

CONTACT READY

COACHES
GUIDE



CONTENTS

Programme Overview	4
Equipment list	5
Warm-up cards	7
Session 1: Landing Safely	11
Session 2: Introduction to Ball into Contact	25
Session 3: Introduction to tackle	39
Session 4: Contact Confidence	51
Session 5: Contact Confidence +	61
Session 6: Mini Festival	71
Primers	79
Session Learning Outcomes	84

CONTACT READY COACHES KIT

Welcome to your Contact Ready Coaches Kit.

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.

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.

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.

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

Session Duration

70 MINS

All sessions are 70 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.



40 Dome cones



15 Rugby balls



15 Bibs



2 Crash mats



7 Hit shields



1 Stop watch



1 Portable speaker

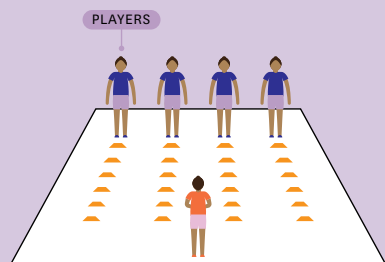


WARM-UP

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.

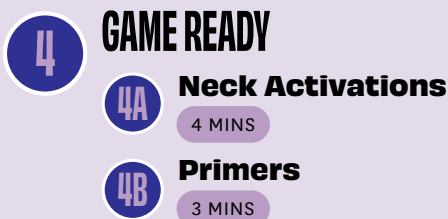
Set up



The warm-up is completed as a group.

- Sessions 1–3: Coach-led.
- Sessions 4–6: Player-led using warm-up cards, with coaches supporting and checking technique.
- **Neck activations and primers:**
Always led by coaches.

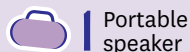
There are four parts:



Duration

15 MINS

Equipment needed



1

FIRE UP

3 MINS

Jog around the warm-up area with music playing, keeping spaced out. Call out movement changes, as below:

- “Left side shuffle”
- “Jog Backwards”
- “Right side shuffle”
- “Bear crawl” forwards and backwards
- “High Skipping”

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

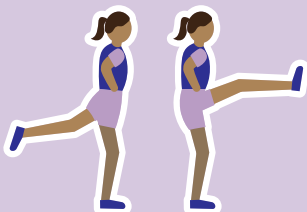


SCAN THE
QR CODE
FOR VIDEO

2

SWITCH ON

2 MINS



Leg swings

Swing each leg for 15 seconds

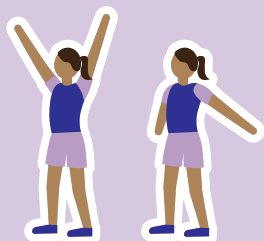


SCAN THE
QR CODE
FOR VIDEO



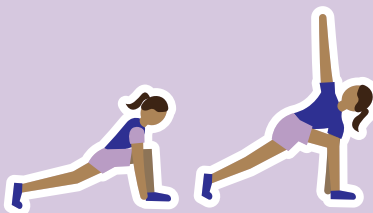
Roll & Reach

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

3

STRONG & STEADY

3 MINS

Line up in 4 lines (adjust to suit numbers) and complete **one length of the cones** with each of the following movements:

- Lunge and twist.
- Snake runs – Move in a S.
- Zig zag cone land on one foot.
- Zig zag cones and ‘cut’ slow pace.
- Zig zag cones and ‘cut’ with pace crossing over with the line next to you.
- Run two cones forward and one back.

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



SCAN THE
QR CODE
FOR VIDEO



4

GAME READY

7 MINS

4A

4 MINS

Neck Activations

1. 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.

2. Triangle pulse 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 moving in different directions.

4B

3 MINS

Session Specific Primers

Each week players will be introduced to different primers. Primer descriptions and videos can be found on page 79.

Session 1

- Shoulder Push
- Push Pull Tug of War
- Press Up Grab

Session 2

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

Session 3

- Flip the Turtle
- Tap the Face
- Ball Wrestle

Session 4

- Ball Wrestle
- Press Up Grab
- Back to Back

Session 5

- Back to Back
- Push Pull Tug of War
- Bear Hug Takedown

Session 6

- Bear Hug Takedown
- Tap the Face
- Press Up Grab



SCAN THE
QR CODE
FOR VIDEO

LANDING SAFELY



Session overview

1 CONNECTION

Clumps Speed Dating

GROUPING: All

5 MINS

2 WARM-UP & PRIMERS

**Coach-led Warm-up
& Primers**

GROUPING: All

15 MINS

4 SKILL DEVELOPMENT

STATIONS

12 MINS

STATION 1:

Landing forwards

GROUPING: Thirds

4 MINS

STATION 2:

Landing backwards

GROUPING: Thirds

4 MINS

STATION 3:

Landing sideways

GROUPING: Thirds

4 MINS

3 SKILL DEVELOPMENT

STATIONS

12 MINS

STATION 1:

Rats & Rabbits

GROUPING: Half

6 MINS

STATION 2:

Miss Wolf

GROUPING: Half

6 MINS

4 MODIFIED GAME

Octopus Tag

GROUPING: All

7 MINS

5 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



24 Dome cones



15 Rugby balls

DON'T FORGET
A SPEAKER



Clumps Speed Dating

5 MINS

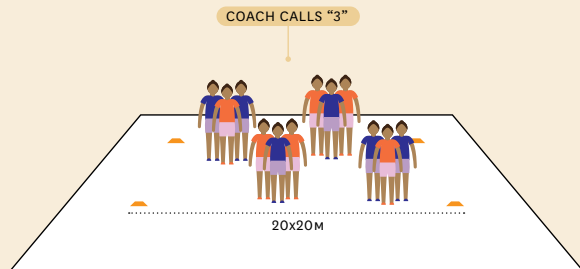
Purpose

An opportunity to start moving and get to know each other in an activity that provides an interactive way to create short sharp connection opportunities.

Equipment



4 Dome cones



How to play

1. Coach calls out a gentle locomotion movement (e.g. side stepping, walking giving high fives, dancing).
2. Players perform the movement for 10–15 seconds.
3. Coach calls a number; players form groups of that size.
4. In groups, players share names and answer a get-to-know-you question (30 seconds).
5. Coach calls a new movement. Repeat.

EXAMPLE “GET TO KNOW YOU” QUESTIONS

- 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?
- What do you want to learn from Contact Ready?

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



SCAN THE
QR CODE
FOR VIDEO

Coach-led Warm-up & Primers

15 MINS

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.*

Primers

Coaches demonstrate primers, and then players practise the following:

- Shoulder Push
- Push Pull Tug of War
- Press Up Grab

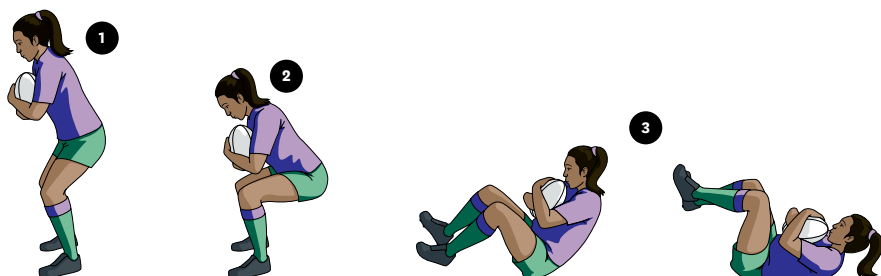
Refer to primer cards on page 79.



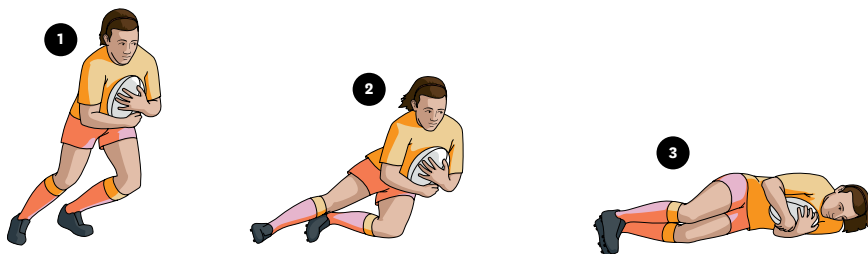


LANDING SAFELY

LANDING BACKWARDS



LANDING SIDEWAYS



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:

- *Give yourself a double chin.*

3 Roll

- Land on large part of the body.

