



QUEENSLAND RUGBY LEAGUE

# FUTURE MAROONS ACADEMY



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# FOREWORD

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The Women's game is an ever changing and growing environment that continues to attract new players and coaches across Queensland. In order to meet the increased demands it is imperative that Queensland Rugby League not only aim to 'raise the bar' in terms of standards and skill sets but further seek to continually evolve.

The Future Maroons Academy (FMA) is an initiative to forge a development and educational pathway for players, coaches and performance staff in rugby league.

Specific areas of focus are:

- Physical performance
- Contact and ground skills
- Tackle technique
- Tackle escapes
- Maroons DNA
- Game awareness

Players invited to join this program will be identified through the U17's City v Country program and the Harvey Norman U19's State-wide club competition. In addition to being identified through match performances, they need to demonstrate an attitude and dedication that emulates the values and standards of what it takes to wear the Maroon. This indicator is linked to the "Maroons DNA" module which is a core component of the program.

The aim of the FMA is to provide a targeted support to Queensland based female players, coaches and performance staff with a vision to prepare them for a high performance pathway into State-wide clubs, NRLW clubs and the opportunity to be a future Maroon.

The Academy will run predominantly in the off-season period from September – January with a minimum of four (4) sessions in each region. These sessions will consist of both on and off field components to prepare and enhance education for players to compete at the next level.

We look forward to working with you all and continuing to strive to be better in our rugby league journey.

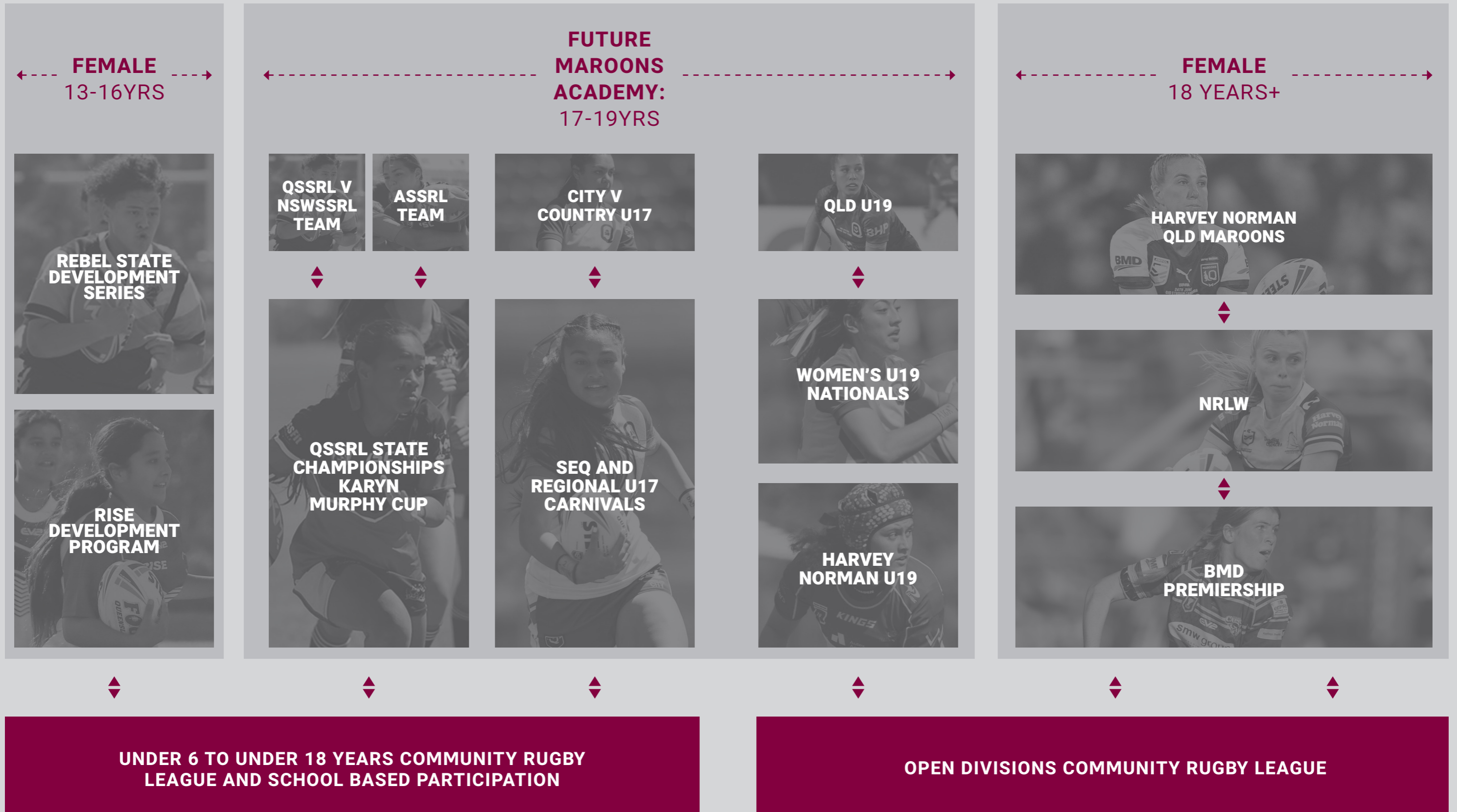
Yours in league,



**Tahnee Norris**

Maroons Women's Head Coach & Female Pathways

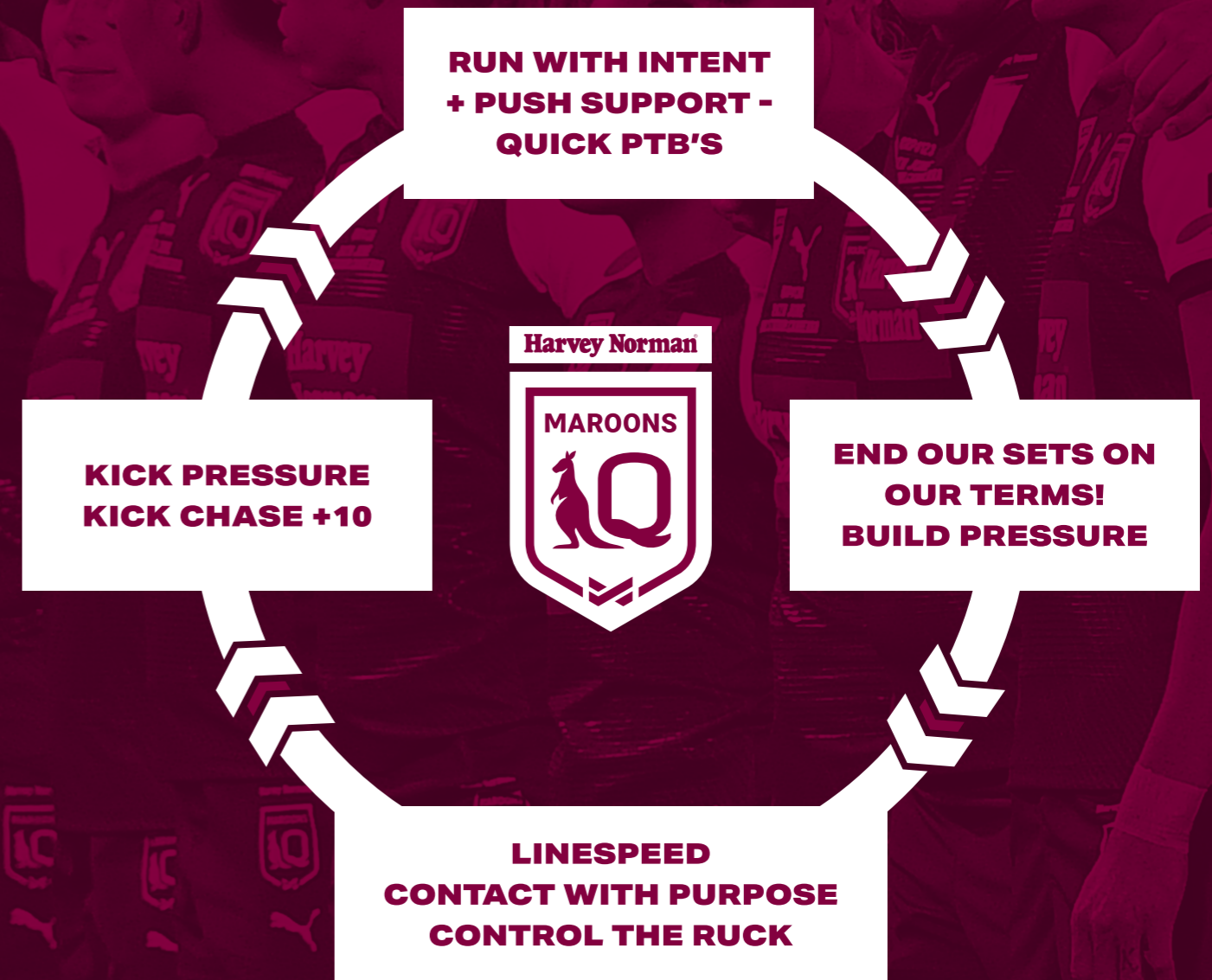
# QRL FEMALE PATHWAY



# FUTURE MAROONS ACADEMY PROGRAM

# HARVEY NORMAN QUEENSLAND MAROONS EFFORT AREAS

Session	Time	Content		
		Player Development	Physical Performance	On-Field Football Content
1	Off-field x 60min - On-field 90mins	<b>Understanding the player</b> QRL Pathways & Player Toolkit Player / Coach Feedback Maroons Values - Our DNA	<b>Performance Testing</b> Understanding of Performance Testing Testing Protocols QRL Standards Tests - 1.2km, Med Ball throw, Broad Jump	<b>Contact Focus / Decision Making / PTB</b> Attack - Vision / Decision making Attack - Play the Ball (Ground work) Defence - Tackle Tech (1 v 1) Small Sided Game (Decision Making focus)
2	Off-field x 60min - On-field 90mins	<b>Individual Player Performance</b> Recovery Protocols - Training / Game Prep to Play/Train (PTP) CRAFT - what is it, why it's player driven	<b>Game / Training Preparation</b> Prep to Play / Train (PTP) Fundamentals	<b>Tackle Tech (2+ person TCK) / Ruck / Ground work</b> PTP + Warm up / SS Game Defence - Tackle Tech (2 v 1, 3 v 1) Defence - Ruck defence Attack - Bumpers / ground work
3	Off-field x 60min - On-field 90mins	<b>Nutrition &amp; Understanding the Rules of the Game</b> Nutrition for performance Rules of the Game Defence - splits / line / spacing / markers	<b>Performance Program Planning</b> Understanding weekly / monthly programming Training with purpose	<b>Tackle Tech (2+ person TCK) / Connection / Ruck</b> PTP + Warm up / SS Game Defence - Tackle Tech (2 v 1, 3 v 1 - review) Defence - Connection (spacing / splits) Attack - Ruck work / shifts
4	Off-field x 60min - On-field 90mins	<b>Positional Specific Skills</b> Player positional roles Kicking Technique (short / long kicks) Line Defence / Pendulum	<b>Being an elite athlete</b> What's it take (programming) Compliance Wellbeing - getting the "off-field part right"	<b>Defence - TCK, edge, Attack - role specific, kicking</b> PTP + Warm up / SS Game Defence - Tackle Tech (6 TCK DRILL) Defence - Edge DEF and spacing / pendulum Attack - Role Specific / Kicking



# THE QUEENSLAND PLAYER TOOLKIT

## DEVELOPING THE NEXT GENERATION OF QUEENSLAND PLAYERS

### PURPOSE OF THE QUEENSLAND PLAYER TOOLKIT

The Queensland Player Toolkit has been designed to support development of your skills, character and athleticism throughout these years.

The toolkit is based on five general principles. These principles will allow you as a player to reflect on areas of strength and opportunity in your game.

As you reflect on your personal attributes, please remember that any assessment of your current skills should be made based on your age and stage of your career.

The Queensland Player Toolkit does not address game strategies or tactics. As you develop, the complexity of strategies and tactics used by your coaches will increase. Developing a wide range of skills will help you to be an effective player in all teams, regardless of what systems and strategies your coach employs.

### ROLE OF THE COACH

Working closely with your coach is key to your development. The Queensland Player Toolkit will allow your coach to support identifying your goals for the season. This shared approach will mean training sessions can be structured to the specific needs of players within their team.

### BALANCED APPROACH

The core purpose of the toolkit is to help players and coaches develop a plan for the player. The more a coach can mentor and guide a player to drive their own goal setting and reflection the better.

The Queensland Player Toolkit should be used in a balanced way. The toolkit is not a report card or a player identification tool.



### MAROON DNA

The individual and group attributes that drive rugby league excellence in Queensland.



### ATTACK

The knowledge, skills and mindset required by an individual that enhances their team's ability to score points.



### DEFENCE

The knowledge, skills and mindset required by an individual to stop an opposing player or team from scoring points.



