

Saturday Session: Block One

Plan by Peter Murray, sports scientist at Leicester

LIFT TOUCH-DROP OFF

Use this great conditioning game as part of your weekend session. Break up training with rugby-specific skills work.

General

- 15 v 15 players, full pitch
- If you have more numbers at training, split the teams up and play two matches across the field
- If you have fewer numbers, reduce pitch dimensions
- Play for at least three minutes continuously. This is the average duration of the longest period of play in rugby – ie, the worst-case scenario. Rest for one minute. Play four games of this, with a minute's rest between each game. Or to really challenge people, include some wrestling drills in-between each game for two to three minutes

Defence

- Two-man touch – both 'tacklers' retreat quickly to their own 22m line before getting back into the defensive line

Attack

- 'Lift' the ball through your legs when you are touched to anyone behind you playing scrum-half – this keeps the pace of the attack high
- Use a different scrum-half at every tackle
- Five touches – kick on the 'sixth' or last touch

Equipment

- One rugby ball and someone to referee it!



Touch type
Saracens work
on their skills

Aims

This game – to be played alongside team shape training on a Saturday – will challenge your running fitness. It should be more intense than the hardest phases in a match (in terms of running). Having two defenders drop off after every touch should narrow the defence and create space for attackers. If defenders don't work hard enough to get into the line, the attack should score often!

Play for three minutes, but with a fit group you can push them for five. As they get fitter, challenge them with grappling drills between games – but have some rest between bouts!

Pre-Season Ideal weekly meal guide

Choose which of these meal ideas suit you

DAY / MEAL	Breakfast	Lunch	Snack	Dinner
MONDAY Gym session	Bincher muesli with Greek yoghurt and cinnamon	Tuna and avocado jacket potato with salad	Smoothie of whey protein, red berries and milk	Peppered steak, baked sweet potato and greens
TUESDAY Pitch session	Smoked mackerel omelette	Turkey meatballs, couscous and broccoli	Home-made granola bar with whey and peanut butter	Grilled sea bass, cumin potato wedges and kale
WEDNESDAY Gym session	Protein pancakes, berries and yoghurt	Japanese salmon, noodles and vegetables	Handful of nuts, an apple and small pot of cottage cheese	Lamb shank stew with tomatoes and chickpeas
THURSDAY Pitch session	Egg and potato fritata with spinach, onion and cheese	Beef stir-fry with brown rice	Milk, yoghurt, avocado and peanut butter smoothie	Pan-fried salmon with coriander rice and fresh veg
FRIDAY Gym session	Poached eggs, asparagus and bacon	Trout and grapefruit salad with green beans	Home-made red berry jelly	Chicken baked with potatoes, asparagus and red onions
SATURDAY Pitch session	Porridge with banana, nuts and honey	Spiced sweet potato soup	Chocolate milk, cherry juice and berry smoothie	Beef chilli, brown rice, salad leaves and sour cream

Rugby Training Manual

Yijin Wang



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