Keep your eyes on the ball carrier's belly button.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Eyes up"
- "T-Rex Arms"

2 Get low

- Get low and lean forward to make shoulder contact.
- Use your same leg and same shoulder to get in close.

OPTIONAL SUPPORT CUES:

- *Get 'Rugby Strong'*
- *"Bend at the knee and hip"*
- *"Shoulder below the ball"*

3 Wrap

- Position your head tight into the side (or behind) the ball carrier.
- Wrap and squeeze arms tightly.

4 Push and Roll

- Land safely.
- Drive forward and attempt to land on top of ball carrier (then roll away).

OPTIONAL SUPPORT CUES:

- *"Land on top"*

Top things to look for:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height below the sternum (tummy tackle).
- Same leg and shoulder used to get in close.
- Wrap and squeeze.

Paper, Scissors, Rock

6 MINS

Purpose

An opportunity to interact with different people and get familiar with contact with the ground.

Set up

- Six progressive distances (lines) identified by cones that represent the levels that players can reach.

Equipment



10 Dome cones

How to play

- Everyone stands on the first line which is level 0. The objective is to be the first player to complete all levels, by progressing through each level by winning Paper, Scissors, Rock.
- Each player will play Paper, Scissors, Rock with the player next to them.
- The player that wins Paper, Scissors, Rock moves to the next level using the movements defined below and finds a new opponent. The losing player remains at the same level and finds a new opponent to repeat Paper, Scissors, Rock to gain another chance to progress. And so on.
- **Level 1:** Army crawl (on tummy using arms to pull body along).
- **Level 2:** Bear crawl
- **Level 3:** Lunge
- **Level 4:** Butt kicks
- **Level 5:** High knees
- Once 1-2 players reach the Level 5 line, finish the round, and repeat the game.

14 MINS

Coach-led Warm-up

Coaches lead the warm-up demonstrating and checking for correct technique.

Coach question

- Why do we do neck activations in our warm-up?
 - *To activate and strengthen our neck muscles to support the safety of our head and neck.*

5 MINS

Three Primers

Coaches demonstrate primers, and then players practice the following:

- Press up slap
- Flip the turtle
- Rams

Refer to primer cards.



FUN!



Reverse Rats & Rabbits

6 MINS

Purpose

To use a familiar game that allows players to practice ball into contact as a whole skill in a controlled environment.

Set up

- Players are split into pairs and lay down facing each other with a ball positioned in the middle of them (forming two lines, ensuring space either side of players).
- Each player has a cone 5m behind them, this will act as a try line.

Coach question

- How do we keep our head safe when landing backwards?
 - *Tuck chin, sink tuck roll.*
- What are the three Fs of ball into contact?
 - *Footwork, Forward, Finish.*

Equipment



16

Dome cones



15

Rugby balls

How to play

One team is identified as 'Rats' and the other as 'Rabbits'. The coach will shout some call and respond actions.

- **Rugby Strong** - The players will get up and demonstrate the Rugby Strong position.
- **Rabbits, Forward & Finish** - Rabbits will pick up the ball as the ball carrier. The 'Rats' will stand up and gently push the 'Rabbits' shoulders to provide some resistance. After a few steps forward the rabbits will land and place.
- **Rats, Forward & Finish** - Rats will pick up the ball as the ball carrier. The 'Rabbits' will stand up and hold the 'Rats' shoulders to provide some resistance. After a few steps forward the rabbits will land and place.
- **Rats** - Rats will chase the rabbits to try to tag them before the safe line.
- **Rabbits** - Rabbits will chase the rats to try to tag them before the safe line.
- **Sink, Tuck, Roll** - All players must fall backwards demonstrating safe landing technique.

OBSERVE:

- A balanced, strong position ready for contact
- Safe landing technique spreading force across larger parts of the body.
- Head is protected through correct chin tuck.

Intro to Tackle Basics

5 MINS

Purpose

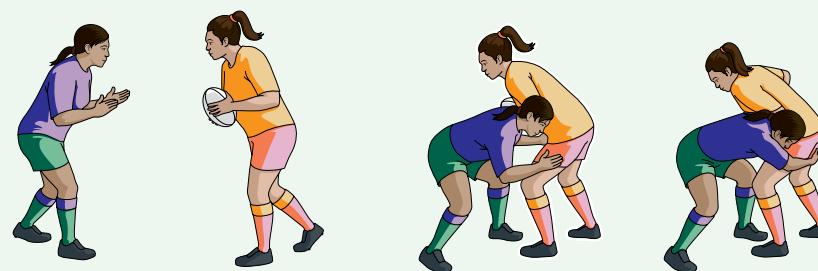
To allow players to observe basic tackle technique through coach demonstration (not to ground) and practice the static position, with an emphasis on the correct tackle height and head position.

Coach question

- What is the safest tackle height? And why?
 - *Below the sternum (law); The belly; Shoulder below the ball.*
 - *Because it reduces risk of head-on-head contact.*
- Where is the safest place to position our head? Why?
 - *The side or behind the Ball Carrier, never in front as we will tackle head-on and can hurt ourselves.*

How to:

- The coach will demonstrate and explain 'approach' and 'get low'.
- Players will pair up and practice 'approach & get low' - coaches observe and give feedback.
- Coach will demonstrate 'approach', 'get low', with the addition of 'wrap'.
- Players to practice, up to wrap (not to ground)



OBSERVE:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height is below the sternum (tummy tackle).
- 'Same leg same shoulder' to get the correct shoulder onto the ball carrier's tummy.

Mirroring – Station 1

7 MINS

Purpose

To practice tracking the belly button when approaching for a tackle, and practice shortening their steps to be in a safe position to make a tackle.

Set up

- Players are in pairs standing 2m apart: 1 player is the tackler; 1 is the ball carrier holding a ball with two hands.

Equipment



5 Rugby balls

How to play

1. The tackler will mirror the ball carrier as they move forward/back/sideways on the coach's command.
2. When coach calls 'tackle' the tackler must demonstrate correct tackle technique up to wrap. Do NOT take the player to the ground.
3. The ball carrier can practice protecting the ball by moving it away from the direction the tackler is approaching.

Progression:

Remove the coach's command and allow the ball carrier to move in the direction of their choice, while the tackler mirrors.

Coach question

- Why do we track the player's belly button?
 - *To react and adjust to get into a safe position to make a tackle.*

OBSERVE:

- Head is safely on the side of the ball carrier, never in front.
- Tackle height is below the sternum (tummy tackle).
- 'Same leg same shoulder' to get the correct shoulder onto the ball carrier's tummy.

Front on Tackle – Station 2

7 MINS

Purpose

To give players time to learn and practice a front-on tackle, using a crash mat to build confidence, with a particular focus on head placement, tackle height, and landing safely.

Set up

- Players are in two lines, beside the crash mat. One is a tackle line, and one is a ball carrier line.

Equipment



10 Rugby balls

Crash mat

How to play

First the coach demonstrates correct technique on the mat with another coach or volunteer.

1. The ball carrier steps forward to engage the tackler.
2. In a 'Rugby Strong' position the tackler uses their right shoulder to make a front on tackle and pushes forward to land on top.
3. Repeat 3x each shoulder, then swap roles.

Progression:

If the group are confident progress the ball carrier to walking instead of stationary.

Coach question

- Where do we position our head during the tackle?
 - *To the side.*
- Where on the ball carrier are you aiming your shoulder contact?
 - *Belly, below sternum.*

OBSERVE:

- Head position, to the side of ball carrier.
- Tackle height below the sternum, at the belly.
- Same leg and shoulder used to get in close.
- Wrap and squeeze.
- Ball carrier landing safely with chin tucked.

Stationary Side-on Tackle – Station 3

7 MINS

Purpose

To give players time to learn and practice a side-on tackle, using a crash mat to build confidence, with a particular focus on head placement, tackle height, and landing safely.

Set up

- Players are in two lines, beside the crash mat (or hit shields). One is a 'tackle line' and one is a ball carrier line.

Equipment



10 Rugby balls



1 Crash mat

OR



4 Hit shields

How to play

First the coach demonstrates correct technique on the mat with another coach or volunteer.