OPTIONAL SUPPORT CUES:

Landing sideways:

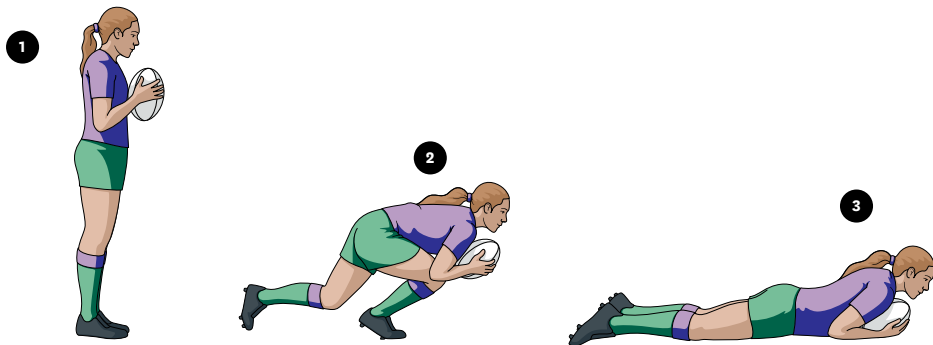
- *Knee, hip, shoulder.*

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.

LANDING SAFELY

LANDING FORWARDS



1 Sink

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

2 Tuck

- Tuck your arms to chest.
- Eyes forward, neutral neck, brace for contact.

3 Roll

- Land on your knees and flat part of forearms to spread the load.

Top things to look for:

- Player is spreading the force of impact.
- Use full length of the forearm from the elbow to fingertips to spread the load. Avoid landing on elbows.
- Players protect their head and neck through engaging neck muscles, avoiding a bobble head.

Station 1 – Landing Sideways

4 MINS

Purpose

To allow the players to learn and practise 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:

Coach explains why learning to land safely is important and then demonstrates correct technique, both sides, emphasising key cues.

- Players practise landing sideways with a partner **on their knees**, while the coach moves around the group observing and giving feedback.
- Encourage players to practise landing on both sides.
- Repeat practise, but now from standing.

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.



SCAN THE
QR CODE
FOR VIDEO

Station 2 – Landing Backwards

4 MINS

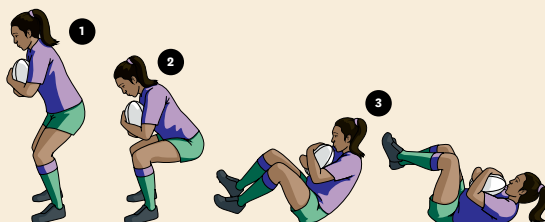
Purpose

To allow the players time to learn and practise 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:

Coach explains why we are learning to land safely and demonstrates correct landing backwards, emphasising key cues.

- Players practise landing backwards with a partner, **starting crouched down low**, while the coach checks for technique.
- Repeat practise, but now from standing.

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.



SCAN THE
QR CODE
FOR VIDEO

Station 3 – Landing Forwards

4 MINS

Purpose

To learn and practise how to land forwards safely in a controlled environment.

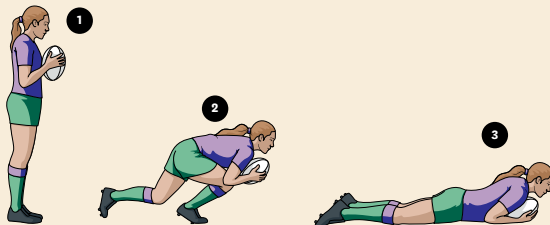
Coach question

What part of our body do we want to land on?

- Forearms - full length from elbow to fingertips.

How do we protect our head and neck when falling forwards?

- Engaging our neck muscles with a slight chin dip to avoid a bobble head.



How to:

Coach explains why learning to land safely is important and then demonstrates correct technique, emphasising key cues.

- Players practise landing forwards with a partner, starting on their knees landing forward without the ball. Focus on the 'slap' of the forearms on the ground, to spread the load.
- The coach moves around the group observing and giving feedback.
- After a few repetitions, add in a ball.
- Once confident, progress to standing by taking a few steps before landing safely forwards in a fluid motion.

OBSERVE:

- Player is spreading the force of impact.
- Use full length of the forearm from the elbow to finger tips to spread the load. Avoid landing on elbows.
- Players protect their head and neck through engaging neck muscles, avoiding a bobble head.



SCAN THE
QR CODE
FOR VIDEO



Station 1 – Rats & Rabbits

6 MINS

Purpose

This is a game that allows players to practise landing **backwards**, building confidence and practising reacting quickly.

Equipment

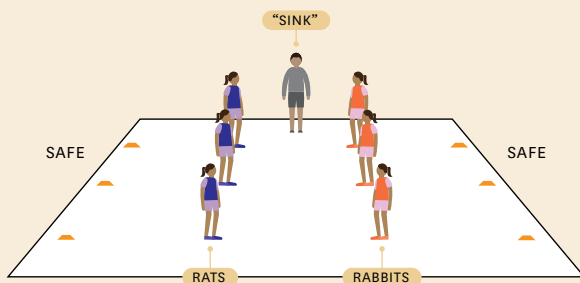


6 Dome cones

Coach question

How do we avoid having a 'bobble head' when landing?

- Tuck chin.



How to play

1. Two teams line up facing each other. One team are 'Rats' the other team are '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 - Players must drop their body height.

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

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

Rats - Rats will chase the rabbits.

Rabbits - Rabbits will chase the rats.

Additional prompts - adding your own prompts will keep exciting, such as "hands on heads", "fist pumps", "star jump".



SCAN THE
QR CODE
FOR VIDEO

Station 2 – What's the Time Miss Wolf

6 MINS

Purpose

This game allows time to practise landing **sideways** with the ball, build confidence, and allow time for repetition during a familiar game.

Equipment



4 Dome cones



15 Rugby balls

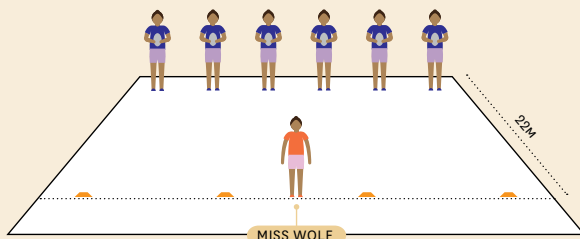
Coach question

What are the three cues?

- Sink tuck roll.

How many chins do we want?

- Two! (Double chin).



How to play

1. Players ask, “What’s the time, Miss Wolf?” Miss Wolf replies with a number (e.g., “It’s 3 o’clock”), and players take that many steps forward.
2. After the final number, Miss Wolf turns fully around, and all players must perform a sink, tuck, and roll safe sideways landing.
3. Miss Wolf and the coach watch the technique closely; anyone who doesn’t perform the landing properly must return to the start.
4. If Miss Wolf shouts “Dinner time!”, players must run to avoid being caught. The first two players to reach Miss Wolf’s try line and score are the winners.
5. Switch Miss Wolf and repeat, encouraging players to practise landing on different sides.

Players should stand far enough apart to avoid landing on each other.



SCAN THE
QR CODE
FOR VIDEO

Octopus Tag

7 MINS

Purpose

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

Equipment



4 Dome cones



15 Rugby balls

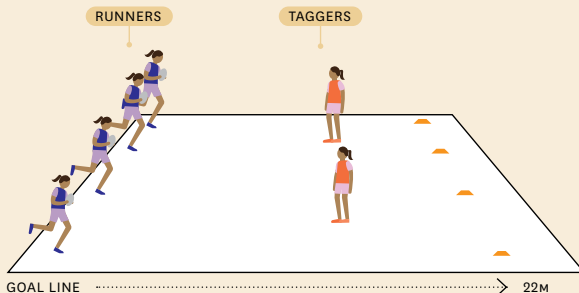
Coach question

Why do we not want your hand making contact with the ground first?

- *Could damage arm.*

What are some cues to remember when landing?

- *'Sink, tuck, roll' and/or 'knee, hip, shoulder'.*



How to play

1. Taggers call out who can run based on fun criteria (e.g. "Go if you have blue on!") to control the flow and keep it fun. If the taggers call out 'octopus' all remaining players must run.
2. Runners try to reach the cones without being tagged. If tagged, they perform a safe landing (backwards, sideways, or forwards), then become a tagger.
3. Remember to rotate taggers so everyone gets a turn.

Progression:

Give all, or some, "runners" a ball to carry in two hands. Allowing players to practise landing with the ball.



SCAN THE
QR CODE
FOR VIDEO

Cool Down & Reflect

5 MINS

- Players form a circle; the coach demonstrates a stretch and asks a reflection question.
- Players stretch and chat with the person next to them for 45 seconds; repeat for four stretches.
- Finish the activity with a team “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?

