# Saturday Session: Block One

Plan by Peter Thereey, 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.

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

- "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

One rugby ball and someone to referee it!



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!

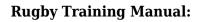
# Pre-Season Ideal weekly meal guide

#### Choose which of these meal ideas suit you

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O BAY / MEAL O	Breakfest	Lunch	Sanck	Ditten est
MORDAY Dym session	Bircher muesti with Greek yoghurt and cinnamon	Tuna and avocado jacket potato with salad	Smoothle of whey protein, red berries and milk	Peppered steak, baked sweet potato and greens
TUESDAY Prich session	Smoked mackerel omelette	Turkey meatballs, couscous and broccoll	Home-made granota bar with whey and peanut butter	Grilled sea bass, cumin potato wedges and kale
WEDNESDAY Dym session	Protein pancakes, berries and yo-ghurt	Japanese salmon, noodles and vegetables	Handful of nuts, an apple and small pot of cottage cheese	Lamb shank stew with tomatoes and chickpeas
THE ESDAY Pitch session	Egg and potato fritteta with spinech, onion and cheese	Beef stir-fry with brown rice	Milk, yoghurt, avocado and peanut butter smoothle	Pan-fined salmon with corlander rice and fresh veg
FRIBAY Dym sussion	Poached eggs, asperagus and becon	Trout and grapetruit salad with green beans	Home-made red berry jelly	Chicken baked with potatoes, asparagu and red onlons
SATURDAY Pitch session	Porridge with banana, nuts and honey	Spiced sweet potate soup	Chocolate milk, cherry juice and berry smoothle	Beef chill, brown rice, salad leaves and sour cream

# **Rugby Training Manual**

M Mark



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### **Table of Contents Rugby Training Manual**

- 1. Understanding the eBook Rugby Training Manual
  - The Rise of Digital Reading Rugby Training Manual
  - Advantages of eBooks Over Traditional Books
- 2. Identifying Rugby Training Manual
  - Exploring Different Genres
  - o 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
  - User-Friendly Interface
- 4. Exploring eBook Recommendations from Rugby Training Manual
  - Personalized Recommendations
  - Rugby Training Manual User Reviews and Ratings
  - Rugby Training Manual and Bestseller Lists
- 5. Accessing Rugby Training Manual Free and Paid eBooks
  - Rugby Training Manual Public Domain eBooks
  - Rugby Training Manual eBook Subscription Services
  - Rugby Training Manual Budget-Friendly Options

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

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