1. The ball carrier steps forward to engage the tackler.
2. In a 'Rugby Strong' position, the tackler uses their right shoulder to make a side on tackle, pushes forward and lands on top.
3. Repeat 3x each shoulder, then swap roles.

Progression:

If the players are confident, progress the ball carrier to walking instead of stationary.

Coach question

- Where do we position our head during a side-on tackle?
 - *Behind the ball carrier.*
- What is the safest tackle height?
 - *Target the belly, below the sternum.*

OBSERVE:

- Head position, is behind the ball carrier
- Tackle height below the sternum, (tummy tackle).
- Same leg and shoulder used to get in close.
- Wrap and squeeze.
- Ball carrier landing safely with chin tucked.

T-Rex Touch

9 MINS

Purpose

To practice components of tackle in an open environment where decision-making occurs, in particular, 'approach' and 'get low' (not to ground).

Set up

- Players are in teams of 7-8 players (depending on numbers there can be two games running at once).
- ¼ field size playing area.

Equipment



2 Rugby balls



8 Dome cones



15 Bibs

Coach question

- Should we watch the ball or watch the belly of the ball carrier?
 - *Belly. The ball can move, but they can't go anywhere without their belly.*

How to play

- The aim of the game is to score more tries than the other team using the concept of touch rugby.
- The defender will approach the ball carrier in their Rugby Strong position, with T-Rex arms.
- To make the touch, the player will touch the belly or waist of the ball carrier using their T-Rex arms (elbows staying by their side) or their shoulder - they cannot extend or reach their arms out, they must get in close. Their head must always be to the side or behind ball carrier – never in front and at the correct tackle height.
- Once 'touched,' the ball carrier will go to ground and place the ball in the direction of their team.
- Defenders must get back 5m after each 'T-Rex' or shoulder touch is made.
- Six touches and turnover.
- This game does not take players to the ground.

OBSERVE:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height is below the sternum (tummy tackle).
- 'Same leg same shoulder' to get in close.

Cool Down

Players will pair up and walk to the sideline and back to connect and cool down.

How to

- Players form one large circle facing in.
- The coach will demonstrate one stretch and give a learning reflection question to the group.
- Players will have 45 seconds to do the stretch and to answer the reflection question with the player standing next to them.
- Coach demonstrates another stretch and asks a new reflection question; this continues until four stretches are complete (for stretches, refer to cool-down card).
- Always finish with a 'hands in' cheer.

5 MINS

LEARNING REFLECTION QUESTIONS

- What do we look at when approaching the ball carrier to make a tackle?
 - *Belly button.*
- Where do we position our head to keep it safe? To the side or behind the ball carrier, never in front.
- What is one new thing you learned today?
- What is one thing you want to work on next week?

Learning Capture

Ask players to give a thumbs up, down, or sideways based on the following question:

- “How confident are you feeling about tackling after today's session?”

Ask if any players would like to share with the group one thing that has helped them build their confidence in tackling.

Equipment



Post-it notes



Pens

FOSTERING
FAMILIARITY



“Safe participation is

ALL-ENCOMPASSING

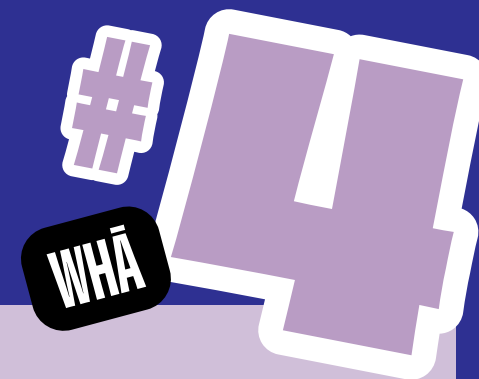
and includes the physical, emotional and cultural safety of the girls.”



"Build their love of rugby through games, friendships and

FEEL GOOD MOMENTS."

CONTACT CONFIDENCE



IN THIS SESSION THE PLAYERS WILL:

Form strong bonds

- Work as a team in a problem-solving activity.

Build independence warming up and participating in primers

- Lead their own warm-up using warm-up cards.

Build confidence in the basics of a safe tackle

- Practice applying a safe tackle on crash mats at a walking or jogging pace.
- Understand that tracking and locating our opponent is important to make a safe tackle.

Build confidence applying the basics of Ball into Contact (BIC).

- Practice Ball Into Contact through a range of activities.

SUCCESS INDICATORS

- Players use teamwork, communication and strategies to play the connection game.
- Players can lead their own warm-up in small groups using warm-up cards.
- Players demonstrate safe tackle technique on a walking or jogging ball carrier (on a crash mat).
- Players can explain why tracking is important for preparation.

Session overview

1 CONNECTION

Hungry Dog & Bone

GROUPING: All

5 MINS

2 WARM-UP & PRIMERS

Player-led Warm-up

GROUPING: All

14 MINS

Three primers

GROUPING: All

5 MINS

3 PRIMER GAME

Buddies Up, Buddies Down

GROUPING: All

5 MINS

4 TACKLING RECAP

Verbal Recap of Tackle

GROUPING: All

4 MINS

5 SKILL DEVELOPMENT

Stations

24 MINS

STATION 1:

Gauntlet

GROUPING: A third

8 MINS

STATION 2:

Front-on Tackle

GROUPING: A third

8 MINS

STATION 3:

Side-on Tackle

GROUPING: A third

8 MINS

6 MODIFIED GAME

Loaded Tackle Touch

GROUPING: All

12 MINS

7 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



15 Dome cones



30 Rugby balls



1 Portable speaker



7 Hit shields

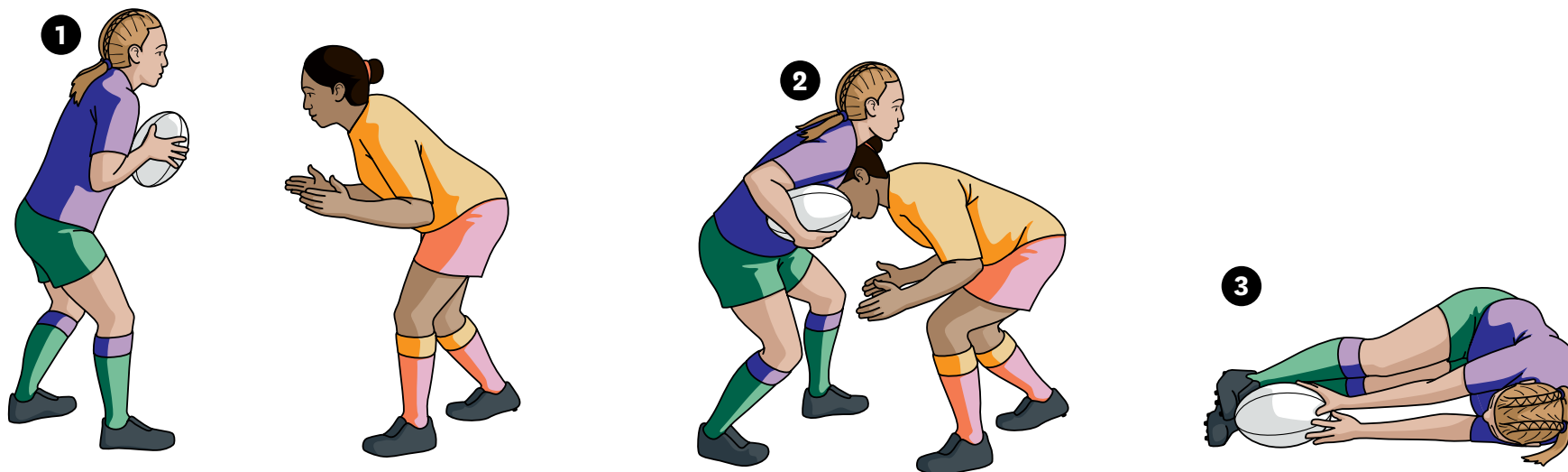


15 Bibs



10 2 Crash mats

TEACHING SAFE BALL INTO CONTACT TECHNIQUE



1 Footwork

- Hold the ball with two hands.
- Keep your eyes up & look for space to the side of the tackler.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Spaces not faces"
- "Feet alive" or "fast feet"

2 Forward

- Shift the ball to the side of your body (away from tackler).
- Step to the side of the tackler.
- Get low and drive forward.

