BERKSHIRE RUGBY

Training in the Garden

Phase 1: 1st May - 1st June 2020

Dear Berkshire County Players,

To help set ourselves up to succeed in these unprecedented times Bret Taylor (Berkshire RFU U17/U18 head coach) has designed a training program that can be done in the garden. The skills in this video have been planned for rugby.

5 Sessions and their related videos to support you have been planned.

If you can only do one session a week you will start with Session 1 then in week 2 do session 2 etc.

2 sessions a week, then do 1&2, 3&4 then 1&5 etc

3 sessions 1,2&3, then 4,5&1

Apart from the session content there are some extras and challenges. Please video and What's App in the Berkshire U17/18 group or DM Brett so we can assess and help, plus we can share what you are doing. If you design other challenges and drills, then share these as well.

If the socialisation landscape changes then I will adapt. If you have bigger areas, then I have added 3 speed endurance activities below. These can be a session 6 or instead of Insanity Pure Cardio on Session 5.

Any help needed then contact me. brett@aspireusa.uk.com

STAY SAFE - TRAIN HARD

BERKSHIRE RUGBY

Training in the Garden

Session 1

1. Warm Up

Power Squares and evasion. Do each activity 10x and refer to **"Power Squares"** Video

Stretch after each set of 10.

2. Ladder work.

Do each exercise 3x and refer to **"Ladder Video"**

3. Running

Do 10 x 5m blasts - 2 min rest and do 3 sets

2 min rest

10 x 10m blasts - 2 min rest and do 3 sets

3 min rest

10 x 15m blasts – 2 min rest and do 3 sets.

Pretty self-explanatory but refer to "Running" 4m44s

4. Handling

Work on passing technique, push pass. Use a resistance band and then do with a ball. Do 10 of each and off both hands. If have partner then easy to throw ball back, if not do 10 against a I fence. Refer to "Passing Progressions"

Also work on static spin passing technique, again refer to **“passing progressions”**

If have partner or feeder do the Passing Triangles .. refer to **“Passing Triangles”**

10x and 3 sets of each.

Push Pass

Wide pass

Offload

High ball / evade and wide pass.

5. Extra’s

This is your own challenge. Things to look at …

Hand Eye Training .. brilliant to support all sports and reactions. Refer to “Hand Eye” for the training, at the end a girl is doing the challenge. The first player to video 20 one handed 2 ball juggle of the wall and the x arms swop will be nominated champion. I do have another few hand eye challenges for you. I Want everyone to do the Hand Eye extras at least once a week.

Kickers, look at “kicking” video for ideas and technique.

Hookers look at “Passing progressions”

9s look at accuracy passing challenges in “Passing Progressions”

All look at “Contact Extras”

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Training in the Garden

Session 2

1. Ladder work.

Do each exercise 3x and refer to **"Ladder Video"**

2. Running Drills – refer to start of the **"Running "** video

3. 10 x 20m runs with walk back recovery.. look to drive away and maintain good form. Head still, shoulders relaxed, good arm drive forward and back.

3. Acceleration and Agility

10x tip toe tilts

10x jump backs

10x Knee starts

Refer to "Running" 8m30s

10x multi movement drill 5x off each leg with power step**..refer to "Running" 10m34**

4. Handling

Work on passing technique, push pass. Use a resistance band and then do with a ball. Do 10 of each and off both hands. If have partner then easy to throw ball back, if do to the 10 against fence. Refer to "Passing Progressions"

Also work on static spin passing technique, again refer to **"passing progressions"**

If have partner or feeder do the Passing Triangles .. refer to **"Passing Triangles"**

10x and 3 sets of each.

Push Pass

Wide pass

Offload

High ball / evade and wide pass.

5. Extra's

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Hookers look at "Passing progressions"

9s look at accuracy passing challenges in "Passing Progressions"

All look at "Contact Extras"

Training in the Garden

Session 3

1. Warm Up

Power Squares and evasion. Do each activity 10x and refer to **"Power Squares"** Video

Stretch after each set of 10.

2. Agility

Refer to **"Running" Video 12m27**

Do 5m T drill as per video 6x, have 1 min rest in between each. Then shorten the distance to 2.5m and do another 6. The shorter distance will increase foot speed.

Time yourself so you can set challenges.

Then do 10x the forward and back with lateral glide refer **to "Running Video" 14m51s**

3. All do the Hand Eye coordination circuit "Handeye" video

4. **All do pass technique, push pass.** Use a resistance band and then do with a ball. Do 10 of each and off both hands. If have partner then easy to throw ball back, if do to the 10 against fence. Refer to **"Passing Progressions"**

Also work on static spin passing technique, again refer to **"passing progressions"**

5. 20x15m sprints with different rest times **"running" 7m52s**

6. Agility with hit at the end or down and up .. refer to **"Contact" extras** 5m30s do 10x

7. Extra's

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9s look at accuracy passing challenges in "Passing Progressions"

All look at "Contact Extras"

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Training in the Garden

Session 4

1. Ladder work.

Do each exercise 3x and refer to **"Ladder Video"**

2. Running Drills – refer to start of the **"Running " video**

3. 10 x 20m runs with walk back recovery.. look to drive away and maintain good form. Head still, shoulders relaxed, good arm drive forward and back.

3. Acceleration and Agility

10x tip toe tilts

10x jump backs

10x Knee starts

4. Handling

Work on passing technique, push pass. Use a resistance band and then do with a ball. Do 10 of each and off both hands. If have partner then easy to throw ball back, if not do 10 against fence. Refer to **"Passing Progressions"**

Also work on static spin passing technique, again refer to **"passing progressions"**

If have partner or feeder do the Passing Triangles .. refer to **"Passing Triangles"**

10x and 3 sets of each.

Push Pass

Wide pass

Offload

High ball / evade and wide pass.

5. Pyramid runs over 15m… refer to "running"6m11s

5/10/15 pyramid. Do 10 sets. 1min rest after each

pyramid. Eg 0 to 5 and back, 0 to 10 and back, 0 to 15m

and back. Rest for 2 mins

Do again but this time do 3 press ups on each cone.

6. Extra's

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Session 5

1. **Insanity or one of the Speed Endurance Options below.**

Refer to **"insanity"** video.

2. **All do the "Mobility and Dynamic"** movements video. Crucial for core and injury prevention in all sports.

Speed Endurance Options.

1. Find a 500m stretch or route. Run that in 2mins. Have a 1m30s rest then do again. Do 10 runs. If you find easy then go back 25m. The aim is to do all 10 from 650m.

2. Find 100m stretch. Start in middle so at 50m cone or mark. Run to 100m, turn and run back to 0m and then back to middle. Do 10 of these with 1 min rest and must be done in 40 seconds.

3. 100m again. Do 12 x 100m but each must be done in 35 seconds. So, if you do in 15 secs you get 20 secs rest.

These sessions have been designed to help your core development across sport specific skills and movements. Training, conditioning and skill acquisition is only as good as the effort you put in. I am here to support those that need or want it. It is up to you how much or how little you do.

Brett

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