



COACHING & TRAINING TIPS

Under COVID-19 Phase 2 Guidelines – Version 1.0

This document was last updated on 18th July 2020 and is subject to change upon the advice of the government and health authorities.

GENERAL CONSIDERATIONS

Returning to play guidelines:



Don't attend if you're unwell



Sanitise your hands & equipment before & after sessions



No hugs, handshakes, huddles or sharing items like drink bottles



Discourage spectators where possible



Reduce the time at the venue. Get in, train & get out.

GENERAL CONSIDERATIONS

Prior to resumption of training, teams must have:



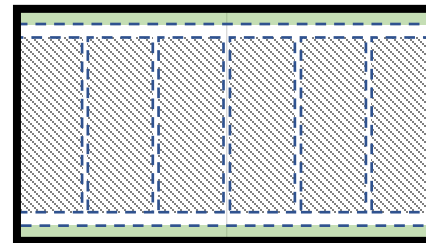
Safety Coordinator /
Instructor/ Coach



Safety Plan to address
injuries or accidents



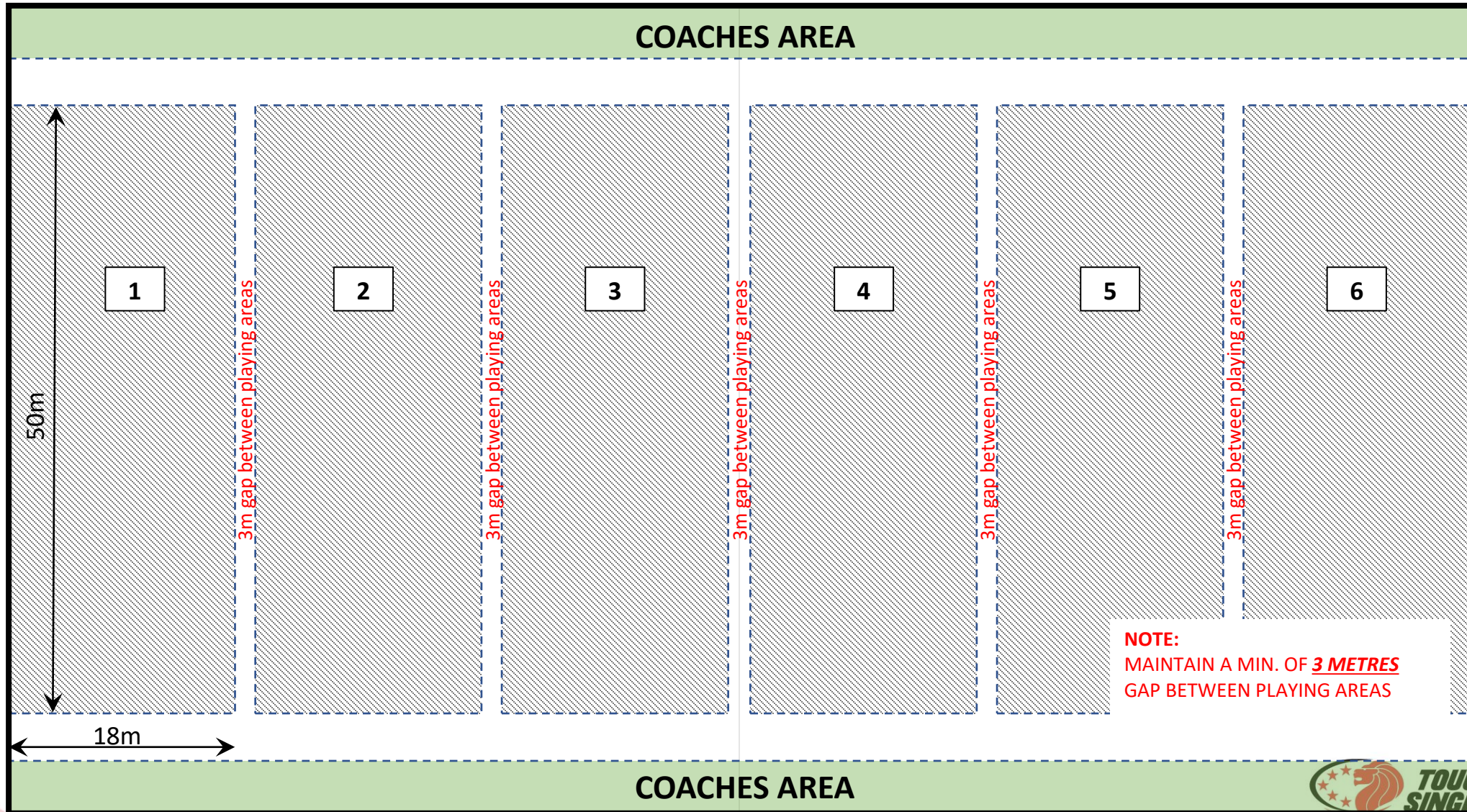
Attendance Register



Facility Map / Playing
Field Guide

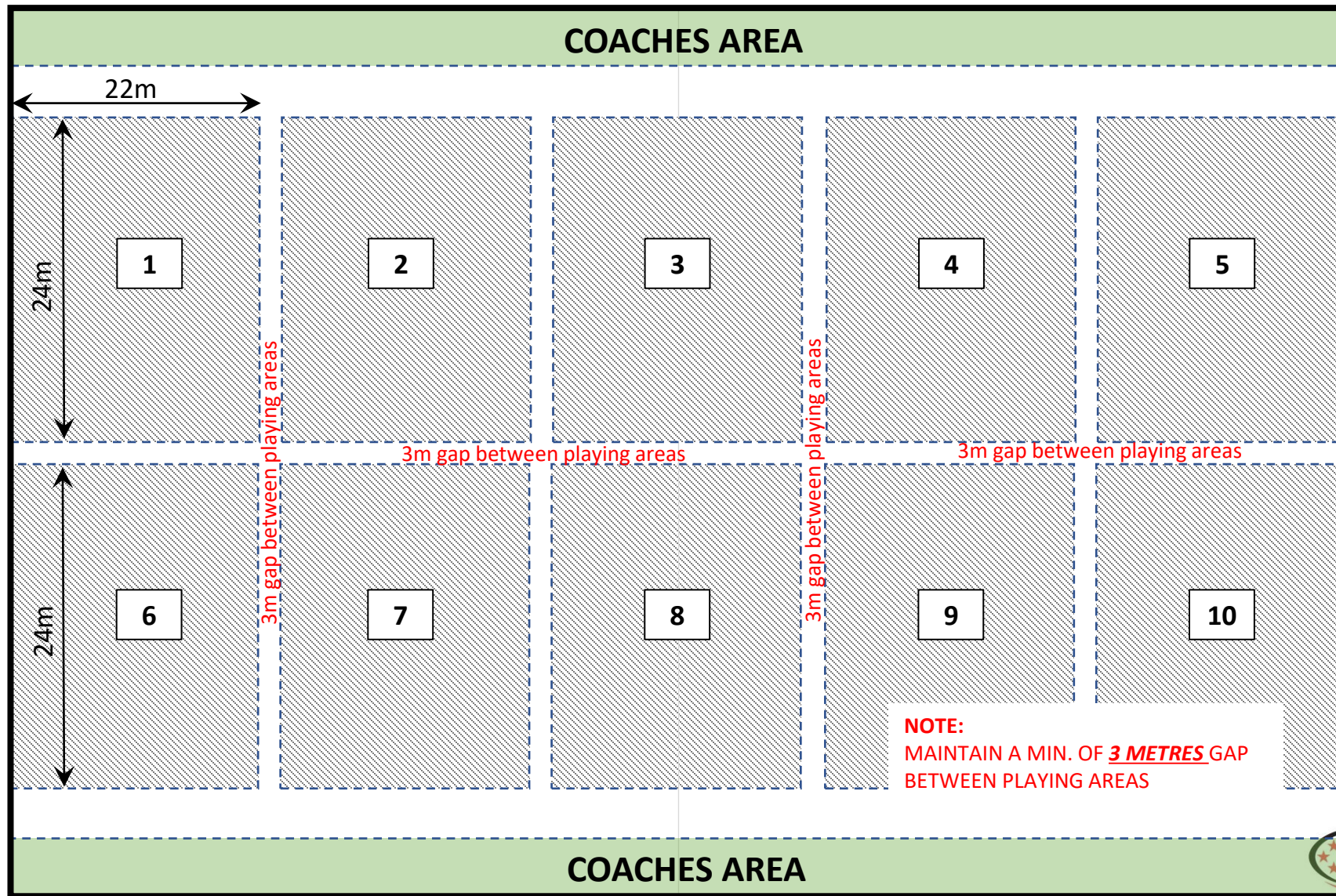
FIELD PLAYING AREA GUIDE

Option 1 – Full Field Playing Area Guide for Adults



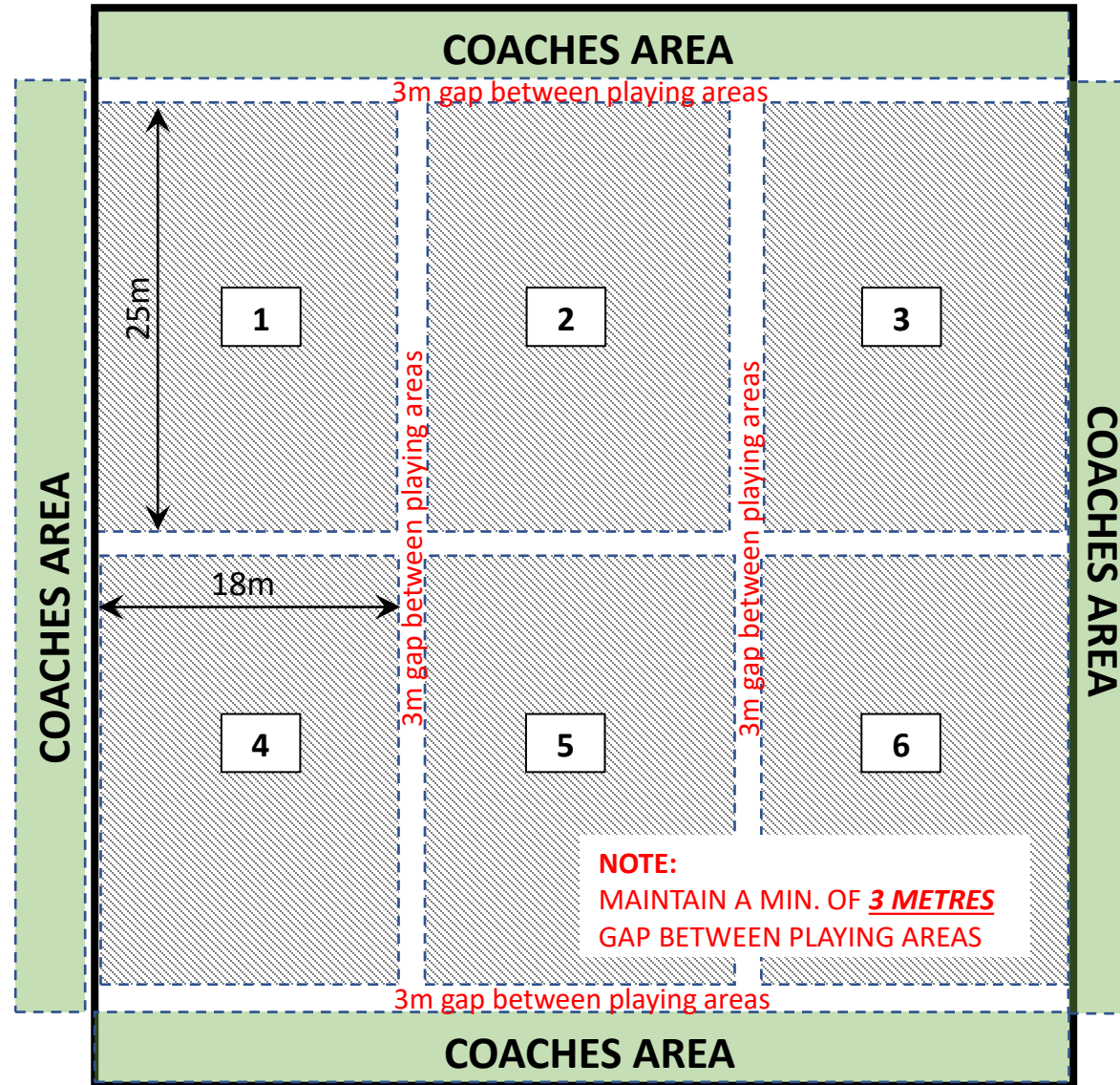
FIELD PLAYING AREA GUIDE

Option 2 – Full Field Playing Area Guide for Children



FIELD PLAYING AREA GUIDE

Option 3 – Half Field Playing Area Guide for Adults or Children



COACHING & TRAINING GUIDE

Training Session Plan Guide

➤ **Plan your Session**

- ✓ Consider the total number of players you can manage, allocation of space & duration of training
- ✓ Set the focus of the session (e.g. fitness, basic skills, unit skills, combination etc.)
- ✓ Coordinator/ Instructor/ Coach to monitor & keep track of time.

