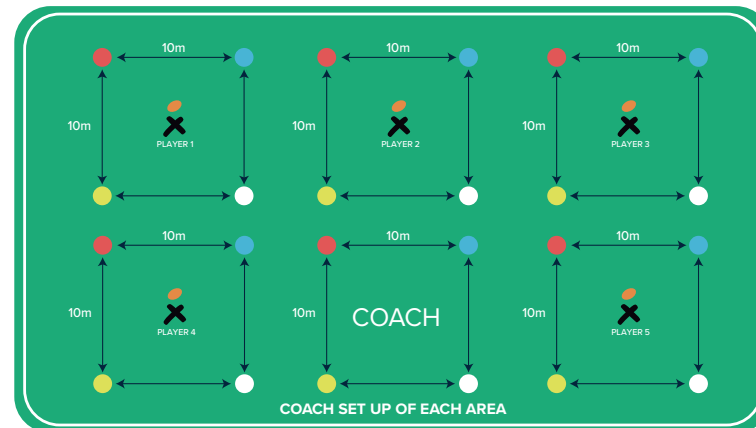
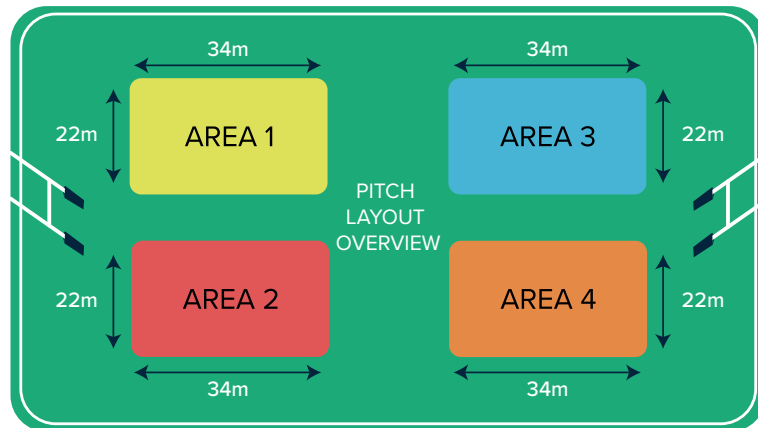




# STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT



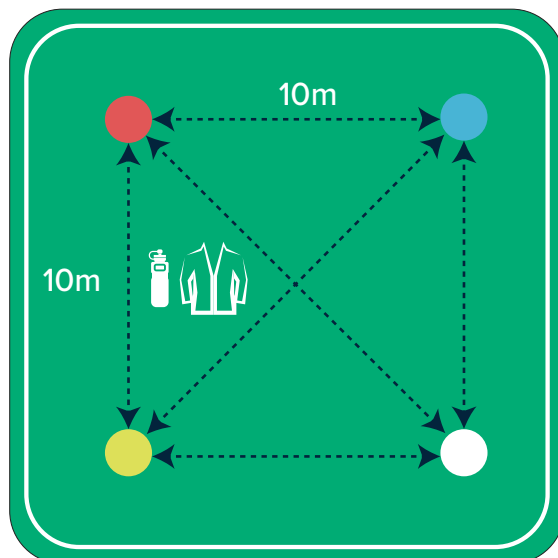
## EQUIPMENT

### COACHES TO BRING

- 24 Cones
- 5 Rugby Balls
- Sanitizer for cleaning of equipment

### PLAYERS TO BRING

- Water Bottle
- Hand Sanitizer
- Players need to come ready to train, no changing rooms available



## DIAGRAM

Arrows depict potential lines of run. This is just a guide as long as social distancing rules are followed coaches can utilise the space as they see fit. Water Bottle and Jacket to be placed in a safe place within their own area.

