


NSWRU 'Return to Train and Play 7s' Training schedules

****Please note - All training must follow your Clubs Covid – 19 Safety Plan****

The table below indicates the recommended timings –

New South Wales Rugby 'Return to Play 7s' Schedule		
 NSW RUGBY SEVENS		
Number of Weeks off playing	Return to Training sessions before play (# of sessions)	Return to Play
1	0	Immediate
2	2	7 days
3	4	10 days
4	4 (Semi opposed session included in the last session)	10 days
+5	6 (including 4 non-contact sessions and 2 'graduated return' to contact sessions)	14 days (minimum)

*** WE ARE HERE** – In preparation to play full contact Rugby 7s coaches need to implement a minimum of six (6) sessions over fourteen (14) days including a minimum of four (4) non-contact sessions and two (2) 'graduated return to contact' 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](#)

NSWRU Community Rugby

'Return to train and play for 7s in 2021'

NSWRU 'Return to train and play' for 7s Rugby (using the above recommended timings)

(Continue to follow Government Covid 19 guidelines)

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 Four (4) Non-Contact training sessions

Recommended focus on safety and correct technique through 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 the Government social distancing protocols.

Minimum of Two 'Return to Contact' training sessions

Recommended focus on returning to contact training - safety and correct technique through 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 – Starting with 'one on one' and gradually building to '8 on 8' – reintroduce Mayday call
 - Lineout – jump contest technique, lifting technique, throwing
 - Position specific skills – concentrating on technique and execution
 - 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 'regulated' games during training will also assist the players to prepare to play full contact



NSWRU Community Rugby 'Return to train and play for 7s in 2021'

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!!***