Bonus tips:

- ✓ *Develop a training plan that you can “pre-load” the players and/or leading player with before the session to help you facilitate the training session efficiently.*
- ✓ *Delegate specific task within the group to encourage players to be responsible for their own groups (e.g. warm-up & warm-down, equipment checks etc.)*



COACHING & TRAINING GUIDE

Drills & Exercises Guide:



Warm-up



Fitness & Conditioning



Basics/ Individual Skills



Unit & Team Skills



Tactics & Strategies

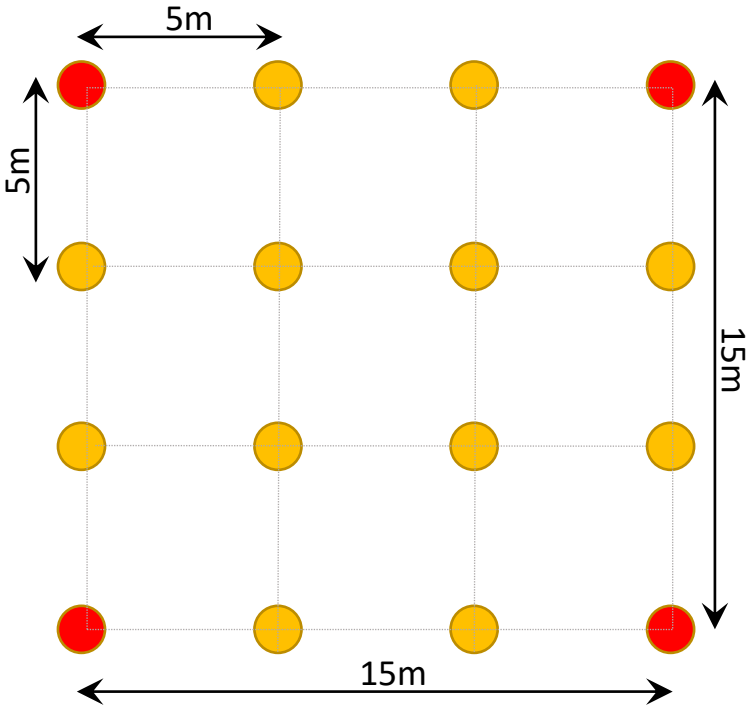
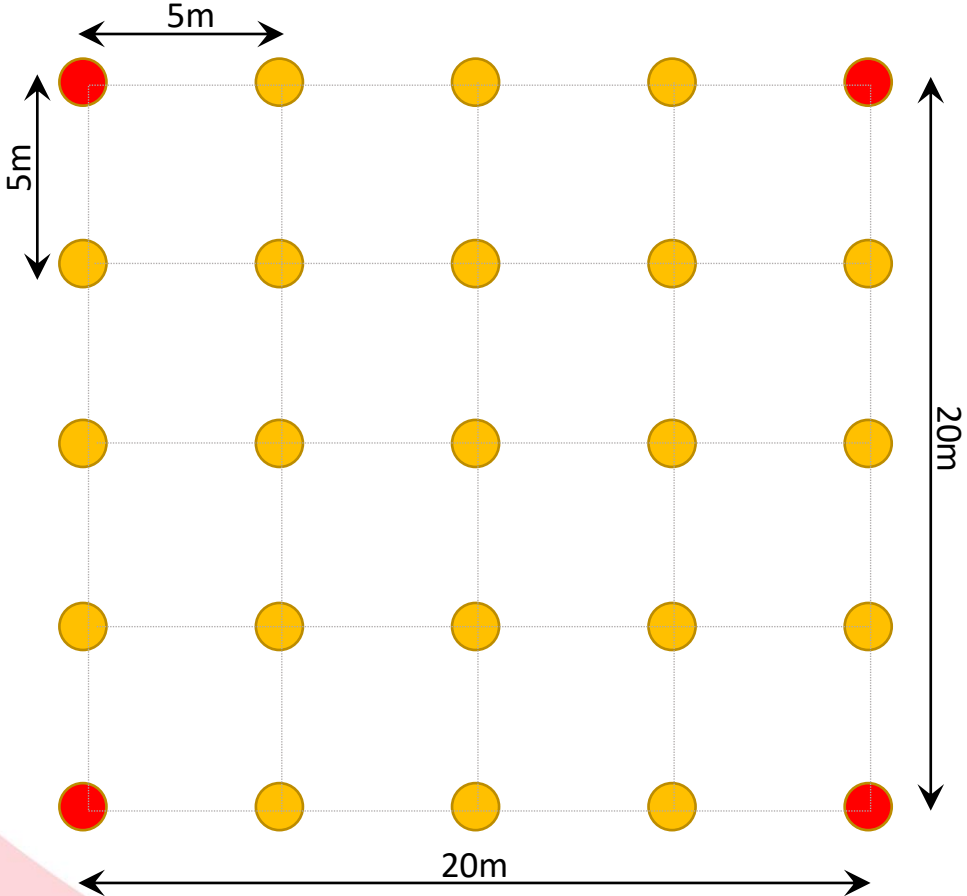