## NOTES

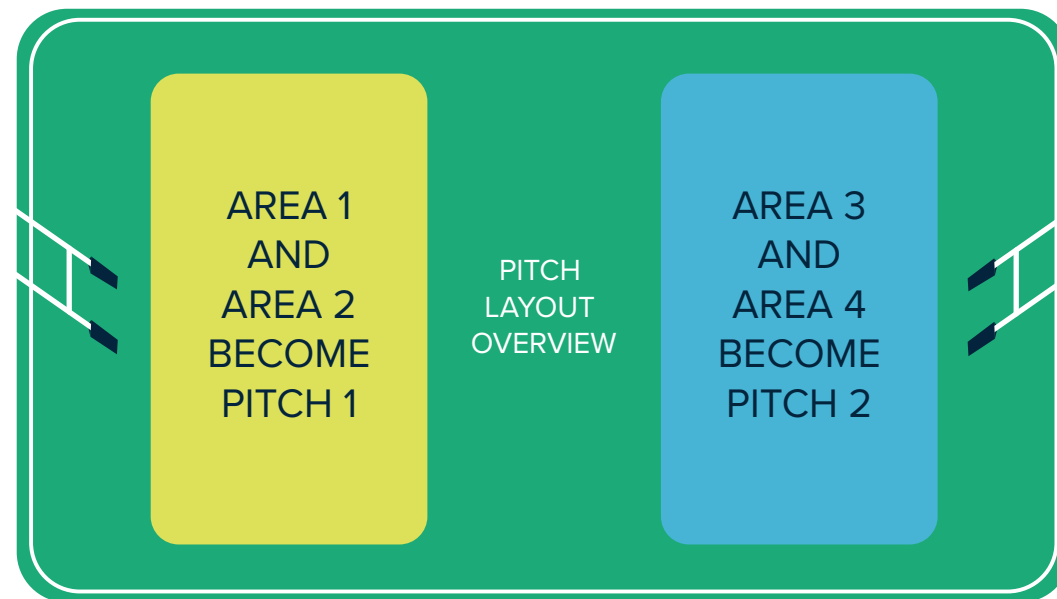
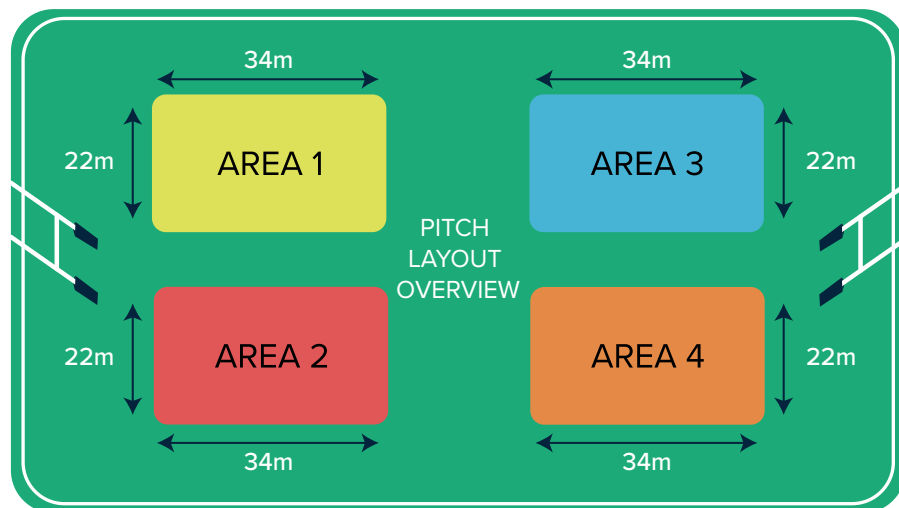
Please note that we have worked on 10x10m grids dependant on your space and your team's age group you could easily adjust this to 5x5m or 7x7m grids. Please remember it is imperative to follow social distancing guidelines at all times. Start all players on the same cone within their grid. For a reminder of the current RFL guidelines for a return to activity click here (<https://www.rugby-league.com/coronavirus>). For a reminder of UK Government guidelines please click the link below.





