

GIRLS U18

SUMMER GUIDANCE

JUNE 2021



**England
Rugby**

CONTENT AND PURPOSE

The Covid-19 pandemic has presented many different obstacles for our sport. A lack of social connection, general feelings around returning to 'normal', as well as potential fears of spacing and contact will bring additional challenges as rugby returns.

Transitioning into a new player age group can be a key moment for the individual, and with the amount of time away from the game, we believe this year could be more testing than usual.

The current 2 and 3 year age bands in the girls' game, means that we cannot proceed as the boys' game is doing by playing old age group rules until January 1st, so coaches will need to ensure that they use this period of summer activity to properly progress their players, to ease their transition back into the game, and into a new age group.

We want to guide coaches of the three age groups with a phased approach to support the welfare, retention and safe transition of players changing age bands.

The purpose of this resource is to provide guidance on:

- Social re-integration
- Injury prevention
- Session planning
- Positional and set piece progressions
- Links to further support

GENERAL INFORMATION

- Players will move up their age group on 1st August
- Contact training and a number of fixtures will be permitted June-August with time and format restrictions
- It will be recommended that teams have a progressive and integrated return to full contact games from August-October to support transitions
- Inner warrior camps will be running for U13, U15 and U18 players in August following these guidelines

SPECIFIC FOCUS

- Social connection
- Injury Prevention
- Set piece development
- Confidence/competence in contact



LIFE IN LOCKDOWN : THE IMPACT OF THE COVID-19 PANDEMIC ON TEENAGE GIRLS' LIVES AND PHYSICAL ACTIVITY

We need to acknowledge girls' concerns around being active in the 'new normal' and offer more encouragement and support in their return to sport and exercise.

READ THE FULL REPORT

This recent study with teenage girls during lockdown highlighted a number of areas that we should be aware of. Time away from their friends and social activity has been difficult and rebuilding these social connections and supporting their confidence will be key.

40% OF GIRLS ARE WORRIED ABOUT BEING IN LARGE GROUPS AGAIN

41% OF GIRLS HAVE LOST CONFIDENCE IN THEIR SPORTING ABILITY

SUPPORTING TEENAGE GIRLS TO BE ACTIVE IN THE 'NEW NORMAL'

Girls value physical activity more now and want to do more



82% will definitely / probably put more effort into being fit and active in the future



BUT

They need support



PLAYER FIRST APPROACH

We can recognise that teenage girls have missed their social interactions, but some will also be lacking in confidence and may be anxious about returning to large groups. Some may also be nervous about contact (social and rugby), given the strict social distancing guidelines over the last 12 months.

We recommend a gradual integration back into age groups and using the summer to introduce girls to their new age groups by doing fun and social activities as joint age groups, where possible. This will help with the social connection leading into their new age group (if they are moving up) and help players to not feel like they are only with their friends for a small amount of time, before being moved to a new age group, possibly without their friends.

Women in Sport identified **8 principles of success** in their research around reframing sport for teenage girls. Importance is placed on gradual reintroduction of competition and the highlighting of learning and sense of pride felt by playing games and learning new skills in a safe environment.

“ACTIVE GIRLS ENGAGED WITH ONLINE CLASSES IN A BID TO MAINTAIN THEIR FITNESS....GIRLS VALUED THIS CONNECTION WITH PEERS BUT ONLINE SESSIONS COULDN'T REPLICATE THE FUN, EXCITEMENT, TOGETHERNESS AND TEAMWORK AND MANY ACTIVE GIRLS HAVE FELT A SENSE OF LOSS.”

(WOMEN IN SPORT)

1



NO JUDGMENT

Take pressure off performance and give freedom simply to play.

5



BUILD INTO EXISTING HABITS

Tap into existing behaviours in other spheres.

2



VOKE EXCITEMENT

Bring a sense of adventure and discovery.

6



GIVE GIRLS A VOICE & CHOICE

Allow girls choice and control to feel empowered.

3



CLEAR EMOTIONAL REWARD

Reframe achievement as 'moments of pride' not winning.

7



CHAMPION WHAT'S IN IT FOR THEM

Make it much more than just about health.

4



OPEN EYES TO WHAT'S THERE

Redefine sport as more than school sport.

8



EXPEND IMAGE OF WHAT 'SPORTY' LOOKS LIKE

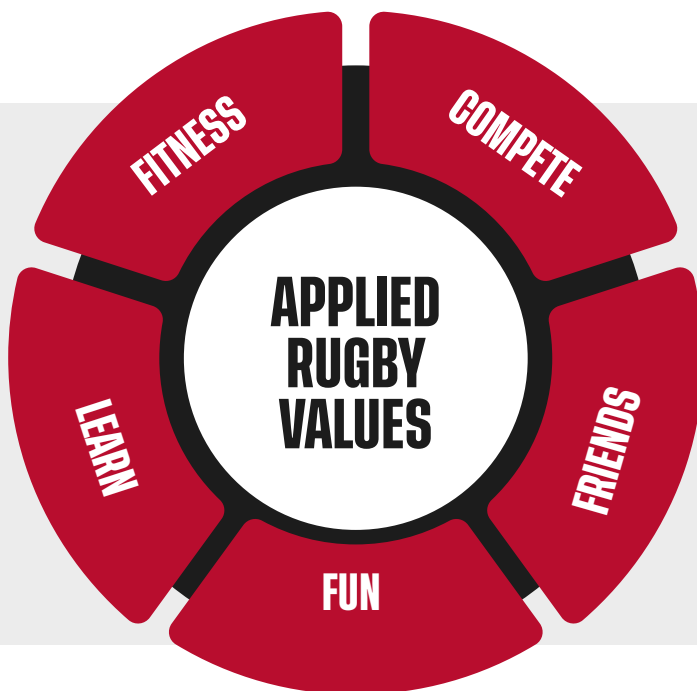
Create truly relatable role models which inspire.

THE VALUES SYSTEM THAT MOTIVATES PARTICIPATION

Six identified values can influence behaviour; they represent what is important to women in modern life and how they want to spend their time and energy.

This research is based on women, but provides a framework that will have a similar outcomes for younger female players.