End of Session

COACHING & TRAINING GUIDE

Drills & Exercises Guide:

- How to use the drills & exercise guide?
 - ✓ The drills are designed to fit a standard grid of flat markers 5 metres apart.
 - ✓ Depending on the size of the allocated space, the grid can expand or shrink to fit.



- Remove cones in between to suit your drill

COACHING & TRAINING GUIDE

Drills & Exercises Guide:



WARM-UP

- Static Warmup
 - ✓ Stretching involving holding a position for 10 secs or more to elongate the muscles

- Dynamic Warmup
 - ✓ Moving a body part in the desired way until reaching the full range of motion; to improve performance
 - ✓ Warm-up games (See **Annex A** for examples of warm-up games)



FITNESS & CONDITIONING (See **Annex B** for workout examples)

- Key Areas:
 - ✓ Basic Aerobic Fitness
 - ✓ Agility/ Change of Direction
 - ✓ Top Speed
 - ✓ Speed Endurance

- Work-Rest Ratio Tips:
 - ✓ Work to Rest ratios (W:R) are also good guidelines for coaches to have during training (See **Annex C** for Work-Rest Ratio)

**Note: List above is not exhaustive.*



COACHING & TRAINING GUIDE

Drills & Exercises Guide:



MICRO SKILLS (See **Annex C** for example of drills)

- Basic/ Individual Skills (requires min. of 2 players)
 - ✓ Ball Sense
 - ✓ Passing – pop pass, long pass, spiral pass, off the ground pass, quick hands
 - ✓ Diving
 - ✓ Defensive body positions
 - ✓ Psychomotor skills



MACRO SKILLS (See **Annex D** for example of drills)

- Unit & Team Skills
 - ✓ 1 v 1 Attack & Defend
 - ✓ Static Passing
 - ✓ Running & Passing
 - ✓ Defensive Touch & Backpedal
 - ✓ Cornering or Compete
 - ✓ 2 person buddies
 - ✓ Dump, split & score/dive
 - ✓ 3 v 2 Attack & Defend
 - ✓ 3 v 2 Fun Touch
 - ✓ 3 v 2 supporting runs with off the ball movement
 - ✓ Attacking options

**Note: List above is not exhaustive.*

COACHING & TRAINING GUIDE

Drills & Exercises Guide:



TACTICS & STRATEGIES *(Best done via virtual platforms)*

- ✓ Subbing Patterns
- ✓ Defensive Policies
- ✓ Attacking Structure
- ✓ Direct vs Expansive
- ✓ High Pressure vs Conservative



END OF SESSION

- Warm-down and De-brief
 - ✓ Delegate one lead to do the warm-down
 - ✓ Debrief can be done via text

**Note: List above is not exhaustive.*



ANNEX A

Examples of drills for Warm-up Games :