# STAYING SAFE

RETURN TO ACTIVITY | SUGGESTED LAYOUT



## RETURN TO PLAY MILESTONE DATES

**W/C 10TH AUGUST (SUBJECT TO APPROVAL)** - Community Club non-contact larger group training permitted. Opposed activity inc Touch  
**W/C 31ST AUGUST** - Review of current activity ahead of phased return of contact training and X-League  
**OCT (TBC)** - Match activity with rule amendments  
**NOVEMBER 28TH** - End of 2020 season  
**JANUARY 1ST (2021)** - Possible return of local and National Cups and League planning for the 2021 season.  
**MARCH 1ST (2021)** - Return of League Structures  
Please note that these dates are subject to change.  
Please follow Government guidelines at all times including any local lockdown measures, which may have an impact on the timelines above.

## NOTES

- No more than 30 participants, including coaches, on the pitch at one time
- Team sizes should be a minimum of 3v3 and should not exceed a maximum of 7v7 (or 5v5 for U7s-U9s)
- Players from Area 1 should only play against players from Area 2 and Area 3 should only play against Area 4. This is in line with Government Guidance and limits the contact time with larger groups.
- Pitch sizes should be dictated by the age group and number of players you are working with but should not exceed 30x 50 (or half a pitch allowing for spacing between the pitches)



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 7 - UNDER 9

GRIP + CARRY

## WARM-UP (5 MINS)

### 10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from:

Hopping (single and two feet), skipping, jumping (how high can we get?), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

SKILL GAME  
(MAX 10MINS)

## SKILL FOCUS - GRIP + CARRY (8 - 10 MINS)

### UNDER 7 - UNDER 9

- Using forward, backward, sideways and diagonal movements, within the player's own grid.
- Put the ball around their waist, then through their legs in a figure of 8 motion and repeat opposite way.
- Throw the ball up in the air and catch, varying the height of the throw (combinations of ball round waist, through legs, throw ball up and catch).
- Score a try with two hands, progress to one handed put down. Pick up stationary ball with two hands.

## SKILL TO PLAY (8 - 10 MINS)

- Carry the ball in two hands.
- Score a try with a two handed put down.
- Catch the ball in two hands.
- Maintain and develop your grip on the ball (two hands).

SKILL GAME  
(MAX 10MINS)



## THINK TO PLAY

I enjoy trying new skills.  
I enjoy going to training.

## MOVE TO PLAY (8 - 10 MINS)

**STABILITY**  
Pick Up Put Down Challenge  
**OBJECT CONTROL**  
Collect your rebound  
**LOCOMOTION**  
Follow the leader

## LIVE TO PLAY

Do you...take an active a role in preparation during the week . Including planning sessions, setting meeting times as well as pre and post match food.



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 7 - UNDER 9  
GRIP + CARRY

## WARM UP (5 MINS)

Using the cones as a guide and starting each player off on the same coloured cone, do the following movements:

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



## MOVE TO PLAY

PICK UP PUT DOWN CHALLENGE



COLLECT YOUR REBOUND



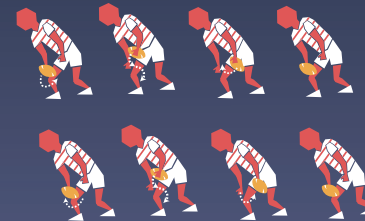
FOLLOW THE LEADER



SKILL GAME  
(MAX 10MINS)

## SKILL FOCUS GRIP + CARRY (8 - 10 MINS)

GRIP  
(THROUGH YOUR LEGS - CONTROL THE BALL)



GRIP  
(ROUND YOUR BACK - CONTROL THE BALL)



CATCHING A BALL OVER YOUR HEAD



## SKILL TO PLAY (8 - 10 MINS)

CATCHING A BALL WITH 2 HANDS



CATCHING A BALL WHILST RUNNING



PUT THE BALL DOWN WITH 2 HANDS



SKILL GAME  
(MAX 10MINS)