### GAME AWARENESS

The ability to read a situation, develop a plan and act accordingly under pressure during the game.



### ATHLETICISM

The combination of speed, power, endurance and balance



# PHYSICAL PERFORMANCE FRAMEWORK

## RECOMMENDED SCHEDULES AND YEARLY PLANNER

# INTRODUCTION

Players begin to commence meaningful physical preparation for rugby league from the ages of 13 in both male and female programs.

These programs may extend to school, junior club, junior representative and NRL development contracts. At any one-time players up to the age of 18 may be required to attend training sessions for all these programs.

Between the ages of 13 -18 players will all mature at a different pace and require different support in line with their stage of physical, psychological and socio emotional development. To support appropriate physical performance strategies, the QRL has developed a framework providing an evidence-based direction on what to train and how much to train based on competency level.

These recommendations are provided to allow all stakeholders (Coaches, Teachers, Parents, Players, Medical staff) an opportunity to discuss player training programs and importantly work together. The risks associated with over training can lead to the onset of injuries and burn out.

## AGE GROUP CATEGORIES

The QRL Physical Development Framework aims to assist coaches, teachers, parents, players and medical staff in maintaining a training program appropriate for their age group and developmental level. The QRL has identified 3 distinct categories from 13 through to 18 years of age:







» DEVELOPING: 13 - 15 YEARS

» CLUB: 16 - 17 YEARS

» SEMI-PRO: 18+ YEARS

# PHYSICAL TRAINING QUALITIES

To ensure players can optimise their individual potential it is important to outline the breakdown of physical training qualities and the recommended time allocated. For each age group category, session recommendations have been made for the following physical and skill qualities:

	<b>STRENGTH</b>	Injury prevention, hypertrophy, strength and power.
	<b>SPEED</b>	Technique, acceleration, change of direction/agility, maximum velocity.
	<b>ENERGY SYSTEMS</b>	Phosphagen, glycolytic and aerobic.
	<b>MOBILITY / FLEXIBILITY</b>	Various techniques.
	<b>SKILLS</b>	Rugby league contextual, decision making, kick, pass, catch and spatial awareness.
	<b>CONTACT CONDITIONING</b>	Technique, over and under ball tackles, leg tackles, carry into contact.
	<b>GAMES</b>	Full contact, structured and officiated as per the rules of rugby league.

# WEEKLY RECOMMENDED SCHEDULES

To help achieve optimal exposure and proactively manage player training commitments the QRL has developed a weekly recommended training guide. The premise being all stakeholders work together using the guidelines to optimise the physical development of the player.

For each session type [across all age group categories], stakeholders can conduct an inventory of player weekly physical and skill commitments. After assessing the inventory make informed adjustments to the weekly schedule to ensure player health and wellbeing.

For example, a 15-year-old developing player may have the following weekly commitments during the junior representative season (March-April):

Day	School	Junior Reps	NRL Contract	Club
Monday	Gym Speed		Skills	N/A
Tuesday	Field session – conditioning/skills	Gym Field session – conditioning/skills	N/A	Field session – conditioning/skills
Wednesday	Game			
Thursday	Field session – conditioning/skills	Gym Field session – conditioning/skills		Field session – conditioning/skills
Friday	Cricket team Gym Basketball team			
Saturday		Game		
Sunday				

In this example this player may be doing 4 x gym, 6 x conditioning, 1 x speed. With the addition of other team-based sports this may add up to 20 sessions. For this reason, it is important that all stakeholders work together to ensure players are not overloaded. Ideally, at this time of year this player should focus on representative team commitments to ensure optimal training loads are achieved.

# WEEKLY RECOMMENDED SCHEDULES CONTINUED

Working with stakeholders collaboratively the week could be reduced to 12 sessions (not including basketball and cricket), reducing chances of burn out and not effecting performance. The collaborative timetable may look like this:

Day	School	Junior Reps	NRL Contract	Club
Monday	Gym Speed		Skills	N/A
Tuesday		Field session – conditioning/skills	N/A	Field session – skills <i>*players not involved in Statewide Competitions</i>
Wednesday	Game			
Thursday	Cricket team Gym	Field session – conditioning/skills		Field session – skills <i>*players not involved in Statewide Competitions</i>
Friday	Basketball team			
Saturday		Game		
Sunday				

## YEARLY PLANS

To ensure there is a strategic focus for the Physical Development Framework, periodised yearly plans for each age group category have been developed. These yearly plan guidelines primarily focus on the physical qualities of strength, speed, energy systems and flexibility/mobility. Recommendations are made for each training period of the yearly calendar to ensure appropriate exposure for each physical quality. The aim being to provide physically healthy players equipped to play rugby league. For each physical training quality there is a percentage-based recommendation outlining the requisite amount of time for each sub-quality to make up the session.

These yearly plans reflect the recommended physical development pathway across the rugby league season. It is the goal of the QRL to assist in ensuring each program works collaboratively with all stakeholders prioritising player development and to promote longevity in the game.

# YEARLY PLANNER

## MEN

	B4	TERM 1			B1	TERM 2		B2	TERM 3		B3	TERM 4	
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	
Statewide Competitions Pre-Season													
Auswide Bank Mal Meninga Cup U18													
Cyril Connell Challenge U16													
NRL Schoolboy Cup													
QSSRL Camps & Selections													
Junior Club Pre-Season													
Junior Club													
NRL Contracted/Development													

 **SSC** School State Championships
  **SN 15-18** School Nationals 15-18

## WOMEN

	B4	TERM 1			B1	TERM 2		B2	TERM 3		B3	TERM 4	
	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEPT	OCT	NOV	DEC	
NRLW													
Statewide Competitions Pre-Season													
QRLW													
Harvey Norman U19													
School Selections													
School Competitions													
Junior Club Pre-Season													
Junior Club													
NRL Contracted/Development													

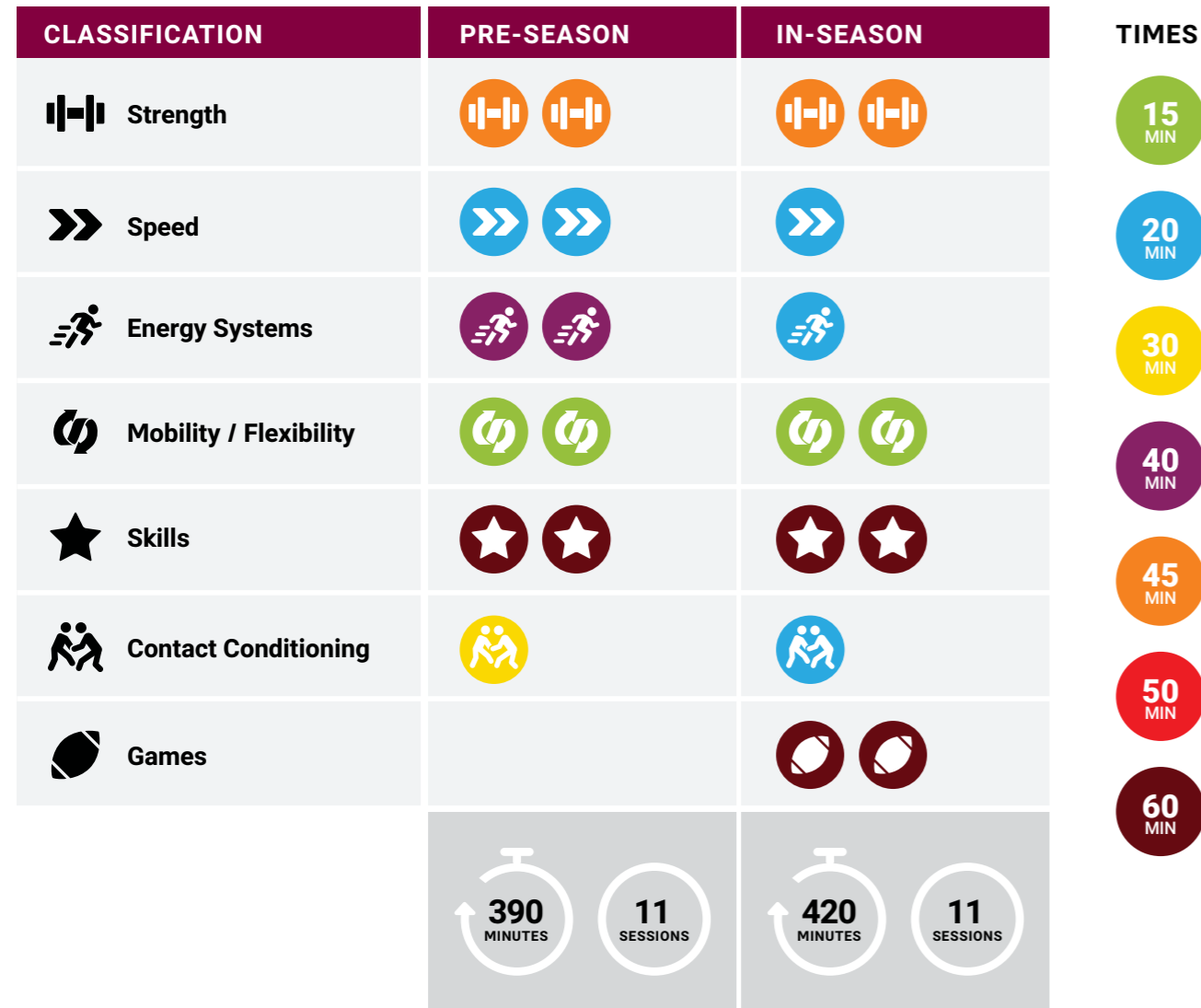
 **SSC** School State Championships
  **U19 N** U19's Nationals
  **WSOO** Women's State of Origin
  **WSOO U19s** Women's State of Origin U19s

# CLUB: 16-17 YEAR OLDS

WEEKLY CONTENT EXPOSURES AND YEARLY PLAN



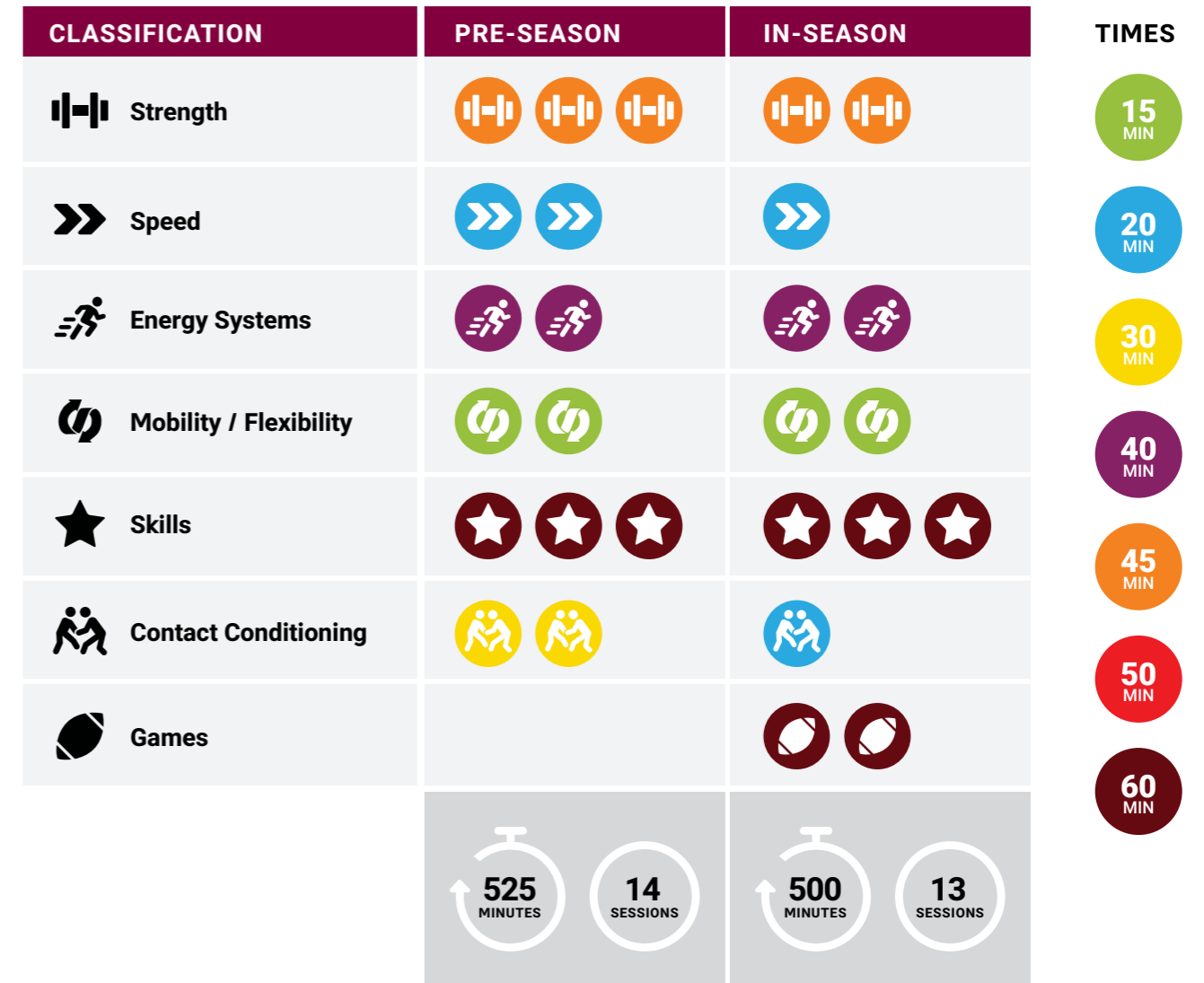
# WEEKLY CONTENT EXPOSURES: 16 YEAR OLDS