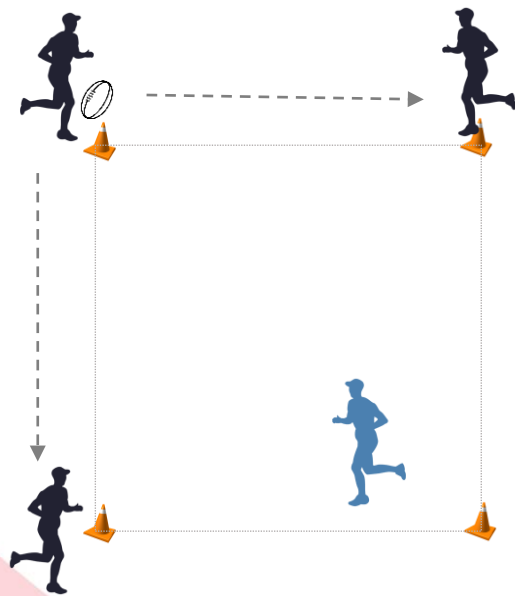
- **STAY ON YOUR TOES** (Min. of 4 players; 1 ball required in each group)
 - ✓ Set-up a grid of 10m x 10m
 - ✓ 3 players on attack (standing on a cone next to each other) & 1 on defense (to stay inside the grid)

Objective(s):

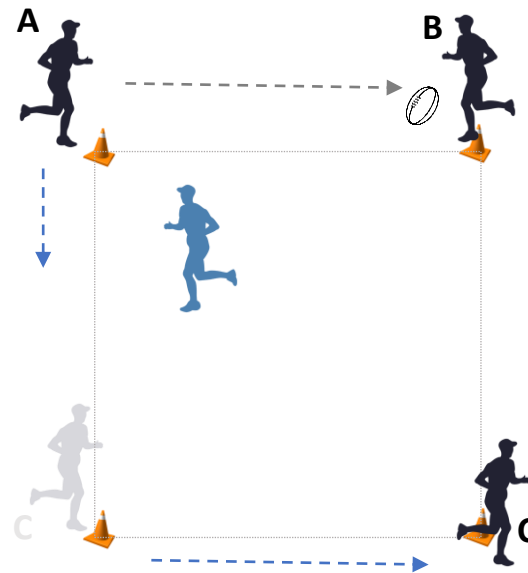
- Attacking players to avoid getting touched by defender while in possession of the ball
- Attacking players to avoid letting the ball get knocked down while in flight or intercepted by the defender
- Defender to touch attacking player in possession on ball or hit the ball down while the ball in in flight

Key Coaching Points:

- ✓ Accuracy of the pass
- ✓ Scanning for options
- ✓ Anticipate ball & player movement
- ✓ Reaction & agility



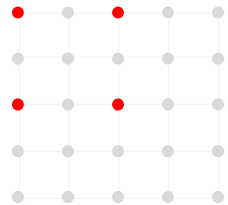
- Ball carrier can pass the ball to the player on the left or right
- Ball carrier cannot pass diagonally across the grid
- Change defenders when attacker gets touched or ball goes to ground from intercept or handling error



- When Player A passes the ball left to Player B.
- Supporting Attacker C must move to the empty cone so that Attacker B now has option to pass to his/her left & right.

*Progression:

- Make grid smaller (i.e. 5m x 5m)



ANNEX A

Examples of drills for Warm-up :

➤ **WORD REACTION GAME** (Min. of 3 players (including 1 Lead); 0 ball required in each group)

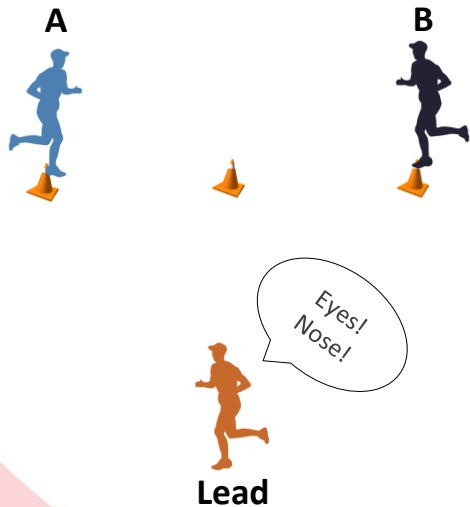
- ✓ Set-up 3 cone in a line; 5m apart.