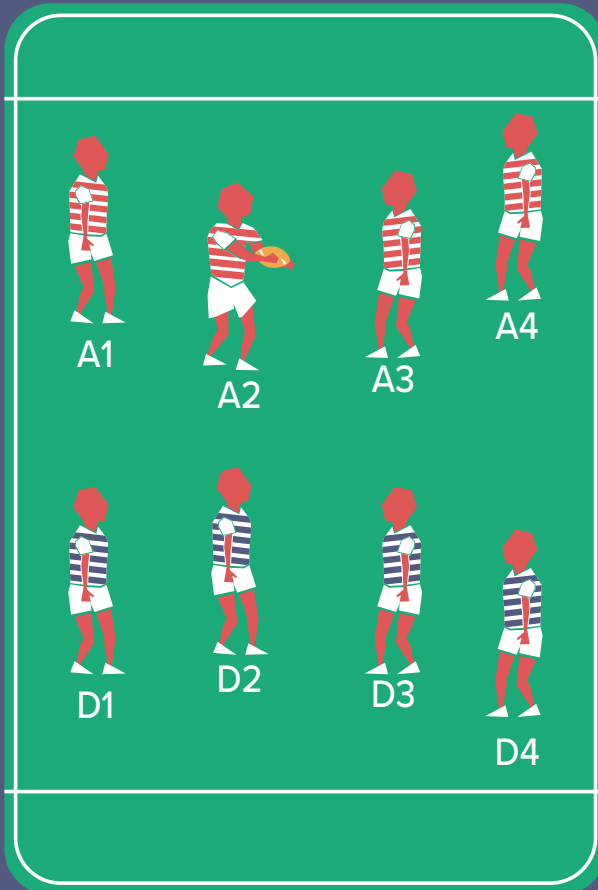


# STAYING SAFE

RETURN TO PLAY | UNDER 7 - UNDER 9



## GAME 1 | IMAGE | GRIP + CARRY



## GAME 1 | GRIP TOUCH MAX. 20 MINUTES (2 X 10 MINUTES)

RULES | SCORING | PROGRESSION | REGRESSION

- The attacking team has six plays to score regardless of errors.
- The team in possession will run forwards with the ball and pass backwards to try to score.
- Defending children attempt to touch the child in possession (the touch must be made below the shoulder to encourage good habits).
- All children in the defending team, after each touch, must retreat a minimum of two metres (no play-the-ball).
- The touched child stops and makes a pass as quickly as possible.
- If a try is scored, the coach collects the ball and returns it back to the start position with the defending team receiving the ball. Play is started with a pass.

### VARIATIONS

- Variations
- Change the size of the pitch
- Children pass the ball from the floor when touched
- Use cones to create scoring zones within the pitch area
- Use uneven numbers in teams to promote attacking or defending

### PITCH SIZE

- 20m x 12m
- Minimum 3 v 3 maximum 5 v 5 amend pitch size accordingly



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 10 - UNDER 12

GRIP + CARRY

## WARM-UP (5 MINS)

### 10 X 10 GRID (ALWAYS HAVE THE BALL)

Select from:

Hopping, (single and two feet), skipping, jumping (2 feet), forward roll, side stepping, swerving, lateral movement, diagonal movements. Progress to players calling out a movement to do whilst running.

SKILL GAME  
(MAX 10MINS)

## SKILL FOCUS - GRIP + CARRY (8 - 10 MINS)

### UNDER 10 – UNDER 12

- Using forward, backward, sideways and diagonal movements, within the player's own grid.
- Put the ball around their waist, then through their legs in a figure of 8 motion and repeat opposite way.
- Throw the ball up in the air and catch, varying the height of the throw (combinations of ball round waist, through legs, throw ball up and catch).
- Score a try with two hands, progress to one handed put down. Pick up stationary ball with two hands.

## SKILL TO PLAY (8 - 10 MINS)

- Carry the ball in two hands.
- Score a try with a two handed put down.
- Score a try with a one handed put down.
- Catch the ball in two hands.
- Catch the ball in one hand.
- Maintain and develop your grip on the ball (two hands), develop your grip on the ball with one hand.

SKILL GAME  
(MAX 10MINS)



## THINK TO PLAY

I enjoy trying new skills.  
I enjoy going to training.

