



UKCC Level 1 Coaching Children Rugby Union

WARM UP, PHYSICAL COMPETENCY AND BODY MANAGEMENT ACTIVITIES



3 UNIONS COACHING

FUNDAMENTALS WARM-UPS

GENERALISED MOVEMENTS

LIGHT GENERAL MOVEMENT (aimed at getting the blood moving around the body)

Start with light activity, general movements, jogging, passing, ball handling etc, build this to a moderate pace. This can include low intensity tig games and low intensity small sided games. This can also include handling and passing drills.

Pick one activity

General warm up.

- Tig
- Build up tig
- Chain tig
- Octopus tig
- Freeze tig

Contact warm up

- Chain tig
- Octopus tig
- Leap Frog tig
- Tunnel tig

Handling and skills warm up

- 5 pass game
- Ball familiarity and handling
- Circle drills
- Ball familiarity drills
- Tennis ball one hand catch and pass

GRADUALLY BUILD UP RANGE OF MOVEMENT

Dynamic flexibility based around the specific movement of the session. Using animal walks and gymnastic activities to improve physical literacy.

Pick two activities from section one and two activities from section two

Section one: Animal walks (flexibility and strength)

General warm up

- Bear crawl
- Cricket walk
- Duck walk
- Backwards roll
- Monkey walk

Contact warm up

- Crab walk
- Kangaroo hop
- Backwards roll
- Crocodile walk
- Bear crawl
- Duck walk

Handling and skills warm up

- Bear crawl
- Cricket walk
- Duck walk
- Monkey walk

Section two: Gymnastic activities for flexibility and strength

General warm up

- Forward hop and hold
- Lateral hop and hold
- Single leg balances (with ball pass)
- Prone stabilisation
- Standing long jumps
- Lateral hops
- Walking lunge
- Walking lunge (with ball pass)
- Shapes and balances

Contact warm up

- Prone stabilisation (on hands with ball pass)
- Overhead squat (broom handle)
- Forward roll
- Backward roll
- Wheelbarrow / walking on hands
- Lateral hop and hold

Handling and skills warm up

- Single leg balances (with ball pass)
- Forward hop and hold
- Lateral hop and hold
- Walking lunge (with ball pass)
- Shapes and balances
- Prone stabilisation (on hands with ball pass)

MOVEMENT SPECIFIC TO THE SESSION

Pick one activity from section one and one activity from section two

Section one: multi directional speed technique / evasion

Aimed at getting the players up to maximum pace for sessions. Using specific exercises to aid speed development focusing on decision making and reaction, acceleration, deceleration and change of direction.

Build up pace through reactive and tig games

- Rats and rabbits
- Sharks and fishes
- Relays, running races
- Rob the nest
- Relay, running races
- 1 v 1
- 2 v 1

Section two: preparation for contact and strength development

Aimed at building intensity for any session while focusing on strength development. Using body weight exercises and wrestling activities to reach training intensity.

Build up pace and contact through wrestling and reactive tig games (development of strength using body weight exercises)

- Press up battles
- Gauntlet
- King of the ring
- Partner carries
- Cuban wrestling (hold on the floor)
- Wheelbarrow races

LEARNING TO PLAY WARM-UPS

2 MINUTES

GENERALISED MOVEMENTS

LIGHT GENERAL MOVEMENT (aimed at getting the blood moving around the body)

Start with light activity, general movements, jogging, passing, ball handling etc. Light general skills specific to your role, build this to a moderate pace. This can include low intensity tig games and low intensity small sided games. This can also include handling and passing games / drills.

Pick one activity from below

Speed based warm-up

- Tig
- Build up tig
- Chain tig
- Octopus tig
- Freeze tig
- Tunnel tig

Strength based warm up

- Chain tig
- Octopus tig
- Leapfrog tig
- Tunnel tig

Contact based warm up

- Chain tig
- Octopus tig
- Tunnel tig

2 MINUTES

LIGHT SPECIFIC MOVEMENT (aimed at getting the blood moving around the body)

Continue with the light movement to raise body temperature but do this through more specific drills for the session. i.e. speed, strength or contact based drills done at a low intensity.