Stretches



THREAD THE NEEDLE



HAMSTRING STRETCH



LAT STRETCH



QUADRICEP STRETCH

BALL INTO CONTACT



Session overview

1 CONNECTION

Tag Name Game

GROUPING: All

4 MINS

2 WARM-UP & PRIMERS

Coach-led Warm-up & Primers

GROUPING: All

15 MINS

3 SAFE LANDING RECAP

Safe Landing recap

GROUPING: All

4 MINS

Intro to Rugby Strong

GROUPING: All

3 MINS

Miss Wolf & Rugby Strong

GROUPING: All

5 MINS

4 SKILL DEVELOPMENT

Ball into Contact intro

GROUPING: All

2 MINS

STATIONS

14 MINS

STATION 1:

Try Games

GROUPING: Half

7 MINS

STATION 2:

Drive for 5

GROUPING: Half

7 MINS

5 MODIFIED GAME

5v5 Square Touch

GROUPING: Thirds

6 MINS

6 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



24 Dome cones



15 Rugby balls



7-8 Hit shields

DON'T FORGET
A SPEAKER



Tag Name Game

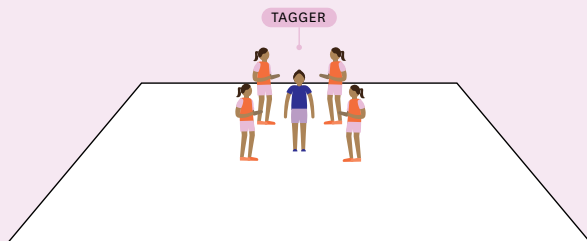
5 MINS

Purpose

To help players learn and remember each other's names through repetition, while also practicing quick thinking and reaction skills.

Set up

Place players into groups of 5.



How to play

1. Players stand in a circle facing in. Everyone starts by going around the circle, saying their name.
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 tagger 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.



SCAN THE
QR CODE
FOR VIDEO

Coach-led Warm-up & Primers

15 MINS

Warm-up

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.*

Primers

Coaches demonstrate primers, and then players practise the following:

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

Refer to primer cards.





Safe Landing Recap

4 MINS

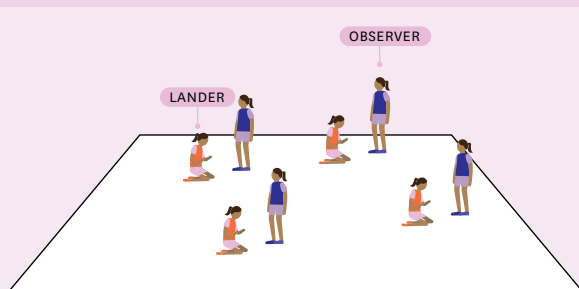
Coach question

What are our cues for landing?

- *Sink Tuck Roll.*

How do we protect our head?

- *Chin tuck.*



How to:

- Begin by recapping the three landing directions — forwards, sideways, backwards and highlight key safety cues.
- In pairs, practise each type of landing, giving each other feedback. Starting **on knees, crouched low where needed.**

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.

Intro to Rugby Strong

3 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 helps us keep our body safe in contact, through a strong and stable position.*

How to:

Coach demonstrates the Rugby Strong position, highlighting key points.

Players then pair up to practise, with one holding the position while the other gives light nudges to test balance and strength.



1. Feet shoulder width apart.
2. Knees slightly bent.
3. Hands up.
4. Core engaged – pelvic tilt, belly button to spine.
5. Shoulders back, neck neutral.

OPTIONAL SUPPORT CUES:

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

Miss Wolf & Rugby Strong

5 MINS

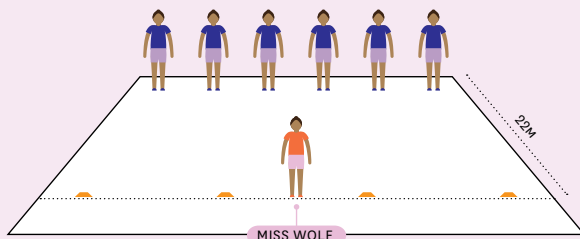
Purpose

This game allows time to practise landing safely. The addition of Rugby Strong is a fun way to remind players of the position.

Equipment



4 Dome cones



How to play

- Players ask, “**What’s the time, Miss Wolf?**” Miss Wolf replies with a number (e.g., “It’s 3 o’clock”), and players take that many steps forward.
- After the final number, Miss Wolf turns fully around, and all players must perform a **sink, tuck, and roll** safe landing.
- Miss Wolf and the coach watch the technique closely; anyone who doesn’t perform the landing properly must return to the start.
- At any point, Miss Wolf may look over their shoulder. **When this happens, all players must immediately freeze in their Rugby Strong position.**
- If Miss Wolf shouts “**Dinner time!**”, players must run to avoid being caught. The first two players to reach Miss Wolf’s try line and score are the winners.
- Switch Miss Wolf and repeat, encouraging players to practise different landing techniques.



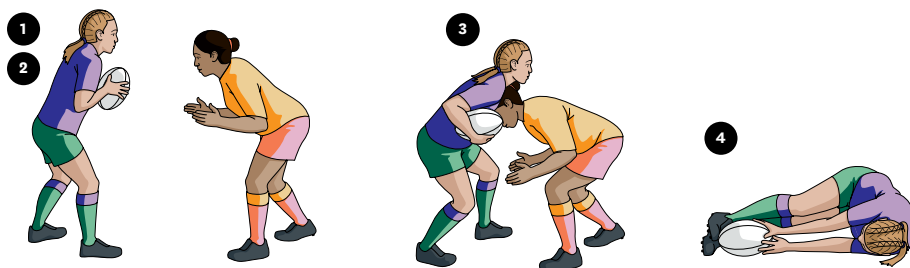
SCAN THE
QR CODE
FOR VIDEO

INTRO TO BALL INTO CONTACT



SCAN THE
QR CODE
FOR VIDEO

Introduce ball into contact with a coach demonstration and explanation. Explain to players that the main goal is to avoid contact by finding space and not running straight into defenders. Acknowledge that sometimes contact is unavoidable, and when it happens, break it down into four key elements: approach, footwork, forward, and finish. Let players know this will be developed further during the station activities.



1

Approach

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

OPTIONAL SUPPORT CUES:

- *Spaces not faces.*

2

Footwork

- Shorten your steps.
- Step to the side of the tackler.

OPTIONAL SUPPORT CUES:

- *"Feet alive" or "fast feet".*

3

Forward

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

OPTIONAL SUPPORT CUES:

- *Rugby Strong position.*

4

Finish

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

OPTIONAL SUPPORT CUES:

- *Staple.*
- *Score the try.*

Top things to look for:

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

Station 1 – Try Games

7 MINS

Purpose

This game supports players to develop their ‘approach’ and ‘footwork’, while building awareness of space, direction, and how to avoid being tagged.

Equipment



16 Dome cones
4 of each colour



7-8 Rugby balls

Coach question

On our approach, where should we look?

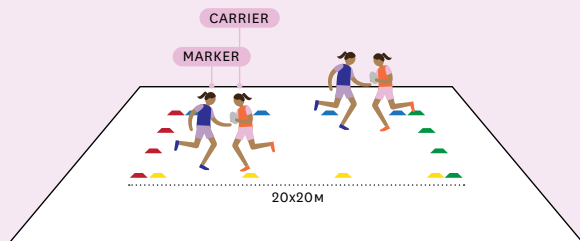
- Eyes up.
- Look for space.

How do we use our footwork to evade being tagged?

- Shorten our steps.
- Step to the side of the tagger.



SCAN THE
QR CODE
FOR VIDEO



How to play

1. In pairs, one player is the marker, one is the ball carrier. On “go” they jog around the grid.
2. The player without the ball must stay close and mark their partner, trying to stay in front of, or beside at all times.
3. The coach will call out a coloured try line (e.g. “Red!”).
4. When a colour is called:
 - The ball carrier must try to score a try by crossing that coloured line without being tagged by their marker.
 - The defender’s goal is to tag the ball carrier before they reach the line.
5. After each try or tag, reset and continue jogging until the next colour call.

Progression:

Multiple Passes (groups of 3)

- Form groups of 3: 2 attackers, 1 defender, and 1 ball.
- Attackers must make 2 passes before trying to score on the called colour line.

Station 2 – Drive for 5

7 MINS

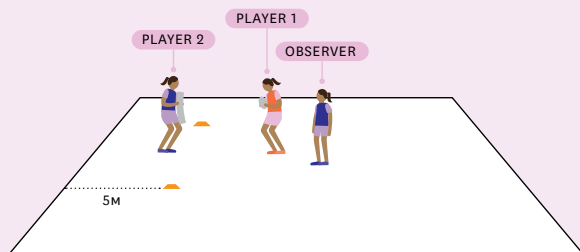
Purpose

To practise the key steps of Ball into Contact, focusing on driving forward and finishing safely. Working in groups of three creates an observer role, allowing players to refine technique through support, observation, and feedback.

Equipment

 **5-6** Rugby balls

 **5-6** Hit shields



How to play:

Groups of 3 – Ball Carrier, Shield Holder, Observer.