## MOVE TO PLAY (8 - 10 MINS)

**STABILITY**  
Mirror Challenge  
**OBJECT CONTROL**  
Complex Challenges  
**LOCOMOTION**  
Corner Movement

## LIVE TO PLAY

Sport is **FUN!**  
  
Parents and coaches to introduce concepts of good rest and hygiene.



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 10 - UNDER 12  
GRIP + CARRY

## WARM UP (5 MINS)

- Hopping (single and two feet)
- Skipping
- Jumping (how high can we get?)
- Forward roll
- Side stepping
- Swerving
- Lateral movement
- Diagonal movements



## MOVE TO PLAY

### MIRROR CHALLENGE



### COMPLEX CHALLENGES



### CORNER MOVEMENT



SKILL GAME  
(MAX 10MINS)

## SKILL FOCUS GRIP + CARRY (8 - 10 MINS)

### GRIP (ROUND YOUR BACK - CONTROL THE BALL)



### GRIP (ROUND YOUR BACK - CONTROL THE BALL)



### CATCHING A BALL OVER YOUR HEAD



## SKILL TO PLAY (8 - 10 MINS)

### CATCHING A BALL WITH 2 HANDS



### CATCHING A BALL WHILST RUNNING



### CATCHING A BALL WITH 1 HAND



### PUT THE BALL DOWN WITH 2 HANDS



### PUT THE BALL DOWN WITH 1 HAND



SKILL GAME  
(MAX 10MINS)

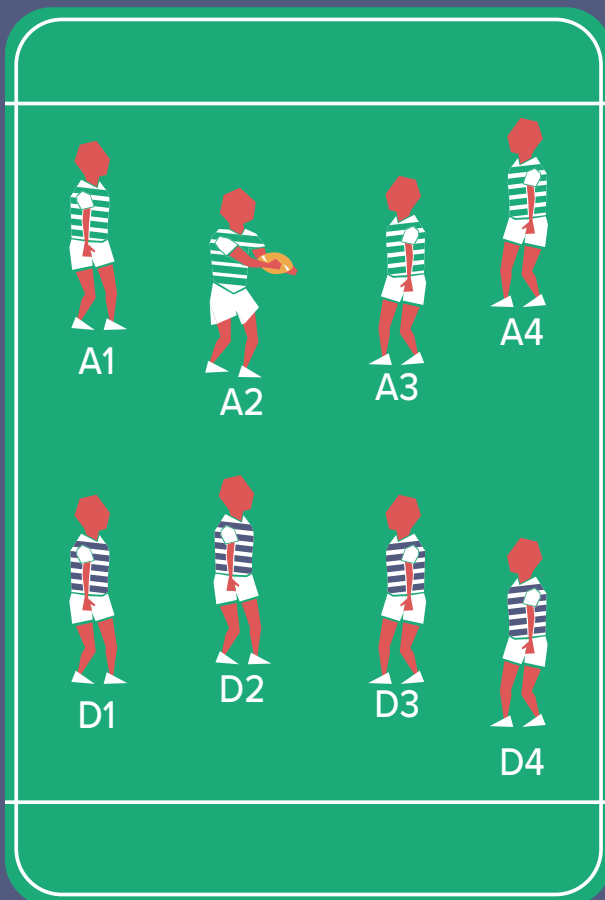


# STAYING SAFE

RETURN TO PLAY | UNDER 10 - UNDER 12



## GAME 1 | IMAGE | GRIP + CARRY



## GAME 1 | GRIP TOUCH MAX. 20 MINUTES (2 X 10 MINUTES)

### RULES | SCORING | PROGRESSION | REGRESSION

- The attacking team has six plays to score regardless of errors.
- The team in possession will run forwards with the ball and pass backwards to try to score.
- Defending children attempt to touch the child in possession (the touch must be made below the shoulder to encourage good habits).
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- The touched child stops and makes a pass as quickly as possible.
- If a try is scored, the coach collects the ball and returns it back to the start position with the defending team receiving the ball. Play is started with a pass.