Pick one activity from below

- 5 pass game
- Corner ball
- Evasion / ball familiarity and handlin
- Circle drill

- Circle drill
- Evasion / ball familiarity and handling

- 5 pass game
- Corner ball
- Evasion / ball familiarity and handling
- Circle drill

5 MINUTES

GRADUALLY BUILD UP RANGE OF MOVEMENT

Dynamic flexibility based around the specific movement of the session. Focusing on dynamic movements to improve physical literacy. Players should become increasingly familiar with these movements to enable them to develop their own warm-ups as they progress through the LTPD stages. This will then enable them to be increasingly responsible for their own warm-up provision.

Pick two activities from section one and two activities from section two

Section one: Dynamic flexibility

Speed based warm-up

Postural dynamics for speed

- Walking lunge
- High knee walk
- Hurdle walk
- Reverse hurdle walk

Active dynamic stretches

- Skipping (rhythm)
- Skipping high knee
- Forward hop and hold
- Icky shuffle
- Heel kicks
- Carioca

Strength based warm-up

Postural dynamics for strength

- Prone balance with throw catch
- Forward hop and hold
- Lateral hop and hold
- Overhead squat

Build up the range of motion through active dynamic stretches

- High knee walk
- Hurdle walk
- Reverse hurdle
- Walking lunge

Contact based warm-up

Postural Dynamics for contact

- Prone balance with throw catch
- Bear crawl

Build up the range of motion through active dynamic stretches

- High knee walk
- Hurdle walk
- Reverse hurdle

Section 2: Specific animal walks

Speed based warm-up

Animal walks based around flexibility

- Bear crawl
- Duck walk
- Monkey walk
- Cricket walk

Strength based warm-up

Animal walks for strength

- Crab walk
- Crocodile walk
- Kangaroo hop
- Bear crawl

Contact based warm-up

Animal walks for contact

- Crab walk
- Crocodile walk
- Bear crawl
- Duck walk

2 MINUTES	BUILD UP INTENSITY SPECIFIC TO THE SESSION		
	Pick one activity from section one and two activities from section two		
	Section one: movements to build up intensity		
	Aimed at getting the players up to maximum pace for sessions. Using specific exercises to aid speed development, strength and contact skills.		
4 MINUTES	Build up intensity through evasion and chaotic speed • Rob the nest • Shadowing • Agility course (relay) • Cluster drill Build up intensity through wrestling games and body weight exercises • Press up battle • Gauntlet • Base • Spinner • Cuban wrestling • Kneeling struggle • Wheelbarrow races		
	Section two: specific strength speed and contact based exercises at full intensity		
	Aimed at gradually building intensity for any sessions while focusing on strength development, using body weight exercises, gymnastic and wrestling activities.		
	Straight line speed • Accelerations (from different start positions) • Relay races • Standing long jumps • Cluster drill • Resisted accelerations	Strength development using light medicine balls and body weight exercises • Medicine ball slams • Medicine ball throws for distance • Medicine ball throws for height • Falling circle • Medicine ball chest pass • Medicine ball shot putt • Round heads • Partner carries • Partner press-ups • Zero	Contact preparation and strength development drills • 1 v 1 scrummaging • Partner resisted sprints • Falling circle • King of the ring • Gauntlet • Floor drags • Partner pulls • Crawling

3 MINUTES	FUNDAMENTAL AND LEARNING TO PLAY– COOL-DOWNS		
	GENERALISED MOVEMENTS		
	The cool-down should begin with light general movement. Choose from one of the games below. When coaching the cool-down reduce the size of the area so that the intensity is much lower (no player should be above a jogging level). Any low intensity drill or game can be used at this stage.		
	• Tig • Build up tig • Chain tig • Octopus tig • Freeze tig • Tunnel tig		
5 MINUTES	FLEXIBILITY		
	Choose four stretches from the list below. All stretches should be held for a minimum of 30 seconds and performed at least twice on each side of the body.		
	• Raised leg hamstring stretch • Glute stretch 1 • Hip flexors • Groin stretch • Glute stretch 2 • Quadriceps • Crucifix • Back extension		

EXERCISE DESCRIPTORS

ANIMAL WALKS

BEAR CRAWL

Equipment None

On all fours, arms extended, player crawls forwards on feet instead of knees with back in straight position, hips above shoulders.



DUCK WALK

Equipment None

Player puts hands behind head, squats down, and starts walking like a duck forwards and backwards.



MONKEY WALK

Equipment None

Player walks around on two feet and only one hand. Alternates hands only when the walking hand gets fatigued.