## BENCHMARKING STANDARDS CLUB - AT STANDARD

Backs Standards	Men	Women	Forwards Standards	Men	Women
Broad Jump Standards (m)	2.60 - 2.40	2.20 - 2.00	Broad Jump Standards (m)	2.50 - 2.30	2.10 - 1.90
Med Ball Chest Pass (m)	9.00 - 7.50	6.50 - 5.25	Med Ball Chest Pass (m)	9.50 - 8.00	7.00 - 5.75
1.2k TT (mins)	5.10 - 5.20	6.00 - 6.10	1.2k TT (mins)	5.25 - 5.35	6.35 - 6.45

# WEEKLY CONTENT EXPOSURES: 17 YEAR OLDS



## BENCHMARKING STANDARDS CLUB - AT STANDARD

Backs Standards	Men	Women	Forwards Standards	Men	Women
Broad Jump Standards (m)	2.60 - 2.40	2.20 - 2.00	Broad Jump Standards (m)	2.50 - 2.30	2.10 - 1.90
Med Ball Chest Pass (m)	9.00 - 7.50	6.50 - 5.25	Med Ball Chest Pass (m)	9.50 - 8.00	7.00 - 5.75
1.2k TT (mins)	5.10 - 5.20	6.00 - 6.10	1.2k TT (mins)	5.25 - 5.35	6.35 - 6.45

# BENCHMARKING STANDARDS: CLUB

# YEARLY PLAN: CLUB NOVEMBER - JANUARY

Use the percentages of each physical component to allocate content in each session.

Strength	Energy Systems	Speed/Agility	Other
1. Tech/ Injury Prev/ Hypertrophy	1. Oxidative - Volume running at 60-80%	1. Technique development	Unload Wk
2. Strength	2. Glycolitic - Lactate tolerance - 80-90%	2. Acceleration/COD	
3. Power	3. Phosphagen - O2 Power - Repeat Speed 90-100%	3. Max Velocity	

## GENERAL PRE-SEASON

NOVEMBER	Phase 1A	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes	
	Test		ISC Testing   3rm Strength					
	Strength	1.60%, 2. 30%, 3.10%	2	2	2	2		
	Energy Systems	1.50%, 2. 35%, 3.15%	2	2	2	1		
	Speed/Agility	1.60%, 2. 20%, 3.20%	2	2	2	1		
	Flex/Mobility	Static/Band	2	2	2	1		
		Number of Sessions	8	8	8	5		

DECEMBER	Phase 1B	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes	
	Test		MS = Movement Screen					
	Strength	1.50%, 2. 40%, 3.10%	2	2	2	2		
	Energy Systems	1.40%, 2. 40%, 3.20%	2	2	2	1		
	Speed/Agility	1.50%, 2. 25%, 3.25%	2	2	2	1		
	Flex/Mobility	Static/Band - Intro Trig	2	2	2	2		
		Number of Sessions	8	8	8	6		

JANUARY	Phase 1C	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes	
	Test		ISC Testing   3rm Strength					
	Strength	1.40%, 2. 50%, 3.10%	3	3	3	2		
	Energy Systems	1.35%, 2. 45%, 3.20%	2	2	2	1		
	Speed/Agility	1.40%, 2. 30%, 3.30%	2	2	2	1		
	Flex/Mobility	Static/Band/Trig	2	2	2	2		
		Number of Sessions	9	9	9	6		

Backs Standards - Men	Exceeding Standard	At Standard	Below Standard
Broad Jump Standards (m)	>2.60	2.60 - 2.40	<2.40
Med Ball Chest Pass (m)	>9.00	9.00 - 7.50	<7.50
20m Speed Standards (sec)	<3.20	3.20 - 3.30	>3.30
1.2k TT (mins)	<5.10	5.10 - 5.20	>5.20
Back Squat Standards (R/BW)	<1.5	1.5 - 1.4	<1.4
Bench Press Standards (R/BW)	<1.20	1.20 - 1.10	<1.10
Prone Chin Up Standards (R/BW)	<0.20	0.20 - 0.10	<0.10

Backs Standards - Women	Exceeding Standard	At Standard	Below Standard
Broad Jump Standards (m)	>2.20	2.20 - 2.00	<2.00
Med Ball Chest Pass (m)	>6.50	6.50 - 5.25	<5.25
20m Speed Standards (sec)	<3.70	3.70 - 3.80	>3.80
1.2k TT (mins)	<6.00	6.00 - 6.10	>6.10
Back Squat Standards (R/BW)	<1.20	1.2 - 1.1	<1.1
Bench Press Standards (R/BW)	<0.9	0.9 - 0.8	<0.8
Prone Chin Up Standards (R/BW)	<0.05	0.5 - BW	<BW

Forwards Standards - Men	Exceeding Standard	At Standard	Below Standard
Broad Jump Standards (m)	>2.50	2.50 - 2.30	<2.30
Med Ball Chest Pass (m)	>9.50	9.50 - 8.00	<8.00
20m Speed Standards (sec)	<3.30	3.30 - 3.40	>3.40
1.2k TT (mins)	<5.25	5.25 - 5.35	>5.35
Back Squat Standards (R/BW)	<1.5	1.5 - 1.4	<1.4
Bench Press Standards (R/BW)	<1.20	1.20 - 1.10	<1.10
Prone Chin Up Standards (R/BW)	<0.20	0.20 - 0.10	<0.10

Forwards Standards - Women	Exceeding Standard	At Standard	Below Standard
Broad Jump Standards (m)	>2.10	2.10 - 1.90	<1.90
Med Ball Chest Pass (m)	>7.00	7.00 - 5.75	<5.75
20m Speed Standards (sec)	<3.75	3.75 - 3.85	>3.85
1.2k TT (mins)	<6.35	6.35 - 6.45	>6.45
Back Squat Standards (R/BW)	<1.20	1.2 - 1.1	<1.1
Bench Press Standards (R/BW)	<0.9	0.9 - 0.8	<0.8
Prone Chin Up Standards (R/BW)	<0.05	0.5 - BW	<BW

# YEARLY PLAN: CLUB FEBRUARY - APRIL

## IN-SEASON REP PROGRAM

FEBRUARY	Phase 2A	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes		
	Test							Trial Games - conditioning sessions decrease	
	Strength	1.35%, 2. 50%, 3.15%	3	3	3	2			
	Energy Systems	1.30%, 2. 45%, 3.25%	2	1	1	0			
	Speed/Agility	1.30%, 2. 35%, 3.35%	2	2	2	1			
	Flex/Mobility	Static/Band/Trig	2	2	2	3			
Number of Sessions		9	8	8	6				

MARCH	Phase 2B	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes		
	Test							Re-Test ISC wk 1. CC/MM Games - commence wk 1. HN commence wk 2	
	ISC Testing								
	Strength	1.35%, 2. 45%, 3.20%	2	2	2	2			
	Energy Systems	1.25%, 2. 40%, 3.35%	1	1	1	0			
	Speed/Agility	1.30%, 2. 35%, 3.35%	1	1	1	1			
Flex/Mobility	Static/Band/Trig	2	2	2	3				
Number of Sessions		6	6	6	6				

APRIL	Phase 2C	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes		
	Test							BHP and HDC commence wk 2, Final wk of CC wk 2. Final wk of HN wk 3. Strength test wk 3.	
	Strength	1.35%, 2. 45%, 3.20%	2	2	2	2			
	Energy Systems	1.20%, 2. 35%, 3.45%	1	1	1	0			
	Speed/Agility	1.30%, 2. 35%, 3.35%	1	1	1	1			
	Flex/Mobility	Static/Band/Trig	2	2	2	3			
Number of Sessions		6	6	6	6				

# YEARLY PLAN: CLUB MAY - JULY

## IN-SEASON SCHOOL PROGRAM

MAY	Phase 3A	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes		
	Test							Re-Test ISC wk 1. GF MM wk 1. Schools RL wk 2 & 4 (15-18yrs)	
	ISC Testing								
	Strength	1.30%, 2. 40%, 3.30%	2	2	2	2			
	Energy Systems	1.20%, 2. 35%, 3.45%	1	1	1	0			
	Speed/Agility	1.20%, 2. 40%, 3.40%	1	1	1	1			
Flex/Mobility	Static/Band/Trig	2	2	2	3				
Number of Sessions		6	6	6	6				

JUNE	Phase 3B	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes		
	Test							Schools Langer/Payne Rounds 1-2 in June. Re-Test ISC wk 4.	
	ISC Testing								
	Strength	1.30%, 2. 40%, 3.30%	2	2	2	2			
	Energy Systems	1.20%, 2. 35%, 3.45%	1	1	1	0			
	Speed/Agility	1.20%, 2. 40%, 3.40%	1	1	1	1			
Flex/Mobility	Static/Band/Trig	2	2	2	3				
Number of Sessions		6	6	6	6				

JULY	Phase 3C	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes		
	Test							Australian Schools Carnival wk 1. Schools Langer/Payne Rounds 3-4 in July - wk-2-4 Strength test wk 3.	
	3rm Strength								
	Strength	1.30%, 2. 40%, 3.30%	2	2	2	2			
	Energy Systems	1.20%, 2. 35%, 3.45%	1	1	1	0			
	Speed/Agility	1.20%, 2. 40%, 3.40%	1	1	1	1			
Flex/Mobility	Static/Band/Trig	2	2	2	3				
Number of Sessions		6	6	6	6				

# YEARLY PLAN: CLUB AUGUST - OCTOBER

## IN-SEASON CLUB COMPETITION

AUGUST	Phase 4A	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes	
	Test		ISC Testing					
Strength	1.20%, 2. 50%, 3.30%	2	2	2	2			
Energy Systems	1.10%, 2. 30%, 3.60%	1	1	1	0			
Speed/Agility	1.20%, 2. 40%, 3.40%	1	1	1	1			
Flex/Mobility	Static/Band/Trig	2	2	2	3			
Number of Sessions		6	6	6	6			
SEPTEMBER	Phase 4B	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes	
	Test		3rm Strength					Re-Test ISC. NRL Schools knock out - wk 1-2. Strength test wk 3.
	Strength	1.25%, 2. 45%, 3.30%	2	2	2	2		
	Energy Systems	1.25%, 2. 40%, 3.35%	1	1	1	0		
	Speed/Agility	1.20%, 2. 40%, 3.40%	1	1	1	1		
	Flex/Mobility	Static/Band/Trig	2	2	2	3		
Number of Sessions		6	6	6	6			
OCTOBER	Phase 4C	Focus	Wk 1	Wk 2	Wk 3	Wk 4	Notes	
	N/A							Leave Period

