

RUGBY WARM-UPS

“RUGBY WARM-UPS” is a complete warm-up programme to reduce injuries among male and female rugby players aged 14 years and older. The programme was developed by an international group of experts, and its effectiveness has been proven in a scientific study. Teams that performed the warm-up at least twice a week had 30-50% fewer injured players.

The programme should be performed, as a standard warm-up, at the start of each training session and it takes around 20-25 minutes to complete. Athletes should complete Part 1, one level of Part 2 and Part 3 in the order provided. Prior to matches, only Part 1, the Rugby Specific, and Part 3 should be performed. For all exercises, correct performance is of great importance. Therefore, the coach should supervise the programme and correct the players if necessary.

PART 1 RUNNING EXERCISES 8 MINUTES

1 RUNNING STRAIGHT AHEAD



The course is made up of 6 to 10 pairs of parallel cones, approx. 5-6 metres apart. Two players start at the same time from the first pair of cones. Jog together all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**

2 RUNNING HIP OUT / HIP IN



Walk or jog easily, stopping at each pair of cones to lift your knee and rotate your hip outwards. Alternate between left and right legs at successive cones. **2 sets**. Repeat, but this time rotate hip inwards.

3 RUNNING CIRCLING PARTNER



Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. Shuffle an entire circle around one other and then return back to the cones. Repeat for each pair of cones. Remember to stay on your toes and keep your centre of gravity low by bending your hips and knees. **2 sets**

4 RUNNING SHOULDER CONTACT



Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then jump sideways towards each other to make shoulder-to-shoulder contact. Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronize your timing with your team-mate as you jump and land. **2 sets**

5 RUNNING QUICK FORWARDS & BACKWARDS



As a pair, run quickly to the second set of cones then run backwards quickly to the first pair of cones keeping your hips and knees slightly bent. Keep repeating the drill, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets**

PART 2 STRENGTH PLYOMETRICS BALANCE Level 1 10 MINUTES

6 THE BENCH STATIC



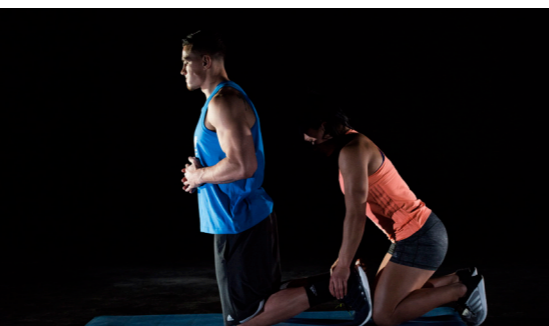
Starting Position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets**

7 SIDEWAYS BENCH STATIC



Starting Position: Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbow of your supporting arm should be directly under your shoulder. **Exercise:** Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**

8 HAMSTRINGS BEGINNER



Starting Position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. **Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **1 set**

9 SINGLE-LEG STANCE HOLDING THE BALL



Starting Position: Stand on one leg. **Exercise:** Balance on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**

10 SQUATS WITH TOE RAISE



Starting Position: Stand with your feet hip-width apart. **Exercise:** Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand up on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets**

11 JUMPING VERTICAL JUMPS



Starting Position: Stand with your feet hip-width apart. Place your hands on your hips if you like. **Exercise:** Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are flexed to approx. 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **2 sets**

Level 2 10 MINUTES

6 THE BENCH ALTERNATE LEGS



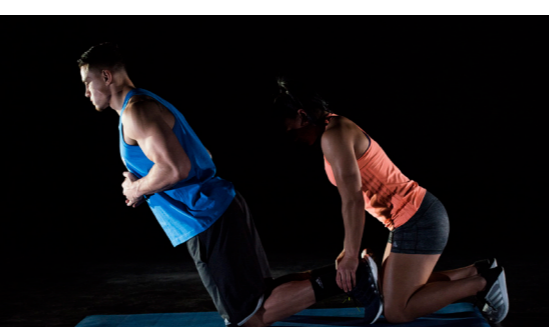
Starting Position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 40-60 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets**

7 SIDEWAYS BENCH RAISE & LOWER HIP



Starting Position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. **Exercise:** Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**

8 HAMSTRINGS INTERMEDIATE



Starting Position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. **Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 7-10 repetitions and/or 60 sec. **1 set**

9 SINGLE-LEG STANCE THROWING BALL WITH PARTNER



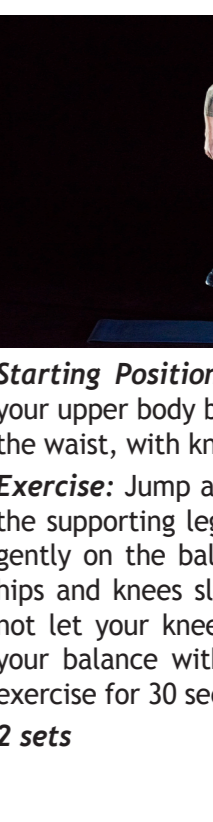
Starting Position: Stand 2-3 m apart from your partner, with each of you standing on one leg. **Exercise:** Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knee just slightly flexed and try not to let it wobble inwards. Keep going for 30 sec. Change legs and repeat. **2 sets**