### VARIATIONS

- Variations
- Change the size of the pitch
- Children pass the ball from the floor when touched
- Use cones to create scoring zones within the pitch area
- Use uneven numbers in teams to promote attacking or defending

### PITCH SIZE

- 20m x 12m
- Minimum 3 v 3 maximum 7 v 7 amend pitch size accordingly





# STAYING SAFE

RETURN TO ACTIVITY | UNDER 13 - UNDER 15

GRIP + CARRY

## WARM-UP (5 MINS)

**5 MINS MAX. MOVEMENT AROUND GRID BALL IN HAND!**

### 10 X 10 GRID

Forward Roll, PTB, Backward Roll, Round Back, Through Legs, Tip/ Tap, OH Catch, Score, Press Up, Burpee, Kick/Catch, Bounce/Catch

**SKILL GAME  
(MAX 10MINS)**

## SKILL FOCUS - GRIP + CARRY (8 - 10 MINS)

**UNDER 13 – UNDER 15**

### GRIP SPEED

- Hold centre of the ball with one hand, overhand grip.
- Drop the ball and catch with other hand - Repeat.

### REACT-A-CATCH

- Face partner in your channel.
- Each have a ball in hand, 1 partner feeds ball in.
- Other partner hits it back – Keep your grip on the ball.

### TENNIS (L/R)

- Face partner in your channel.
- Each have a ball in hand. 1 partner serves tennis ball.
- Other partner hits it back. See how long you can rally.

## SKILL TO PLAY (8 - 10 MINS)

### GRIP TO SPIN FORWARD

- Face partner. Start with ball on hip.
- Grip the ball then drive the ball to partner.

### GRIP TO SPIN SIDEWARD

- Be side on to partner. Start with ball on outside hip.
- Grip the ball then drive the ball across body to partner.

### GRIP TO PASS (KNEE)

- Kneel side on to partner. Inside leg pointing to partner
- Start with ball on outside knee.
- Grip the ball then drive the ball across body to partner.

### GRIP TO PASS (ELBOW IN)

- Face partner. Keep elbows tucked to side.
- Grip the ball and use forearm, wrist to pass.

**SKILL GAME  
(MAX 10MINS)**



## THINK TO PLAY

I understand seeing and trying new skills is important.  
I know that watching players try skills will give me ideas and help me to learn.

## FIT TO PLAY (8 - 10 MINS)

**6 SETS OF:**  
10 Squats  
Plank for 20 seconds  
10 press ups  
Wall sit for 20 seconds

## LIVE TO PLAY

I find opportunities to watch new skills and try them.  
  
I enjoy watching new things then trying them out.



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 13 - UNDER 15  
GRIP + CARRY

## WARM UP (5 MINS)

<p>PUT THE BALL DOWN WITH 1 HAND</p>	<p>GRIP (THROUGH YOUR LEGS)</p>	<p>GRIP (ROUND YOUR BACK)</p>
<p>GRIP (TIP-TAP)</p>	<p>FORWARD ROLL</p>	<p>PLAY THE BALL</p>
<p>GRIP (QUICK CATCH)</p>	<p>CATCHING A BALL OVER YOUR HEAD</p>	

## FIT TO PLAY

<p>SQUAT x 10 REPS</p>	<p>PLANK x 20 SEC</p>
<p>PRESS UP x 10 REPS</p>	<p>WALL SIT x 20 SEC</p>

SKILL GAME (MAX 10MINS)

## SKILL FOCUS GRIP + CARRY (8 - 10 MINS)

<p>GRIP (QUICK CATCH - CONTROL THE BALL)</p> <p>4m</p>
<p>GRIP + CATCH (REACTION)</p> <p>4m</p>
<p>GRIP (TENNIS)</p> <p>4m</p>

## SKILL TO PLAY (8 - 10 MINS)

<p>PASSING (SPIN)</p> <p>4m</p>
<p>PASSING (SPIN)</p>
<p>PASSING (DUMMY HALF)</p> <p>4m</p>
<p>PASSING (GRIP)</p> <p>4m</p>

SKILL GAME (MAX 10MINS)