Phase 1: Drive Forward

- Ball carrier starts in a Rugby Strong position with the ball in two hands.
- On the observer's "Go" call, the ball carrier lowers height, shifts the ball away from contact, and drives forward for 5 strong steps into the shield.
- Shield holder provides light resistance.
- Observer gives feedback.
- Rotate roles and alternate shoulders.



SCAN THE
QR CODE
FOR VIDEO

CONTINUED ON NEXT PAGE

Station 2 – Drive for 5

CONTINUED

7 MINS

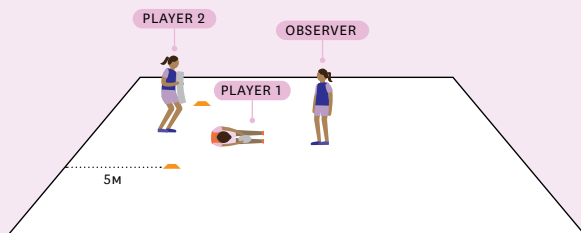
Coach question

What are the three F's of ball into contact?

- Footwork, Forward and Finish.

How do we land and place the ball safely?

- Use our 'sink, tuck, roll' 'score the try'.



Phase 2: Forward and Finish

STEP 1: PRACTISE THE 'FINISH'

- Start on knees in a balanced position.
- Land as if 'scoring a try'.
- Place the ball back toward the feet in a staple shape.
- Repeat x 4.

Focus on safe landing: spreading force across body, no falling on elbows.

STEP 2: COMBINE FORWARD AND FINISH

Repeat Phase 1 with the finish added:

- Drive forward, land safely, place the ball back.
- Observer gives feedback. Rotate roles and alternate shoulders.

OBSERVE:

- A balanced, strong position ready for contact.
- Safe landing technique spreading force across larger parts of the body.

5V5 Square Touch

6 MINS

Purpose

Practise evading contact through footwork and space awareness. When contact is unavoidable, players practise forward drive and a safe finish.

Equipment



4 Dome cones

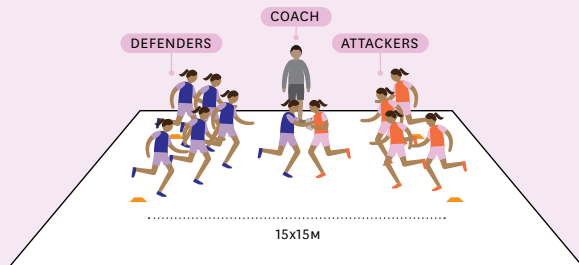


1 Rugby ball
per game

Coach question

How can we avoid being touched?

- Look for spaces, not faces.
- Use footwork to evade.



How to play

- Players work in teams of 5, aiming to score a try on the opposition's try line.
- The attacking team keeps possession and looks to evade defenders using footwork and space.
- If the ball carrier is touched square-on with two hands, it results in a turnover.

Progression:

Once players are confident with the rules:

1. When a square-on two-hand touch is made, the defender provides resistance by pushing forward on ball carrier's shoulders.
2. Ball carrier must then:
 - Drive forward.
 - Finish with a controlled landing and ball placement.
3. Another attacker will pick up the ball and play continue from that point.

OBSERVE:

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



SCAN THE
QR CODE
FOR VIDEO

Cool Down & Reflect

5 MINS

- Players form a circle; the coach demonstrates a stretch and asks a reflection question.
- Players stretch and chat with the person next to them for 45 seconds; repeat for four stretches.
- Finish the activity with a team “hands in” cheer.

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.*
- Give a thumbs up, thumbs sideways, or thumbs down based on how confident you feel about taking the ball into contact.

Stretches



THREAD THE NEEDLE



HAMSTRING STRETCH



LAT STRETCH



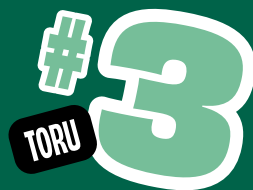
QUADRICEP STRETCH



FOSTERING
FAMILIARITY



INTRO TO TACKLING



Session overview

1 CONNECTION

Hungry Dog & Bone

GROUPING: All

6 MINS

2 WARM-UP & PRIMERS

**Coach-led Warm-up
& Primers**

GROUPING: All

15 MINS

3 BALL INTO CONTACT RECAP

Drive for 5

GROUPING: All

5 MINS

4 SKILL DEVELOPMENT

Tackle Basics

GROUPING: All

5 MINS

4 SKILL DEVELOPMENT

STATIONS

18 MINS

STATION 1:

Mirroring

GROUPING: Thirds

6 MINS

STATION 2:

Side on Tackle

GROUPING: Thirds

6 MINS

STATION 3:

Front on Tackle

GROUPING: Thirds

6 MINS

5 MODIFIED GAME

Dash and Wrap

GROUPING: Half

8 MINS

6 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



30 Dome
cones



15 Rugby
balls



7-8 Hit
shields



2 Crash
mats

DON'T FORGET
A SPEAKER



Hungry Dog & Bone

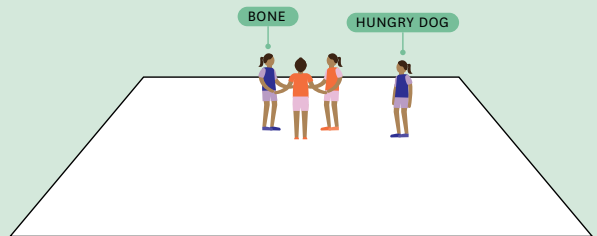
5 MINS

Purpose

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

Set up

Players are in groups of four.



How to play

- Three 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.



SCAN THE
QR CODE
FOR VIDEO

Coach-led Warm-up & Primers

15 MINS

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.*

Primers

Coaches demonstrate primers, and then players practise the following:

- Flip the Turtle
- Tap the Face
- Ball Wrestle

Refer to primer cards.



Drive for 5

5 MINS

Purpose

A fast-paced recap of Ball into Contact (BIC) through a familiar and engaging activity, giving players a chance to practise what they learned in Session 2.

Equipment

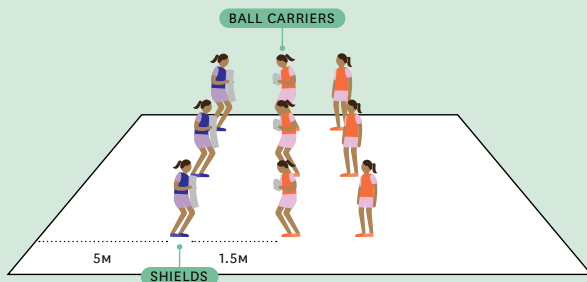
 **7-8** Hit shields

 **1** Rugby ball
per pair

Coach question

What are the three Fs of ball into contact?

- Footwork, Forward, Finish.



How to:

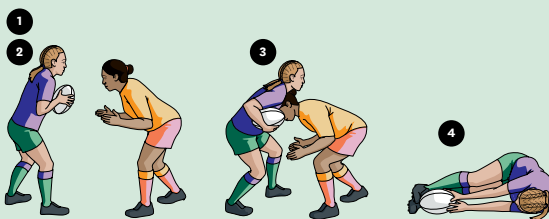
Recap BIC using questioning to draw out key points.

On the whistle, first ball carrier in each line:

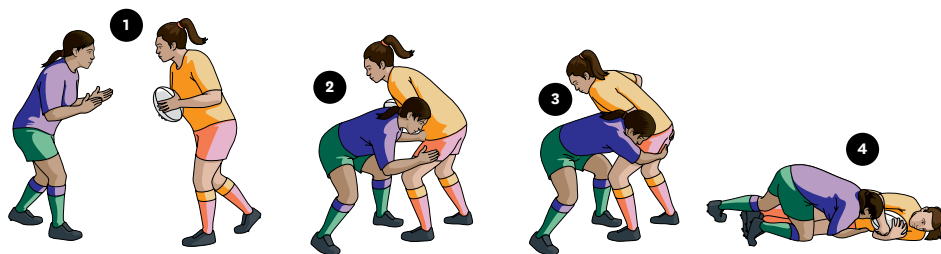
- Lowers body height.
- Shifts ball away from contact.
- Drives through the shield for 5 strong steps.
- Lands as if scoring a try and places the ball back.
- Gets to feet quickly and rejoins the back of the line.
- Repeat, alternating shoulders each rep.
- Swap roles regularly so all players carry and hold.

OBSERVE:

- Protecting the ball in contact.
- A balanced, strong position ready for contact with a tackler.
- 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.

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.

Tackle Basics

5 MINS

Purpose

To allow players to observe and practise basic front on tackle technique through coach demonstration (not to ground).