Objective(s):

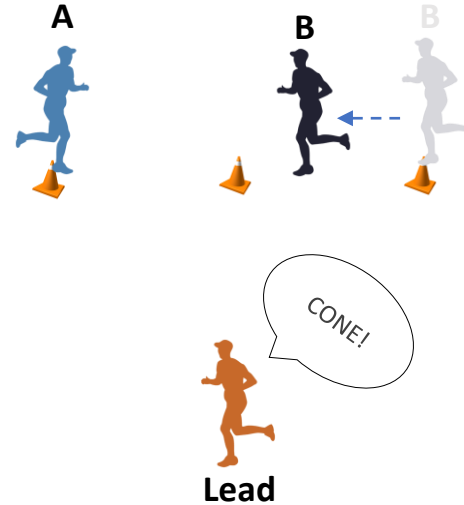
- Player to follow lead's call for either eyes, nose, ears, knees , hips etc. while jogging on the spot
- Player to react to the word 'CONE' and touch the cone between them
- First to touch the cone wins

Key Coaching Points:

- ✓ Quickness to react
- ✓ Balance body position
- ✓ Competitive spirit



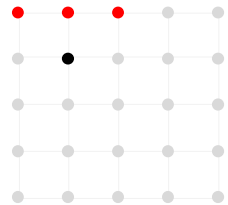
- Player A & B faces the lead & jogs on the spot (lead can vary starting posture of players)
- Lead will call for body parts while players react to the calls and places both hands according to the lead's call



- When lead calls 'CONE'. Player to react and touch the cone in the middle.
- First to touch the cone wins

**Progression:*

- Get creative with the starting posture
- For example, prone position, back facing etc.



ANNEX A

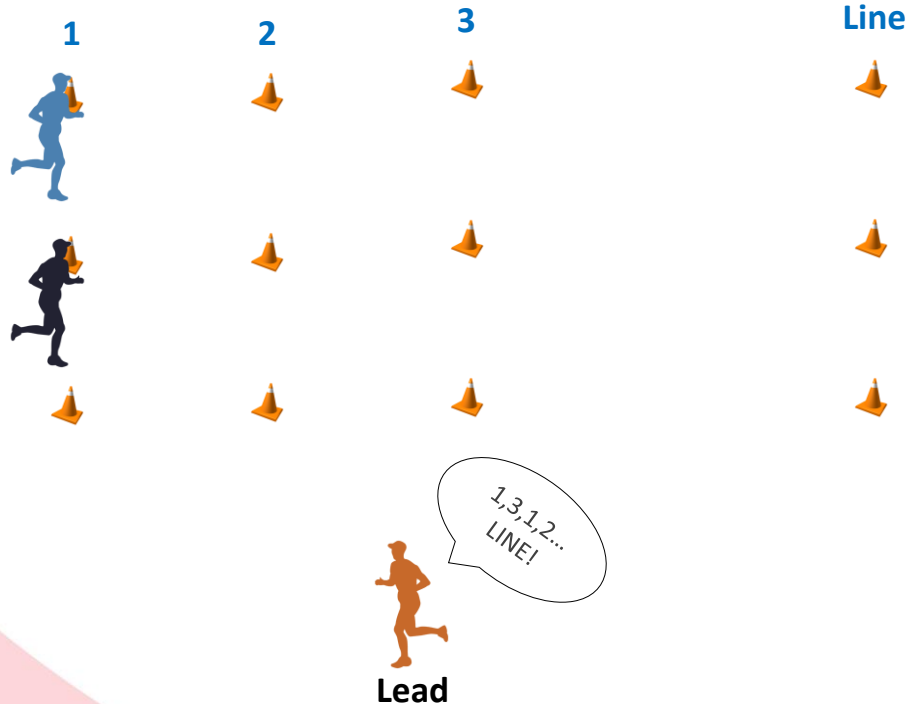
Examples of drills for Warm-up :

➤ **NUMBERS REACTION GAME** (Min. of 3 players (including 1 lead); 0 ball required in each group)

- ✓ Set-up cones as shown in guide below
- ✓ 5 metres apart with a gap of 10 metres for the 'LINE'

Objective(s):

- Player to follow lead's call for a combination of numbers
- Player to react to the word 'LINE' and race to the 'LINE'
- First to cross the 'LINE' wins



