



# GRADUATED RETURN TO CONTACT

**RUGBY**  
**AU**

*#part of more*





# LEVEL 1

| Activity                                                    | intensity                        | Notes                                                                                                                                                                                                     | Cues                                                                                                                                         |
|-------------------------------------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Tracking 1v1<br>5m(Length) x 3m(width) grid<br>5m x 5m grid | 1-2 sets<br>6 reps<br>3each side | Defender to tackle using 2 hand touch. Defender to get in nice & close to push on hips.                                                                                                                   | <ul style="list-style-type: none"> <li>Look early</li> <li>Align to 1 side of carrier</li> <li>Foot tempo – Fast, balanced, fast.</li> </ul> |
| Tackle contest upper body tackle<br><br>Chop Tackle         | 1-2 sets<br>4 reps each side     | <p>Attacker walks @ defender makes upper body tackle</p> <p>Attacker &amp; defender 2m apart<br/>Attacker walks @ defender chop tackles.<br/>2<sup>nd</sup> action –defender pops to feet post tackle</p> | <ul style="list-style-type: none"> <li>Foot in close.</li> <li>Head position.</li> <li>Punch Wrap.</li> <li>Leg drive.</li> </ul>            |
| Ball into contact 1v1                                       | 1-2 sets<br>4 reps<br>2each side | Ball carrier 1m from pad holders<br>Take ball into contact then work on ground to get ball on a plate                                                                                                     | <ul style="list-style-type: none"> <li>Scan early</li> <li>Footwork</li> <li>Fight – Power Step</li> <li>KBA- Keep Ball Alive</li> </ul>     |



## LEVEL 2

| Activity                                                    | intensity                        | Notes                                                                                                                                                                                                            | Cues                                                                                                                                         |
|-------------------------------------------------------------|----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Tracking 1v1<br>5m(Length) x 3m(width) grid<br>5m x 5m grid | 2-3sets<br>6 reps<br>3each side  | Defender to tackle using 2 hand touch. Defender to get in nice & close to push on hips.                                                                                                                          | <ul style="list-style-type: none"> <li>Look early</li> <li>Align to 1 side of carrier</li> <li>Foot tempo – Fast, balanced, fast.</li> </ul> |
| Tackle contest upper body tackle<br><br>Chop Tackle         | 2-3 sets<br>3 reps each side     | <p>Attacker jogs @ defender 3m apart makes upper body tackle</p> <p>Attacker &amp; defender 3m apart Attacker walks @ defender chop tackles.</p> <p>2<sup>nd</sup> action –defender pops to feet post tackle</p> | <ul style="list-style-type: none"> <li>Foot in close.</li> <li>Head position.</li> <li>Punch Wrap.</li> <li>Leg drive.</li> </ul>            |
| Ball into contact 1v1                                       | 2-3 sets<br>6 reps<br>2each side | <p>Ball carrier 2m from pad holders. Pad holders advance to create collision.</p> <p>Take ball into contact then work on ground to get ball on a plate</p>                                                       | <ul style="list-style-type: none"> <li>Scan early</li> <li>Footwork</li> <li>Fight – Power Step</li> <li>KBA- Keep Ball Alive</li> </ul>     |



## LEVEL 3

| Activity                                                                    | intensity                        | Notes                                                                                                                                                                                                                                                                                                     | Cues                                                                                                                                                                           |
|-----------------------------------------------------------------------------|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tracking 1v1<br>5m(Length) x 3m(width) grid<br>5m x 5m grid<br>7m x 7m grid | 2-3sets<br>6 reps<br>3each side  | Defender to tackle using 2 hand touch.<br>Defender to get in nice & close to push on hips.                                                                                                                                                                                                                | <ul style="list-style-type: none"> <li>Look early</li> <li>Align to 1 side of carrier</li> <li>Foot tempo – Fast, balanced, fast.</li> </ul>                                   |
| Tackle contest 1v1 upper body tackle<br><br>Chop Tackle                     | 2-3 sets<br>3 reps each side     | <p>Attacker jogs @ defender 3m apart makes upper body tackle<br/>Attacker allowed to step once<br/>No reaching from defender</p> <p>Attacker &amp; defender 3m apart<br/>Attacker jogs @ defender (no change of direction) chop tackles.<br/>2<sup>nd</sup> action –defender pops to feet post tackle</p> | <ul style="list-style-type: none"> <li>Foot in close.</li> <li>Head position.</li> <li>Punch Wrap.</li> <li>Leg drive.</li> </ul>                                              |
| Clean Out<br>Pocket Hunt Lockdown Using sausage pad and hit shields         | 2-3 sets<br>6 reps<br>2each side | <p>4 hits on each side<br/>4 hits each side of different role<br/>16 hits in total</p>                                                                                                                                                                                                                    | <ul style="list-style-type: none"> <li>Eyes on threats.</li> <li>Win the race.</li> <li>Accelerate at threats.</li> <li>Win the shoulder battle</li> <li>Leg drive.</li> </ul> |