CRICKET WALK

Equipment None

Player squats down with arms between legs grabbing ankles. Player starts walking. Walks forward, backwards and side-to-side.



CRAB WALK

Equipment None

Player reverses down on all fours (so it looks like they are almost like a chair), stomach facing upwards, then moves left leg and left arm, and then right leg and right arm. Walks forward, backwards and sideways.



CROCODILE WALK

Equipment None

Player lies on floor to start then raises up on arms and feet. Chest as close to floor as possible. Elbows high. Moves forward moving left arm and left leg simultaneously, then follows with the right arm and right leg, just like a crocodile walks.



KANGAROO HOP

Equipment None

Player assumes a half squat position and jumps as high and as far as possible. On landing, lands in the half squat position and repeats.



GYMNASTIC MOVEMENTS

FORWARD ROLL

Equipment None

Player squats with knees together and places both hands flat on the floor in front, tucks head down whilst pushing legs. Keeps some weight supported with arms and rolls forward. Player should attempt to stand up without pushing on the floor with their hands.



BACKWARDS ROLL

Equipment None

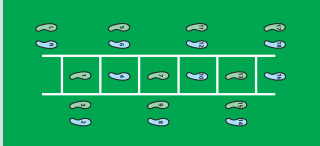
Player squats down, as their bottom moves towards floor, arches back and rolls backwards, chin and knees tucked into their chest. As they roll over, hands should make contact with floor pointing towards direction they have just rolled from. Player should finish standing up.

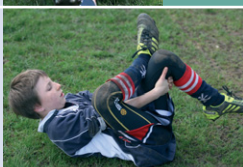


FORWARD HOP AND HOLD Equipment None	Player starts standing on a single leg, with other leg raised up to 90 degrees, then pushes off standing leg forwards, attempting to hop as far as possible - player should land on the same leg and stick in the position like a statue on landing for 3 seconds. Repeat with other leg.	
LATERAL HOP AND HOLD Equipment None	Same as forward hop and hold - but player attempts to move laterally (sideways) from starting position. Player moves one way then the other, holding each hop for 3 seconds.	
SINGLE LEG BALANCES Alternative: With ball pass Equipment: Ball (various)	Same starting position as forward hop and hold. Player stands upright with one knee up toward chest, with both hands free. Player attempts to balance for 10 seconds then changes legs. Progression - add ball, by catching and passing back with two / one hand in any direction.	
STANDING LONG JUMPS	Player starts standing with feet shoulder width apart and attempts to jump as far as possible and stick the position on landing like a statue for 3 seconds.	
LATERAL HOPS	Player starts standing with feet shoulder width apart and attempts to jump forward and sideways at a 45 degree angle onto one leg, sticking in the position on landing like a statue for 3 seconds. After which push off landing leg onto other leg and repeat.	
SHAPES AND BALANCES Symmetrical balances	Players perform 3 symmetrical balances while standing (balances where both sides of the body are in the same position). Perform 3 symmetrical balances while on the floor.	
Asymmetrical balances	Players perform 3 asymmetrical balances (balances where one side of the body is in a different position to the other — for example standing on one leg). Perform 3 asymmetrical balances while on the floor.	
Moving balances	Players run around in a small area and on the coach's command perform either symmetrical or asymmetrical balances.	
STRENGTH AND STABILISATION EXERCISES		
SQUATS Double leg squat	Player stands upright and holds arms ahead for balance. Slowly sits back into a squat position (head up, chest up, back straight, and thighs parallel to the floor). Heels must stay in contact with the floor at all times and the trunk stays upright with neck aligned to the feet.	
Overhead squat Equipment: Broomstick (handle)	Player stands upright, using broomstick held across waist with hands a little bit more than shoulder width apart. Once ready, move bar overhead with straight arms in line with ears. Keeping chest and head up, and maintaining a strong posture, squats as low as possible, then returns to starting position and repeat.	

