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

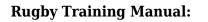
This game — to be played alongside team shape training on a Saturday — will challenge your running fitness. It should be more intense than the hardest phases in a match (in terms of running). Having two defenders drop off after every touch should narrow the defence and create space for attackers. If 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!

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Rugby Training Manual

Terry C. Jones



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