OPTIONAL SUPPORT CUES:

- "Rugby Strong position"

3 Finish

- Land on a large part of the body.
- Place the ball in the direction of your team.

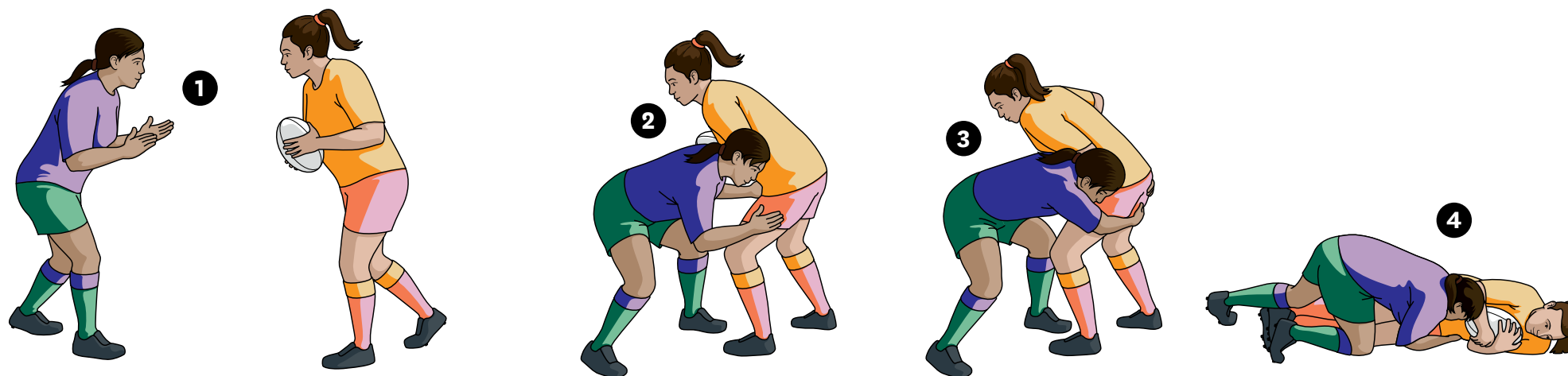
OPTIONAL SUPPORT CUES:

- "Sink, tuck, roll"
- "Land and place"
- "Staple"

Top things to look for:

- Protecting the ball in contact.
- A balanced, strong position ready for contact with a tackler.
- Evading direct contact where possible.
- Safe landing.

TEACHING THE BASICS OF SAFE TACKLE



1

Approach

- Keep your eyes on the ball carrier's belly button.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Eyes up"
- "T-Rex Arms"

2

Get low

- Get low and lean forward to make shoulder contact.
- Use your same leg and same shoulder to get in close.

OPTIONAL SUPPORT CUES:

- Get 'Rugby Strong'
- "Bend at the knee and hip"
- "Shoulder below the ball"

3

Wrap

- Position your head tight into the side (or behind) the ball carrier.
- Wrap and squeeze arms tightly.

OPTIONAL SUPPORT CUES:

- "Wrap and squeeze"

4

Push and Roll

- Land safely.
- Drive forward and attempt to land on top of ball carrier (then roll away).

OPTIONAL SUPPORT CUES:

- "Land on top"

Top things to look for:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height below the sternum (tummy tackle).
- Same leg and shoulder used to get in close.
- Wrap and squeeze.

Hungry Dog & Bone

5 MINS

Purpose

To develop teamwork, communication, and strategy in a small team challenge.

Set up

- Players are in groups of five.

How to play

- Four players hold hands creating a circle and one of them is nominated as the 'bone'.
- On the outside of the circle there is a solo player who is the 'hungry dog'.
- The players must work as a team to keep the 'bone' away from the 'hungry dog'.
- If the dog tags the bone; the bone becomes the dog, and they choose a new player to be the bone.
- Work for 45 seconds at a time and if the hungry dog does not get the bone they switch over roles within the group. Each player gets a turn at all roles.

14 MINS

Player-led Warm-up

Coaches will seek 3-4 volunteers to become 'captains'. The captains will use the warm-up cards to run a group warm-up with the support of coaches.

Coaches to lead neck activations.

5 MINS

Three Primers

Coaches demonstrate primers, and then players practice the following:

- Rams
- Bear Hug
- 4 Wheel Drive

Refer to primer cards.

Coach question

- Why do we practice the Rams primer?
 - *To warm up and activate deep neck muscles.*

Buddies Up, Buddies Down

4 MINS

Purpose

To prepare the body for contact using a fun competitive game.

Set up

- Players are in pairs with someone of similar height and size.
- Players stand one behind the other facing the coach in a line.

Equipment



4 Dome cones

How to play

This is a call response game, the coach calls the command, and the buddies respond.

- **Buddies up** = Buddy behind jumps on the back of the buddy in front.
- **Buddies down** = Jump off the back and stand behind their buddy with hands on their shoulders.
- **Buddies through** = Buddy at the back crawls through the front buddy's legs and stands up.
- **Buddies switch** = Buddies switch front to back.
- **Buddies sprint** = Buddy at the front sprints to the 22m, does a burpee and sprints back jumping back on buddies back. The fastest three teams to do this get a point.

Coach question

- What position do we get into to brace for our partner jumping on our back?
 - *Rugby Strong.*
- What does Rugby Strong look like?
 - *Players to demo*

Verbal Tackling Recap

4 MINS

Coach to demonstrate and describe step-by-step instructions on how to tackle, and use coaching questions to recap/check for understanding.

Ball into Contact Gauntlet – Station 1

8 MINS

Purpose

To provide time to practice protecting the ball and using 'step to space' to avoid head on contact.

Set up

- Three players holding hit shields slightly staggered in a vertical line. Approx. 2m, 4m and 6m from the starting cones.
- The remaining players will have a ball and take turns to jog through the hit shield set up.
- The ball carrier will start on a cone, and the first hit shield will be set up approx. 2m in front of them.

Equipment



How to play

- The ball carrier runs towards each shield and uses footwork to 'step to space' as they protect the ball (shifting it away from the hit shield). The player on the hit shield will gently bump them as they step past to ensure the ball is protected.
- On the last hit shield, the ball carrier practices the 3 Fs (Footwork, Forward & Finish). They step to space and make contact with one shoulder, drive forward, then finish by landing and placing the ball. Shield holder to provide some resistance.
- Continue going through to get as many good reps as possible.

The players can dictate which direction they step past each hit shield.

Coach question

- Why do we step to space?
 - *To avoid head on contact, and to evade a potential tackle.*
- What are the 3 Fs of Ball into Contact?
 - *Footwork, Forward, Finish.*

OBSERVE:

- Protecting the ball in contact.
- A balanced, strong position ready for contact with hit shield.
- Evading direct contact where possible.
- Safe landing.

Aims to prepare

YOUNG WĀHINE

for rugby both physically and mentally.



Front-on Tackle – Station 2

8 MINS

Purpose

To give players time to learn and practice a front-on tackle, using a crash mat to build confidence.

Set up

- Players are in two lines, beside the crash mat. One is a tackle line and one is a ball carrier line.

Coach question

- Where is your head placed on a front on tackle?
 - *On side of ball carrier's waist.*
- What foot do you lead with if you are tackling with your right shoulder?
 - *Right foot, same foot same shoulder.*

Equipment



OBSERVE:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height is below the sternum (tummy tackle).
- 'Same leg same shoulder' to get the correct shoulder onto the ball carrier's tummy.

How to play

To get the ball carrier to the ground, players can drive forward or soak up the ball carrier's momentum. The soak tackle can be used when there is a size disparity between the tackler and ball carrier or if the tackler is not finding success through driving forward.

Coach to demonstrate a front-on tackle, and a soak tackle as an option, emphasise key safety points.

STATIONARY TACKLER, WALKING BALL CARRIER

Front-on tackle:

- Ball carrier and tackler stand beside the mat. The ball carrier steps towards the tackler.
- Tackler uses right shoulder to make the tackle, pushes forward to land on top.
- Repeat with the other shoulder.