# PREPARATION & RECOVERY

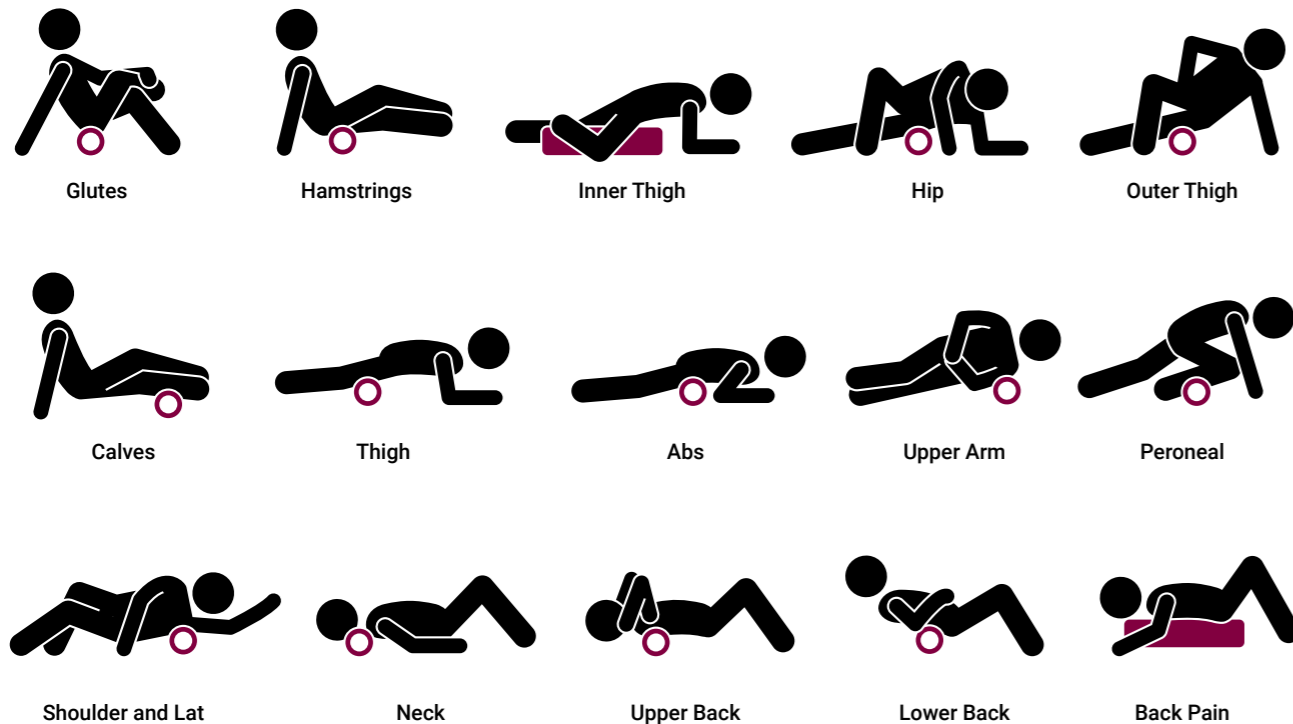
# PREPERATION & RECOVERY

Preparation (P2P)	Nutrition	Recovery
<p><b>Mobility/Flexibility</b></p> <ul style="list-style-type: none"> <li>• Muscle range of movement.</li> <li>• Check for tight area's to focus on.</li> </ul> <p><b>Activation – prior to warm up</b></p> <ul style="list-style-type: none"> <li>• Body weight or band resisted exercises</li> <li>• Aims to target priority muscles</li> </ul>	<p><b>Food as Fuel – 4 R's</b></p> <ul style="list-style-type: none"> <li>• Rehydrate</li> <li>• Refuel</li> <li>• Repair</li> <li>• Revitalise</li> </ul>	<p><b>Mobility/Flexibility</b></p> <ul style="list-style-type: none"> <li>• Check range of movement.</li> <li>• Check for tight area's to focus on.</li> </ul> <p><b>Hydrotherapy – Pool</b> <b>Ice baths and contrast showers</b></p> <p><b>Sleep</b> 8 hrs + / 56hrs p/wk</p>

## MOBILITY/FLEXIBILITY

- Foam Rolling
- Trig balls
- Prior to training

## FOAM ROLLING EXERCISES



# P2P ACTIVATIONS

Complete prior to training.



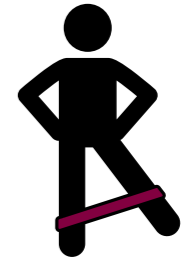
**Crab Walks**

- Hip - Glute control



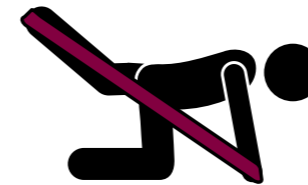
**Lateral Steps**

- Monster walks – Hip - Glutes and hip flexor



**Lateral Kicks**

- Glute med with QL control



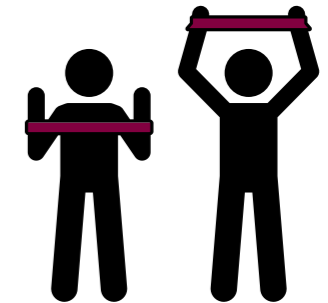
**Kickbacks**

- Posterior chain - Glute and Low back (lateral sling control)



**Leg Raises**

- Combination posterior chain bridge with anterior chain loading



**Shoulders**

- Scapula control and stability

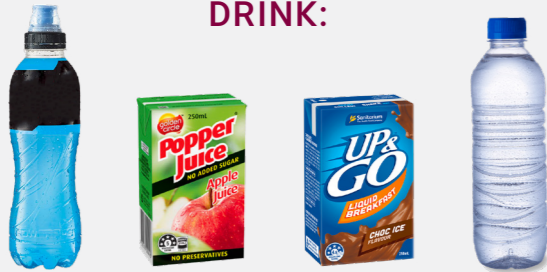
# NUTRITION 4 R'S



## REHYDRATE

**Fluid** allows better delivery of nutrients & removal of toxin buildup after exercise, and replaces sweat loss.

DRINK:



## REFUEL

**Carbs** refill your fuel tank, protect against illness 2h after exercise, & fast-track protein back to damaged muscles.

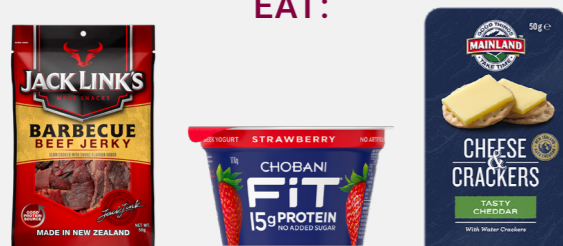
EAT:



## REPAIR

**Protein** helps damaged muscles heal, drives adaptations to the stress stimulus of exercise, and builds new muscle tissue.

EAT:



## REVITALISE

**Micronutrients** protect against cell damage, reduce inflammation caused by exercise and protect immune health.

EAT:



# RECOVERY



## CONTRAST WATER THERAPY AND POST-MATCH RECOVERY

By Halson, *Aspetar Journal of Sport Medicine*, 2014 and Bieuzen et al., *PLoS One*, 2013.

- Lower accumulation in markers of muscle damages
- Reduction in muscle strength loss
- Reduction in muscle soreness
- Similar results with cold water immersion

10 - 15°C for cold water

38 - 40°C for hot water

Ratio of Hot : Cold = 1:1 | 7 rotations (14 minutes)



## SLEEP RECOVERY

- If you sleep <7h/n, you're >3x more likely to get sick than if you sleep 8h/n

### HOW TO SLEEP WELL:

- Same bed times / wake times
- 8-9h (most important hours pre-midnight)
- Foods high in tryptophan help you fall asleep (turkey, pepitas, dairy)
- Cool room temp (19-21°C)
- Hydrotherapy (hot then cold water) reduces pain, inflammation, induces sleep
- Catch up with naps

## TRAINING V NON TRAINING DAY

TRAINING/GAME DAY	NON TRAINING
<p><b>Wake Up</b></p> <ul style="list-style-type: none"> <li>• Mobility/Flexibility</li> <li>• Refuel</li> </ul> <p>• Rehydrate – continue throughout the day</p> <ul style="list-style-type: none"> <li>• Revitalise</li> </ul> <p><b>Pre-Training/Game</b></p> <ul style="list-style-type: none"> <li>• Refuel – 2hr window</li> <li>• Activations</li> </ul> <p><b>During</b></p> <ul style="list-style-type: none"> <li>• Rehydrate</li> </ul> <p><b>Post-Training/Game</b></p> <ul style="list-style-type: none"> <li>• Recovery•Refuel and Repair – 30min window</li> </ul> <p><b>Sleep – 8+ hrs</b></p>	<p><b>Wake Up</b></p> <ul style="list-style-type: none"> <li>• Mobility/Flexibility</li> <li>• Refuel</li> <li>• Rehydrate</li> <li>• Revitalise</li> </ul> <p><b>Rest of the day</b></p> <ul style="list-style-type: none"> <li>• Reduce meal sizes</li> <li>• Eat at regular times                             <ul style="list-style-type: none"> <li>• Breakfast</li> <li>• Morning tea</li> <li>• Lunch</li> <li>• Afternoon tea</li> <li>• Dinner</li> </ul> </li> </ul> <p><b>Catch up on sleep – 56hrs in a week</b></p>

# FUTURE MAROONS ACADEMY

ON FIELD SESSIONS

## FUTURE MAROONS ACADEMY ON FIELD SESSION #1

TIME (mins)	AREA	DRILL NAME	GROUP	EQUIPMENT	DRILL FOCUS
8	WARM UP / ACTIVATION	Fun game + Dynamics	Everyone, COACH - S&C	Markers	<b>S&amp;C:</b> Warm up - dynamics, fun game + contact ready
30	TESTING	QRL Performance Testing	Everyone, COACH - S&C	Markers, Med Ball, timing	<b>S&amp;C:</b> Physical Performance testing (1.2km / Broad Jump / MB Throw)
8	DEF	TCK Technique Drill	PLAYERS - In Pairs, COACH - ALL	Balls, markers	<b>DEF:</b> Under ball TCK technique drill, footwork & contact zone
8	PTB	PTB drill	PLAYERS - In Pairs, COACH - ALL	Balls, markers	<b>ATK:</b> Knees to chest, get up and play ball in one motion
6	DEF	TCK Technique 1 v 1	PLAYERS - In Pairs, COACH - ALL	Ball, markers	<b>DEF:</b> Under ball TCK technique drill, footwork & contact zone, more space
6	ATK	Short Hole - Decision Making Drill	L vs R, COACH - ALL	Balls, markers	<b>ATK:</b> identify the hole, short space (short/sharp - decision making)
8	ATK	Rip drill - space / lines	Everyone, COACH - ALL	Balls, markers	<b>ATK:</b> movement away from the PTB, Arrow shape - isolate DEF, inside & outside runners
11	SS GAME	8 v 6 Continuous ATK game	Teams x 2, COACH - ALL	Balls, bibs	<b>ATK:</b> 3-4 Play focus - vision & decision making . <b>DEF:</b> work rate, comms & connection
5	WARM DOWN	Cool Down + Nordics	Everyone, COACH - S&C	Nil	<b>S&amp;C:</b> stretching & Nordics to finish. Coach: review session with players while stretching

TOTAL TIME
90

EQUIPMENT
Markers, hit pads, balls, bibs, poles.

ACADEMY OBJECTIVES - SESSION #1		
Enjoy the Experience	Educate Compete	Reinforce the Basics
Fundamentals	Space / shapes	ATK
Fundamentals	Vision / Decision Making	ATK
Non-negotiables	TCK Tech (contact zone / footwork)	DEF
Non-negotiables	TCK Tech (Front on TCK)	DEF

# FUTURE MAROONS ACADEMY ON FIELD SESSION #2

TIME (mins)	AREA	DRILL NAME	GROUP	EQUIPMENT	DRILL FOCUS
12	WARM UP / ACTIVATION	Fun game + Dynamics	Everyone, COACH - S&C	Markers	<b>S&amp;C:</b> Warm up - dynamics, fun game + contact ready
8	SS GAME	SS Game - 2 ball touch	Everyone, COACH - ALL	Markers, balls, bibs	<b>SS GAME:</b> Evasion game warm up, communication, activation
12	DEF	TCK Drill - 1v1, 2v1, 3v1	PLAYERS - In groups, COACH - ALL	Balls, markers	<b>DEF:</b> Under ball TCK technique drill, footwork & contact zone
12	DEF	Ruck Defence Static and moving colour marker drill	PLAYERS - In groups of 6, COACH - ALL	Ball, markers	<b>DEF:</b> Ruck reload and marker principles
12	ATK	TCK Escapes - Rotate, Rock & Roll	PLAYERS - In Pairs, COACH - ALL	Balls, markers	<b>ATK:</b> Body positioning, spacial awareness and TCK momentum, <b>DEF:</b> Body weight & positioning
6	ATK	Bumpers - Leg drive / Fend / roll	Everyone, COACH - ALL	Balls, poles, markers, pads	<b>ATK:</b> Using bumpers, leg drive & momentum
8	ATK	Bumpers - Pad drill (early/late catch)	Everyone, COACH - ALL	Balls, markers	<b>ATK:</b> early/late catch at the pads, bumper positioning & leg drive
15	SS GAME	Pad Game - Continuous ATK game	Teams x 2, COACH - ALL	Balls, bibs	<b>ATK:</b> 3-4 Play focus - bumpers, vision & decision making. <b>DEF:</b> work rate, comms & connection
5	WARM DOWN	Cool Down + Nordics	Everyone, COACH - S&C	Nil	<b>S&amp;C:</b> stretching & Nordics to finish. <b>Coach:</b> review session with players while stretching

TOTAL TIME
90

EQUIPMENT
Markers, hit pads, balls, bibs, poles.

ACADEMY OBJECTIVES - SESSION #1		
Enjoy the Experience	Educate Compete	Reinforce the Basics
Fundamentals	TCK Escapes	ATK
Fundamentals	Bumpers	ATK
Non-negotiables	TCK Tech (contact zone / footwork)	DEF
Non-negotiables	Ruck DEF / Markers	DEF

# FUTURE MAROONS ACADEMY ON FIELD SESSION #3

TIME (mins)	AREA	DRILL NAME	GROUP	EQUIPMENT	DRILL FOCUS
20	WARM UP / ACTIVATION	SS game + Dynamics	Everyone, COACH - S&C	Markers	<b>S&amp;C:</b> Warm up - dynamics, fun game + contact ready
8	DEF	Connection Drill - mapping	Everyone, COACH - ALL	Markers, balls	<b>DEF:</b> Connection in DEF plus movement, vision and communication
12	DEF	TCK Drill - 1v1, 2v1, 3v1	PLAYERS - In groups, COACH - ALL	Balls, markers	<b>DEF:</b> Under ball TCK technique drill, footwork & contact zone. 2-3 person TCK - connection & comms
10	DEF	Line Connection/reload Drill	PLAYERS - In groups of 6, COACH - ALL	Ball, markers	<b>DEF:</b> Marker principles, tie in/up connection and spacing
6	ATK	Ruck plays (Middles)	L vs R, COACH - ALL	Balls, markers	<b>ATK:</b> simple ATK ruck plays to recognise fast/slow PTB
6	ATK	Edge Plays (edges)	Everyone, COACH - ALL	Balls, poles, markers, pads	<b>ATK:</b> edge line running options/plays, identify space (3in/2in DEF)
8	ATK	Combination - Rolling Ruck / sequences	Everyone, COACH - ALL	Balls, markers	<b>ATK:</b> combine ruck /edge plays (2/3 play sequence)
15	SS GAME	4 TCK Game	Teams x 2, COACH - ALL	Balls, bibs	<b>ATK:</b> 4 Play focus - vision & decision making. <b>DEF:</b> work rate, comms & connection
5	WARM DOWN	Cool Down + Nordics	Everyone, COACH - S&C	Nil	<b>S&amp;C:</b> stretching & Nordics to finish. <b>Coach:</b> review session with players while stretching

TOTAL TIME
90

EQUIPMENT
Markers, hit pads, balls, bibs, poles.

ACADEMY OBJECTIVES - SESSION #1		
Enjoy the Experience	Educate Compete	Reinforce the Basics
Fundamentals	Ruck Plays	ATK
Fundamentals	Edge Plays	ATK
Non-negotiables	DEF Connection	DEF
Non-negotiables	DEF Tie in/up	DEF



# FUTURE MAROONS ACADEMY ON FIELD SESSION #4

TIME (mins)	AREA	DRILL NAME	GROUP	EQUIPMENT	DRILL FOCUS
10	WARM UP / ACTIVATION	Fun game + Dynamics	Everyone, COACH - S&C	Markers	<b>S&amp;C:</b> Warm up - dynamics, fun game + contact ready
10	SS GAME	Marker down 2 Ball touch	Everyone, COACH - ALL	Markers, balls	<b>SS GAME:</b> Evasion game warm up, communication, activation
14	DEF	6 TCK Drill	PLAYERS - In groups of 8, COACH - ALL	Balls, markers	<b>DEF:</b> Under ball TCK technique drill, footwork & contact zone. Front on, 45deg, side on TCK
8	DEF	Pendulum & Connection Drill	PLAYERS - In groups, COACH - ALL	Ball, markers	<b>DEF:</b> Back 5 - Understanding pendulum technique and connection
10	ATK	Kicking	In pairs, COACH - ALL	Balls, markers	<b>ATK:</b> kick technique (ball drop/grubber/high)
10	ATK	Ruck Plays	Everyone (middles), COACH - ALL	Balls, poles, markers, pads	<b>ATK:</b> simple ATK ruck plays to recognise fast/slow PTB
8	ATK	2 Play sequence	Everyone, COACH - ALL	Balls, markers	<b>ATK:</b> combine ruck /edge plays (2/3 play sequence)
15	SS GAME	4 TCK game (bonus 1v1 TCK, Kick T4)	Teams x 2, COACH - ALL	Balls, bibs	<b>ATK:</b> 4 Play focus - vision & decision making. <b>DEF:</b> work rate, comms & connection
5	WARM DOWN	Cool Down + Nordics	Everyone, COACH - S&C	Nil	<b>S&amp;C:</b> stretching & Nordics to finish. <b>Coach:</b> review session with players while stretching

TOTAL TIME
90

EQUIPMENT
Markers, hit pads, balls, bibs, poles.

ACADEMY OBJECTIVES - SESSION #1		
Enjoy the Experience	Educate Compete	Reinforce the Basics
Fundamentals	Kicking	ATK
Fundamentals	Ruck & Edge Plays	ATK
Non-negotiables	TCK Tech (contact zone / footwork)	DEF
Fundamentals	Pendulum / Line DEF	DEF

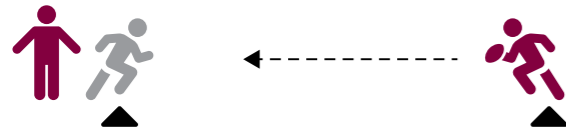
## FUTURE MAROONS ACADEMY DRILL ACTIVITIES

# 1 ON 1 TACKLE

**RISE**



a)



b)



**PLAYING AREA:** 2-4m apart  
**RECOMMENDED TIME:** 8-10 mins  
**MAX PLAYERS PER GRID:** 3

## OBJECTIVES

### Attack:

Run in a straight line to allow defender to tackle. Protect the ball.

### Defence:

Make a safe & effective tackle. APPROACH, HIT, WRAP, PUSH & ROLL.

**A)** Ball carrier moves directly towards tackler (start slow and increase pace) with spotter lending weight behind them to stop the ball carrier from being lifted. Tackler moves off their line to hit with the shoulder and drive ball carrier back past their marker. \* Spotter to adjust resistance.

**B)** With the markers slightly further apart, Defender starts with the ball and passes the ball to the Attacker before approaching the tackle. When the Attacker catches the ball they move directly towards the Defender followed closely by their spotter, lending weight to the attacker.

## QUESTIONS

- › Ask your players to break down the tackle.
- › Where should we make contact on the ball carrier?

## TIPS

**Approach** - Chin Up, Eyes at the target, Hands up, Short feet into contact.

**Hit** - Aim for the tackle zone (Under ball), Chin Up, Back straight, Contact with the Shoulder

**Wrap** - Head tight, Feet close to the ball carrier, Arms wrapped & Squeeze

**Push & Roll** - Use ball carriers momentum, Push towards the ball carrier. Roll them onto their back, Stay on top with control

## + CHALLENGE

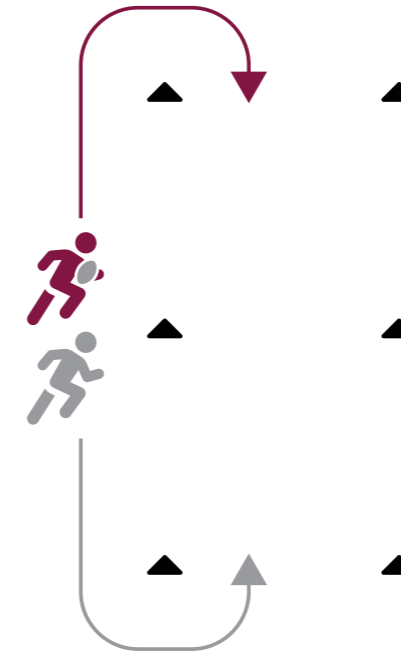
- Allow ball carrier to move quicker.
- Allow the ball carrier more space so they can try to evade the tackler.
- Remove spotter so defender can complete the tackle.

## - CHALLENGE

- Slow the ball carrier down (walking pace).

# 1 ON 1 TACKLE GRID

**RISE**



**PLAYING AREA:** 5 x 2m  
**RECOMMENDED TIME:** 8-10 mins  
**MAX PLAYERS PER GRID:** 6

## OBJECTIVES

### Attack:

Evade the defender to score a try at the end of the grid.

### Defence:

Prevent the Attacker from scoring by making a safe and effective 1 on 1 tackle.

Both players begin by standing next to each other to one side of the grid. On the coaches "GO", the Attacker runs to one end of the grid and turns into the playing area. The Defender runs to the opposite end. The Attacker then attempts to score a try.

Encourage the attacker to stay tall, keep running and stay in the grid.

## QUESTIONS

- › In what ways can the defender deny the ball carrier time and space?

## TIPS

**Approach** - Be quick around the marker to deny time and space for the attacker.

Allow defenders to experiment where they place themselves in the grid.

If they go to the middle talk about them being able to put the attacker on a shoulder by turning tight on their marker and getting off the line square.

## + CHALLENGE

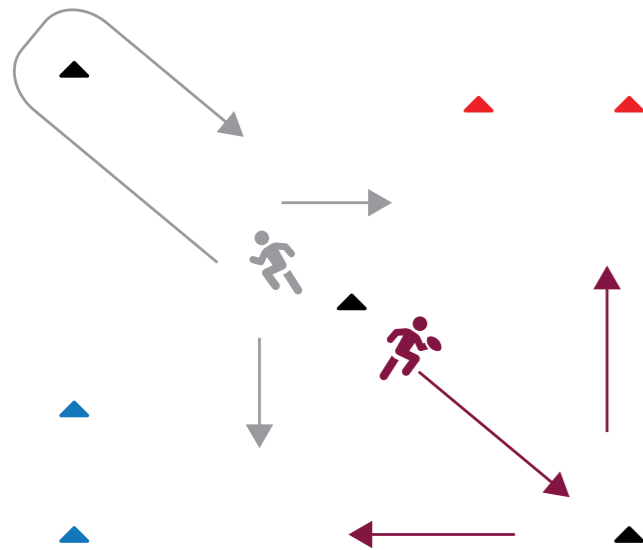
- Make the grid wider to give the attacker more space.

## - CHALLENGE

- Make the grid narrower.
- Allow the defender to start first.

# SIDE ON TACKLE GRID

**RISE**



**PLAYING AREA:** 5m x 5m  
**RECOMMENDED TIME:** 5-8 mins  
**MAX PLAYERS PER GRID:** 6

## OBJECTIVES

### Attack:

Score a try through the blue or red gate.

### Defence:

Make a safe and effective side on tackle to prevent the attacker from scoring.

Attacker and Defender start in the middle of the grid.

On the Coaches "GO" both players run towards opposite corners of the grid.

The attacker turns and tries to score a try between either the blue or red gates. The defender turns and reacts to the attacker, and makes a side on tackle to stop them from scoring.

## QUESTIONS

- Ask the players to break down the tackle.
- Where is the best place to make contact on the attacker and why?
- How can we take time and space away from the attacker?

## TIPS

### Approach / Hit / Wrap / Push-Roll

Tacklers should tackle between the hips and knees, with their head behind the ball carrier's backside.

It's important for the defender to get around the marker quickly to shut down space and put the attacker on a shoulder.

## + CHALLENGE

- Allow the attacker to choose which gate to score through.
- Move the starting point for the attacker closer to their turning marker to give the defender less time to get set.
- Make the gates wider.

## - CHALLENGE

- Pre-determine which way you want the attacker to go.
- Move the starting point closer to the defenders corner to give them more time to turn and get set.
- Make the gates narrower.

# 1 V 1 TACKLE GAME

**RISE**



**PLAYING AREA:** 10m wide x 15m long  
**RECOMMENDED TIME:** 12-15 mins  
**MAX PLAYERS PER GRID:** 10

## OBJECTIVES

### Defence:

Effect 1 v 1 tackles (under the ball) to prevent attackers from scoring.

Four attackers v six defenders. Two players with bibs stay on the defending team (rotate every 2-3 sets).

Attackers have 4 tackles to try and score a try. Defenders must affect 1 v1 UNDER the ball tackles. If there are 2 defenders in the tackle the attacking team gets another tackle.

## QUESTIONS

- How can you limit the attacking teams options?
- Why is it important to be able to tackle under the ball?

## TIPS

Defenders need to stay up and alert for offloads.  
 Good line speed will take away time and space from the attack.

## + CHALLENGE

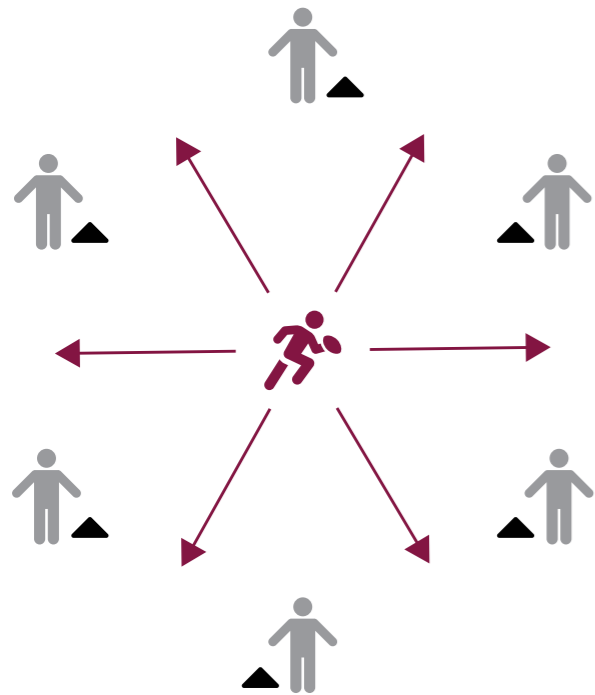
- Add another attacking player.
- Increase the width of the grid.

## - CHALLENGE

- Add another defender.
- Do not allow offloads.
- Reduce the width of the grid.

# CONTACT CIRCLE

**RISE**



**PLAYING AREA:**  
Circle, with players 1m apart  
**RECOMMENDED TIME:** 5 - 8 mins  
**MAX PLAYERS PER GRID:** 6 - 7

## OBJECTIVES

### Attack:

Try to bust through a space between two of the defenders.

### Defence:

Prevent ball carrier from getting out of the circle.

5-6 Defenders stand in a circle, about 1m apart. Attacker starts in the middle of the circle with the ball.

On the coaches "GO", the attacker attempts to bust through one of the spaces between the defenders, using good "Running into Contact" technique. The Defenders attempt to close the space to get their bodies in front of the ball carrier to effect the "Hit" & "Wrap" stages of the tackle.

Encourage players to communicate in tackle by adding a call like "I'm Ball" then second defender can drop and take attacker to the ground.

## QUESTIONS

- › What is important for the defenders to do when tackling?
- › Why is it important to communicate in the tackle?
- › How should we run into contact? (Body position, grip etc).

## TIPS

Keep the spacings tight to start with; let the attacker explore ways of trying to bust through the circle. Observe how the defenders react and try to stop the attacker.

Defenders should discuss; getting bodies in front and controlling the football.

Head in, Hips in, wrapping the attacker up tightly (handles).

## TIPS (CONTINUED)

Attackers should talk about bracing for contact, 2 hands on the ball or free arm providing a bumper Upper torso on a forward lean with leg drive, eyes up but chin tucked.

## + CHALLENGE

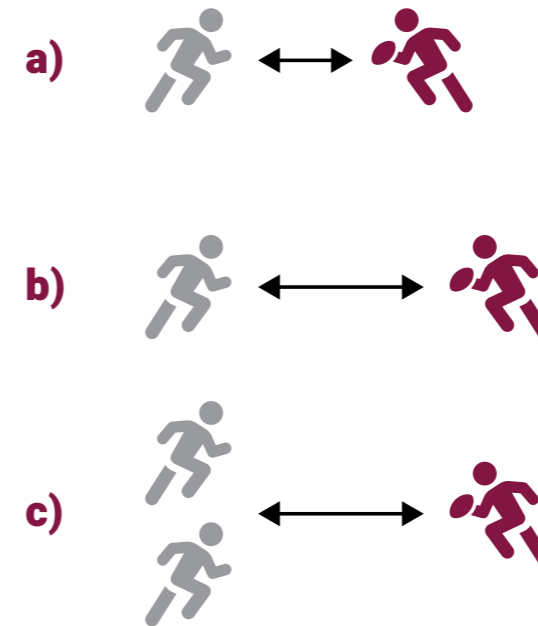
- Increase the size of the circle to challenge the defenders footwork.
- Get the defenders to complete the tackle, rather than just stopping the attacker.

## - CHALLENGE

- Make the size of the circle smaller to decrease the size of the space between defenders.

# BODY IN FRONT TACKLE PROGRESSION

**RISE**



**PLAYING AREA:** 1-3m apart  
**RECOMMENDED TIME:** 12-15 mins  
**MAX PLAYERS PER GRID:** 2 then 3

## OBJECTIVES

### Attack:

React to Coaches signal and carry ball into contact.

### Defence:

Keep body in front of attacker and control the ball/attacker.

- a) Players without a ball stand 1m apart; Coach says "Left" or "Right" and the players step in and make contact with their shoulders and wrap their arms; then reset.
- b) Attacker holds a ball, and stand facing the defender. The coach stands behind the defenders. The coach will then raise their arm and then lower it indicating which shoulder for the attacker to run at. The defenders job is to move their feet and keep their body in front of the defender. They then make contact, and hold.
- c) Add another defender; attacker tries to get between defenders. Defenders stop the attacker and take to ground.

## QUESTIONS

- › Why is it important to get in front of the ball carrier?
- › Why is your first contact important?
- › Why is it important to control the ball?

## TIPS

**Move** feet to stay in front.

**Hit** (shoulder) then control attacker (leg drive).

**Head In, Hips In, Hold** (get a Handle).

## + CHALLENGE

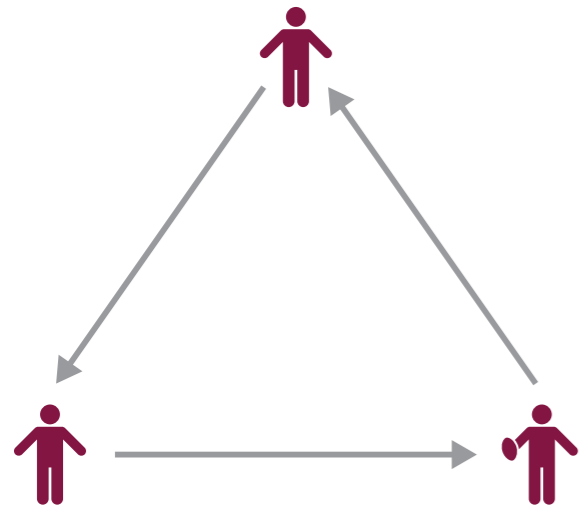
- Attacker can try to spin out.
- Defender turns back then has to react to attacker on coaches call.
- Open up the space between defenders.

## - CHALLENGE

- Reduce the distance between attacker and defender.

# TACKLE TRIANGLE

**RISE**



**PLAYING AREA:** 2-3m  
**RECOMMENDED TIME:** 5-8 mins  
**MAX PLAYERS PER GRID:** 3

## OBJECTIVES

### Attack:

Carry into contact, Land on elbows and knees and Play the Ball.

### Defence:

Make an effective tackle to prevent the ball carrier from finding their front

Three players stand in a triangle, about 2m apart with one ball between them. The players pass the ball around and on the coaches "GO" the player with the ball in their hands becomes the attacker.

They run between the two remaining players who become the defenders and attempt to find their elbows and knees to Play the Ball. The Defenders work together to control the tackle and put the attacker onto their back.

## QUESTIONS

- › What is the best way to try and stop the attacker?
- › Once you have stopped the attacker, what happens next?
- › Who gets off the attacker first and why?

## TIPS

React quickly, get bodies in front with good contact.

Communicate who is on the ball so that the other defender can drop and drive the attackers legs. You can then communicate which direction you are going to take the attacker to the ground.

The legs defender gets up first and the player over ball gets up second to control the PTB speed.

## + CHALLENGE

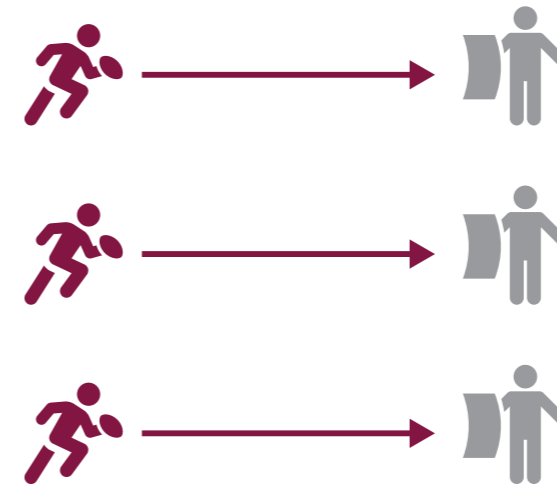
- Widen the spaces between defenders.

## - CHALLENGE

- Narrow the spaces between defenders.

# CARRY INTO PADS

**RISE**



**PLAYING AREA:** 2m Apart  
**RECOMMENDED TIME:** 5-8 mins  
**MAX PLAYERS PER GRID:** 3-4 per pad

## OBJECTIVES

### Attack:

Protect the ball, Brace for Contact, Lean Forward & Drive Defender back 1-2m's.

### Defence:

Provide resistance, and make it difficult for the attacker to drive you backwards.

Start with the pad 2m from the attacker. Simply ask the attacker to carry the ball into the pad and drive it back 2m (You can have a line or hats to indicate).

Ask the pad holder to stay in front of the attacker.

Rotate the players around so that they get plenty of opportunities.

## QUESTIONS

- › What are the different ways we can carry the ball into contact?
- › What body position gives you the most power to drive the pad?
- › What changes when we try spin out of a tackle? Grip?
- › Why is it better to carry the ball in the mid-line of the chest?

## TIPS

### Protect Ball -Brace for Contact- Lean Forward - Leg Drive

Some players will have 2 hands on the ball, others will use their free arm as a bumper.

Either way encourage them to have the ball at the midline of their body.

When they spin, talk about bracing for contact, keeping the ball away from the defender, hit left shoulder and leg, spin to the left (or right to right) with small steps to turn quickly. This might give them the opportunity to offload.

## + CHALLENGE

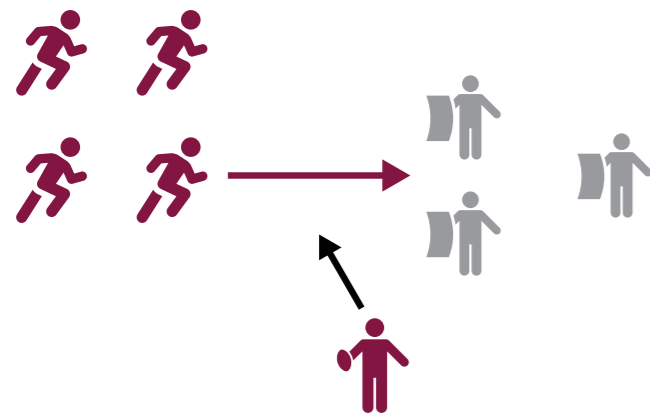
- Ask the attacker to hit and spin on the pad (both ways).
- Allow the defender to move forward.
- Receive a pass before contact.

## - CHALLENGE

- Keep the defender stationary.

# CARRY THROUGH PADS DRAW & PASS

**RISE**



**PLAYING AREA:** 5m Channel  
**RECOMMENDED TIME:** 5-8 mins  
**MAX PLAYERS PER GRID:** 8-10

## OBJECTIVES

### Attack:

Protect the ball in contact, and complete a draw and pass to beat a defender.

### Defence:

Make contact with ball carrier.

Three defenders start with hit shields with two players standing parallel, and the other standing 4-5m behind them.

The coach passes the ball to the first receiver who busts through the first defenders before drawing and passing to beat the third defender. The support runner times run onto the ball.

## QUESTIONS

- › What ways could we get through the pads?
- › What are we looking for in a 2 on 1 situation?

## TIPS

Attacker should use leg drive, step, spin or bump through 2 pads then transfer the ball to two hands to draw and pass

Ball carrier - Engage / Read / React to the back defender.

Support runner needs to time their run.

## + CHALLENGE

- Add a Dummy Half Pass so the attacker catches the ball on the advantage line, closer to the pads.
- Decrease the spacing between pads.
- Move the third defender closer.

## - CHALLENGE

- Pass the ball early to the attacker.
- Increase the spacing between pads
- Move the third defender further back.

# 6 V 4 GAME

**RISE**



**PLAYING AREA:** 20mx30m Channel  
**RECOMMENDED TIME:** 10-15mins  
**MAX PLAYERS PER GRID:** 10

## OBJECTIVES

### Attack:

Create 2 v 1 situations to enable team to gain territory and score.

### Defence:

Defend for a set of 6 and prevent the attacking team from scoring.

Two teams of four, with two additional players wearing bibs. These two players are always on the attacking team.

6 tags per set, with one marker. To make it game speed, get the ball carrier to go down and up before playing the ball.

Make sure you swap the bibs every 3-4 sets.

## QUESTIONS

- › How can you create space?
- › What are you looking for when you have the ball?

## TIPS

The ruck might be a good starting point, discussing the advantages of playing flat and fast as well as looking for overlap situations.

## + CHALLENGE

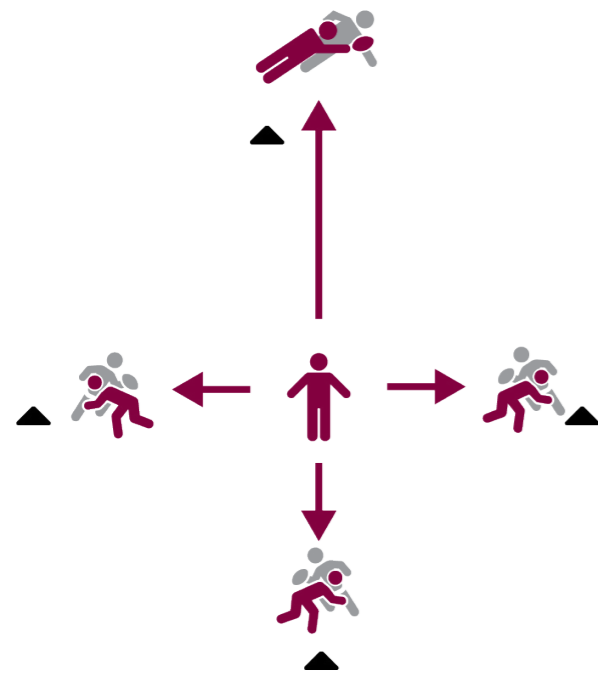
- Make the field narrower to reduce the attackers space.
- Instead of Tag, play Tackle.
- Add a 5th Defender.

## - CHALLENGE

- Reduce width of the channel so the attackers have less space.
- Make the defender that made the tag go to the sideline before the can make another tag.
- Same defender can't tag/tackle twice in a row.

# TACKLE CHALLENGE

**RISE**



**PLAYING AREA:** 5m x 5m  
**RECOMMENDED TIME:** 8-10 mins  
**MAX PLAYERS PER GRID:** 5

## OBJECTIVES

### Attack:

Run in a straight line to allow the defender to practice their tackle technique.

### Defence:

Make a safe and effective front, side and rear tackle.

Defender starts in the middle of the grid, with an attacker on each of the 4 markers. On the Coaches "GO" the Defender tackles each of the attackers one by one, returning to the middle of the grid after each tackle. The Attacker runs once the defender is back in the middle.

Tackle 1 - Front on tackle

Tackle 2 - Side on Tackle (Right Shoulder)

Tackle 3 - Side on Tackle (Left Shoulder)

Tackle 4 - Rear Tackle

## QUESTIONS

- Why is it important to be able to make a range of different tackles?

## TIPS

### Revise - Approach / Hit / Wrap / Push-Roll

It is important to be able to make a tackle for the occasion, to be able to negotiate different game scenarios.

## + CHALLENGE

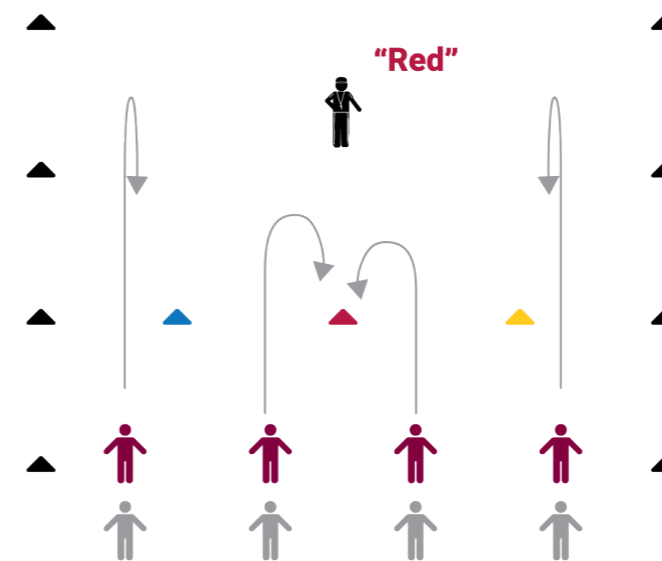
- Have the attackers move quicker or try to evade the defender.
- See who can make their 4 tackles the quickest.

## - CHALLENGE

- Slow the attackers down
- Place the markers closer together.

# MARKER & RUCK DEFENCE

**RISE**



**PLAYING AREA:** 10m x 15m  
**RECOMMENDED TIME:** 15 mins  
**MAX PLAYERS PER GRID:** 12

## OBJECTIVES

### Defence:

Get into markers and ruck defence position quickly, with the correct spacing and movement.

Players stand in lines of 4 on the start line. The coach calls a colour. The first line of players react by getting themselves set as MARKERS & A's or MARKERS A & B's with adequate spacing.

When they're set, the coach blows the whistle and the defenders move off the line to demonstrate how they would defend. You can add a 2nd channel and have two groups competing to see who can get set first.

The next step is to have the second line of players play the ball at the coloured marker. They then roll down the channel for 3 plays (tag or full contact).

## QUESTIONS

- What are the key points for efficient ruck defence?

## TIPS

**Communication / Movement** by markers (2nd marker push 1st marker, split and fill space).

Markers cut square (hips and shoulders up field).

A & B defenders 3m for A and 4m to B (spacing).

## + CHALLENGE

- Set up two channels side by side to compete against each other.
- Make it a contact drill, attackers have 3 plays.
- Add another attacker.

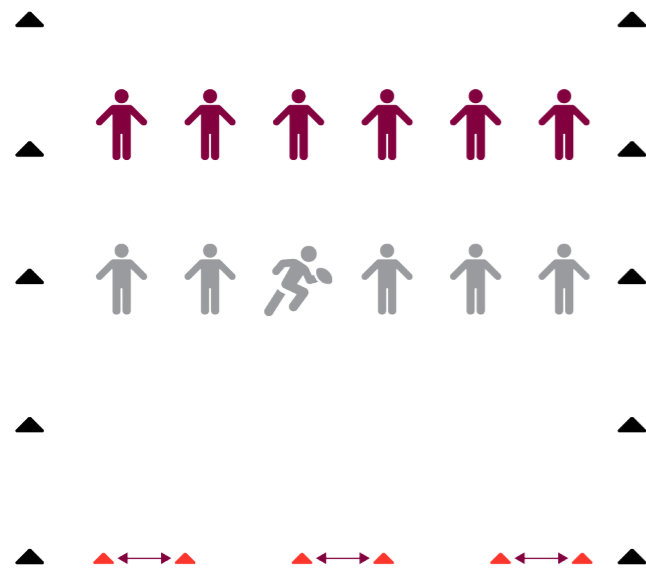
## - CHALLENGE

- Walk through to demonstrate correct positioning and movements.
- Only play 2 handed tag through the grid.

# 6 V 6 GAME

## DEFENSIVE CONSTRAINTS

**RISE**



**PLAYING AREA:**  
20m x 40m (10m in goals)

**RECOMMENDED TIME:** 10-15 mins

**MAX PLAYERS PER GRID:** 12

### OBJECTIVES

#### Attack:

Work out how to best score tries against various defence rules or limitations.

#### Defence:

Adapt to rules to deny the attack.

Two teams of 6 players, 2 handed touch. This an attack bias game where you put different constraints on the defensive team Eg:

1. Defender who makes the tackle has to go to the nearest side-line and then back into play.
2. Defender has to hit the ground then up before being involved
3. The coach can call out "1" or "2" and defenders have to go back to the try-line before entering play again.
4. Attackers have to score between certain hats (eliminate all 3 scoring areas to win).

### QUESTIONS

- › How can you create space?
- › What are you looking for when you have the ball?

### TIPS

The ruck might be a good place to start. Discuss the advantages of playing flat and fast as well as looking for overlap situations.

### + CHALLENGE

- Make the field narrower to help the defence.
- Create scoring areas that limit where the attack can score tries.
- You can remove an area once a try has been scored and see how many plays it takes to score 3 tries.

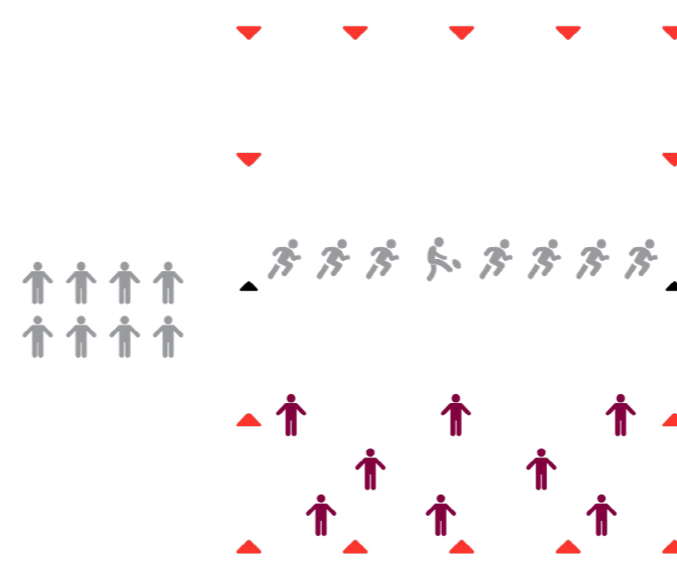
### - CHALLENGE

- Make the field wider to help the attack.
- Remove a defender and add to the attacking team 7 v 5.

# 3 PLAYS

## KICK GAME

**RISE**



**PLAYING AREA:**  
40m x 40m (10m in goals)

**RECOMMENDED TIME:** 10-15 mins

**MAX PLAYERS PER GRID:** 24

### OBJECTIVES

#### Attack:

Control possession and create opportunities.

#### Defence:

Prevent the opponent from scoring and regain possession.

Set up 3 teams of 6-8 players. The team in possession of the ball have three plays, and can kick on any tackle. Defenders stop the ball carrier with a 2 handed tag, and the ball carrier must go down and up to PTB.

The team that scores a try or traps the opposition in their own in-goal stays on. The new team on receives the ball from the kick off (grubber from the try-line).

If the attacking team kicks the ball dead or over the sideline they are rotate off the field. Compete to see which team can stay on the field the longest.

### QUESTIONS

- › How can you position yourself to create options in attack?
- › What can you do to help defend kicks?

### TIPS

Let the players work out some tactics. They might start trapping the kicks to prevent getting caught in the in-goal or play a fullback.

### + CHALLENGE

- Reduce the size of the in-goal areas.
- Only allow kick on last play.

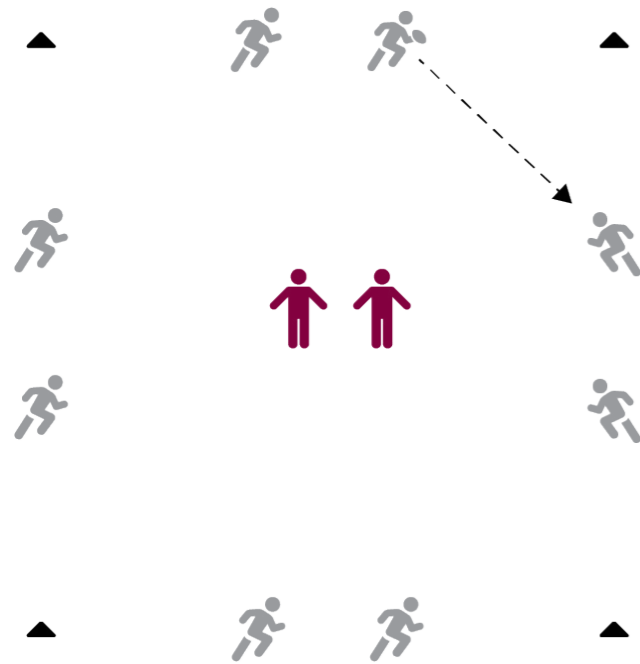
### - CHALLENGE

- Give the teams 4 tackles
- Allow the attackers to stand and PTBall.



# 2 ON 2 TACKLE GRID

**RISE**



**PLAYING AREA:** 5m x 5m  
**RECOMMENDED TIME:** 8-10 mins  
**MAX PLAYERS PER GRID:** 10

## OBJECTIVES

### Attack:

Pass the ball around the grid to test the defenders communication and positioning before trying to score a try.

### Defence:

Work together to keep a flat line to deny the attackers time and space and prevent them from scoring.

Attackers stand on the outside of the grid with players on each side with 1 ball between the group. Two defenders start in the middle of the grid.

Attackers pass ball around the grid in any direction, defenders adjust and square up to the attack. The ball must travel through the hands (Not miss anybody). On coach's call 2 attackers attempt to score a try, they can tip on and offload.

Defenders make 3-4 effective tackles then rotate out.

## QUESTIONS

- › Why is it important to square up to where the ball is?
- › How can the defenders deny the attackers space?
- › Where should the first contact be made?

## TIPS

It's important to square up so it is easier to get your body in front of the attacker.

Defenders should nominate, communicate and stay square ensuring they have the width of the grid covered (spacing). They should avoid crossing behind each other.

Depending on the situation, contact may be on or over the ball.

## + CHALLENGE

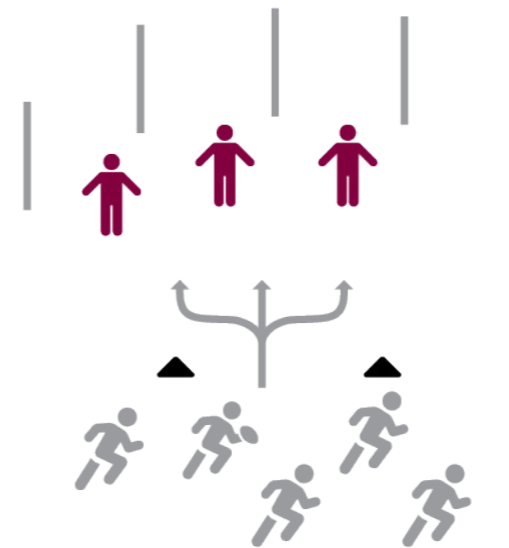
- Allow Attackers to run with their partner whenever they see space to put more pressure on the defenders.
- Make the Grid bigger so there is more space for them to defend.
- Have 3 Attackers on each side.

## - CHALLENGE

- Make the grid smaller.
- Do not allow offloads or passing.

# DEFEND A SPACE

**RISE**



**PLAYING AREA:** 10m x 15m  
**RECOMMENDED TIME:** 6 - 8 mins  
**MAX PLAYERS PER GRID:** 8 - 10

## OBJECTIVES

### Attack:

Pass the ball in any direction to score tries between the poles.

### Defence:

Work together to deny the attackers space and prevent them from scoring between the poles.

3 defenders start side by side in front of 5 agility poles positioned in an arc formation approximately 3-4m apart. Their job is defend the 4 spaces between the poles. They stop the attackers with a 2 hand tag.

Attackers try to score in the spaces between the poles by getting ball through vacant space. They try to score as many tries as they can in 90 seconds. Each time there is a try or tag, all attackers run back through the starting gate (two makers positioned about 5-6m from the poles).

## QUESTIONS

- › How can the defenders make it hard to score?
- › What tactics can you use to create opportunities to score?

## TIPS

Defenders need to communicate, stay square and work together.

Attackers could look to gang up on a defender and spread out to create options.

## + CHALLENGE

- Widen the distance between the poles.
- Only allow defenders come forward 1m from the poles.

## - CHALLENGE

- Narrow the gap between the poles.
- Allow the defenders to come forward to make a tag.

# SCORE A TRY / SAVE A TRY

**RISE**



**PLAYING AREA:** 5m  
**RECOMMENDED TIME:** 5-6 mins  
**MAX PLAYERS PER GRID:** 2

## OBJECTIVES

### Attack:

Score a point by placing foot on one of the markers.

### Defence:

Stop defender from placing foot on marker.

1 Defender and 1 Attacker start in the middle of two markers placed 5m apart. The Defender starts locked in on the ball (standing). On the coaches "go" the attacker has 5 seconds to try and touch either of the markers with their foot to score a point. The Defender tries to stay locked in to the tackle to prevent the attacker from scoring.

## QUESTIONS

- › What should you be doing with for feet and why?
- › Where should your head be?
- › What do you think we should be doing with our arms?

## TIPS

Head / Hips / Handle - NO GAPS

- Head in tight
- Hips in
- Handles: grab the attackers triceps and squeeze

## + CHALLENGE

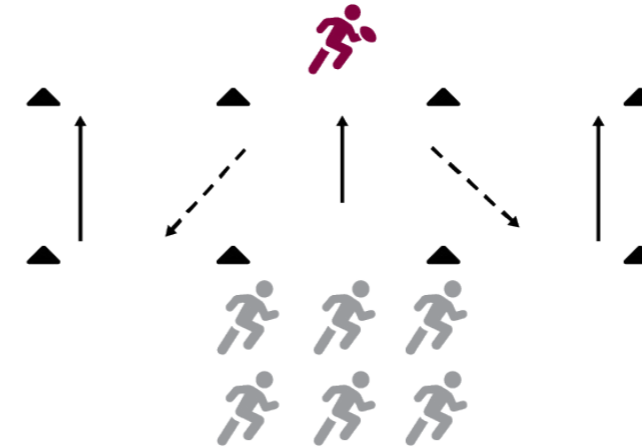
- Introduce the Approach & Hit by having the players start a step back.
- Add four coloured markers in a square so the attacker has more options.

## - CHALLENGE

- Move the markers further apart.

# MAPPING DRILL

**RISE**



**PLAYING AREA:** Three 6m x 8m Channels  
**RECOMMENDED TIME:** 5 - 8 mins  
**MAX PLAYERS PER GRID:** 12

## OBJECTIVES

### Defence:

Practice moving up in a defensive line together whilst maintaining spacing.

Groups of 3 players start on the line in the middle channel. When the coach places the ball on the ground, the first line of 3 move off the line together. They then retreat and reload on the start line of the next channel when the coach picks up the ball.

The next time the coach places the ball on the ground, the next group of three join the first group, with each group moving up within their channel whilst maintaining their spacing. This continues until each group of three has moved to each channel with a new group of three rolling in each play, alternating to the left and right channels.

## QUESTIONS

- › Why is it important to work together in defence?
- › How can we help each other?

## TIPS

It is important to present a line to the attacking team so that defenders don't get isolated and to enable more than one defender to get involved in the tackle. Correct spacing will limit opportunities for the attack. Communication helps everyone move together at the same time.

## + CHALLENGE

- Speed up PTBall.
- Make channels bigger and add another defender.

## - CHALLENGE

- Slow down the PTBall.

# HANDS & KNEES TACKLE & PIN

**RISE**



**PLAYING AREA:** N/A  
**RECOMMENDED TIME:** 5 mins  
**MAX PLAYERS PER GRID:** 2

## OBJECTIVES

### Attack:

When rolled onto back, try to get back onto front in 5 seconds.

### Defence:

Roll and pin attacked onto their back and hold them there for 5 seconds.

Players in pairs find a clear space. Player 1 starts on their hands and knees, holding the ball tight to the body in one hand, and Player 2 starts with their ear on P1's back, arms wrapped, squeezing tight with shoulder pushed into P1's side.

On the coaches call, P1 drives with their legs, maintaining their head, arm and shoulder position whilst P2 offers low resistance before rolling onto their back once they begin to move, keeping the ball tucked in tight.

This must be practiced using both shoulders.

## QUESTIONS

- › What might you do to get your partner on their back?
- › What are some of the things we can do to make sure the ball carrier can't get to their front?

## TIPS

Contact under ball, roll and pin, weight down, hips down, knees up, studs in grass, cover ball.

## + CHALLENGE

- Have the Non-Tackling Player fight to stay on their elbows and knees
- Make it more competitive by having the tackler pin their partner on their back for 3 seconds while they fight to get on their front.

## - CHALLENGE

- Have the non-tackling player surrender to the tackle so the tackler can get the feel for it.

# DEFENSIVE MOMENT GAME

**RISE**



**PLAYING AREA:** 15 x 15m  
**RECOMMENDED TIME:** 6 - 8 mins  
**MAX PLAYERS PER GRID:** 14 - 18

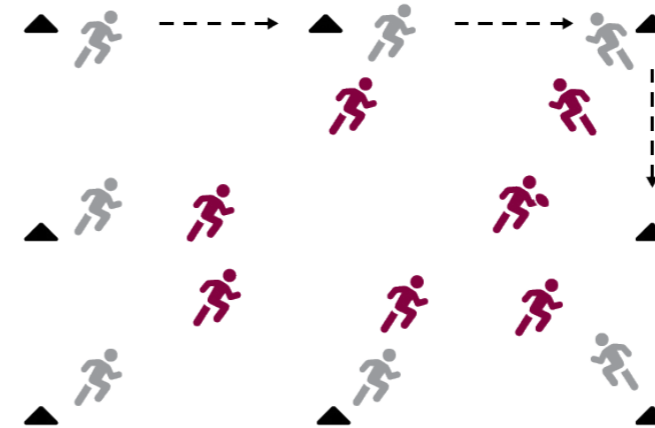
## OBJECTIVES

### Attack:

Score as many tries as possible on vacant marker.

### Defence:

Work together to prevent the attackers from scoring.



Place 8 markers in a 15m x 15m square, 7.5m apart with 7 defenders standing around the perimeter of the grid. The Attackers have 2 minutes to score as many tries as possible by placing the ball on one of the vacant markers then rotate defenders. Defenders communicate and slide to defend the markers.

# Can be played 5 defenders 6 markers to cater for smaller groups.

## QUESTIONS

- › What is important for the defenders to do?

## TIPS

The defenders will work out that they need to 'TALK' and react to where the ball is going and squeeze to keep covering the vacant marker.

## + CHALLENGE

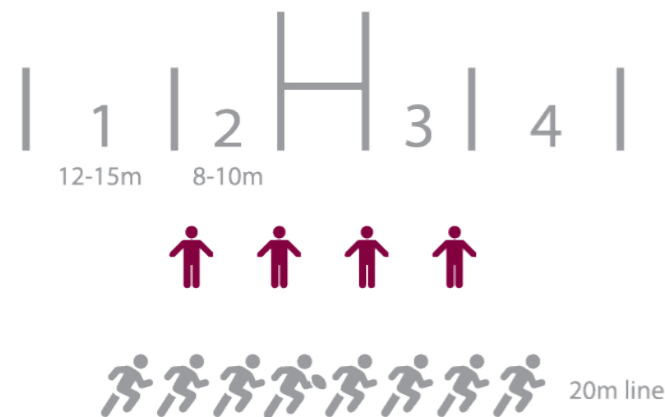
- Make the gaps between the markers larger.
- Introduce a second ball.

## - CHALLENGE

- Make the grid smaller.
- Don't allow attackers to run with the ball.

# POINTS THROUGH POLES (DEFENSIVE BIAS)

**RISE**



**PLAYING AREA:** 45m wide 20m long  
**RECOMMENDED TIME:** 12 - 15 min  
**MAX PLAYERS PER GRID:** 12 - 20

## OBJECTIVES

### Attack:

Accumulate as many points as possible in 2 mins.

### Defence:

Minimise the amount of points the opposition score.

Poles are positioned either side of the goal posts to create gates with each gate worth a particular amount of points. The middle gate is between the goal posts and worth 4 points. The gates either side of the posts are 8-10m wide and worth 2 points. The outside gates are 12-15m wide and worth 1 point. **No markers.**

8 Attackers start on the 20m line. They have 2 minutes to score as many points as possible. They have an unlimited amount of tackles. Each time they get score or there is an error, they all retreat back to the 20m line before trying again. **There are no cut out passes allowed down & up to PT Ball.**

4 Defenders start on the 10m line, and try to deny the attackers space, and stop them scoring by using a 2 handed tag. Note: pick two even teams and then split the defensive team in half to defend the first 2min then the other half of the team can defend the next 2min period. The attacking team then has 4 min to accumulate as many points as possible. Then swap teams over.

## QUESTIONS

- › What tactics can the defence use to minimise points scored against them?
- › What tactics can the attack use to accumulate points?

## TIPS

By scrambling and forcing the attack to the outside (1 point zone). Working from the inside.

Attack can be patient and accumulate 1 point at a time. Change the angle of attack with short pass support.

## + CHALLENGE

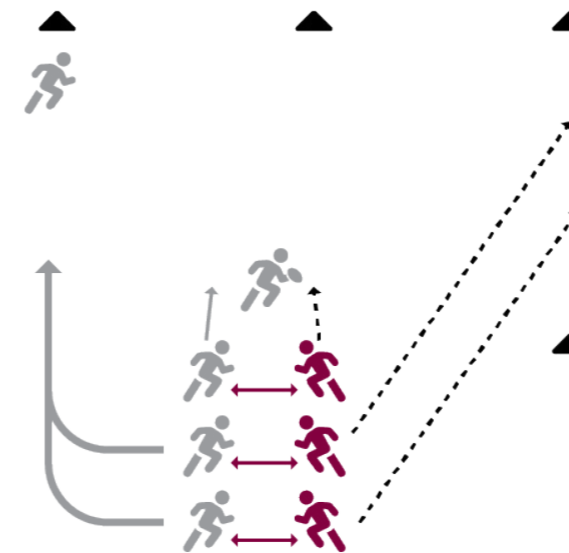
- Allow cut out passes.
- Make the defence have a marker.

## - CHALLENGE

- Narrow the spaces between poles.
- Add more defenders.

# SHORT SIDE DEFENCE

**RISE**



**PLAYING AREA:** 15m x 15m  
**RECOMMENDED TIME:** 10-15 mins  
**MAX PLAYERS PER GRID:** 15

## OBJECTIVES

### Attack:

Create opportunities to beat the defenders.

### Defence:

Successfully defend the situation.

3 Defenders and 3 attackers start to one side of the grid. Another attacker is ready to PT Ball with a winger already in place (5 v 3) situation.

On coach's call "Engage" or whistle, the 3 attackers and defenders meet and hold. On coaches 2nd call "Reload" or whistle, defenders and attackers get set inside the grid by reloading at either end. (1 defender becomes a marker and the others get to A & B. The player with the ball then plays it, and the attacking team has 1 play with a 4 v 3 situation.

# Rotate players around and swap the grid to Right to Left.

## QUESTIONS

- › When defending, what are your options?

## TIPS

Let the defence work out how they are going to defend their space.

Get them to talk about communication and movements.

The attack might work out how to hold up the marker and play flat down the channel or work an overlap.

## + CHALLENGE

- Widen the channel
- Add another attacker

## - CHALLENGE

- Narrow the channel
- Allow the defenders time to get set before the attackers PT Ball.



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