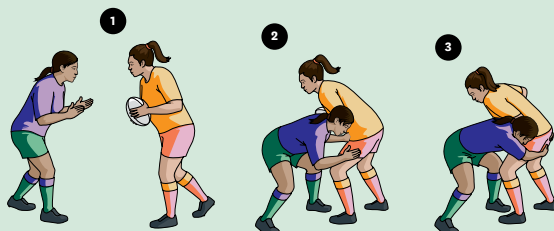
Coach question

What is the safest tackle height? And why?

- *Below the sternum (law); The belly; Shoulder below the ball.*
- *It keeps our head safe in the tackle.*

Where is the safest place to position our head? Why?

- *The side or behind the Ball Carrier.*



How to:

- The coach will demonstrate and explain 'approach' and 'get low'.
- Players will pair up and practise 'approach & get low' - coaches observe and give feedback.
- Coach will demonstrate 'approach', 'get low', with the addition of 'wrap'.
- Players to practise, 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.

Station 1 – Mirroring

6 MINS

Purpose

To practise tracking the belly button when approaching for a tackle.

Equipment

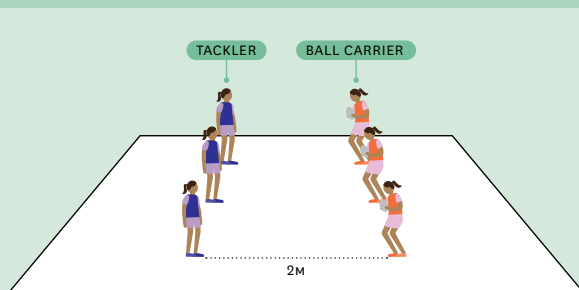


5 Rugby balls

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.



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 practise 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.

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.



SCAN THE
QR CODE
FOR VIDEO

Station 2 – Side on Tackle

6 MINS

Purpose

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

Equipment



5 Rugby balls



1 Crash mat

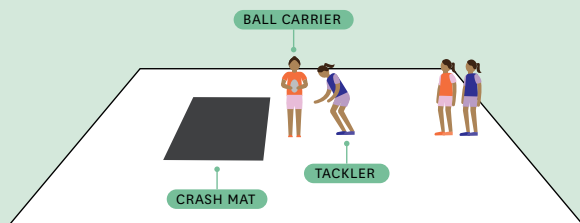
Coach question

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.*



How to:

Coach demonstrates a preloaded side-on tackle on a mat, emphasizing key technique points.

- Players pair up, ready to tackle on the mat.
- Ball carrier stands still, holding the ball securely.
- Tackler starts preloaded with: Same foot, same shoulder, head tight behind the ball carrier (never in front), arms ready to wrap and squeeze.
- On the ball carrier's "Go!", The tackler drives forward with control, landing safely on top.
- Pairs then move to the back of the line.
- Players rotate roles and alternate shoulders.

Progression:

Tackler steps or walks in instead of starting preloaded.

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.



SCAN THE
QR CODE
FOR VIDEO

Station 3 – Front on Tackle

6 MINS

Purpose

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

Equipment



5 Rugby balls



1 Crash mat

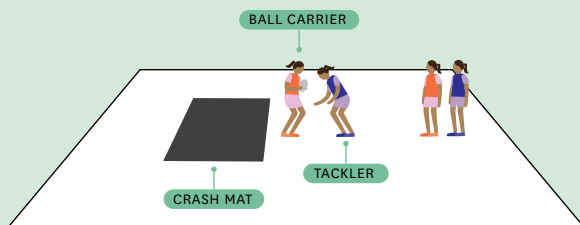
Coach question

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.



How to play

Coach demonstrates a preloaded front-on tackle on a mat, emphasising key technique points.

- Players pair up, ready to tackle on the mat.
- Ball carrier stands still, holding the ball securely.
- Tackler starts preloaded with: Same foot, same shoulder, head tight to the side (never in front), arms ready to wrap and squeeze.
- On the ball carrier's "Go!", the tackler drives forward with control, landing safely on top.
- Pairs then move to the back of the line.
- Players rotate roles and alternate shoulders.

Progression:

Tackler steps or walks in instead of starting preloaded.

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.



SCAN THE
QR CODE
FOR VIDEO

Dash and Wrap

Purpose

To practise approach, get low, and wrap (**without taking the opponent to the ground**) in a dynamic environment where players must make quick decisions.

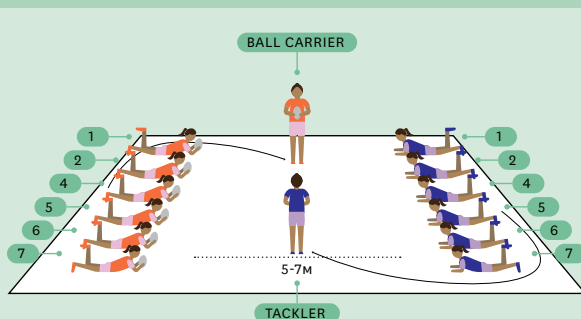
Equipment



1 Dome cone
per person



7 Rugby balls



How to play

Split players into two teams of 7 (adjust as needed). One team are ball carriers, the other tacklers. Number each player 1 to 7 on both teams. All players start lying down on their fronts, facing the center. All ball carriers have a ball.

1. The coach calls out a number.
2. Players with that number fast walk in opposite directions around their team, loop behind, and meet in the center.
3. Once they meet at the centre, the tackler executes a **tackle up to the wrap** (wrapping the ball carrier but not bringing them to the ground).
4. Repeat, ensuring each player is called at least once during the session.
5. Swap ball carrier team.

Progression:

Players **jog** around their team and into the middle.



SCAN THE
QR CODE
FOR VIDEO

Cool Down & Reflect

5 MINS

- Players form a circle; the coach demonstrates a stretch and asks a reflection question.
- Players stretch and chat with the person next to them for 45 seconds; repeat for four stretches.
- Finish the activity with a team “hands in” cheer.

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?

Stretches



THREAD THE NEEDLE



HAMSTRING STRETCH



LAT STRETCH

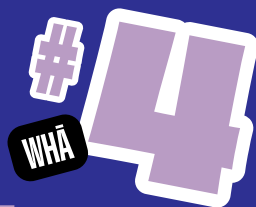


QUADRICEP STRETCH



LEARN NEW
SKILLS





CONTACT CONFIDENCE

Session overview

1 CONNECTION

**Head, Shoulders,
Knees & Cone**

GROUPING: All

4 MINS

2 WARM-UP & PRIMERS

**Coach-led Warm-up
& Primers**

GROUPING: All

15 MINS

3 TACKLING RECAP

Verbal Recap of Tackle

GROUPING: All

4 MINS

DON'T FORGET
A SPEAKER

4 SKILL DEVELOPMENT

STATIONS

21 MINS

STATION 1:

Gauntlet

GROUPING: A third

7 MINS

STATION 2:

Front-on Tackle

GROUPING: A third

7 MINS

STATION 3:

Side-on Tackle

GROUPING: A third

7 MINS

5 MODIFIED GAME

Loaded Tackle Touch

GROUPING: Half

10 MINS

6 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

Equipment needed



24 Dome
cones



15 Rugby
balls



6 Hit
shields



15 Bibs



2 Crash
mats

Heads, Shoulders, Knees & Cone

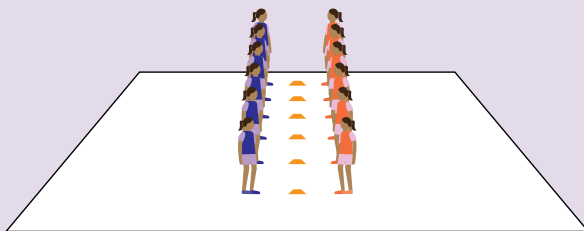
4 MINS

Purpose

A fun competitive game to stimulate the brain and get the body moving.

Set up

Players pair up and stand facing each other with a cone placed between them.



How to play

- **Commands:** A coach calls out body parts (head, shoulders, knees, toes etc.) or the word “cone”.
- **Response:** Players touch the corresponding body part when it’s called out.
- **The Cone:** When the coach calls out “cone,” players race to grab the cone.
- Change partners and repeat a few times.



SCAN THE
QR CODE
FOR VIDEO

Player-led Warm-up & Primers

15 MINS

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.

Primers

Coaches demonstrate primers, and then players practise the following:

- Ball Wrestle
- Press Up Grab
- Back to Back

Refer to primer cards.



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.