Front-on soak tackle:

- The tackler stands with the mat behind them. Ball carrier walks towards the tackler.
- Tackler uses right shoulder to make the tackle, absorbing the ball carrier's momentum falling backwards, rolling to either to the side or on top.
- Repeat with other shoulder.

Progression:

If confident, increase the ball carrier's pace to a light jog.

Side-on Tackle – Station 3

8 MINS

Purpose

To give players time to learn and practice a side-on tackle, using a crash mat to build confidence.

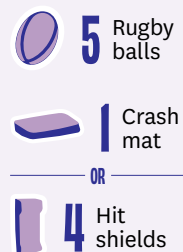
Set up

- Players are in two lines, beside the crash mat (or hit shields). One is a 'tackle line' and one is a ball carrier line.

Coach question

- Where is your head placed on a side tackle?
 - *Behind the ball carrier.*
- Why does your head go behind the ball carrier?
 - *To avoid your head being in front of moving legs and knees.*

Equipment



How to play

STATIONARY TACKLER, WALKING BALL CARRIER

Side-on tackle

- The ball carrier walks forward to engage the tackler.
- In a 'Rugby Strong' position, the tackler uses their right shoulder to make a side on tackle, pushes forward and lands on top.
- Repeat 3x each shoulder, then swap roles.

Progression:

- If players are confident increase the ball carrier pace to a light jog.

OBSERVE:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height is below the sternum (tummy tackle).
- 'Same leg same shoulder' to get the correct shoulder onto the ball carrier's tummy.

Loaded Tackle Touch

12 MINS

Purpose

To practice tackle within a game, but in a controlled environment using a static preloaded tackle, allowing players to focus on technique without any momentum.

Set up

- Players are in teams of seven. Depending on player numbers, two games can run at once.
- Playing space is 22m depth x 30m width.

Coach questions

- How do we land safely when being tackled?
 - *Land on big body parts.*
 - *Sink, tuck, roll.*
 - *Chin tuck.*

Equipment



OBSERVE:

- Protecting the ball in contact.
- A balanced, strong position ready for contact.
- Evading direct contact where possible.
- Safe landing.

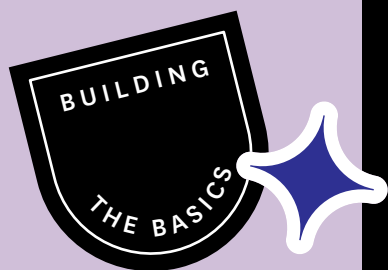
How to play

Step 1: Static pre-loaded tackle

- Coaches demonstrate a preloaded tackle. The static preloaded tackle starts with the tackler's head on the side of the ball carrier's waist, at the correct tackle height, using the same leg and shoulder to get the correct shoulder on to ball carrier's belly. When the ball carrier is ready, they call out 'tackle'. The tackler then completes a wrap, push and roll.
- In pairs, allow time for players to practice a static pre-loaded tackle prior to playing the game.

Step 2: Play loaded tackle touch

- Two teams play against each other with the aim of scoring as many tries as possible.
- The game is played like a normal game of touch without teams having to retreat 5m back after each touch.
- When a touch is made, both ball carrier and defender put their chests to the floor facing each other and then pop back up to their feet and get into their Rugby Strong position. Ball carrier is holding ball in two hands.
- The tackler engages in a pre-loaded tackle setup, with shoulder contact below the sternum in their low Rugby Strong position (they do not tackle until the ball carrier says so).
- When the ball carrier is ready, they will say 'tackle' and the tackler will wrap, push and roll.
- The ball carrier will land safely and then place the ball back toward their team.
- The ball is turned over if there is a forward pass, a try is scored or six touches have been complete.



FOR THE
LOVE OF
RUGBY

Cool Down

5 MINS

Players will pair up and walk to the sideline and back to connect and cool down.

How to

- Players form one large circle facing in.
- The coach will demonstrate one stretch and give a learning reflection question to the group.
- Players will have 45 seconds to do the stretch and to answer the reflection question with the player standing next to them.
- Coach demonstrates another stretch and asks a new reflection question; this continues until four stretches are complete (for stretches, refer to cool down card).
- Always finish with a 'hands in' cheer.

LEARNING REFLECTION QUESTIONS

- Why is tracking important?
 - *So, we can best position ourselves when making a safe tackle.*
- Why do we want to drive forward once we decide to make contact?
 - *So, we land on top and be in a better finish position.*
- What is one thing you are proud of today?
- What is one thing you would like to work on?

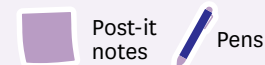
Learning Capture

Today was about building confidence in tackle and ball into contact.

Ask the players:

On a post-it note, rate your confidence 1-10 then find a partner to share your answer and explain why.

Equipment



Together, the girls create an atmosphere where

EVERYONE SHINES!



CONTACT CONFIDENCE +



IN THIS SESSION THE PLAYERS WILL:

Form strong bonds

- Use observation and feedback to support the learning of their peers.

Build independence warming up and participating in primers

- Lead their own warm-up using warm-up cards.

Continue to build contact confidence

- Practice applying a safe tackle and BIC at a walking or jogging pace in a 1v1 activity.
- Participate in a 5x5 controlled modified game.

SUCCESS INDICATORS

- Player can observe others and give at least one piece of constructive feedback to their peers.
- Players can lead a group warm-up using warm-up cards.
- Players can demonstrate a safe tackle in a 1v1 activity and a modified game, at a walking or jogging pace.
- Players can demonstrate correct landing when tackled in an 'unpredictable' activity.

Session overview

1 CONNECTION

Human Knot
GROUPING: All

4 MINS

2 WARM-UP & PRIMERS

Player-led Warm-up
GROUPING: All

14 MINS

Three Primers
GROUPING: All

5 MINS

3 TACKLING RECAP

Crash Mats
GROUPING: All

6 MINS

4 SKILL DEVELOPMENT

ACTIVITY 1:
Ball into Contact
GROUPING: 2 groups

8 MINS

ACTIVITY 2:
1v1 Diamond
GROUPING: 2 groups

15 MINS

5 MODIFIED GAME

Landing Touch
GROUPING: All

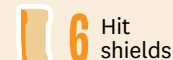
12 MINS

6 COOL DOWN & REFLECTION

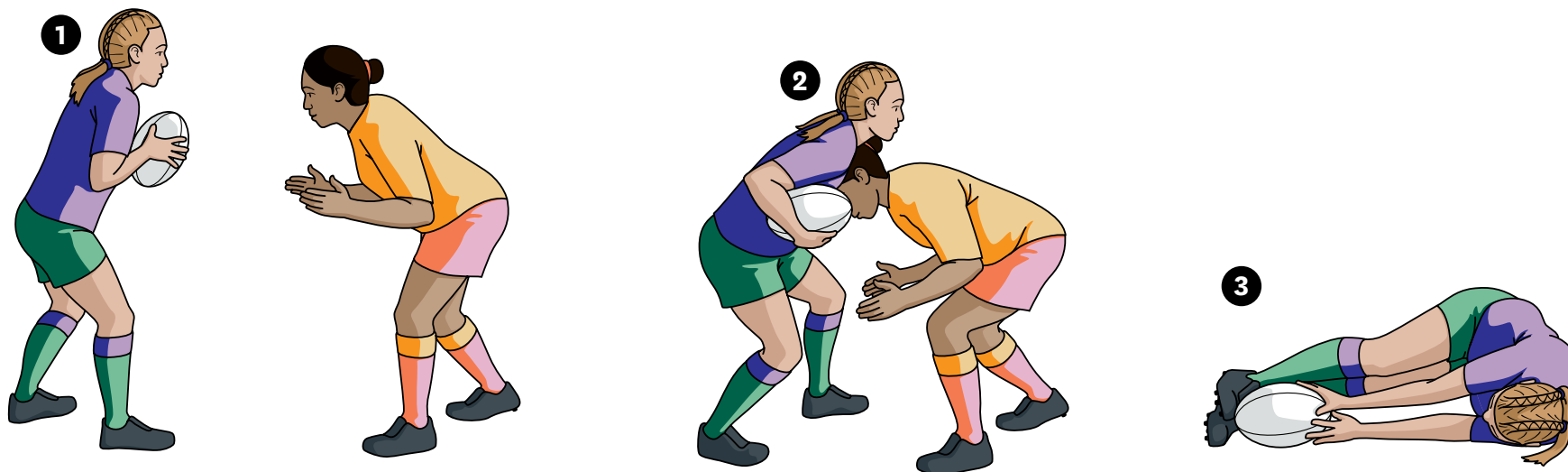
Stretch and Reflect
GROUPING: All

5 MINS

Equipment needed



TEACHING SAFE BALL INTO CONTACT TECHNIQUE



1 Footwork

- Hold the ball with two hands.
- Keep your eyes up & look for space to the side of the tackler.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Spaces not faces"
- "Feet alive" or "fast feet"

2 Forward

- Shift the ball to the side of your body (away from tackler).
- Step to the side of the tackler.
- Get low and drive forward.