- Looking good
- Feeling good
- Achieving goals
- Developing skills
- Nurturing friends and family
- Having fun



We have tested this approach alongside Warrior Camps, and applied the values to rugby in this way:

- Fitness
- Compete
- Learn
- Friends
- Fun

- **Ask your players to choose one thing that they want to get out of the session.**
- **Review at the end of the session - did you get what you wanted from the session today?**
- **If yes, they are more likely to feel a sense of enjoyment, pride and are more likely to return, and tell others about the positive experience they had.**
- **If no, ask why not and what ideas they have to improve next time.**

WHAT CAN WE IMPLEMENT FROM THE RESEARCH?

CULTURE

- Build in a 'no judgement' approach, allow the freedom to play and re-build confidence
 - Give the girls a voice and the chance to feel empowered to shape the team, squad, activity and experience
-

ACTIVITY

- Incorporate excitement through discovery, question and challenge to enable an achievement
 - Ask the players what they want from the activity, what is their reason for being there? (see Values System)
 - Play games to practice skills which will improve the groups fitness levels
 - Small-sided games will give participants more confidence in gradually increasing involvement
-

SUPPORT

- Encouragement from coaches and peers
 - Talk about achievements as 'moments of pride', of self and others
 - Buddy-Ups may work well for peer to peer support, encourage outside of the rugby club, keep the connection up
-

ENVIRONMENT

- Build time into training for 'down-time', allow chats, free play, connection. Play music, allow the players to choose playlist and have rules on Tunes on/off, who is the DJ for that session?
 - Review sessions together, ask questions
 - Have a comments box where players can anonymously drop in ideas, feedback, wants, needs. These should be reviewed regularly and discussed as a group
-

“FROM A PHYSICAL PREPARATION PERSPECTIVE, A GRADUAL AND PROGRESSIVE RETURN TO TRAINING IS IMPERATIVE. WE KNOW THAT LARGE SPIKES IN INTENSITY OR VOLUME OF TRAINING MAY INCREASE THE LIKELIHOOD OF SUFFERING AN INJURY. THEREFORE, MANAGING OVERALL TRAINING LOAD IS KEY, AS MANY PLAYERS HAVE HAD MINIMAL TRAINING EXPOSURE FOR AN EXTENDED PERIOD OF TIME.”

OMAR HEYWARD

**STRENGTH AND CONDITIONING COACH
ENGLAND WOMEN'S U18**



PREVENTION & PREPARATION

The scientific research into female sports is growing, and the evidence shows that there are increased risks of certain injuries in female compared to male athletes.

One of the major injury concerns in female athletes is the Anterior Cruciate ligament (ACL) injury. Studies have shown females to be 3 x more likely to injure their ACL than males*

A recent study on young female athletes suggests that neuromuscular training programs, incorporating lower body strength exercises like Nordic hamstrings, lunges and heel-calf raises, with a specific focus on landing stabilisation can reduce the risk for ACL injury. Read the full study [here](#).

TO FIND OUT MORE ABOUT PHYSICAL PREPARATION IN FEMALE RUGBY YOU CAN READ THIS STUDY GO WRITTEN BY OMAR HEYWARD, (ENGLAND U18 WOMEN S+C)

WHAT CAN WE LEARN FROM OTHER SPORTS

THERE ARE A NUMBER OF SPORTS WHO HAVE IMPLEMENTED INJURY PREVENTION PROGRAMMES THAT HAVE BEEN TESTED ON FEMALE ATHLETES AND PROVEN TO REDUCE THE RISK OF CERTAIN INJURIES, ESPECIALLY THOSE AROUND KNEES AND ANKLES.

THEY MAY CONTAIN USEFUL EXERCISES AND INFORMATION FOR COACHES LOOKING TO SUPPORT THEIR FEMALE PLAYERS.



NETBALL AUSTRALIA

THE KNEE PROGRAM

Jumping and landing especially relevant to rugby



FIFA

FIFA 11+

Proven to reduce the risk of injury in female athletes

*Gornitzky AL, Lott A, Yellin JL, Fabricant PD, Lawrence JT, Ganley. Sport-specific yearly risk and incidence of anterior cruciate ligament tears in high school athletes: a systematic review and meta-analysis. Am J Sports Med. 2016;44(10):2716-272

ACTIVATE - EXERCISE PROGRAMME

England Rugby have a recommended exercise programme, [ACTIVATE](#), which can be undertaken alongside training or as a stand-alone injury prevention programme.

RESEARCH FINDINGS

SCHOOL BOY STUDY

72% ↓
IN OVERALL MATCH INJURIES*

59% ↓
IN CONCUSSION*

ADULT MALE COMMUNITY STUDY

40% ↓
IN LOWER LIMB INJURIES*

59% ↓
IN CONCUSSION*

* When players used the programme 3 times a week.

WHAT DOES IT DO?

REDUCE INJURY RISK
SUPPORT REHABILITATION
PREPARE PHYSICALLY
IMPROVE PERFORMANCE



WHAT IS IT?

A progressive exercise programme, that focuses on **quality over quantity**.

6. HIP, KNEE & ANKLE IN-LINE

[WATCH VIDEO](#)

ACTIVATE U18-U14: PHASE 1 | PART A

2. WALKING CRUNCH

[WATCH VIDEO](#)

2 REPS | 15 METERS

- Shuffle two steps then raise one leg
- Opposite elbow and knee touch
- Keep raised leg straight.

ACTIVATES

- 1. HEAD NEUTRAL
- 4. ENGAGE CORE
- 8. KNEE ABOVE TOES

3. PLANT & CUT

[WATCH VIDEO](#)

2 REPS | 15 METERS | 50-70% EFFORT

- Run diagonal line
- After 2-3m, plant outermost foot close to body midline, knee bent
- Push-off planted foot
- Emphasise plant and cut, repeat on other foot.

ACTIVATES

- 1. HEAD NEUTRAL
- 2. CHEST-UP
- 6. HIP, KNEE AND ANKLE IN-LINE
- 8. KNEE ABOVE TOES (PLANTING FOOT)

ACTIVATE U18-U14: EXERCISES | PHASE 1: A, B, C, D | PHASE 2: A, B, C, D | PHASE 3: A, B, C, D | PHASE 4: A, B, C, D

THIS CAN BE COMPLETED IN ADDITION TO THE MAXIMUM TRAINING ALLOWED PER WEEK.

PLAYER FIRST- SUPPORTING THE INDIVIDUAL

The girls' game is fairly unique in that there are still a large number of players who are brand new to the game throughout the U13, U15 and U18 age groups. This poses challenges for coaches around differentiating within a session to support the needs of a complete beginner alongside an experienced player. There will also be further challenges this year when players move to their new age bands and start to play games.

Here are some suggestions to help you:

TRAINING	GAMES
Split the session into Game Zone and Skill Zone, using the Skill Zone to develop newer players or challenge more experienced players	Use the <u>GAME ON</u> principles to adapt the rules
Group new or less experienced players together for contact training and game play	Play Uncontested scrum or lineout until the players are competent and confident.
Do non contact training with higher or lower age groups to support the development of your players, and the social connection when players are changing age groups.	Play the less experienced players against the other team's less experienced players, then both swap at half time for the more experienced players to play each other.
Vary between grouping beginners together and experienced players together with mixing them up. (Unless doing contact or advanced activities).	In triple age bands, play the younger age group together against the younger age group in the opposition then both swap to the older players after half time.
Use players to support/coach/ feedback to each other in mini skills sessions, developing leaders and building team cohesion.	Play the rules from the age grade below to simplify the game rules/allow players time to adjust to the new rules of their age group.
Ask your players what they want to achieve in the session, and allow them to help shape the content so they feel a sense of achievement and involvement.	Ensure clear opportunities for success for everyone, by setting individual challenges for players based on their experience/needs
Stretch more experienced players by supporting them to play different positions	

SUMMER ACTIVITY GUIDE OVERVIEW

The table below shows the permitted training and fixtures during the summer activity programme. Further detail on the girls' game is on the following pages.

	JUNE	JULY	AUGUST
TRAINING			
FREQUENCY	1-2 SESSIONS PER WEEK (INC GAME)	1-2 SESSIONS PER WEEK (INC GAME)	1-3 SESSIONS PER WEEK (INC GAME)
INTENSITY	LOW – MEDIUM	MEDIUM	MEDIUM - HIGH
TYPE	GENERAL FITNESS AND SKILLS MAX 20 MINUTES CONTACT PER WEEK	RUGBY FITNESS AND SKILLS MAX 30 MINUTES CONTACT PER WEEK	POSITION/ GAME SPECIFIC SKILLS MAX 40 MINUTES CONTACT PER WEEK MAX 20 MINUTES CONTACT PER SESSION
TIME	45 – 60 MINUTES + ACTIVATE	45 – 75 MINUTES + ACTIVATE	45 – 90 MINUTES + ACTIVATE
FIXTURES			
TAG	U7 – U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS
READY4RUGBY	U9 – U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS
X RUGBY	X	U14 - U18 BOYS U15 & U18 GIRLS	U12 - U18 BOYS U13, U15 & U18 GIRLS
ADAPTED FORMAT	X	X	U14 – U18 BOYS U15 & U18 GIRLS
FIXTURES/FESTIVALS	1 X FIXTURE/FESTIVAL PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	3 X FIXTURE/FESTIVAL PER FORTNIGHT

THIS SHOWS THE MAXIMUM ACTIVITY PERMITTED EACH MONTH. FESTIVALS ARE LIMITED TO A MAXIMUM OF 4 TEAMS.
ALL MATCHES ARE FRIENDLIES DUE TO BEING OUT OF SEASON

SESSION PLANNING

The following section will provide information to help support the planning of your sessions. The session content will vary depending on the age and stage of your players, current government guidelines, and the outcomes or phase of the season that you are in. There is a training guide for each of the months; June - August and example session plans for each.

Coaches should look to use the FITT principle to help design sessions, incorporating the building blocks of readiness for the specific month and referring to CASE principles detailed at the beginning of the guide.

THE 4 BUILDING BLOCKS TO READINESS

Using insight from our Athletic Performance Department we have identified four key building blocks in preparing players for the start of the 21/22 season. The Activate Injury Prevention Programme should run throughout these building blocks.

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 2



- Introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 4



- Game / Team Specific
- Position Specific

FRAMEWORK

Throughout these months it is important we don't try to cover everything at once. The model below demonstrates how you should look to build these blocks incrementally throughout to prepare Age Grade players effectively for the new season whilst following the training and playing menu.

JUNE

BLOCKS 1 & 2

JULY

BLOCKS 2 & 3

AUGUST

BLOCKS 3 & 4



THE F.I.T.T PRINCIPLE

THE F.I.T.T PRINCIPLE IS A GREAT TOOL TO HELP YOU WHEN PLANNING SESSIONS TO ENSURE YOU ARE DEVELOPING THE PLAYERS INCREMENTALLY.

F - FREQUENCY

HOW OFTEN ARE YOU PUTTING ON SESSIONS

I - INTENSITY

MONITOR THE INTENSITY OF THE SESSION

T - TYPE

WHAT TYPE OF ACTIVITY ARE YOU INCLUDING IN YOUR SESSIONS?

T - TIME

HOW LONG ARE THE ACTIVITIES AND YOUR OVERALL SESSIONS

HERE ARE SOME KEY CONSIDERATIONS WHEN USING F.I.T.T.

FREQUENCY

- Be mindful of what activity players have been doing
- Factor in game time to overall activity per week
- What other activity do players have per week

TYPE

- Start general progressing to specific
- Use of skill practice progressing to game play
- Progressive introduction to position specific

INTENSITY

- Progressive re-introduction to contact & game play
- Reduce intensity through game constraints
- Consider game formats

TIME

- Gradually increase ball in play within sessions
- Consider how many game involvements players have
- High intensity work in short blocks

SESSION DESIGN

WE RECOMMEND ALL SESSIONS SHOULD CONTAIN THE FOLLOWING COMPONENTS:

PURPOSE	ACTIVITY	AIM	TIME
SOCIAL CONNECTION / SKILLS	Free play	<ul style="list-style-type: none">• Allows players to connect with team mates• Practice a skill such as passing• Peer to peer support and feedback• Opportunity to explore	5 minutes
WARM UP	Pulse Raiser, Dynamic stretch	<ul style="list-style-type: none">• Raise heart rate• Activate muscles and joints• Mental preparation for the session	10- 15 minutes <i>*Add additional time for Activate Injury Prevention Programme</i>
MAIN SESSION	Game Zone – Skill Zone	<ul style="list-style-type: none">• Identify session purpose• Use of Game Zone and Skill Zone• Option to use Game Zone and Skill Zone simultaneous or individually	25 – 40 minutes
COOL DOWN	Bring heart rate down	<ul style="list-style-type: none">• Reduce heart rate• Opportunity for peer to peer reflections	5 minutes

* Activate can be delivered within or in addition to the recommended session times.