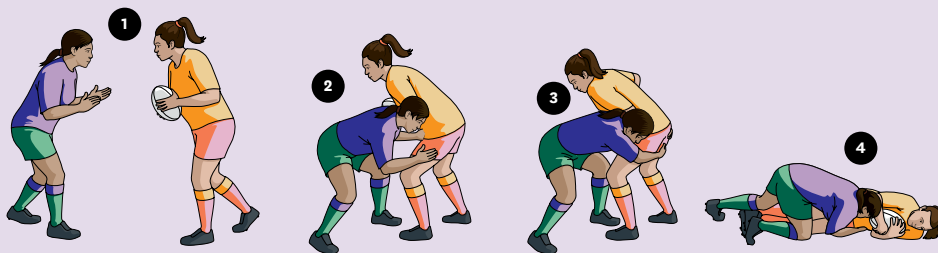
Coach question

What is the safest tackle height? And why?

- *Below the sternum (law); The belly; Shoulder below the ball.*
- *It keeps our head safe in the tackle.*

Where is the safest place to position our head? Why?

- *The side or behind the Ball Carrier, never in front.*



Station 1 – Ball into Contact Gauntlet

7 MINS

Purpose

To practise protecting the ball and using 'step to space' to avoid head on contact.

Equipment



4 Dome cones



4 Rugby balls



3 Hit shields

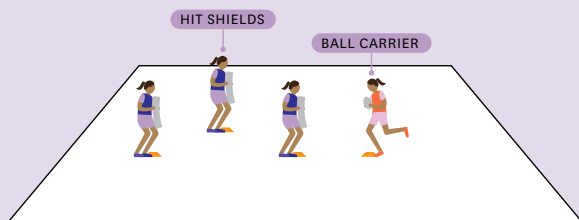
Coach question

Why do we step to space?

- To evade a potential tackle, and to avoid head on contact.

What are the 3 Fs of Ball into Contact?

- Footwork, Forward, Finish.



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 practises 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.

OBSERVE:

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



SCAN THE
QR CODE
FOR VIDEO

Station 2 – Front on Tackle

7 MINS

Purpose

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

Equipment



5 Rugby balls



1 Crash mat

Coach question

Where do we position our head during the tackle?

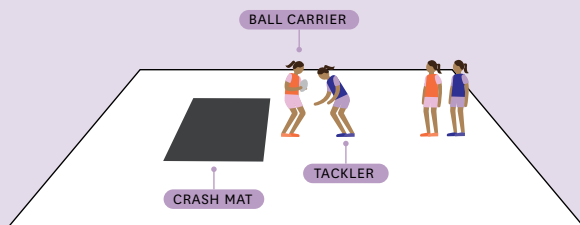
- To the side.

Where on the ball carrier are you aiming your shoulder contact?

- Belly, below sternum.



SCAN THE
QR CODE
FOR VIDEO



How to play

- Players pair up, ready to tackle on the mat.
- Ball carrier stands still, holding the ball securely.
- Tackler starts preloaded with: Same foot, same shoulder, head tight to the side (never in front), arms ready to wrap and squeeze.
- On the ball carrier's "Go!", the tackler drives forward with control, landing safely on top.
- Pairs then move to the back of the line.
- Players rotate roles and alternate shoulders.

If confident, progress the tackler to step or walk in.

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 side or on top.
- Repeat with other shoulder.

Progression:

If confident progress to light jog.

Station 3 – Side on Tackle

7 MINS

Purpose

To learn and practise a side-on tackle, using a crash mat to build confidence.

Equipment



5 Rugby balls



1 Crash mat

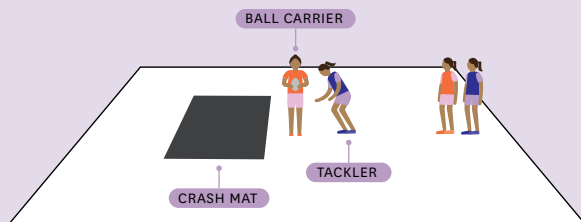
Coach question

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.



How to:

Coach demonstrates a preloaded side-on tackle on a mat, emphasizing key technique points.

- Players pair up, ready to tackle on the mat.
- Ball carrier stands still, holding the ball securely.
- Tackler starts preloaded with: Same foot, same shoulder, head tight behind the ball carrier (never in front), arms ready to wrap and squeeze.
- On the ball carrier's "Go!", The tackler drives forward with control, landing safely on top.
- Pairs then move to the back of the line.
- Players rotate roles and alternate shoulders.

Progression:

Tackler steps or walks in instead of starting preloaded.

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.



SCAN THE
QR CODE
FOR VIDEO

Loaded Tackle Touch

11 MINS

Purpose

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

Equipment



8 Dome cones



2 Rugby balls



15 Bibs

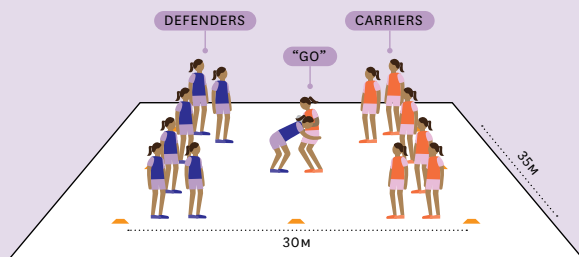
Coach question

How do we land safely when being tackled?

- Land on big body parts.
- Protect our head by tucking our chin.



SCAN THE
QR CODE
FOR VIDEO



How to play

Step 1: Static pre-loaded tackle

- Players pair up with someone of similar height to practise while coaches provide feedback.
- Tackler starts in position with correct head placement, same leg and shoulder, ready to wrap. Tackler completes the tackle only when the ball carrier says “Go,” ensuring both are ready.
- Encourage the ball carrier to provide resistance to the tackler and aim to land sideways while practicing good landing technique.

Note: This is their first time tackling to the ground in the programme.

Step 2: Play loaded tackle touch

- Two teams of 7 players play touch rugby, aiming to score tries.
- When a touch is made, the ball carrier and defender put their chest to ground, get up, then get into a preloaded tackle position.
- On the ball carrier’s “Go,” the tackler completes the tackle. The ball carrier lands safely and places the ball back.
- An attacker picks up the ball and resumes play.
- Turnover occurs after a forward pass, dropped ball, offside, 6 touches, or a try.

Cool Down & Reflect

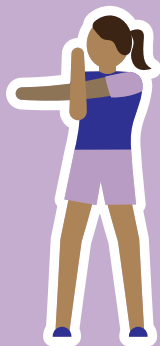
5 MINS

- Players form a circle; the coach demonstrates a stretch and asks a reflection question.
- Players stretch and chat with the person next to them for 45 seconds; repeat for four stretches.
- Finish the activity with a team “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 safer finish position.*
- What is one thing you are proud of today?
- What is one thing you would like to work on?

Stretches



THREAD THE NEEDLE



HAMSTRING STRETCH



LAT STRETCH



QUADRICEP STRETCH



CONTACT CONFIDENCE +

Session overview

1 CONNECTION

Human Knot

GROUPING: All

4 MINS

2 WARM-UP & PRIMERS

**Coach-led Warm-up
& Primers**

GROUPING: All

15 MINS

3 TACKLE & BIC RECAP

STATIONS

12 MINS

STATION 1:

Tackle recap

GROUPING: Half

6 MINS

STATION 2:

BIC recap

GROUPING: Half

6 MINS

4 SKILL DEVELOPMENT

1v1

GROUPING: All

15 MINS

5 MODIFIED GAME

Tackle Touch

GROUPING: Half

10 MINS

6 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

DON'T FORGET
A SPEAKER



Equipment needed



40 Dome cones



15 Rugby balls



6 Hit shields



15 Bibs



2 Crash mats

Human Knot

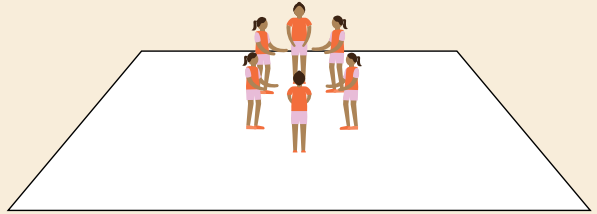
4 MINS

Purpose

To develop teamwork, communication and strategy.

Set up

Players are in 2-3 groups.



How to play

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



SCAN THE
QR CODE
FOR VIDEO

Player-led Warm-up & Primers

15 MINS

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 primers and neck activations.

Primers

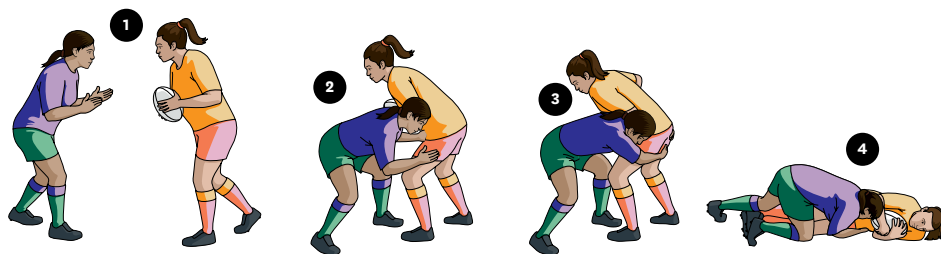
Coaches demonstrate primers, and then players practise the following:

- Back to Back
- Push Pull Tug of War
- Bear Hug Takedown

Refer to primer cards.



