## Saturday Session: Block One

Plan by Peter Tierwy, sports scientist at Letester

### 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.

### Die femore

 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

### the special participants in

One rugby ball and someone to referee it!



### Automos

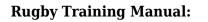
This game — to be played alongside team shape training on a Saturday — will challenge your running fitness. It should be more intense than the hardest phases in a match (in terms of running). Having two defenders drop off after every touch should narrow the defence and create space for attackers. If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

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!

#### Chaose which of these Pre-Season Ideal weekly meal guide meal Ideas sail you Breaklest **ARRES** Same of the Distance of Birichies muesti Tuna and avocado Seniorithie of Peppered steak. 100 100 100 with Greek yeghurt. lacket potato whey protein, red baked sweet potato Sym section and dinnamon with salad perries and milk and greens THE STREET Sampliced muscleered Turkey meatballs. Home-made granota Grilled sea bass. omielette. courscous and bar with whey and cumin potato Pitch section birec colli pleanut butter wedges and kale Protein pancaloss. Japaniese salmon, Handful of nuts, an Lambb shortic stower AT BUILDING SHAPE berries and yoghurt. moundless and apple and small pot with tomatoes Gynn session vegetables and chickpeas of cottage cheese Egg and potato Beef stir-fry with MIRC. Woothurt. Pan-firled salmon. THE SECOND LAND frittata with spinach. brown rice avocado and peanut. with corlander rice Pittch persolve ontion and cheese butter smoothie and fresh veg Polached eggs. Trout and Home-made Chicken baked with grap-ettust salad AND REPORTS need toestry liestly. potatoes, asparagus Gym session amd bacon with green beans and red ontons. Porridge with Sphoed syveet Chocolate milk. Beef chill, brown SATER AT cherry juice and biamama, mutsi proteito soup rice, salad teaves Pitch seculos and honey berry smoothie and sour cream

# **Rugby Training Manual**

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