U18 POTENTIAL CHALLENGES

These are the challenges identified for this age group, (they are by no means a complete list).
The following supporting documents are based on these unique challenges.

SOCIAL CONNECTIONS

U18 CHALLENGES

- Social connections (girls may not be at same school now)
- Three age groups in one team

POTENTIAL SOLUTIONS

- Non rugby activity to support connections, create buddy systems to help girls to make new friends. Encourage joint non contact activity with women's /U15 teams

SET PIECE

U18 CHALLENGES

- Scrum- contested 8, (some players may have only played one season with scrum)
- Lineout- contested- (some players may be lower end of age group and only had one season with lineout lift/jump/throw)

POTENTIAL SOLUTIONS

- Scrum body position, with gradual increase in pressure/fatigue and specific Activate exercises to support physical development.
- Gradual increase in numbers in scrum allowing multiple players to experience positions in scrum.
- Play uncontested scrums and lineouts in August progressing gradually in August and September (coaches to choose game rules relevant to ability/experience of players)

POSITIONAL

U18 CHALLENGES

- More position specific for development of skills

POTENTIAL SOLUTIONS

- Phase specific blocks in training to support further development of positional skills (ensure some exploration as players may still change positions here)

OTHER

U18 CHALLENGES

- Girls moving into senior women's teams

POTENTIAL SOLUTIONS

- Integration with Women's team for non contact activity.
- Inner Warrior camps in Sept/Oct with focus on transition

JUNE OVERVIEW - UNDER 18

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 2



- Introduce contact
- Rugby Skills
- Sport Specific Movements

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
<p>Behaviours</p> <ul style="list-style-type: none"> • Social Connection • Retention of player in new age groups 	<ul style="list-style-type: none"> • Integrate players back into a rugby environment • Connection building • Confidence building 	<ul style="list-style-type: none"> • Allow some non-contact mixed age group activity with U15s to help with transition to new age group • Allow some non contact activity with women's team (if applicable) • Enable players to choose activities and pace of progressions based on their confidence
<p>Game Fitness</p> <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Majority of activity during COVID has been linear 	<ul style="list-style-type: none"> • Functional Movement • Running • Change of Direction • Stop/Start 	<ul style="list-style-type: none"> • ACTIVATE • Game Zone: Small Sided Games • Multisport games
<p>Actions</p> <ul style="list-style-type: none"> • Developing core skills 	<ul style="list-style-type: none"> • Catch • Pass • Carry • Kick 	<ul style="list-style-type: none"> • Game Zone: use of different balls • Skill Zone: technique based • Multi Sport • Individual Competition
<p>Game Preparation</p> <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury • . Ensure coaches understand the needs of the individual 	<ul style="list-style-type: none"> • Falling • Wrestling 	<ul style="list-style-type: none"> • Gamezone which includes falling/ presenting • Skill Zone: technique based

JULY OVERVIEW - UNDER 18

BLOCK 2



- Introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 3



- Contact Development
- Rugby Skill Development

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Retention of players in new age groups 	<ul style="list-style-type: none"> • Connection building • Confidence building 	<ul style="list-style-type: none"> • Allow some non-contact mixed age group activity with U15s/ senior women to help with transition to new age group/adult age group
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Introduction to movements specific to Tackle/Ruck/Scrum/Lineout 	<ul style="list-style-type: none"> • Functional Movement • Running • Change of Direction • Stop/Start • Jump/Land • Wrestle 	<ul style="list-style-type: none"> • ACTIVATE • Game Zone: Small Sided Games • Skill Zones: use to challenge or develop actions and physical actions
Actions <ul style="list-style-type: none"> • Developing core skills • Developing contact skills • Developing position specific skills 	<ul style="list-style-type: none"> • Catch • Pass • Carry • Kick • Tackle • Ruck 	<ul style="list-style-type: none"> • Game Zone • Skill Zone: technique focus • Individual Competition
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury • Preparing to perform game specific actions like scrum, Maul, lineout • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Tower of Power • Preparing for tackle • Preparing for Scrum • Preparing for Lineout 	<ul style="list-style-type: none"> • Gamezone which includes tackle/ ruck • Skill Zone: technique focus • Some conditioned contact games • See lineout and scrum resource

AUGUST OVERVIEW - UNDER 18

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 4



- Game / Team Specific
- Position Specific

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
<p>Behaviours</p> <ul style="list-style-type: none"> • Social connections • Retention of player in new age groups • New players/coaches working together 	<ul style="list-style-type: none"> • Connection building • Confidence building • Get to know new players • Stay connected to leaving players 	<ul style="list-style-type: none"> • Allow some non-contact mixed age group activity with U15s/senior women (if applicable) to help with transition to new age group • Encourage peer support/ buddy system
<p>Game Fitness</p> <ul style="list-style-type: none"> • Continue graduated increase in activity to reduce injury • Progressions in movements specific to Tackle/Ruck/Scrum/Lineout 	<ul style="list-style-type: none"> • Functional Movement • Running • Change of Direction • Stop/Start • Jump/Land • Wrestle 	<ul style="list-style-type: none"> • ACTIVATE • Game Zone: Some full sized pitch games • Skill Zones: use to challenge/develop players' actions, physical actions
<p>Actions</p> <ul style="list-style-type: none"> • Developing core skills • Developing contact skills • Developing position specific skills • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Catch • Pass • Carry • Kick • Tackle • Ruck • Maul • Scrum • Lineout lift/jump/throw 	<ul style="list-style-type: none"> • Game Zone • Skill Zones: technical detail/ challenge • See separate lineout and scrum resources
<p>Game Preparation</p> <ul style="list-style-type: none"> • Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. • Progression in Lineout Laws now allow for them to be contested 	<ul style="list-style-type: none"> • Tackle • Scrum • Lineout • Maul 	<ul style="list-style-type: none"> • Gamezone which include set piece activity • Skill Zone: position specific activity • Some conditioned contact games

SET PIECE SESSION PROGRESSIONS

The large amount of time out of the game will mean that some players will have missed vital development time in certain aspects of the game. Set piece and contact are key areas where the time away combined with the dual and triple age bands means that specific attention should be paid to these in training, with gradual progressions into games, to ensure player welfare.

