



# SOCIAL DISTANCE TRAINING SESSIONS



Social distancing 1.5m




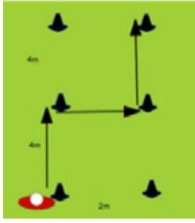

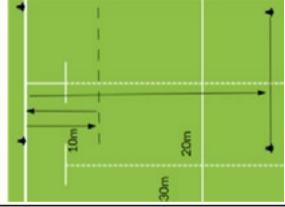
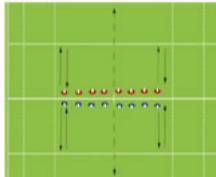

Stay at home if you're sick



Wash your hands regularly and cover cough and sneeze

## WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 1 (65min)

### WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.				10m	5min
Notes	Work to be completed in pairs with one ball between each pair Pairs to be spaced every 5m Passes over 10m distance					
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) Walking Lunges over 10m; Return to start with carioca x 2 (2) A-Skips over 15m into Butt kicks on return x 2 (3) 4 steps easy 4 steps fast over 15m into skips for height on return x 2 (4) Lateral push over 15m into skips for height on return (Work right and left shoulder lead) x 2 (5) Over 30m an incremental increase in tempo every 10m x 2		1	2	20	40
			1	2	30	60
			1	2	30	60
			1	2	30	60
			1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Supine Bridge and Hold x 8 each side (5sec hold)	<a href="#">Single Leg Supine Bridge and Hold</a>	1	8		
Notes	Players to be individually in 4m <sup>2</sup> of space					
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	<a href="#">Counter Movement Jump and Single Leg Land</a>	1	12		
Notes	Players to be individually in 4m <sup>2</sup> of space					
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	Set up 5 poles/cones; Footwork around the poles/cones alternating the one handed grip on the ball (Set up 2 stations)		4	6	5	120
3b (5min)	Dice Drill - Accelerate 4m, Lateral push for 2m, Accelerate 4m (Work from each side of the grid; Set up 2 stations)	<a href="#">Dice Drill - Accel; Lat; Accel</a> 	4	4	8	128
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (10min)	20/40/60 Singles (Times below as a guide) Outside Backs 50sec Adjustables 50sec Back Row and Lock 55sec Hit Up Forwards 59sec		1	3	120	360
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	10m Out and Back into 30m Kick Chase in 10s; Rest 20s; RPT in Reverse		2	4	50	400
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed into Plays and Support (1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away) (2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total (3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays (4) Complete series 4 times	 	1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	Pressure Game (max of 5v5) (1) 10m in-goal areas (2) 50m (Inclusive of 10m in-goal areas) x 50m (3) 4 Plays and you can kick on the last play (4) The aim of the game is to attain repeat sets or transition quickly from defence into attack.		1	10	50	500



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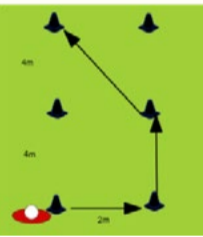
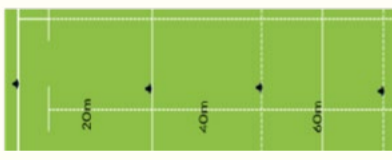
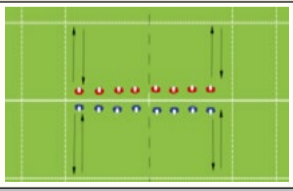
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## WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 2 (65min)

### WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Toss Ball - (1) Toss the ball straight up into the air. COACHING TIP - Hands need to follow through to ensure the ball goes straight up into the air and back into your hands. (2) On catching the ball, rebalance and toss ball into air again.					5min
Notes	Work to be completed individually Players to be spaced every 1.5m					
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) Walking Lunges over 10m; Return to start with carioca x 2 (2) A-Skips over 15m into Butt kicks on return x 2 (3) 4 steps easy 4 steps fast over 15m into skips for height on return x 2 (4) Lateral push over 15m into skips for height on return (Work right and left shoulder lead) x 2 (5) Over 30m an incremental increase in tempo every 10m x 2		1	2	20	40
			1	2	30	60
			1	2	30	60
			1	2	30	60
			1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Glute Raise on Box x 8 each side	<a href="#">Single Leg Glute Raise on Box</a>	1	8		
Notes	Players to be individually in 4m <sup>2</sup> of space					
2c (2min)	Scissor Lunge x 8 each side (16 in total)	<a href="#">Scissor Lunge</a>	1	12		
Notes	Players to be individually in 4m <sup>2</sup> of space					
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	S-Runs: Over a 20m distance set out an 'S' shaped course. Alternate sides and sprint on either side of the 'line' of the 'S'. Walk back recovery x 4 efforts (Set up 2 stations)		2	4	20	160
3b (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m (Work from each side of the grid; Set up 2 stations)	<a href="#">Dice Drill - Lat; Accel; Cut</a> 	4	4	10	160
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (10min)	20/40/60 Singles (Times below as a guide) Outside Backs 50sec Adjustables 50sec Back Row and Lock 55sec Hit Up Forwards 59sec		1	4	120	480
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	10m/20m 15sec for the work: Run 10m, onto front on the 10m, return to start, run 20m, onto front, return to start (3 Sets x 4 Reps)	<a href="#">10m/20m</a>	3	4	60	720
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed into Plays and Support (1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away) (2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total (3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays (4) Complete series 4 times		1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	2 Pass Push and Support Game (max of 5v5) (1) Two handed touch (2) 4 plays (3) Hand ball over after 4 tackles (4) Must have two passes and support inside or out, around the ball carrier. If no support hand ball over to opposition		1	10	40	400
Notes	When completing the work in 5b ensure players use two handed touch					



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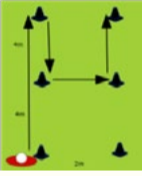

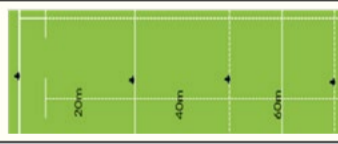
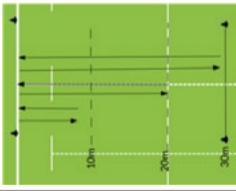
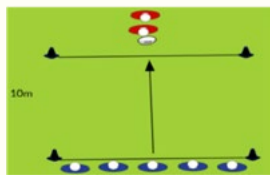
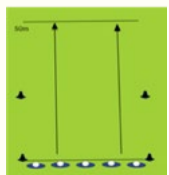
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## WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 3 (65min)

### WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.					5min
Notes Work to be completed in pairs with one ball between each pair Pairs to be spaced every 5m Passes over 10m distance						
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) A-Skips over 10m into 20m Stride (2) Walking Lunges over 10m into 20m Stride (3) Oscillating Sumo Squats over 10m into 20m Stride (4) SL Hops; Ice Skaters; Ice Skaters + Hold Over 10m into 20m Stride (5) 40m in 7s into 13s Rest		1	2	30	60
Notes Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups						
2b (2min)	Single Leg Supine Bridge and Hold x 8 each side (5sec hold)	<a href="#">Single Leg Supine Bridge and Hold</a>	1	8		
Notes Players to be individually in 4m <sup>2</sup> of space						
2c (2min)	Scissor Lunge x 8 each side (16 in total)	<a href="#">Scissor Lunge</a>	1	12		
Notes Players to be individually in 4m <sup>2</sup> of space						
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	Dice Drill - Accelerate 8m, Onto the floor, get up and retreat 4m, Lateral push for 2m, Accelerate 4m (Work from each side of the grid)	<a href="#">Dice Drill - Accel; Floor; Ret; Lat; Accel</a> 	2	4	14	112
3b (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m (Work from each side of the grid; Set up 2 stations)	<a href="#">Dice Drill - Lat; Accel; Cut</a> 	2	4	10	80
Notes Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups						
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (10min)	20/40/60 Doubles (Times below as a guide) Outside Backs 1.55 Adjustables 1.55 Back Row and Lock 1.59 Hit Up Forwards 2.00		1	2	240	480
Notes When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 2min Work and 2min Rest)						
4b (5min)	10m/20m/30m in 27s into 33s Rest		1	4	120	480
Notes When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)						
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed (1) In groups of 5 (2) Starting 10m out in standing, on whistle retreat 10m (shorten stride as you approach the defensive line) (3) Come off the line on the PTB x 6 efforts. On 6th effort run through and complete a 50m effort in 8sec. (4) Complete the same 6 efforts and kick chase from the opposite end.	 	1	4	120	480
Notes When completing the work in 5a ensure players are spaced 1.5m apart.						
5b (15min)	Pressure Game (max of 5v5) (1) 10m in-goal areas (2) 50m (Inclusive of 10m in-goal areas) x 50m (3) 4 Plays and you can kick on the last play (4) The aim of the game is to attain repeat sets or transition quickly from defence into attack.		1	10	50	500
Notes When completing the work in 5b ensure players use two handed touch						