10 SQUATS WALKING LUNGES



Starting Position: Stand with your feet hip-width apart. Place your hands on your hips if you like. **Exercise:** Lunge forward slowly at an even pace. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Lunge your way across the pitch (approx. 10 times on each leg) and then jog back. **2 sets**

11 JUMPING LATERAL JUMPS



Starting Position: Stand on one leg with your upper body bent slightly forwards from the waist, with knees and hips slightly bent. **Exercise:** Jump approx. 1 m sideways from the supporting leg on to the free leg. Land gently on the ball of your foot. Bend your hips and knees slightly as you land and do not let your knee buckle inward. Maintain your balance with each jump. Repeat the exercise for 30 sec. **2 sets**

Level 3 10 MINUTES

6 THE BENCH ONE LEG LIFT AND HOLD



Starting Position: Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders. **Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg about 10-15 centimetres off the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. **3 sets**

7 SIDEWAYS BENCH WITH LEG LIFT



Starting Position: Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbow of your supporting arm should be directly beneath your shoulder. **Exercise:** Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**

8 HAMSTRINGS ADVANCED



Starting Position: Kneel on a soft surface. Ask your partner to hold your ankles down firmly. **Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 12-15 repetitions and/or 60 sec. **1 set**

9 SINGLE-LEG STANCE TEST YOUR PARTNER



Starting Position: Stand on one leg opposite your partner and at arm's length apart. **Exercise:** Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. **2 sets**

10 SQUATS ONE-LEG SQUATS



Starting Position: Stand on one leg, loosely holding onto your partner. **Exercise:** Slowly bend your knee as far as you can manage. Concentrate on preventing the knee from buckling inwards. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. **2 sets**

11 JUMPING BOX JUMPS



Starting Position: Stand with your feet hip-width apart. Imagine that there is a cross marked on the ground and you are standing in the middle of it. **Exercise:** Alternate between jumping forwards and backwards, from side to side, and diagonally across the cross. Jump as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. **2 sets**

Rugby Specific 5 MINUTES

12 KNEE PRESS-UPS



Start by lying face down with hands shoulder width apart. Bend your knees and raise body up off floor by extending arms with body straight. Both upper and lower body must be kept straight throughout the exercise. Your forefeet can remain on floor as long as body is pivoting on knees. Keep your body straight and knees bent. Then lower body to floor by bending arms. Push body up until arms are extended. 6-12 reps. **2 sets**

13 CORE PRESS-UPS



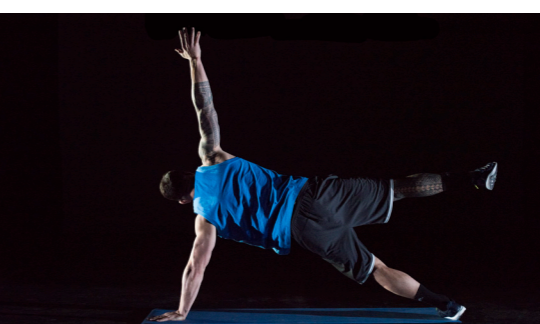
Start by lying face down with hands shoulder width apart. Feet shoulder width apart. Keeping your knees and hips straight raise your body up off floor by extending the arms. The emphasis is on keeping your body in straight alignment. This is the start position. It is important to keep your body in a straight line as you do these. 6-12 reps. **2 sets**

14 CORE PRESS-UPS WITH TWIST



Like the normal core press-up begin in the start position. Next, lower your body to the floor by slowly bending the arms. Hold this position briefly before pushing your body back up. At the top of the press-up rotate your body so your body weight is supported on one arm only and reach the other arm to the sky. Hold this final position briefly before returning the start position by doing things in the reverse order. 6-12 reps whilst alternating each side. **2 sets**

15 CORE PRESS-UPS WITH TWIST AND LEG RAISE



Repeat core press-ups with a twist but once you have rotated to a side on position lift the leg on the same side into the air by abducting the hip. Keep both your arm and leg straight as you do this. Hold this final position briefly before returning the start position by doing things in the reverse order. 6-12 reps whilst alternating side with each press-up. **2 sets**

16 TACKLE TECHNIQUE



Can use a hit shield or on another player. Players in pairs – 10 tackles each, 5 on each shoulder emphasising technique.

- Positioning to cut down attackers options - left or right;
- Head up with eyes on target and open entire tackle;
- Correct body position (knees bent spine straight);
- Hit, wrap and drive through tackle.

Level 1 Walking Pace
Level 2 Jog
Level 3 Run

PART 3 RUNNING EXERCISES 2 MINUTES

17 RUNNING ACROSS THE PITCH



Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets**

18 RUNNING BOUNDING



Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each step (opposite arm and leg). Try not to let your leading leg cross the midline of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets**

19 RUNNING PLANT & CUT



Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knee buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets**