


Community Youth Rugby 'Return to train and play XV's 2021'

NSWRU Return to train and play or Preseason (2021 -22) XV's training schedule

Timings to return to full contact Rugby Union XV's (Competition)

 — NSW — RUGBY UNION		
Number of Weeks off playing	Return to Training sessions before play (# of sessions)	Return to Play
1	0	Immediate
2	2	7 days (i.e. so they could play the first weekend after restrictions ease) eg. eases on 28/8 can play on 4/9
3	4	7 days
4	4 (Semi opposed session included in the last session)	7 days
5	6 (Semi opposed session included in the last two sessions)	14 days
+6	8 (short timed halves - trial style games after 6 sessions)	20 days

*** WE ARE HERE** – In preparation to play full contact Rugby XV's coaches need to implement a minimum of eight (8) sessions over twenty days (20) days including a minimum of five (5) non-contact sessions and three (3) 'graduated return to contact' sessions including trial style Rugby games after six (6) sessions.

Coaches can train with full squads but must complete the NSWRU recommended training sessions before the return to full contact.

*All clubs should have in place Covid Safety plans as set out by NSW Government
(Click on link below for more information)*

[COVID-19 Safety Plans for Community sport](#)

Community Youth Rugby

'Return to train and play XV's 2021'

NSWRU 'Return to train and play' for XV's Rugby (using the above recommended timings)
(Continue to follow Government Covid 19 guidelines and Clubs Covid -19 plan)

Coaches coaching protocols

(players and coaches practising physical distancing and following the NSWRU recommended timings in line with Clubs Covid - 19 safety plan)

Minimum of Five (5) Non-Contact training sessions

Recommended focus on safety and correct technique graduated training sessions with no contact,

- Sessions to include -*
 - Balance and stability
 - Prep to perform – S and C
 - Catch, pass and support
 - Kicking
 - Introduce Track to Tackle (shadow drill)
 - Introduction to basic set piece - Scrum body shape (Individual technique) and Line out - throw and jump (Individual technique)
- When planning sessions remember to modify drills and games for non-contact training - observing your clubs Covid – 19 safety plan.

Minimum of Three (3) 'Return to Contact' training sessions

Recommended focus on returning to contact training. Safety and correct technique graduated training sessions. Having completed the Non-Contact training we are ready to introduce contact at training in preparation to play. Introduce the contact gradually concentrating on safe and correct techniques.

- Sessions to include -*
 - Balance and stability
 - Prep to perform – S and C
 - Catch, pass and support
 - Kicking
 - Track to Tackle technique
 - Tackle Contest – Ball presentation
 - Contested set piece – technique and execution
 - Scrum – Introduce one metre push for Juniors, Introduce Mayday
 - Lineout – jump contest, lifting
 - Position specific skills
 - Game orientated drills and small sided games
- When planning sessions remember to create small sided games to ease the players back into contact.
- Re introduce your set piece exploiting the body shape and technique used during the non-contact sessions
- Playing internal games (Shorten times) during training will also assist the players to prepare to play

Coaching Resource Page

1. NSWRU POSITIVE COACHING APP –
NSW Positive Coaching and Player Platform featuring individual skills direct from the Waratahs and Super W players skills direct from the players
 - (a) [CLICK HERE TO SEE HOW IT WORKS](#)
 - (b) [CLICK HERE TO GET ACCESS](#)
2. RUGBY AU Coaching videos – [CLICK HERE](#)
3. SMART RUGBY re-accredit or get accredited – [CLICK HERE](#)
4. COACH READY – Get back in the Coaching Mindset, register as a coach - [CLICK HERE](#)

***REMEMBER IF PLAYERS, COACHES OR MANAGERS HAVE ANY SYMPTOMS OF COLD OR FLU
THEY MUST STAY AT HOME AND GET TESTED!!***