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*

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.*

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

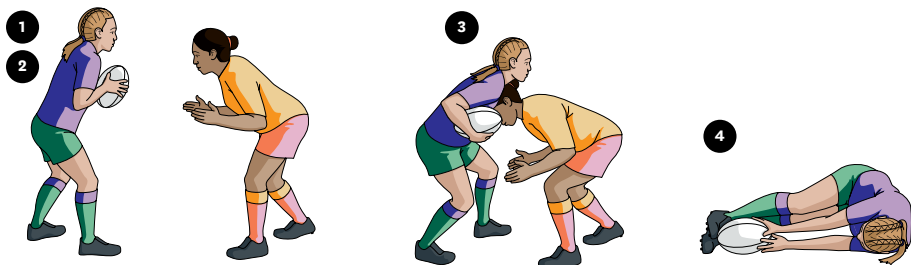
Wrap

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

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.

BALL INTO CONTACT



1 Approach

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

OPTIONAL SUPPORT CUES:

- *Spaces not faces.*

2 Footwork

- Shorten your steps.
- Step to the side of the tackler.

OPTIONAL SUPPORT CUES:

- *Feet alive*” or *“fast feet”*.

3 Forward

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

OPTIONAL SUPPORT CUES:

- *Rugby Strong position.*

4 Finish

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

OPTIONAL SUPPORT CUES:

- *Staple.*
- *Score the try.*

Top things to look for:

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

Station 1 – Tackle Recap

6 MINS

Purpose

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

Equipment



7 Rugby balls



1-2 Crash mats

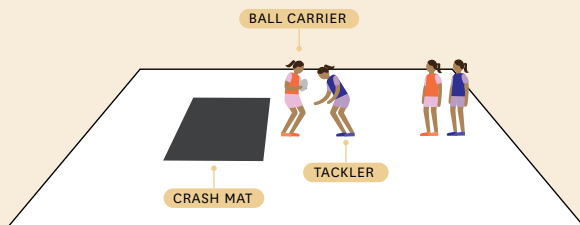
Coach question

How do we get in close to the ball carrier?

- Shorten steps as you approach.
- Lead with same shoulder, same leg.
- Keep head to the side of the ball carrier, never in front.

What is the safest way to land?

- Land on a large part of the body.
- Sink, tuck, and roll.
- Keep chin tucked to protect the head.



How to play

1. Coach demonstrates a safe front-on tackle and landing using a crash mat.
2. In pairs, one player is the tackler, the other the ball carrier.
3. Tackler completes a safe tackle onto the crash mat, then both return to the back of the line.
4. Use two mats if needed to keep rotations quick and reduce waiting time.
5. Repeat using the other shoulder and side-on tackles.

OBSERVE:

- 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.

Station 2 – BIC

6 MINS

Purpose

To provide an opportunity for players to practise ball into contact in a controlled environment with hit shields.

Equipment



7 Rugby balls



7 Hit shields

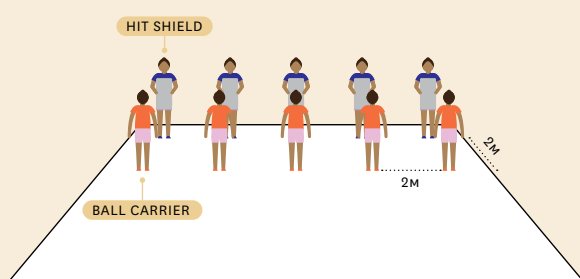
Coach question

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.



How to play

- Coach to demonstrate and recap Ball into Contact.
- On the coach's signal ("Go"), players at the front of each line carry the ball into contact by using, footwork, Forward and Finish.
- The ball carrier then gets to their feet quickly and rejoins the back of the line.
- Ensure to rotate roles, so all players get a turn.

Speed off the ground is crucial, keep the activity moving to allow as many quality reps as possible, while pausing for feedback.

OBSERVE:

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

1v1

15 MINS

Purpose

A small-group activity that starts pre-loaded, allowing players to gradually build confidence in tackling. Players get to give peer feedback based on what they've learned.

Equipment



40 Dome cones



10 Rugby balls



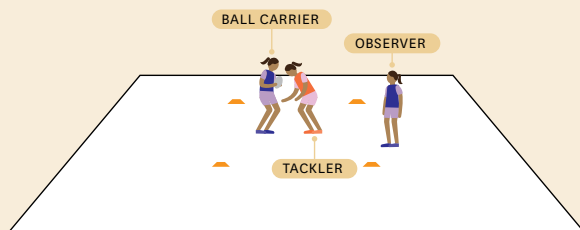
1 Crash mat

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.



SCAN THE
QR CODE
FOR VIDEO



How to play

- Coach demonstrates activity first.
- Players work in groups of three. Tackler, Ball Carrier & Observer. Players to rotate roles.
- Observer provides feedback before each swap.
- Check player confidence before starting - use tackle mats if needed for support.

Stage 1: 1v1 Static pre-loaded tackle

- Tackler sets up on a static ball carrier (preloaded).
- On the ball carrier's cue "Go," the tackler completes the tackle.
- Encourage the ball carrier to provide resistance to the tackler, and aim to land sideways while practicing good landing technique.

Stage 2: 1v1 walking tackle

- The tackler and ball carrier approach each other from opposite sides of the square at a walking pace, maintaining control and momentum.

Progression

If confident, players can progress to jogging. Soak tackles may be used if appropriate.

Tackle Touch

6 MINS

Purpose

This game allows players to play a tackle version of touch but in a controlled environment. This game is played the same as session 4 however, if the players are confident, remove the pre-loaded element.

Equipment



8 Dome cones



2 Rugby balls



15 Bibs

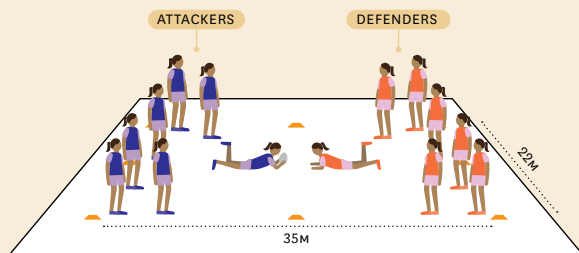
Coach question

Why are we getting into the Rugby Strong position?

- *Strong, safe, low body position.*

Where is our head when making the front on tackle?

- *To the side of ball carrier.*



How to play

- Two teams play touch rugby, aiming to score tries.
- When a touch is made, the ball carrier and defender put their chest to ground, get up.
- When both players are on their feet, a tackle can be made.
- The ball carrier lands safely and places the ball back.
- An attacker picks up the ball and resumes play.
- Turnover occurs after a forward pass, dropped ball, offside, 6 touches, or a try.

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.



SCAN THE
QR CODE
FOR VIDEO

Cool Down & Reflect

5 MINS

- Players form a circle; the coach demonstrates a stretch and asks a reflection question.
- Players stretch and chat with the person next to them for 45 seconds; repeat for four stretches.
- Finish the activity with a team “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?
- Tell the person next to you something they did today that was awesome!

Stretches



THREAD THE NEEDLE



HAMSTRING STRETCH



LAT STRETCH



QUADRICEP STRETCH

MINI FESTIVAL



Session overview

1 CONNECTION

Rob the Nest

GROUPING: All

6 MINS

2 WARM-UP & PRIMERS

**Coach-led Warm-up
& Primers**

GROUPING: All

15 MINS

3 SKILL DEVELOPMENT

1v1

GROUPING: All

12 MINS

4 MODIFIED GAME

**7-a-Side Tackle
Round Robin**

GROUPING: All

18 MINS

5 COOL DOWN & REFLECTION

Stretch and Reflect

GROUPING: All

5 MINS

6 PRIZEGIVING

3 MINS

Equipment needed



40 Dome
cones



10 Rugby
balls



15 Bibs

DON'T FORGET
A SPEAKER



Rob the Nest

7 MINS

Players are put into 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.

Purpose

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

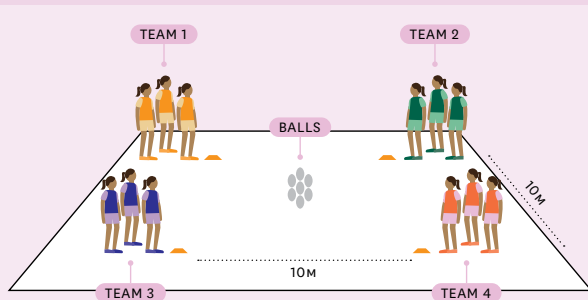
Equipment



4 Dome cones



7 Rugby balls



How to play

- 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, one player per team can steal one ball at a time from other teams' nests.
- 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!" they are the winning team!!



