RUGBY

Rugby practice plan

1 h 17 · 7 items

DONE	TIME	MINS	ITEM
☐	**0 min**	5	**Team talk** What we are working on today, and why
☐	**5 min**	15	**Warm-up** Easy laps, then dynamic stretches
☐	**20 min**	10	**Catch-pass in lines** Hands up early, a step deeper than the passer, catch it in front of you and pass in two strides, no f…
☐	**30 min**	12	**2v1 draw and pass** Run at the defender's inside shoulder, make them commit, pass flat to the support runner, suppor…
☐	**42 min**	5	**Water break**
☐	**47 min**	20	**Scrimmage**
☐	**1 h 07**	10	**Cool-down** Easy jog, then static stretches

NOTES

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