



Rugby Development Department

Graduated Return to Contact Phase 3 Guidelines

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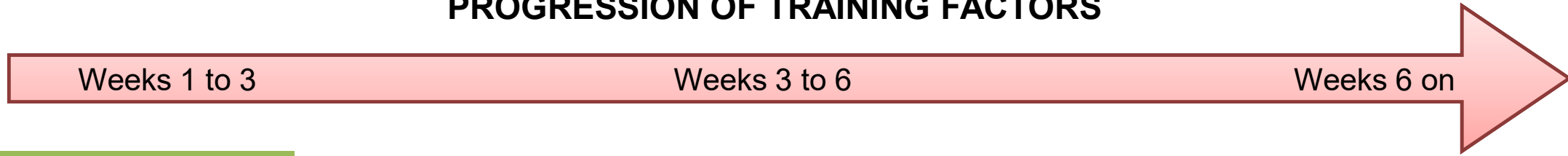
KEY CONSIDERATIONS

- **Appropriate S&C progression** - tempo running , multi direct. running and SBCGames - Quality of movements
- **No formal competitions on the horizon** - build conditioning base, no need to flog players with fitness !
- **Contact Skills** - focus on contact situation skills to prevent injury down the line - (Repetitive till Intuitive)
- **Build into CONTACT !** - Contact techniques/conditioning, Agility, Change of direction
- **Fun, Fun, Fun** - players have to stay engaged, heavy reliance on games for conditioning and skills acquisition
- **Reduce risk of injury** - build solid foundations for skills acquisition without excessive risk exposure eg. volumes of live contact etc.
- **Lowest hanging fruit** - skills acquisition for S&C, basic skills, positional skills: no pressure repetition.

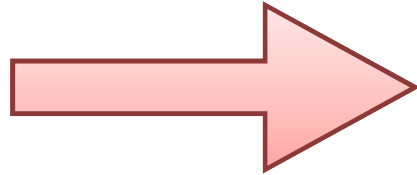
Training Programme



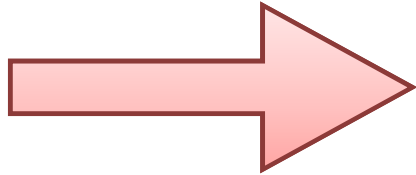
PROGRESSION OF TRAINING FACTORS



- MDR** - skips, hops, shuffles
- BASE CONDITIONING** - tempo runs, run throughs
- SAQ Intro** - hops, jumps, COD
- GAMES** - age appropriate conditioning games



- BASE STRENGTH** - full body weight strength, push ups, squats etc.
- SAQ** - accelerations, sprints, repeated sprints
- SBCG** - 4v4, progressed touch, keep ball etc.



LIVE SSG - Low volume live hit small sides games

CONTACT READY - close bag hits, grapple, wrestle, tackle tech.



SEMI CONTACT - wraps, tackle tech 50%, scrum binds, no live rucks



CONTACT - Scrum hits, 1v1 Tackles, non contested rucks