SPECIFIC SET PIECE ACTIVITIES CAN BE ADDED INTO SESSION IN SMALL BLOCKS TO PREPARE PLAYERS.

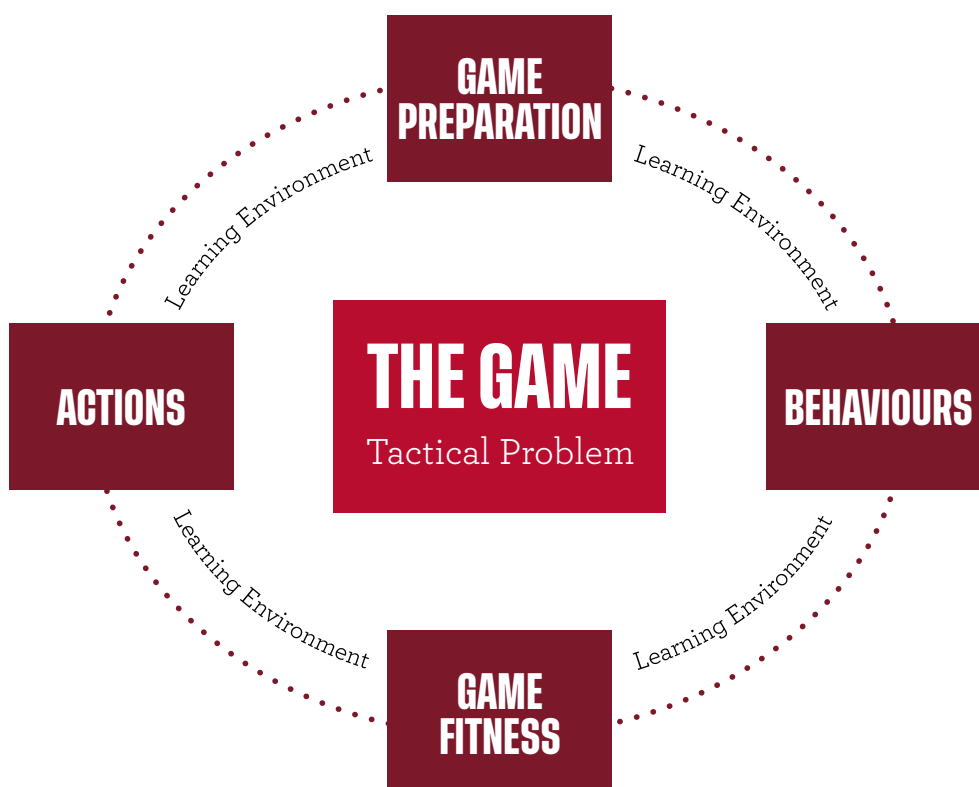
LINEOUT

SCRUM

Please note: Scrum and Maul progressions will only be allowed in line with government guidelines and when a minimum of Stage E is reached on the Return to Rugby Roadmap

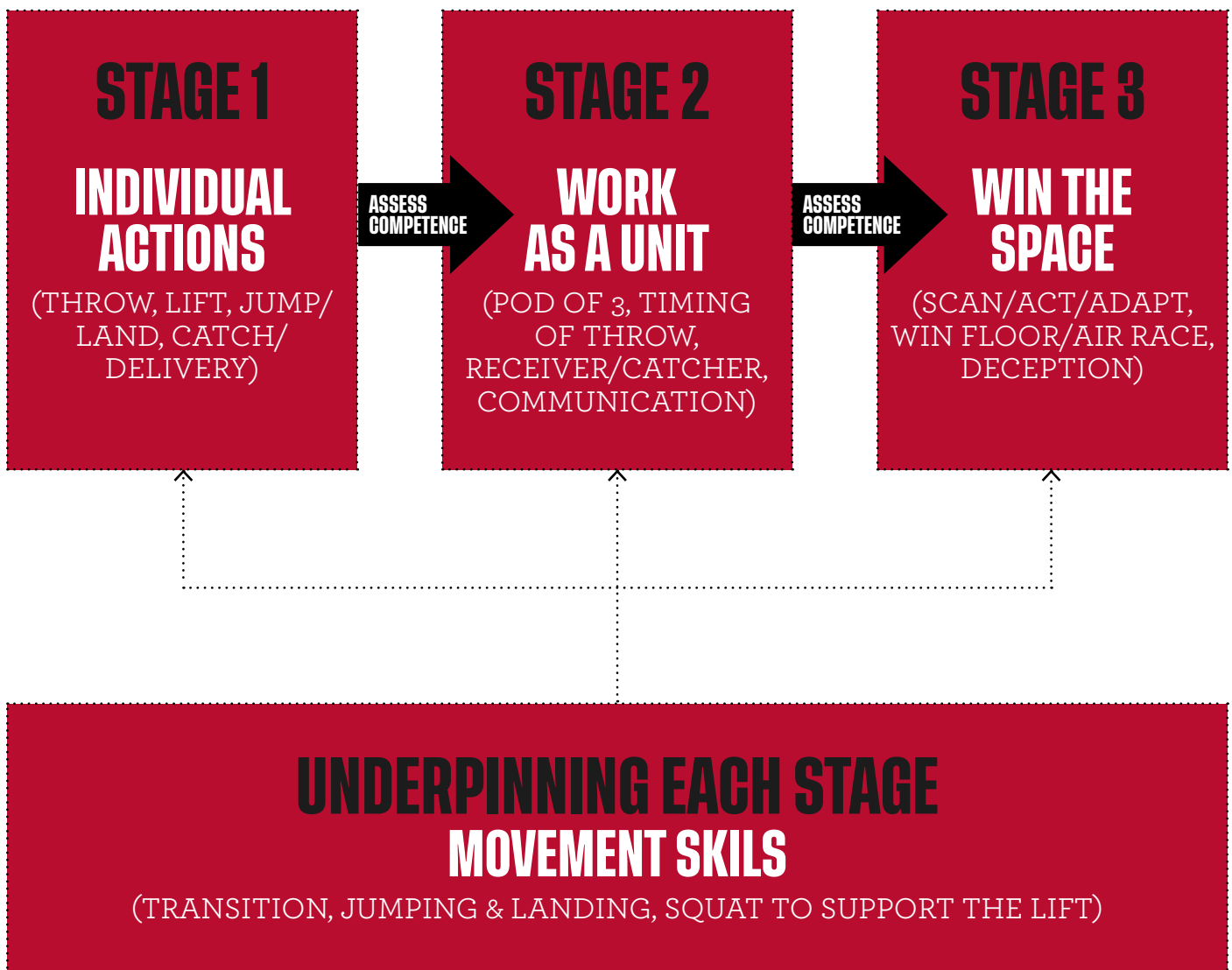
INTERCONNECTED COMPONENTS

The interconnected components are an integral part of developing players to perform in game situations. Actions, Game Preparation, Behaviours and Game Fitness all supported by a positive learning environment will help players to thrive. These will be referenced throughout the lineout session plans and scrum progressions.



U18

INTRODUCTION OF COMPETITIVE LINEOUTS



INTERCONNECTED COMPONENTS – STAGE 1

THIS STAGE FOCUSES ON INDIVIDUAL ACTIONS NEEDED TO PERFORM THE LINEOUT, ALONGSIDE MOVEMENT SKILLS AND BEHAVIOURS.

ACTIONS

Actions are the skills needed to play the game

- Jump/Land
- Squat (ToP)
- Throw

BEHAVIOURS

Behaviours required to develop players and help play the game

- Connecting with Others
- Character
- Confidence
- Creativity
- Team First
- Play Within the Laws

GAME PREPARATION

Game Preparation ensures players are prepared appropriately for the needs of the game

- Understanding the Rules of Play
- Physical Confidence

GAME FITNESS

Game Fitness is the physical requirements needed to play the game

- Adjusting Body Height
- Run, Jump, Land and Change of Direction
- Tower of Power
- Core Stability

**WATCH OUR GIRLS 15S & 18S LINEOUT
STAGE 1 GUIDANCE VIDEO [HERE](#)**

INTERCONNECTED COMPONENTS – STAGE 2

ACTIONS

Actions are the skills needed to play the game

- Jump/Land
- Squat (ToP)
- Throw
- Lift
- Catch/Deliver

BEHAVIOURS

Behaviours required to develop players and help play the game

- Connecting with Others
- Character
- Confidence
- Creativity
- Team First
- Play Within the Laws

GAME PREPARATION

Game Preparation ensures players are prepared appropriately for the needs of the game

- Understanding the Rules of Play
- Confidence to perform all roles involved in the Lineout

GAME FITNESS

Game Fitness is the physical requirements needed to play the game

- Adjusting Body Height
- Run, Jump, Land and Change of Direction
- Tower of Power
- Core Stability

**WATCH OUR GIRLS 15S & 18S LINEOUT
STAGE 2 GUIDANCE VIDEO [HERE](#)**

INTERCONNECTED COMPONENTS – STAGE 3

ACTIONS

Actions are the skills needed to play the game

- Jump/Land
- Squat (ToP)
- Throw
- Lift
- Catch/Deliver
- Unit Work
- Winning Space

BEHAVIOURS

Behaviours required to develop players and help play the game

- Connecting with Others
- Character
- Confidence
- Creativity
- Team First
- Play Within the Laws

GAME PREPARATION

Game Preparation ensures players are prepared appropriately for the needs of the game

- Understanding the Rules of Play
- Confidence to perform all roles involved in the Lineout

GAME FITNESS

Game Fitness is the physical requirements needed to play the game

- Adjusting Body Height
- Run, Jump, Land and Change of Direction
- Tower of Power
- Core Stability

