

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	Blincher 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

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Table of Contents Rugby Training Manual Example

1. Understanding the eBook Rugby Training Manual Example
 - The Rise of Digital Reading Rugby Training Manual Example
 - Advantages of eBooks Over Traditional Books
2. Identifying Rugby Training Manual Example
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Rugby Training Manual Example
 - User-Friendly Interface
4. Exploring eBook Recommendations from Rugby Training Manual Example
 - Personalized Recommendations
 - Rugby Training Manual Example User Reviews and Ratings
 - Rugby Training Manual Example and Bestseller Lists
5. Accessing Rugby Training Manual Example Free and Paid eBooks
 - Rugby Training Manual Example Public Domain eBooks
 - Rugby Training Manual Example eBook Subscription Services
 - Rugby Training Manual Example Budget-Friendly Options

6. Navigating Rugby Training Manual Example eBook Formats
 - ePub, PDF, MOBI, and More
 - Rugby Training Manual Example Compatibility with Devices
 - Rugby Training Manual Example Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Rugby Training Manual Example
 - Highlighting and Note-Taking Rugby Training Manual Example
 - Interactive Elements Rugby Training Manual Example
8. Staying Engaged with Rugby Training Manual Example
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Rugby Training Manual Example
9. Balancing eBooks and Physical Books Rugby Training Manual Example
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Rugby Training Manual Example
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Rugby Training Manual Example
 - Setting Reading Goals Rugby Training Manual Example
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Rugby Training Manual Example
 - Fact-Checking eBook Content of Rugby Training Manual Example
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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