WALKING LUNGE Alternative: With ball pass Equipment: Ball (various)	From a standing start, player lifts one knee up toward chest, leans forwards and strides placing foot in a controlled manner in front (not heavy landing). Player pushes off leg forwards and repeats for other leg as if marching whilst keeping chest up and back tight in a rigid position therefore minimising lateral movement and remaining stable throughout. Progression 1) Add ball - catch and pass back during movement. 2) Backward walking lunge.	
PRONE STABILISATION Alternative: On hands with ball throw and catch Equipment: Ball (various)	Player assumes a press-up position. Pulls belly-button in as tight as possible, whilst squeezing glutes (bum-cheeks) together to maintain a rigid plank-like position for set period of time. Progression — catch and pass a ball back in one hand whilst retaining rigid position on other extended arm.	
LATERAL STABILISATION Lateral bridge on forearm	Player lies down sideways and supports themselves with one arm. The other arm rests on the hip. Player should keep entire body straight. The legs have to be extended and in one line with the spine and the head. Player must not let hips hang down. The forearm of the supporting arm should remain flat on the ground and the hand closed. The angle between trunk and supporting upper arm should be 90 degrees. This position is held until the player can no longer hold perfect form.	
Lateral bridge on hand	The same action as above but the player supports their weight on their hand not forearm. i.e. their arm is fully extended at a right angle to their body and they are supporting their weight on their hand. This position is held until the player can no longer hold perfect form.	
PRESS UPS	The player sets their shoulder blades back and down and supports their weight on their hands and feet. Hands are aligned under the shoulders, fingers facing forward. Glutes are contracted and abdomen is drawn in. Player lowers the chest to the floor and returns to starting position. The trunk remains fixed and straight at all times.	
MEDICINE BALL ROTATIONS Seated Medicine ball (various loads)	Player sits with their feet in front of them, knees at a 90 degrees angle and back tight. Arms straight out in front (in line with chest) and a medicine ball in their hands. While keeping their legs and hips fixed, player rotates the upper body through 180 degrees while keeping arms straight and back tight. Increase the difficulty by receiving the medicine ball from a pass, rotating upper body through 90 degrees and passing it on.	
Standing Medicine ball (various loads)	As above but in a standing position.	
STRENGTH AND WRESTLING MOVEMENT DRILLS		
ZERO Light medicine ball	Player stands with feet shoulder width apart and holds the medicine ball level with ground on left hip. Keeping arms straight player lifts ball over the top of head and down to right hip and repeats.	
ROUND-HEADS Light medicine ball	Player stands with feet shoulder width apart, holding a medicine ball vertically in both hands. Player passes the medicine ball around head in clockwise / anti-clockwise direction, with centre of the medicine ball level with their eye-line.	
CRAWLING (Multi-directional) Crocodile crawl	In bear crawl position, player crawls 10-15m forwards, backwards, sideways in addition to crossing over hand. If performing Crocodile crawl — player must keep body as low as possible to ground.	

WHEELBARROWS	With a partner, player assumes a wheelbarrow position the hand walks 10-20m.		
Wheelbarrow jumps	Same as above, except the 'wheelbarrow' has to hand jump (both hands push off ground) as far as possible over 10-20m.		
Sideward wheelbarrow	"Wheelbarrow" hand walks or jumps sideways over set distance.		
PARTNER CARRIES Fireman	Partner lies over carrier's shoulder while carrier walks 20m.		
Baby	With arms extended, carrier picks up partner under armpits and back as well as back of legs, carrying partner in front of them for 20m whilst walking.		
Piggy-back	Partner climbs on carrier's back, arms over shoulders and around collar, while carrier lifts partner legs and walks for 20m.		
FLOOR DRAGS Front	Lying on front, player pulls themselves using arms only (no legs) for 10m.		
PARTNER PULLS Wrists / Ankles	With a partner lying on back, working individual holds partner's wrists or ankles and drags partner 20m.		
PARTNER PRESS-UPS Shoulder press-ups	One player standing upright, while partner leans forward to player (facing each other). Standing player holds other person on shoulders while they maintain a rigid 45 degree angle (body taut). Standing player then presses partner like a press-up for 20-30 seconds.		
Neck press-ups	Same as above, except standing player places hands on partner's head. Player being pressed braces neck while working player presses for 10 seconds.		
CUBAN WRESTLING Soft ground (grass or mat)	Player must attempt to wrestle opponent to ground or push out of matted area. Must not last more than 15 seconds.		
BASE Soft ground (grass or mat)	The defensive wrestler begins flat on his stomach with the offensive wrestler on top. On the coach's command the defensive wrestler must take the initiative and work to get back to his "base" or on his hands and knees while the offensive wrestler tries to keep him flat. The time interval should be short (5 to 15 seconds).		