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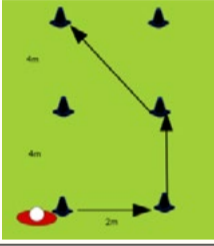
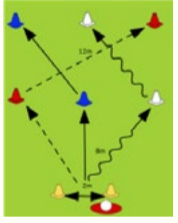

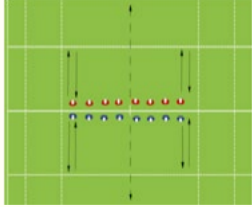

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## WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 4 (65min)

WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Toss Ball - (1) Toss the ball straight up into the air. COACHING TIP - Hands need to follow through to ensure the ball goes straight up into the air and back into your hands. (2) On catching the ball, rebalance and toss ball into air again.					5min
Notes	Work to be completed individually Players to be spaced every 1.5m					
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) A-Skips over 10m into 20m Stride (2) Walking Lunges over 10m into 20m Stride (3) Oscillating Sumo Squats over 10m into 20m Stride (4) SL Hops; Ice Skaters; Ice Skaters + Hold Over 10m into 20m Stride (5) 40m in 7s into 13s Rest		1	2	30	60
Notes	Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups					
2b (2min)	Single Leg Glute Raise on Box x 8 each side	<a href="#">Single Leg Glute Raise on Box</a>	1	8		
Notes	Players to be individually in 4m <sup>2</sup> of space					
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	<a href="#">Counter Movement Jump and Single Leg Land</a>	1	12		
Notes	Players to be individually in 4m <sup>2</sup> of space					
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Angle change and accelerate 4m (Work from each side of the grid; Set up 2 stations)	<a href="#">Dice Drill - Lat; Accel; Cut</a> 	4	4	10	160
3b (5min)	Colour cone reaction - Starting with lateral push between Yellow cones (2m apart) react to colour called (Red, White, Blue) NB - Note the two lines of red, white and blue are set 8m from the yellow and 12m from the first line of red, white and blue cones. (Set up 2 stations)		2	4	20	160
Notes	Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups					
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (15min)	Complete the 20/40/60's below as a series: 20/40/60 Single 20/40/60 Double 20/40/60 Singles		1	1	120	120
Notes	When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)					
4b (5min)	20m/20m/10m: 20sec for the work: Run 20m, turn, return to start, run 20m, turn, return to start, run 10m, turn, return to start (3 Sets x 4 Reps; 20sec work into 40sec rest)	<a href="#">20m/20m/10m</a>	2	4	100	800
Notes	When completing the work in 4b ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; 20sec Rest)					
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed into Plays and Support (1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away) (2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total (3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays (4) Complete series 4 times	 	1	4	120	480
Notes	When completing the work in 5a ensure players are spaced 1.5m apart.					
5b (15min)	2 Pass Push and Support Game (max of 5v5) (1) Two handed touch (2) 4 plays (3) Hand ball over after 4 tackles (4) Must have two passes and support inside or out, around the ball carrier. If no support hand ball over to opposition		1	10	40	400
Notes	When completing the work in 5b ensure players use two handed touch					



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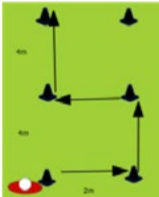
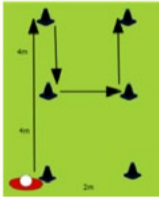
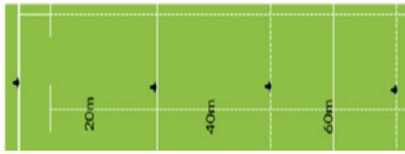