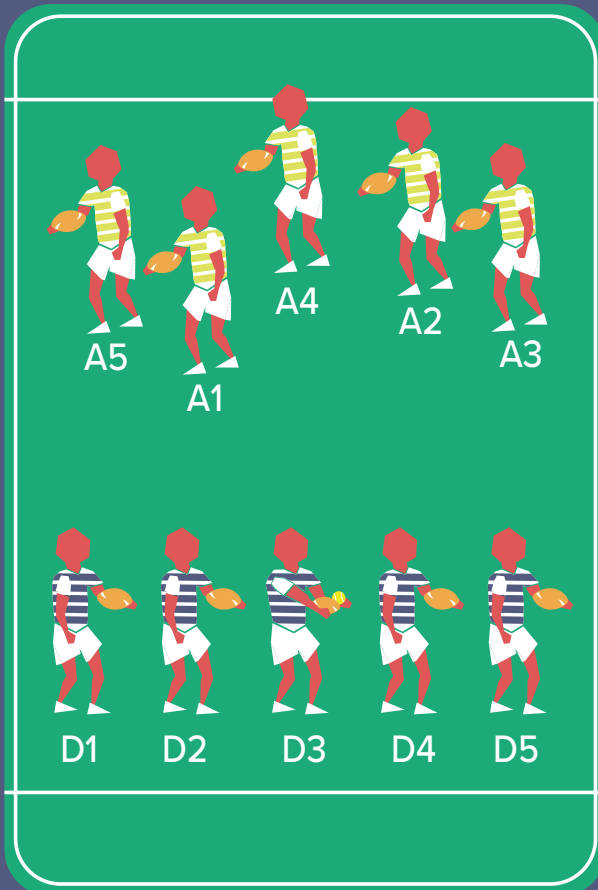


# STAYING SAFE

RETURN TO PLAY | UNDER 13 - UNDER 15



## GAME 1 | IMAGE | GRIP + CARRY



## GAME 1 | GRIP TOUCH MAX. 20 MINUTES (2 X 10 MINUTES)

RULES | SCORING | PROGRESSION | REGRESSION

- People: 4 v 4 to 6 v 6
- Equipment: Balls, cones, tennis ball

### GRIP TOUCH

- The game is laid out as normal touch.
- All players hold (with good grip) a rugby ball.
- The game is played with a tennis ball.
- If they make a touch on the attacker's ball it's a turn-over.
- 1 point per completed set of 6
- 2 points per try scored.

### PROGRESSION(S)

- Bigger/Smaller grid space.
- Less/More Touches.
- Defender use their ball to make the touch.
- Alternate hands every involvement.
- Allow a single forward pass (replaces the kick)



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 16 - UNDER 18

GRIP + CARRY

## WARM-UP (5 MINS)

**5 MINS MAX. MOVEMENT AROUND GRID BALL IN HAND!**

### 10 X 10 GRID

Forward Roll, PTB, Backward Roll, Round Back, Through Legs, Tip/ Tap, OH Catch, Score, Press Up, Burpee, Kick/Catch, Bounce/Catch

**SKILL GAME  
(MAX 10MINS)**

## SKILL FOCUS - GRIP + CARRY (8 - 10 MINS)

### UNDER 16 – UNDER 18

#### GRIP SPEED

- Hold centre of the ball with one hand, overhand grip.
- Drop the ball and catch with other hand - Repeat.

#### REACT-A-CATCH

- Face partner in your channel.
- Each have a ball in hand, 1 partner feeds ball in.
- Other partner hits it back – Keep your grip on the ball.

#### TENNIS (L/R)

- Face partner in your channel.
- Each have a ball in hand. 1 partner serves tennis ball.
- Other partner hits it back. See how long you can rally.

## SKILL TO PLAY (8 - 10 MINS)

### GRIP TO SPIN FORWARD

- Face partner. Start with ball on hip.
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- Grip the ball then drive the ball across body to partner.

### GRIP TO PASS (ELBOW IN)

- Face partner. Keep elbows tucked to side.
- Grip the ball and use forearm, wrist to pass.