SPINNER Soft ground (grass or mat)	The defensive wrestler remains stationary on his hands and knees while the offensive wrestler assumes a starting position with his chest in contact with the defensive wrestler's back. On the coach's command the offensive wrestler initiates a spinning movement around the defensive wrestler contacting the mat with only his toes and contacting his opponent with only his chest. Each time the offensive wrestler reaches his opponents head, he should change directions. The spinning should continue for intervals of 15 seconds to 1 minute.	
KNEELING STRUGGLE Soft ground (grass or mat)	The wrestlers assume a kneeling position facing each other in some type of tie-up position (hand to hand or shirt grab). On the coach's command, both wrestlers try to pull or push or twist each other to the mat while remaining on their knees and in tie position (ie don't release grip). Intervals should be 30 seconds to 1 minute.	
SPEED BASED MOVEMENTS		
HEEL KICKS	While walking or jogging, when the player's foot breaks contact with the ground it is immediately dorsi-flexed and lifted to the hip (heel to butt). Only the outside ball of the foot makes contact with the ground at any time. Make sure the player's body is held in correct posture (chest up, shoulders back) and heel comes to butt every stride.	 
WALKING HEEL KICKS	Heel kick performed as a walk. Make sure player's body is held in correct posture (chest up shoulders back) and heel comes to butt every stride.	 
HIGH KNEE DRILL	Jogging with high knees the player's weight should be on the balls of the supporting foot. The working leg is raised to 90 degrees with the toe pointing upwards. Make sure body is held in correct posture (chest up shoulders back), the foot is driven into the ground by the hip and the hip reaches full extension.	 
HIGH KNEE WALK	High knee drill performed as a walk.	
HIGH KNEE SKIP	High knee drill performed as a skip.	
HURDLE WALK	Player walks in a straight line and lifts alternate legs as if going over high hurdles. Make sure player's body is held in correct posture (chest up shoulders back), maintaining full extension at the hip of the supporting leg.	
REVERSE HURDLE WALK	Player performs a hurdle walk while walking backwards.	
ICKY SHUFFLE	Player stays on the balls of their feet moving forward with short quick steps, performing the following pattern: Two steps left, one step forward, two steps right, one step forward and repeat for a set distance. Make sure player's body is held in correct posture (chest up shoulders back), maintaining full extension at the hip of the supporting leg.	
CARIOCA	Moving laterally, the rear foot of the player crosses the front of their body and then moves around the back. Simultaneously the lead foot does the opposite. Make sure the player's body is held in correct posture (chest up shoulders back). Make sure the heel touches the butt every stride.	 

FLEXIBILITY			
RAISED LEG HAMSTRING STRETCH	Whilst standing, player raises one leg onto a level and stable surface. Player keeps their raised leg and their back straight and their head up.		
GLUTE STRETCH 1	In full squat, player puts their hands forwards onto the floor with their elbows on their inside thigh close to knees. As they lean in they should push their elbows apart forcing their knees apart until they will not go any further. Players should try to straighten their back in this position.		
HIP FLEXORS	Putting one foot forwards, players keep the front knee at 90 degrees and put the same shoulder to the knee. Players should keep this front leg position using the rear foot to creep the rear leg backwards. At the limit, players should push the groin area forwards as far as possible. Hold for 30 seconds.		
GROIN STRETCH	In sitting, players should cross one foot over the other knee, use their arms to pull the knee towards the opposite shoulder. Players should feel the stretch in the buttock area. Hold for 30 seconds.		
GLUTE STRETCH 2	Players lie on back and put one ankle on the opposite knee, reach around either side of the knee and pull towards their chest. Players should try to get their lower legs perpendicular. Hold for 30 seconds.		
QUADRICEPS	Players lie face down, clasping an ankle and pull it up to their buttock. If they cannot reach the ankle they should start on their side and then roll onto their front.		
CRUCIFIX	Players lie on their back, keeping their shoulders on the floor. Then they should take one leg across the body keeping the knee bent to 90 degrees, lift the hips slightly in the opposite direction and then relax them. Players should use their opposite hand to pull the knee down towards the floor.		
BACK EXTENSION	Player lies face down, placing their hands at shoulder level and lifting their shoulders by straightening elbows. Players should allow their hips to drop down by relaxing and breathing out. Hold for 10 seconds and then repeat.		

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