**WATCH OUR GIRLS 15S & 18S LINEOUT
STAGE 3 GUIDANCE VIDEO [HERE](#)**

RESOURCES

SESSION IDEAS

ACTIVATE

U18 Phase 1

GAME ZONE

Overhead Rugby Netball
Lineout Touch
American Football Touch

SKILL ZONE

Lineout jump and landing
Lineout Lift
Lineout Throw
Working as a unit

REGULATION AND GUIDANCE

REGULATION

Age Grade Rugby
U15-U18 Girls Law Variations
COVID 19 Variations

GUIDANCE

Age Grade Progressions
Codes of Practice
Lineout FAQs

COACH DEVELOPMENT

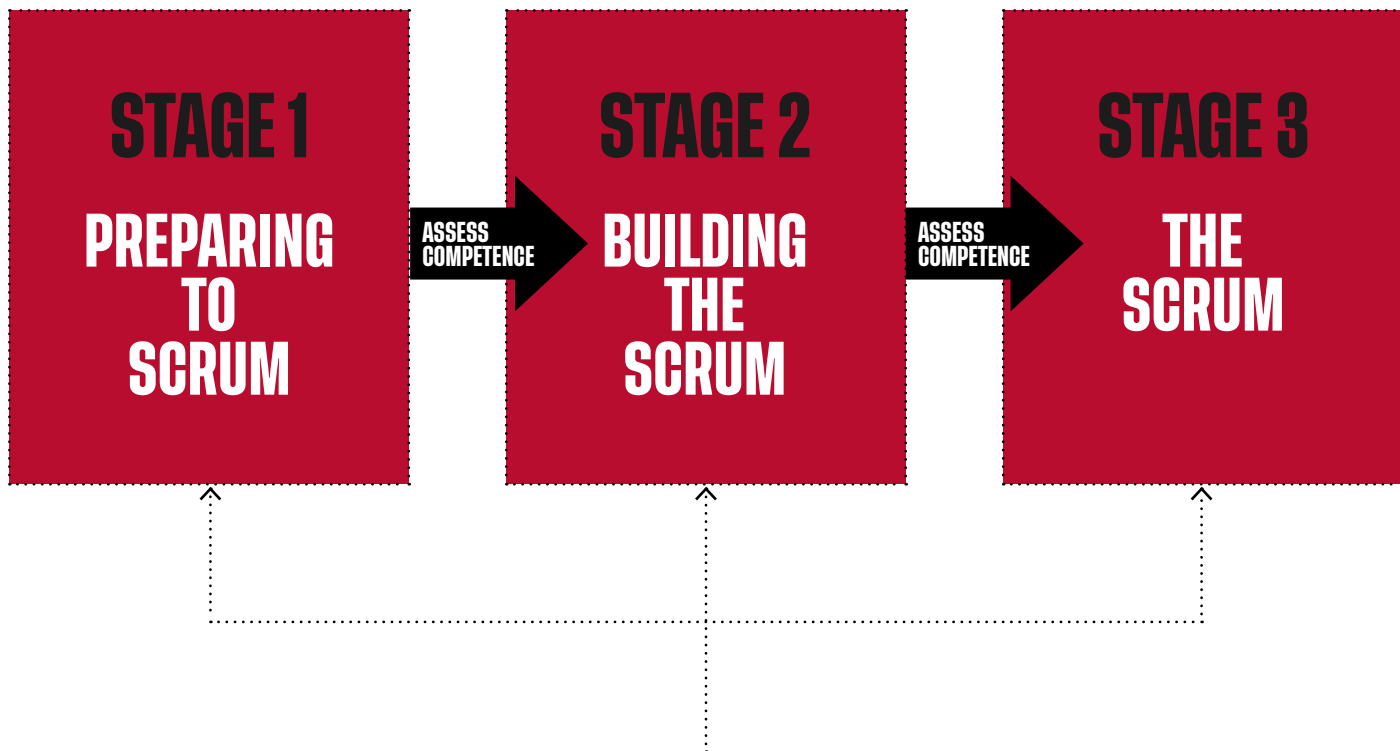
FACE TO FACE COURSE

England Rugby Coaching Award
(Sept 2021)

OTHER

HEADCASE
ACTIVATE - Injury
Prevention Programme
Principles of the Lineout CCD

BUILDING THE SCRUM



UNDERPINNING EACH STAGE MOVEMENT SKILLS



INTERCONNECTED COMPONENTS: STAGE 1 UNDER 18

ACTIONS

- Tower of Power
- The Forklift
- 1 v 1
- 1 v 2

BEHAVIOURS

- Connecting with Others
- Character
- Confidence
- Creativity
- Team First
- Play Within the Laws

GAME PREPARATION

- Understanding the Rules of Play
- Physical Confidence

GAME FITNESS

- Squat
- Hinge
- Bear Crawls
- Animal Walks
- Core Stability

INTERCONNECTED COMPONENTS: STAGE 2 UNDER 18

ACTIONS

- Tower of Power
- Regather & Stability
- 1 v 1
- 1 v 2
- 2 v 2
- Scrum Triangles
- 3 v 3
- 5 v 5

BEHAVIOURS

- Connecting with Others
- Character
- Confidence
- Creativity
- Team First
- Play Within the Laws

GAME PREPARATION

- Understanding the Rules of Play
- Confidence to perform all roles involved in the Scrum

GAME FITNESS

- Squat
- Hinge
- Bear Crawls
- Animal Walks
- Core Stability

INTERCONNECTED COMPONENTS: STAGE 3 UNDER 15

ACTIONS

- Tower of Power
- Regather & Stability
- 1 v 1
- 1 v 2
- 2 v 2
- Scrum Triangles
- 3 v 3
- Building the 5 person
- 5 v 5
- 8 v 8 contested

BEHAVIOURS

- Connecting with Others
- Character
- Confidence
- Creativity
- Team First
- Play Within the Laws

GAME PREPARATION

- Understanding the Rules of Play
- Confidence to perform all roles involved in the Scrum

GAME FITNESS

- Squat
- Hinge
- Bear Crawls
- Animal Walks
- Core Stability



RESOURCES

SESSION IDEAS

ACTIVATE

U18 Phase 1

GAME ZONE

Tower of Power Touch
Scrum Touch
Scrum Touch with No.8
Animal Walks

SKILL ZONE

Ball Ladder
Bear Walk Keep Ball
Scrum triangles

REGULATION AND GUIDANCE

REGULATION

Age Grade Rugby
U15-U18 Girls Law Variations
COVID 19 Variations

GUIDANCE

Age Grade Progressions
Codes of Practice
Scrum Guidance

COACH DEVELOPMENT

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CONTACT PREPARATION ACTIVITIES

SESSION PLANS

FAQS

SCRUM GUIDANCE



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CONTACT PREPARATION

THIS CAN BE DONE AT TRAINING OR GIVEN TO PLAYERS TO TRY OUTSIDE OF TRAINING TIME TO HELP SUPPORT THEIR RETURN TO CONTACT.

* Session to be performed AFTER a general warm-up (raise body temperature, mobility drills)

* Sessions to be completed 2 times per week

SECTION A: PHYSICAL LITERACY

1. Tall Plank Hold • 2 sets of 20 seconds, rest 30 seconds
2. Tall Plank Shoulder Tap • 2 sets of 10 reps, each side, rest 30 seconds
3. Army Crawl • 2 sets of 10m, rest 30 seconds
4. Roll + Plank • Laying on your chest, roll to your back then back to your chest
• 1 set = one roll to your left and back to chest, and one roll to your right and back to chest then press up into a 1 second plank • 1 set of 6 reps, rest 30 seconds
5. Bear Crawl • 4 sets of 10m (forwards, backwards, sideways), rest 30 seconds

SECTION B: SPECIFIC TACKLE PREPARATION

1. Catch, Fall, Present • On your knees, have a partner pass the ball to you. Catch the ball then fall to the side and present the ball as you would in a tackle • 3 sets of 5 falls per side, 1 minute between sets
2. Catch, Fall, Present • As above but starting on your feet • Sets of 5 falls per side, 1 min between sets
3. Down Up Accelerations • Standing on the try line accelerate to a cone marked at 10m, perform a down-up at the cone, easy back-peddle to start position • 1 set = one effort from different start positions • Start positions = standing, laying on chest with head on the line, laying on back with head on line, laying on chest with feet on line, laying on back with feet on line • 3 sets, 1.5 minute between sets
4. Shield/Pad/Bag Tackle • Start close (1-2m), tackle the shield beginning at 60% intensity and building to 80% • 5 tackles each side • 5 sets • 2 minutes between sets

SESSION PLAN EXAMPLES

Here are some examples of session plans that can be used during the summer activity. We have included one example for each month with links to our online resources to support coaches.

SESSION PLAN EXAMPLE U18 GIRLS JUNE WEEK 3

PART	WHY	HOW	WHAT
START	Social connection	<ul style="list-style-type: none"> Free play 	Ensure players are engaging in reconnection – Skill challenge and exploration CLICK HERE
	Pulse raiser/ joint mobilisation	<ul style="list-style-type: none"> Game Zone 	Rugby Netball - CLICK HERE
	Activate exercises	<ul style="list-style-type: none"> Activate injury prevention programme 	Activate U17-18 Phase 1 - CLICK HERE
MIDDLE	<ul style="list-style-type: none"> General/ Rugby skill development 	<ul style="list-style-type: none"> Game Zone Small sided for low intensity Use of different types of balls Start, stop, catch and throw 	Turnover Touch - CLICK HERE Starting Game- Progression 1
	<ul style="list-style-type: none"> General Skill development Catch - Grip- Throw 	<ul style="list-style-type: none"> Skill Zone Use of Different balls 	Beat The Defender- CLICK HERE
	<ul style="list-style-type: none"> Rugby Skills Catch Ways to go forward Run Carry Evasion Support Spatial awareness Communication 	<ul style="list-style-type: none"> Game Zone Progressions from Game zone 1 	Turnover Touch - CLICK HERE Start from Progression 1 and progress onwards
END	Social connection Cool down	<ul style="list-style-type: none"> Activity with U11 team Low intensity – slow jog / walk Stretch 	Pairs Touch @ Walking/Slow Jog Speed - CLICK HERE

SESSION PLAN EXAMPLES

SESSION PLAN EXAMPLE U18 GIRLS JULY WEEK 2

PART	WHY	HOW	WHAT
START	Social connection	<ul style="list-style-type: none"> Free play 	<p>Ensure players are engaging in reconnection . Let the players know the purpose of the session to help influence their free play</p> <p>CLICK HERE</p>
	Pulse raiser/ joint mobilisation	<ul style="list-style-type: none"> Game Zone 	<p>American Football Touch - CLICK HERE</p> <p>Change the functional movement over the ball every 3mins.</p> <p>Think of activate movements that could be used instead of the squat jump.</p>
	Activate exercises	<ul style="list-style-type: none"> Activate injury prevention programme 	<p>Activate U17-18 Phase 1 - CLICK HERE</p>
MIDDLE	<ul style="list-style-type: none"> General/ Rugby skill development 	<ul style="list-style-type: none"> Game Zone Small sided for low intensity Start, stop, catch and throw 	<p>Scan Touch - CLICK HERE</p>
	<ul style="list-style-type: none"> Building functional movement for the Lineout 	<ul style="list-style-type: none"> Skill Zone 	<p>Offside Game - CLICK HERE</p> <p>Initial development of Jumping/ Landing/Twisting</p> <p>Start to develop competition for the ball in the air</p>
	<ul style="list-style-type: none"> Rugby Skills Catch Ways to go forward Run Carry Evasion Support Spatial awareness Communication 	<ul style="list-style-type: none"> Game Zone 	<p>Scan Touch - CLICK HERE</p> <p>Progression: Restarts to be done with a 1v1 tip off</p>
END	<p>Social connection</p> <p>Cool down</p>	<ul style="list-style-type: none"> Game Zone / Skill Zone Low intensity 	<p>Walking Rugby Netball</p>

SESSION PLAN EXAMPLES

SESSION PLAN EXAMPLE U18 GIRLS AUGUST WEEK 4

PART	WHY	HOW	WHAT
START	Social connection	<ul style="list-style-type: none"> Free play 	Ensure players are engaging in reconnection . Let the players know the purpose of the session to help influence their free play CLICK HERE
	Pulse raiser/ joint mobilisation	<ul style="list-style-type: none"> Game Zone 	Overhead Rugby Netball - CLICK HERE
	Activate exercises	<ul style="list-style-type: none"> Activate injury prevention programme 	ACTIVATE U17-U18 Phase 2 - CLICK HERE
MIDDLE	<ul style="list-style-type: none"> General/ Rugby skill development Specific skill development: Lineout 	<ul style="list-style-type: none"> Game Zone Small sided for low intensity Use of different types of balls Start, stop, catch and throw 	Lineout Touch- CLICK HERE Starting Game- Contested Jump (no lift)
	<ul style="list-style-type: none"> Lineout Individual and Unit Development 	<ul style="list-style-type: none"> Skill Zone Use of Different balls Tackle Cylinders to help support those not able to lift players yet 	Lift development CLICK HERE Jump/land development-Player v Pad CLICK HERE Throwing CLICK HERE
	<ul style="list-style-type: none"> Rugby Skills Catch Ways to go forward Run Carry Evasion Support Spatial awareness Communication 	<ul style="list-style-type: none"> Game Zone Use of co-coach to support backs and forwards 	Lineout Touch - CLICK HERE Lift progressions onward
END	Social connection Cool down	<ul style="list-style-type: none"> Game Zone / Skill Zone Low intensity –no more than 30 seconds of player per game 	Bear Crawl Keep Ball - CLICK HERE

SUMMER ACTIVITY GUIDANCE: GIRLS U13, U15, U18

FREQUENTLY ASKED QUESTIONS

England Rugby FAQs:

<https://www.englandrugby.com/participation/running-your-club/club-support-centre/helpdesk-faqs>

Q.	If a girl was in the U11's last (this) season would she be moving to U13 girls in September or does she stay with the U12s mixed team until Christmas?
A.	All players move up an age group next season as usual. So U11 girls will move to the U13 girls age band on 1st August.
Q.	I have players in my forwards who have done very limited scrummaging, but will be playing U18 rules from 1 August, what should I do to make sure they are competent and safe?
A.	The Summer guidance will have scrummaging progressions and session plans to help support all age groups, these can be added into sessions. We will also be recommending the use of GAME ON principles when playing games - if both coaches agree, games can have uncontested scrums, until players have had more experience as the season progresses.
Q.	I have brand new players in my u13 squad who have never played rugby before, alongside girls who have played all through minis. How to I engage them in the session, without stopping the more experienced players from learning?
A.	A great way to differentiate between experience levels within a session is the use of a game zone and skill zone. Players who need supporting can be taken out of a game zone to do some more developmental work, equally, a skill zone can be used to challenge or stretch players who are more experienced.
Q.	My players seem hesitant to tackle or commit to contact, how can I encourage and support them to feel more confident?
A.	Building player confidence in contact takes time and is different for every person. Start by getting them more used to being in contact with other players through 1 to 1 and small sided wrestling, grab and hold and body height games where players choose someone to work with. Then through a number of sessions, develop their confidence and ability to tackle through appropriate progressions suggested in the Kids First Contact and Tackle Safe e-learning course.

CLICK HERE TO SEE OUR SUMMER ACTIVITY GUIDE PAGE.