OPTIONAL SUPPORT CUES:

- "Rugby Strong position"

3 Finish

- Land on a large part of the body.
- Place the ball in the direction of your team.

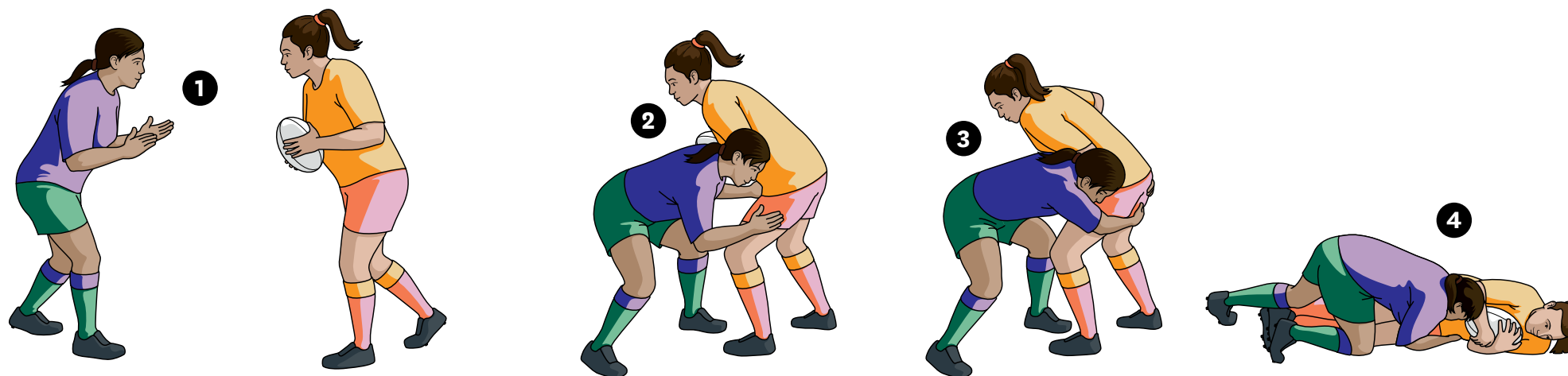
OPTIONAL SUPPORT CUES:

- "Sink, tuck, roll"
- "Land and place"
- "Staple"

Top things to look for:

- Protecting the ball in contact.
- A balanced, strong position ready for contact with a tackler.
- Evading direct contact where possible.
- Safe landing.

TEACHING THE BASICS OF SAFE TACKLE



1 Approach

- Keep your eyes on the ball carrier's belly button.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Eyes up"
- "T-Rex Arms"

2 Get low

- Get low and lean forward to make shoulder contact.
- Use your same leg and same shoulder to get in close.

OPTIONAL SUPPORT CUES:

- Get 'Rugby Strong'
- "Bend at the knee and hip"
- "Shoulder below the ball"

3 Wrap

- Position your head tight into the side (or behind) the ball carrier.
- Wrap and squeeze arms tightly.

OPTIONAL SUPPORT CUES:

- "Wrap and squeeze"

4 Push and Roll

- Land safely.
- Drive forward and attempt to land on top of ball carrier (then roll away).

OPTIONAL SUPPORT CUES:

- "Land on top"

Top things to look for:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height below the sternum (tummy tackle).
- Same leg and shoulder used to get in close.
- Wrap and squeeze.

Human Knot

4 MINS

Purpose

To develop teamwork, communication and strategy.

Set up

- Players are in 2-3 groups.

How to play

1. Everyone puts their hands in the middle.
2. Each player needs to hold hands with two different people across from them.
3. They cannot hold the players hand who is directly on their left or right.
4. The goal of the game is to un-tie themselves quicker than other groups.
5. Mix up groups or make them larger and repeat game.

14 MINS

Player-led Warm-up

Coaches will seek 3-4 volunteers to become 'captains'. The captains will use the warm-up cards to run a group warm-up with the support of coaches.

Coaches to lead neck activations.

5 MINS

Three Primers

Coaches demonstrate primers, and then players practice the following:

- Bear hug + take down.
- Ball wrestle.
- Pummelling.

Refer to primer cards.

Safe Landing and Tackle

6 MINS

Purpose

To provide an opportunity for players to practice tackling and landing safely, in a controlled environment on crash mats.

Set up

- Split the group into 2-3 groups based on confidence levels. If using hit shields, the more confident players go to hit shields and the less confidence to the crash mat.
- The players line up in two lines facing the crash mat/hit shields.
- One line are the tacklers, one line are the ball carriers.

Equipment

 15 Rugby balls  1 to 2 Crash mats **OR**  4 Hit shields

How to play

- Coaches will demonstrate a safe tackle and landing on the crash mat and recap key safety points.
- The first pair approach the mat, the tackler demonstrates a front-on tackle with left shoulder. Then both players return to back of line.
- Continue until all tacklers have had a turn, then alternate roles.
- Repeat the process with front-on tackle using right shoulder, and then a side-on tackle.
- Continue until six minutes are up.

This activity should move through players relatively quickly, avoid long waits where possible. If progression is appropriate repeat with ball carrier moving at walking or jogging pace.

Coach question

- How do we get in close to the ball carrier?
 - *Get lead foot in close (same shoulder, same leg).*
 - *Shorten steps.*
 - *Position head to side of ball carrier, never in front.*
- What is the safest way to land?
 - *Land on large part of body such as hip.*
 - *Sink, tuck and roll.*
 - *Chin tuck.*

OBSERVE:

- Player is spreading the force of body by landing/rolling on big parts.
- Player is protecting their head through correct chin tuck.

Ball into Contact – Activity 1

8 MINS

Purpose

Practice taking the ball into contact with an emphasis on 'protect the ball', 'step to space' and continuing momentum through the tackle in a controlled environment.

Set up

- The groups are doing the same activity but are split into six groups to have more time on task.
- In each group, one player will stand holding a hit shield with the other players (ball carriers) lined up about 2m away facing the hit shield.

Equipment



How to play

- Coaches demonstrate task and remind players of key safety points.
- The ball carrier carries the ball into the hit shield demonstrating correct technique.
- The ball carrier aims to hit the shield off centre by stepping slightly to the side, and continuing their momentum into the tackle pushing the player holding the shield backwards.
- Once the ball carrier has pushed the shield backwards or comes to a stop, they must land and place the ball back.
- Slowly encourage the ball carriers to increase their pace and momentum.

Remember to swap out players holding shield.

Coach question

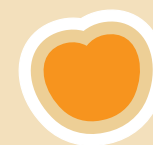
- What are the three Fs for taking the ball into contact?
 - *Footwork, forward, finish.*
- How do we keep ourselves safe when taking ball into contact?
 - *Look for space, step to space to side of tackler, land safely, keep forward momentum.*

OBSERVE:

- Protecting the ball in contact.
- A balanced, strong position ready for contact with a tackler.
- Evading direct contact where possible.
- Safe landing.
- Ball carrier's momentum continued through the tackle.

It's about building the basics and growing the

LOVE OF RUGBY.



1v1 Diamond – Activity 2

15 MINS

Purpose

This a small group activity that allows time to progressively build the group up to a walking/jogging pace when tackling and taking the ball into contact, in a controlled practice environment.

An opportunity to observe technique and give peer feedback based on what they have learned.

Set up

- Players are grouped into teams of three.
 - *Player 1: Tackler*
 - *Player 2: Ball carrier*
 - *Player 3: Observer*
- Small diamond grids using four cones. (One diamond per group)

Coach question

- What are three things to remember to make a safe tackle?
 - *Tackle height, below the sternum, tackle the belly.*
 - *Head position – side or behind, never in front.*
 - *Eyes on the ball carrier's belly button.*
- Why do we need to get low in a tackle?
 - *Lowering our centre of gravity gives you more stability (Rugby Strong position).*
 - *Stronger body position – minimise high tackles.*

Equipment



How to play

Firstly, check the confidence of players using a thumbs up, sideways or down method. Players who are thumbs up or sideways, move to stage 1. Players with thumbs down, do stage 1,2 starting on mats and progressing to static tackle (no mat).

Stage 1: 1v1 Static pre-loaded tackle

- The tackler gets into the correct tackle position on the ball carrier.
- When the ball carrier says 'ready' tackler will then wrap, push and roll. Each player has three turns as the tackler/ball carrier.
- The group of three will take in turns as the tackler, ball carrier and observer, the observer will give feedback to the pair prior to swapping.

Stage 2: 1v1 standing tackler, walking ball carrier

- In the same group of three, players now practice tackling a walking ball carrier. Each player has three turns as the tackler/ball carrier.
- The ball carrier must walk into the tackle continuing their momentum through the tackle without stopping.
- The group of three will take it in turns as the tackler, ball carrier and observer, the observer will give feedback to the pair prior to swapping.

Stage 3: 1v1 walking

- The tackler and ball carrier start back-to-back in the middle of the diamond facing a cone.
- On 'go,' they both walk around the cone they are facing, on return the ball carrier must score a try on a designated cone (walking).
- The ball carrier must walk into the tackle continuing their momentum through the tackle without stopping.
- The tackler is trying to prevent the try from being scored by using a front-on or side-on tackle.
- Each ball carrier has four turns, rotate players.
- Encourage the observer to give feedback.
- Remind players they can use a soak tackle where needed.

Progression:

- Jogging, only if players feel confident.

OBSERVE:

- Head position, to the side of ball carrier.
- Tackle height below the sternum, at the belly.
- Same leg and shoulder used to get in close.
- Wrap and squeeze.
- Ball carrier landing safely with chin tucked.

Tackle Touch

12 MINS

Purpose

This game allows players to play a tackle version of touch, but in a controlled environment allowing for players to focus on tackle technique.

Set up

- Players are in teams of seven. Depending on player numbers, two games can run at once.
- 22m depth x 30m width

Coaches Questions:

- Why are we getting into the Rugby Strong position prior to carrying the ball into contact and making the tackle?
 - *Strong, safe, low body position.*
- Where is our head when making the front on tackle?
 - *To the side of ball carrier.*

OBSERVE:

- Tackle height below the sternum, at the belly.
- Same leg and shoulder used to get in close.
- Head position, to the side of ball carrier.
- Wrap and squeeze.
- Ball carrier landing safely with chin tucked.

Equipment



How to play

- Two teams play against each other with the aim of scoring as many tries as possible.
- The game is played like a normal game of touch without teams having to retreat 5m back after each touch.
- When a touch is made, both ball carrier and defender put their chests to the floor facing each other and then pop back up to their feet and get into their Rugby Strong position. Ball carrier is holding ball in two hands.
- The defender then makes a tackle, the tackle is complete once the ball carrier lands and places the ball back to their team.
- An 'attacking' player picks the ball up and resumes attacking.
- The ball is turned over if there is a forward pass, a try is scored or six touches have been completed.

Cool Down

5 MINS

Players will pair up and walk to the sideline and back to connect and cool down.

How to

- Players form one large circle facing in.
- The coach will demonstrate one stretch and give a learning reflection question to the group.
- Players will have 45 seconds to do the stretch and to answer the reflection question with the player standing next to them.
- Coach demonstrates another stretch and asks a new reflection question; this continues until four stretches are complete. (For stretches, refer to cool down card).
- Always finish with a 'hands in' cheer.

LEARNING REFLECTION QUESTIONS

- What was a 'feel good' moment you had today?
- What is the correct tackle height?
 - *Below the sternum, tummy tackle*
- What part of contact do you feel you are getting more confident in?

Learning Capture

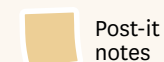
- Think of one thing you are proud of today, and one thing you would like to work on.
- Write down one piece of feedback that helped you today and who did it come from? Go and tell them this helped you today. Then stick your post it note on the whiteboard.

Teams announced for Festival.

- Teams meet to decide on team name and an item colour they want to wear next session to represent their team.

Equipment

- White board/somewhere to stick answers.





"It's all about providing a

SAFE SPACE

to learn and practice with girls of similar abilities."

MINI FESTIVAL



IN THIS SESSION THE PLAYERS WILL:

Form strong bonds

- Work as a team to play in the Contact Ready festival.

Independently lead warm-up and participate in primers

- Use warm-up cards to lead their own warm-up.
- Participate in two new primers.

Apply safe tackle & ball into contact technique within small-sided modified games

- Participate in small-sided contact games applying their learnings from the five sessions.
- Celebrate individual and collective 'feel good' moments.

SUCCESS INDICATORS

- Players led their own warm-up correctly as a team.
- Players will identify/share three things they are most proud of achieving, and one thing they are proud of achieving as a team.
- Players will identify something they feel more confident in now compared to session one.
- Players have participated in a small-sided game demonstrating safe tackle technique and safe ball into contact.

Session overview

1 CONNECTION

Rob the Nest

GROUPING: All

8 MINS

2 WARM-UP & PRIMERS

Player-led Warm-up

GROUPING: All

14 MINS

Three Primers

GROUPING: All

5 MINS

3 SKILL DEVELOPMENT

1v1 Diamond

GROUPING: All

15 MINS

4 MODIFIED GAME

7-a-Side Tackle

Round Robin

GROUPING: All

20 MINS

5 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

9 MINS

6 PRIZEGIVING

Equipment needed



40 Dome cones



10 Rugby balls

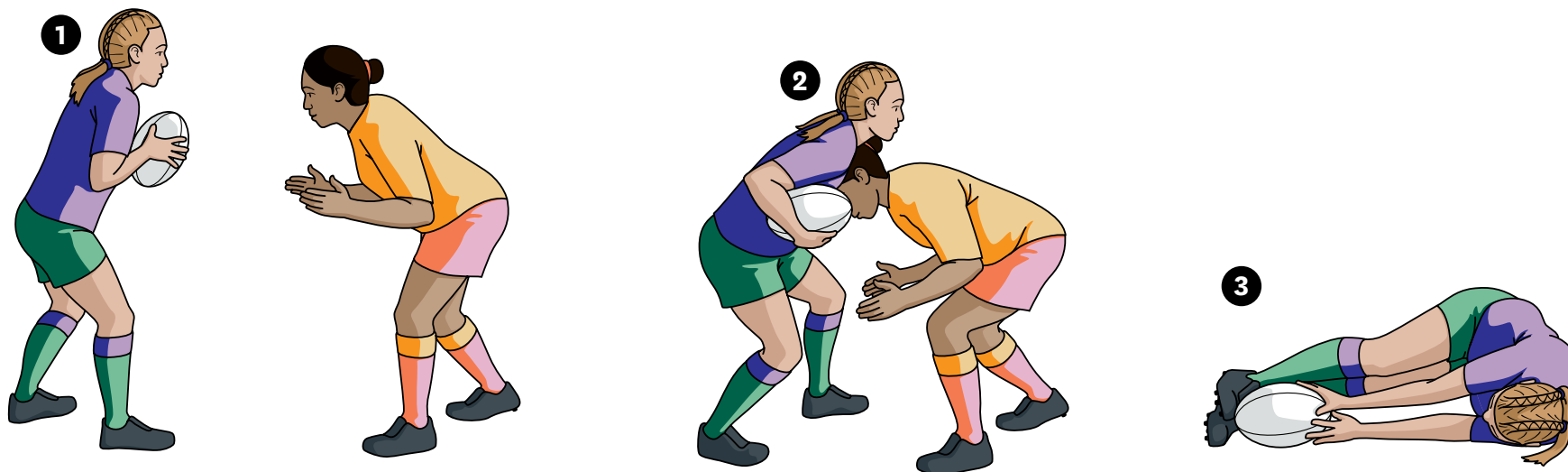


1 Portable speaker



15 Bibs

TEACHING SAFE BALL INTO CONTACT TECHNIQUE



1 Footwork

- Hold the ball with two hands.
- Keep your eyes up & look for space to the side of the tackler.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Spaces not faces"
- "Feet alive" or "fast feet"

2 Forward

- Shift the ball to the side of your body (away from tackler).
- Step to the side of the tackler.
- Get low and drive forward.

OPTIONAL SUPPORT CUES:

- "Rugby Strong position"

3 Finish

- Land on a large part of the body.
- Place the ball in the direction of your team.

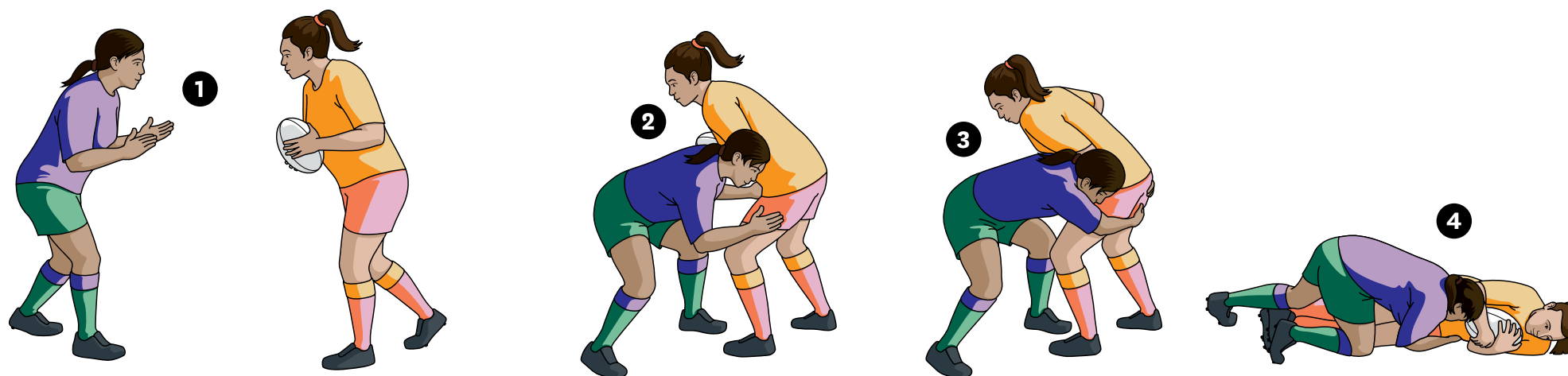
OPTIONAL SUPPORT CUES:

- "Sink, tuck, roll"
- "Land and place"
- "Staple"

Top things to look for:

- Protecting the ball in contact.
- A balanced, strong position ready for contact with a tackler.
- Evading direct contact where possible.
- Safe landing.

TEACHING THE BASICS OF SAFE TACKLE



1 Approach

- Keep your eyes on the ball carrier's belly button.
- Shorten your steps.

OPTIONAL SUPPORT CUES:

- "Eyes up"
- "T-Rex Arms"

2 Get low

- Get low and lean forward to make shoulder contact.
- Use your same leg and same shoulder to get in close.

OPTIONAL SUPPORT CUES:

- Get 'Rugby Strong'
- "Bend at the knee and hip"
- "Shoulder below the ball"

3 Wrap

- Position your head tight into the side (or behind) the ball carrier.
- Wrap and squeeze arms tightly.

OPTIONAL SUPPORT CUES:

- "Wrap and squeeze"

4 Push and Roll

- Land safely.
- Drive forward and attempt to land on top of ball carrier (then roll away).

OPTIONAL SUPPORT CUES:

- "Land on top"

Top things to look for:

- Head is safely on the side or behind the ball carrier, never in front.
- Tackle height below the sternum (tummy tackle).
- Same leg and shoulder used to get in close.
- Wrap and squeeze.

Rob the Nest

8 MINS

Players are put into to four teams for the round robin played later in the session.

The teams have 3 mins to:

- Work out a handshake or team call.
- Select a team captain.
- Choose two team values.

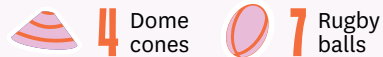
Purpose

A fun way to participate as a team before the round robin festival played later in the session.

Set up

- 10x10m box marked out by cones.
- One team on each corner.
- Balls set up in a 'nest' in the middle of square.

Equipment



How to play

- The four teams separated and are based at each corner of the box.
- There are seven balls in the middle of the square.
- When the coach shouts 'go' – one player from each team runs in and grabs a ball and takes it back to their designated corner/nest.
- Once all balls are gone from the middle, players may steal one ball at a time from the other teams' nests.
- Only one player is allowed to steal at any one time.
- Players at the nest are not allowed to protect the balls or prevent opposite teams from stealing.
- Team to get three balls back to the nest yells STOP!

14 MINS

Player-led Warm-up

Coach to request a number of captains to run today's warm-up using the warm-up cards. The coaches will support the group as required.

The captains will lead all parts, except the neck primers which are coach-led.



5 MINS

Three Primers

Coaches demonstrate primers, and then players practice the following:

- Pummelling and push
- Ball wrestle
- Pancake wrestle

Refer to primer cards



POSITIVE
FEEDBACK
IS KEY

WOMEN
& GIRLS

1v1 Diamond

15 MINS

Purpose

To practice and progressively build the group up to a walking or jogging pace when tackling in a controlled practice environment before participating in games.

Set up

- Players are grouped into teams of three.
 - *Player 1: Tackler*
 - *Player 2: Ball carrier*
 - *Player 3: Observer*
- Small diamond grids using four cones. (One diamond per group).

Coach question

- What is the safest tackle height?
 - *Below the sternum, tackle the belly, under the ball.*
- How do we land safely?
 - *Sink tuck roll, knee, hip, shoulder.*
 - *Protect head from ground.*

Equipment



40 Dome cones



10 Rugby balls

OBSERVE:

- Tackle height below the sternum, at the belly.
- Same leg and shoulder used to get in close, shoulder onto belly button.
- Head position, to the side of ball carrier.
- Wrap and squeeze.
- Ball carrier landing safely with chin tucked.

How to play

Stage 1: 1v1 Static pre-loaded tackle

- The tackler gets into the correct tackle position on the ball carrier.
- When ball carrier says 'ready' the tackler will then wrap, push and roll. Each player has two turns as the tackler and ball carrier.
- The group of three will take it in turns as the tackler, ball carrier, and observer, the observer will give feedback to the pair prior to swapping.

Stage 2: 1v1 standing tackler, walking ball carrier

- In the same group of three, players now practice tackling a walking ball carrier. The ball carrier must walk into the tackle continuing their momentum through the tackle without stopping.
- Each player has two turns as the tackler/ball carrier.

Stage 3: 1v1 walking/jogging

- The tackler and ball carrier start back-to-back in the middle of the diamond facing a cone.
- On 'go,' they both walk around the cone they are facing, on return the ball carrier must score a try on a designated cone.
- The ball carrier must walk into the tackle, continuing their momentum through the tackle without stopping.
- The tackler is trying to prevent the try from being scored by using a front-on or side-on tackle.
- Each ball carrier has three turns, rotate players.
- Encourage observer to give feedback
- Progress to jogging if confident, make diamond bigger where needed.
- Remind players they can use a soak tackle where needed.

7-a-Side Round Robin

20 MINS

Four teams will be competing at once. After cheers there will be 90 seconds between each game to have a team talk, before going into the next.

- Example: 4x 7-a-side team | 5 min games.