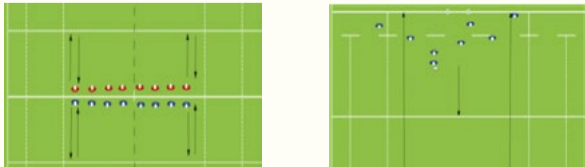
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## WARM UP, SKILLS, RUGBY LEAGUE FITNESS AND GAMES 5 (65min)

### WORK TO BE COMPLETED IN GROUPS OF 10 (MAXIMUM)

1	HAND EYE WORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
1a (5min)	Dummy Half Passing over 10m to a target; 2min passing right and 2mins passing left NB - Vary width of pass when needed.					5min
Notes Work to be completed in pairs with one ball between each pair Pairs to be spaced every 5m Passes over 10m distance						
2	WARM UP	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
2a (6min)	(1) A-Skips over 10m into 20m Stride (2) Walking Lunges over 10m into 20m Stride (3) Oscillating Sumo Squats over 10m into 20m Stride (4) SL Hops; Ice Skaters; Ice Skaters + Hold Over 10m into 20m Stride (5) 4 steps easy 4 steps fast over 10m into 20m Stride		1	2	30	60
Notes Work to be completed in two groups of 5 Players to be spaced every 1.5m Distance of 5m between groups						
2b (2min)	Single Leg Glute Raise on Box x 8 each side	<a href="#">Single Leg Glute Raise on Box</a>	1	8		
Notes Players to be individually in 4m <sup>2</sup> of space						
2c (2min)	Counter Movement Jump and Single Leg Land x 6 each side (12 in total)	<a href="#">Counter Movement Jump and Single Leg Land</a>	1	12		
Notes Players to be individually in 4m <sup>2</sup> of space						
3	FOOTWORK	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
3a (5min)	Dice Drill - Lateral 2m, Accelerate 4m, Lateral 2m, Accelerate 4m (Work from each side of the grid); Set up 2 stations)		4	4	10	160
3b (5min)	Dice Drill - Accel 8m, Go on to Front, Retreat 4m, Lateral Push 2m, Accelerate 4m (Work from each side of the grid) - COACHING TIP Focus on speed off the floor (Set up 2 stations)	<a href="#">Dice Drill - Accel; Floor; Ret; Accel</a> 	2	4	20	160
Notes Work in 3a and 3b to be completed simultaneously in two groups of 5 (Then swap) Working simultaneously will aid in the separation of players Players to be spaced every 1.5m Distance of 5m between groups						
4	FITNESS	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
4a (15min)	Complete the 20/40/60's below as a series:					
	20/40/60 Single		1	1	120	120
	20/40/60 Double		1	1	240	240
	20/40/60 Singles		1	2	120	240
Notes When completing the work in 4a ensure players are spaced 1.5m apart. Players can work simultaneously in two groups (One Group of five working and one group of five resting; Approx 1min Work and 1min Rest)						
4b (5min)	40m Pass and Reload (Work in pairs with groups 5m apart)		2	4	40	320
Notes When completing the work in 4b ensure groups are spaced 5m apart.						
5	SKILLS AND GAME	EXERCISE/VIDEO LINK	SETS	REPS	DIST	TOTAL
5a (10min)	Line Speed into Plays and Support		1	4	120	480
	(1) In one group of 10. Start on the halfway line and work to the respective 40m line (10m away)					
	(2) All players in the group (Blue) complete 6 line speed efforts. Work out 10m, go on to front, return back to the start in 5s. Rest 5s and repeat. 6 efforts in total					
	(3) After the 6th effort the group run to opposite end of the oval to where a ball is situated and work through 6 plays					
	(4) Complete series 4 times					
Notes When completing the work in 5a ensure players are spaced 1.5m apart.						
5b (15min)	Pressure Game (max of 5v5)		1	10	50	500
	(1) 10m in-goal areas					
	(2) 50m (Inclusive of 10m in-goal areas) x 50m					
	(3) 4 Plays and you can kick on the last play					
	(4) The aim of the game is to attain repeat sets or transition quickly from defence into attack.					
Notes When completing the work in 5b ensure players use two handed touch						