SCAN THE
QR CODE
FOR VIDEO

Player-led Warm-up & Primers

15 MINS

Warm-up

Coach to request two 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 primers and neck activations which are coach-led.

Primers

Coaches demonstrate primers, and then players practise the following:

- Bear Hug Takedown
- Tap the Face
- Press Up Grab

Refer to primer cards.



1v1

12 MINS

Purpose

A small-group activity that starts pre-loaded, allowing players to gradually build confidence in tackling. Players get to give peer feedback based on what they've learned.

Equipment



40 Dome cones



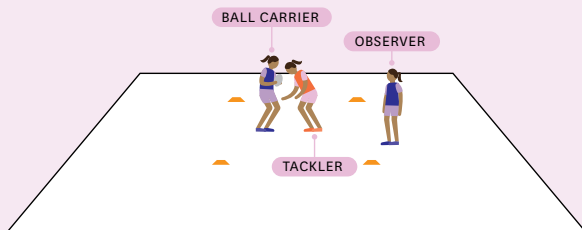
10 Rugby balls

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.



SCAN THE
QR CODE
FOR VIDEO



How to play

- Coach demonstrates activity first.
- Players work in groups of three. Tackler, Ball Carrier & Observer. Players to rotate roles.
- Observer provides feedback before each swap.
- Check player confidence before starting - use tackle mats if needed for support.

Stage 1: 1v1 Static pre-loaded tackle

- Tackler sets up on a static ball carrier (preloaded).
- On the ball carrier's cue "Go," the tackler completes the tackle.
- Encourage the ball carrier to provide resistance to the tackler, and aim to land sideways while practicing good landing technique.

Stage 2: 1v1 walking tackle

- The tackler and ball carrier approach each other from opposite sides of the square at a walking pace, maintaining control and momentum.

Progression

If confident, players can progress to jogging. Soak tackles may be used if appropriate.

Mini Festival

18 MINS

Purpose

An opportunity to apply and showcase skills through a fun festival-style event.

Modifications for Confidence and Safety:

Games can begin at a walking pace to support less confident players or to build familiarity with the game format.

If players are not yet ready for full contact, use Tackle Touch as a familiar and safer alternative.

Equipment



8 Dome cones



2 Rugby balls



15 Bibs

Four teams will be competing at once. Aim to have no substitutions. 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 selected in Session 5 added to the draw.

TEAM 1 _____ vs TEAM 2 _____

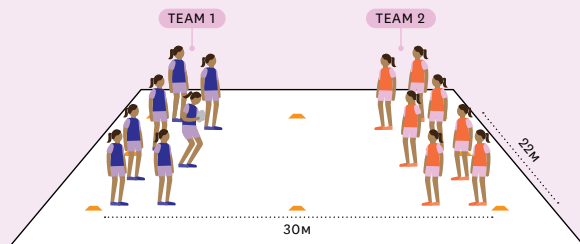
TEAM 3 _____ vs TEAM 4 _____

TEAM 1 _____ vs TEAM 3 _____

TEAM 2 _____ vs TEAM 4 _____

TEAM 1 _____ vs TEAM 4 _____

TEAM 2 _____ vs TEAM 3 _____



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 & Reflect

5 MINS

- Players form a circle; the coach demonstrates a stretch and asks a reflection question.
- Players stretch and chat with the person next to them for 45 seconds; repeat for four stretches.
- Finish the activity with a team “hands in” cheer.

LEARNING REFLECTION QUESTIONS

- What is one thing you are really proud of that you did in this programme?
- What is one thing you saw a friend do that you admired?
- What has been your favourite part of the programme?
- What is one thing you’ve learned that you’ve found valuable?

Stretches



THREAD THE NEEDLE



HAMSTRING STRETCH



LAT STRETCH



QUADRICEP STRETCH

Prizegiving

3 MINS

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

Ideas can include:

- Most Improved Player
- Best Team Player
- Most Consistent Effort
- Best Positive Attitude

Finish the session with a hands in cheer!



EMPHASISE
POSITIVE
FEEDBACK





CONTACT READY PRIMERS

Shoulder Push

Purpose

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

- In pairs face each other arm length apart.
- One player will stand in a rugby strong position.
- 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.



**SCAN THE
QR CODE
FOR VIDEO**

Push Pull Tug-o-War

Purpose

This primer prepares the core, shoulders and encourage players into a low strong body position.

- Pair up with a player of equivalent size with their hands on their partner's shoulders.

- The coach will call "Push" or "Pull", and the players will respond aiming to push or pull their partner.



**SCAN THE
QR CODE
FOR VIDEO**

Press Up Grab

Purpose

Activates and warms up the players' core and shoulders.

- 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 player's wrist or arm causing their partner to fall to the ground.



**SCAN THE
QR CODE
FOR VIDEO**

Flip the Turtle

Purpose

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

- Pair up with a player of equivalent size.
- 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.



**SCAN THE
QR CODE
FOR VIDEO**

CONTACT READY PRIMERS

Bear Hug Take Down

Purpose

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

- Pair up with a player of equivalent size.
- Kneeling face to face, both players hug their partner with one shoulder above their partner's shoulder, and the other below their other shoulder.

- On 'go', both players wrestle their partner to the ground to try land on top.



**SCAN THE
QR CODE
FOR VIDEO**

Ball Wrestle

Purpose

This primer gets the body ready for contact with a wrestling motion.

- Pair up with a player of equivalent size.
- Kneeling face to face, one player will hold a ball tightly with two hands against their chest.
- On 'go' the second player must try wrestle the ball off their partner.

- Wrestle for 30 seconds, reset and repeat the primer.
- Advance to standing if players are feeling confident.



**SCAN THE
QR CODE
FOR VIDEO**

Tap the Face

Purpose

A fun primer that prepares the mind and body for contact – particularly focusing on shoulders arms and core.

- Players to pair up with someone of similar size.
- They face each other: one hand open for tapping, the other gripping their partner's wrist.

- On coach's cue, they try to tap each other's face while avoiding being tapped.
- After 30 seconds, swap partner and repeat.



**SCAN THE
QR CODE
FOR VIDEO**

Back To Back

Purpose

A fun primer that will prepare the upper body and core for contact.

- Pair up with someone of equivalent size.
- Players sit back to back and link arms, with knees bent and feet flat on the ground.
- The coach will yell 'Left' or 'Right', both players will try to roll that direction.

- Players will use their shoulders, arms and core to twist, while resisting their partner rolling in the opposite direction to them.
- Play for 30 secs, reset and repeat.



**SCAN THE
QR CODE
FOR VIDEO**

Aims to prepare

YOUNG WĀHINE

for rugby both physically and mentally.

OUTCOMES

Session One

OBJECTIVES

- Build connections and get to know each other.
- Be introduced to the Contact Ready warm-up and understand the importance of warming up.
- Learn the fundamentals of landing safely through a range of techniques (sideways, backwards, and forwards).

Session Two

OBJECTIVES

- Strengthen team connections by continuing to build friendships and teamwork.
- Be introduced to Rugby Strong, a safe and strong body position that forms the foundation for many movements in rugby.
- Learn and apply safe ball-carrying techniques, including using 'step to space' to evade contact and ways to stay safe when taking the ball into contact.

Session Three

OBJECTIVES

- Develop independence by beginning peer-led warm-ups using warm-up cards.
- Learn the fundamentals of safe tackling on mats, including correct tackle height, proper head positioning, and techniques to keep both the tackler and ball carrier safe.
- Practise safe landing and ball-in-contact techniques to build confidence and ensure safety during contact situations.

Session Four

OBJECTIVES

- Continue building confidence by practicing safe tackling techniques through side-on and front-on tackles on mats.
- Further develop ball-in-contact skills.
- Be introduced to the concept of 'pre-loaded tackle' through a controlled 7v7 game environment.

Session Five

OBJECTIVES

- Deepen understanding of key skills, through observation, constructive feedback, and supportive teamwork.
- Develop independence by leading their own contact-ready warm-up.
- Continue building contact confidence by practicing safe landing, tackling, and ball-in-contact (BIC) skills in 1v1 activities and controlled modified games.

Session Six

OBJECTIVES

- Develop skills in safety and technique during 1v1 activities, with one player acting as an observer to provide constructive and supportive peer feedback.
- Apply safe tackling and Ball into Contact (BIC) techniques in small-sided modified games, celebrating individual and team progress.
- Build strong team bonds by participating in the Contact Ready festival.