Team names added into draw once selected in Session 5.

TEAM 1 _____ vs TEAM 2 _____

TEAM 3 _____ vs TEAM 4 _____

TEAM 1 _____ vs TEAM 3 _____

TEAM 2 _____ vs TEAM 4 _____

TEAM 1 _____ vs TEAM 4 _____

TEAM 2 _____ vs TEAM 3 _____

Set up

- Depending on player numbers, group accordingly. Aim to have no substitutions.
- 2x fields 22m wide by 30m long.

Coaches:

Decide if the game is started at a walking pace based on the group's confidence.

If the game needs regressing, go back to the tackle touch or loaded tackle touch, played in previous sessions.

Equipment



8 Dome cones



2 Rugby balls



15 Bibs

How to play

- Two teams play against each other with the aim of scoring as many tries as possible.
- The game is played like a normal game of tackle rugby without the breakdown. Once the tackle is made the ball carrier must land and place the ball back towards their team where their teammate picks up the ball and resumes attacking.
- The defensive team cannot compete for the ball at the tackle/breakdown.
- The ball is turned over if there is a forward pass, the ball is knocked on, or a try is scored.

Cool Down

3 MINS

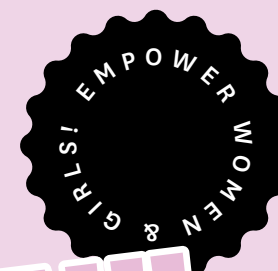
Players will pair up and walk to the sideline and back to connect and cool down.

How to

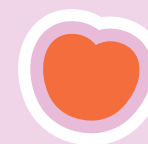
- Players form one large circle facing in.
- The coach will demonstrate one stretch and give a learning reflection question to the group.
- Players will have 45 seconds to do the stretch and to answer the reflection question with the player standing next to them.
- Coach demonstrates another stretch and asks a new reflection question; this continues until four stretches are complete (for stretches, refer to cool down card).
- Always finish with a 'hands in' cheer.

LEARNING REFLECTION QUESTIONS

- What was a feel-good moment today?
- What is one way you worked as a team today?
- What has been your favourite primer and why?



MAHI
TAHI



Prizegiving

6 MINS

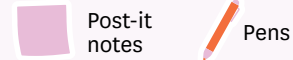
On a continuum from agree, somewhat agree, to disagree, ask players to stand where relevant to the following questions:

- I feel more confident to play rugby than I did when I came to session one (can ask a couple to explain why).
- I feel more confident to tackle and be tackled than I did before the programme.
- I made friends at this programme.
- I felt safe at this programme.

Feel good moments

- On a post-it note write one thing you are proud of achieving in this programme, and one of your favourite activities.
- Share your answer with a friend.
- Coach to collect post-it notes.

Equipment



Post-it notes

Pens

Player prizegiving

- Coaches to decide prizegiving categories and do a celebration of the players. Provide certificates/prizes.

"Feel good moments are about personal achievement,

FREEDOM & FUN."



CONTACT READY PRIMERS

PRIMER:

Shoulder Push

How to play

- In pairs face each other arm length apart.
- One player will stand tall with their arms down by their side and engage their core by pulling their belly button.
- Another player will push against one of their partners shoulders, continuously alternating shoulder.
- The player being pushed tries to resist any twisting movement.
- Complete for 30 seconds and switch roles.

Purpose

Teaches the players to activate their core to prepare their body for a 'Rugby Strong' position.

PRIMER:

Wind in the Willows

How to play

- In groups of four, three players form a circle arm length with the fourth player standing tall in the middle with an engaged core and arms by their side.
- The players on the outside push the middle player around between them, while the middle player attempts to remain in the same spot, straight like a willow tree.

Purpose

Core activation that enables players to form strong trust bonds with each other through a controlled activity.

PRIMER:

Push Pull Tug-o-War

How to play

- In pairs facing each other, players will push and pull their partners shoulders.
- The coach will call "Push" or "Pull", and the players will respond aiming to push or pull their partner.

Purpose

This primer prepares the core and encourages players into a low strong body position.

PRIMER:

Press Up Slap

How to play

- In pairs, face each other in a press up position. If a player cannot hold a press up position, they can put their knees on the ground.
- On 'go' each player attempts to pull the opposite players wrist or arm causing their partner to fall to the ground.

Purpose

Activates and warms up the players core and shoulders.

PRIMER:

Flip the Turtle

How to play

- In pairs, one player lies flat on their back. On 'go' their partner has 30 seconds to try and flip them like a turtle onto their stomach.
- Each player will have three attempts to flip the turtle, then swap roles.

Purpose

Fun and competitive primer that prepares players bodies for contact by activating large muscles of the legs, core and upper body.

PRIMER:

Rams

How to play

- In pairs, one player is standing with the ball in two hands.
- The other player is the 'tackler' standing crouched in a 'Rugby Strong' position with their head resting against the side of their partner at belly height.
- The 'tackler' engages their neck and uses their head to push the standing player without separating their cheek from the player's side.
- Do this 5 times on each side.

Purpose

Warming up and priming the deep neck flexors, rhomboids and traps.

PRIMER:

Bear Hugs

How to play

- Pair up with someone of similar size.
- Standing face to face, both players put their left hand on their partners shoulder and right hand on their hip.
- On 'go' they must both try to get two hands around the other players waist and lift them up off the ground.

PRIMER:

Bear Hug Take Down

How to play

- Pair up with some of similar size.
- Kneeling face to face, both players put their left hand on their partners shoulder and right hand on their hip.
- On 'go' they must both try to get the other player to the ground, either on their left or right side based on which side the coach calls.

Purpose

This prepares players for contact by priming the upper body muscles used in grappling/wrestling movements.

CONTACT READY PRIMERS

PRIMER:

Four-Wheel Drive

How to play

- In pairs, one player is the 'Tackler' crouched in a 'Rugby Strong' position. Their partner will stand in front of them with their hand on the top of the 'tacklers' head.
- The 'tackler' attempts to keep their neck in a neutral position and maintain a 'Rugby Strong' body position whilst slowly driving the player backwards.
- The tackler needs to take small steps to keep their spine neutral and traction with the ground.

Purpose

Priming and activating the deep neck flexors, rhomboids, and practising the important Rugby Strong position under resistance.

PRIMER:

Ball Wrestle

How to play

- In groups of three. One player will protect the ball by holding it close to their body with two hands, standing in a 'Rugby Strong' position.
- On 'go' the other two players will attempt to wrestle the ball away from the player.
- Swap roles and repeat.

Purpose

This primer gets players into close proximity with each other and primes their bodies for contact in wrestling movements. Players will need to engage their core, lower their centre of gravity and maintain a 'Rugby Strong' position.

PRIMER:

Pancake Wrestle

How to play

- In pairs, one player lies face down on the ground while the other player lies on top of them face down like a cross.
- On 'go', the player on the ground must try to get up off the ground while the player on top attempts to keep them on the ground.

Purpose

A fun, competitive primer that requires players to engage all major muscle groups in preparation for contact.

PRIMER:

Pummelling

How to play

- Pair up with someone of equivalent size.
- Standing facing each other, each player puts one arm on the top of their partners shoulder and one arm wrapped around their side under the arm.
- Players work together alternating the pummel by moving their right arm under their partners arm and their left arms on top.
- During this the players will keep their head close to their partner to apply neck tension.
- During pummelling the coach will yell 'go'. The players must race to get two hands underneath and pick their partner up.

Purpose

Prime and warm up the neck muscles whilst preparing the shoulders and chest for contact.

PRIMER:

Pummelling with a Push

How to play

- Pair up with someone of equivalent size.
- Standing facing each other in a 'Rugby Strong' position, each player puts with one arm on the top of their partners shoulder and one arm wrapped around their side under the arm.
- Players work together alternating the pummel by moving their right arm under their partners arm and their left on top.
- When changing shoulders, also change legs whilst maintain a 'Rugby Strong' position.
- On 'go', the players compete to push their partner 1m backwards.

Purpose

This primer prepares the body for contact by engaging the shoulder, chest and core within 'Rugby Strong' position under resistance.