**SKILL GAME  
(MAX 10MINS)**



## THINK TO PLAY

I understand seeing and trying new skills is important.  
I know that watching players try skills will give me ideas and help me to learn.

## FIT TO PLAY (8 - 10 MINS)

**6 SETS OF:**  
10 Squats  
Plank for 20 seconds  
10 press ups  
Wall sit for 20 seconds

## LIVE TO PLAY

I find opportunities to watch new skills and try them.  
  
I enjoy watching new things then trying them out.



# STAYING SAFE

RETURN TO ACTIVITY | UNDER 16 - UNDER 18  
GRIP + CARRY

## WARM UP (5 MINS)

<p>PUT THE BALL DOWN WITH 1 HAND</p>	<p>GRIP (THROUGH YOUR LEGS)</p>	<p>GRIP (ROUND YOUR BACK)</p>
<p>GRIP (TIP-TAP)</p>	<p>FORWARD ROLL</p>	<p>PLAY THE BALL</p>
<p>GRIP (QUICK CATCH)</p>	<p>CATCHING A BALL OVER YOUR HEAD</p>	

## FIT TO PLAY

<p>SQUAT x 10 REPS</p>	<p>PLANK x 20 SEC</p>
<p>PRESS UP x 10 REPS</p>	<p>WALL SIT x 20 SEC</p>

SKILL GAME (MAX 10MINS)

### SKILL FOCUS GRIP + CARRY (8 - 10 MINS)

**GRIP (QUICK CATCH - CONTROL THE BALL)**

4m

**GRIP + CATCH (REACTION)**

4m

**GRIP (TENNIS)**

4m

## SKILL TO PLAY (8 - 10 MINS)

**PASSING (SPIN)**

4m

**PASSING (SPIN)**

**PASSING (DUMMY HALF)**

4m

**PASSING (GRIP)**

4m

SKILL GAME (MAX 10MINS)

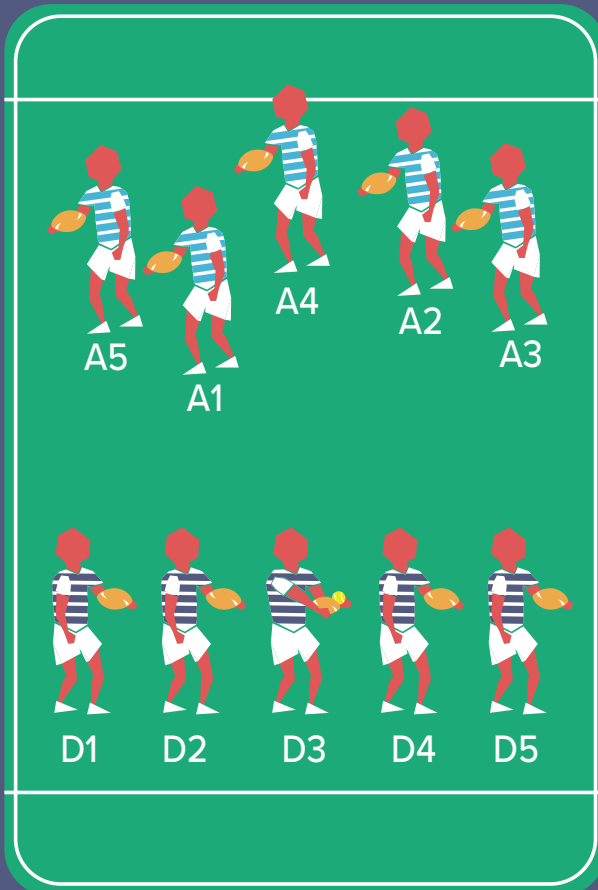


# STAYING SAFE

RETURN TO PLAY | UNDER 16 - UNDER 18



## GAME 1 | IMAGE | GRIP + CARRY



## GAME 1 | GRIP TOUCH MAX. 20 MINUTES (2 X 10 MINUTES)

RULES | SCORING | PROGRESSION | REGRESSION

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