## LEVEL 4

| Activity                                                                    | intensity                        | Notes                                                                                                                                                                                                                                                                    | Cues                                                                                                                                                                           |
|-----------------------------------------------------------------------------|----------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tracking 1v1<br>5m(Length) x 3m(width) grid<br>5m x 5m grid<br>7m x 7m grid | 3-4sets<br>6 reps<br>3each side  | Use differing drills for variety achieving same outcome. Defender to tackle using chop tackle technique. Attack to try and score try/Beat defender<br>No reaching from defender<br>Get in nice and close<br>Same leg same shoulder<br><b>4 tackles then change roles</b> | <ul style="list-style-type: none"> <li>Look early</li> <li>Align to 1 side of carrier</li> <li>Foot tempo – Fast, balanced, fast.</li> </ul>                                   |
| Clean Out<br>Pocket Hunt Lockdown Using sausage pad and hit shields         | 3-4 sets<br>3 reps each side     | 4 hits on each side<br>4 hits each side of different role<br>16 hits in total                                                                                                                                                                                            | <ul style="list-style-type: none"> <li>Eyes on threats.</li> <li>Win the race.</li> <li>Accelerate at threats.</li> <li>Win the shoulder battle</li> <li>Leg drive.</li> </ul> |
| 3 v 3 defensive Drill                                                       | 3-4 sets<br>6 reps<br>2each side | Defender low chop tackle<br>Pocket/Hunt arrive late to allow Hunt into position over ball. Pocket to remove the Hunt of the ball. Hunt to Assist or Lockdown<br>Intro Double Hunt who can plug on Hunt.                                                                  | <ul style="list-style-type: none"> <li>Foot in close.</li> <li>Head position.</li> <li>Punch Wrap.</li> <li>Leg drive.</li> </ul>                                              |



## LEVEL 5

| Activity                                                            | intensity | Notes                                                                                                                                                                                                                                                                       | Cues                                                                                                                                                                                     |
|---------------------------------------------------------------------|-----------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3 v 3 Defence Drill                                                 | 4-5sets   | Full noise No pre-determined arrival of players.<br>All about winning the race<br><b>Each player in grouping to complete 2 tackles and 2 hunt, double hunt roles 6 breakdowns before changing.</b><br><b>Drill may vary depending on numbers or may need to get extra's</b> | <ul style="list-style-type: none"> <li>• Look early</li> <li>• Align to 1 side of carrier</li> <li>• Foot tempo – Fast, balanced, fast.</li> </ul>                                       |
| Clean Out<br>Pocket Hunt Lockdown Using sausage pad and hit shields | 4-5 sets  | <p>4 hits on each side<br/>4 hits each side of different role<br/>16 hits in total</p>                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>• Eyes on threats.</li> <li>• Win the race.</li> <li>• Accelerate at threats.</li> <li>• Win the shoulder battle</li> <li>• Leg drive.</li> </ul> |
| Ball into contact 2 v 1 (Mongrel)                                   | 4-5 sets  | <p>3m x 3m square<br/>Attacker must work to score try if unsuccessful in scoring try once tackled must work hard on ground to get ball on a plate.<br/>Stand up and repeat<br/><b>Attacker to attempt to score a try for 1min then change roles</b></p>                     |                                                                                                                                                                                          |