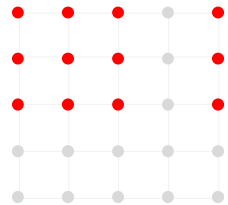
- Players gets ready at Cone 1.
- Lead will call for a combination of numbers. Players to move forward & backwards according to the numbers called.
- When lead calls for 'LINE', players will then race towards the line. First to cross the line wins

**Progression:*

- *Increase distance*
- *Change starting posture*

Key Coaching Points:

- ✓ *Footwork*
- ✓ *Balance body position*
- ✓ *Competitive spirit*



ANNEX A

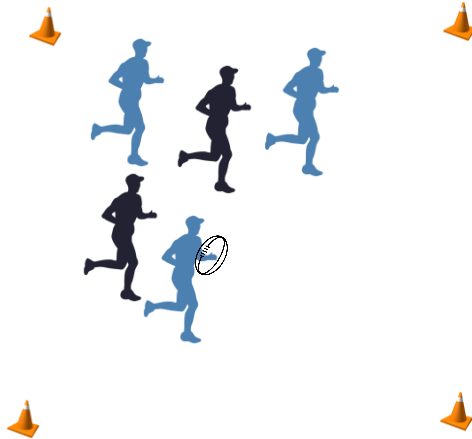
Examples of drills for Warm-up :

➤ **FIRST TO 10 PASSES** (Min. of 5 players; 1 ball required in each group)

- ✓ Set-up a grid of 10m x 10m
- ✓ 3 players on attack & 2 on defense

Objective(s):

- First group of 3 to pass 10 times wins



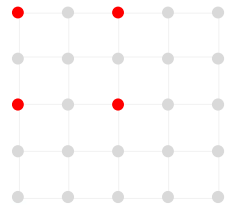
- Divide group into 2. One group of 3 & one group of 2.
- Group of 3 will be in possession of the ball. This group will try to make 10 passes without the ball getting intercepted or knocked down by the 2 defenders.
- Changeover occurs with 1 person from the group of 3 joining in the other group.
- Repeat until a group manages to pass 10 passes to the game.

**Progression:*

- *Make the grid smaller*
- *Increase the number of passes*

Key Coaching Points:

- ✓ *Space awareness*
- ✓ *Off the ball movement*
- ✓ *Anticipate ball & player movement*



ANNEX A

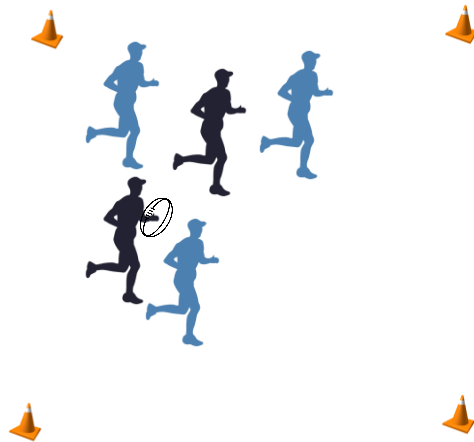
Examples of drills for Warm-up :

➤ **GAME OF TAG** (Min. of 5 players; 1 ball required in each group)

- ✓ Set-up a grid of 10m x 10m
- ✓ Start with 2 players on attack & other 3 on the run

Objective(s):

- The pair of 'taggers' will attempt to tag the other 3 players until none are left untagged.



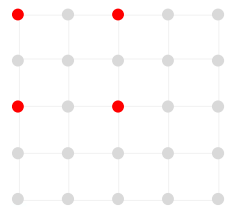
- Divide group into 2. One group of 3 & one group of 2.
- Group of 2 will be in possession of the ball. This group will try to tag the other 3 players with the ball.
- Tagged players will be added to the tagging group until all players are tagged.
- Player with the ball cannot run with the ball. The other player without the ball can run anywhere within the grid.

**Progression:*

- Increase grid size
- Modify rules such as ball carrier can move 2 steps after receiving ball

Key Coaching Points:

- ✓ Evasive skills
- ✓ Running into space
- ✓ Anticipate ball & player movement



ANNEX A

Examples of drills for Warm-up :

➤ **ROCK, SCISSORS, PAPER** (Min. of 2 players; 0 ball required in each group)

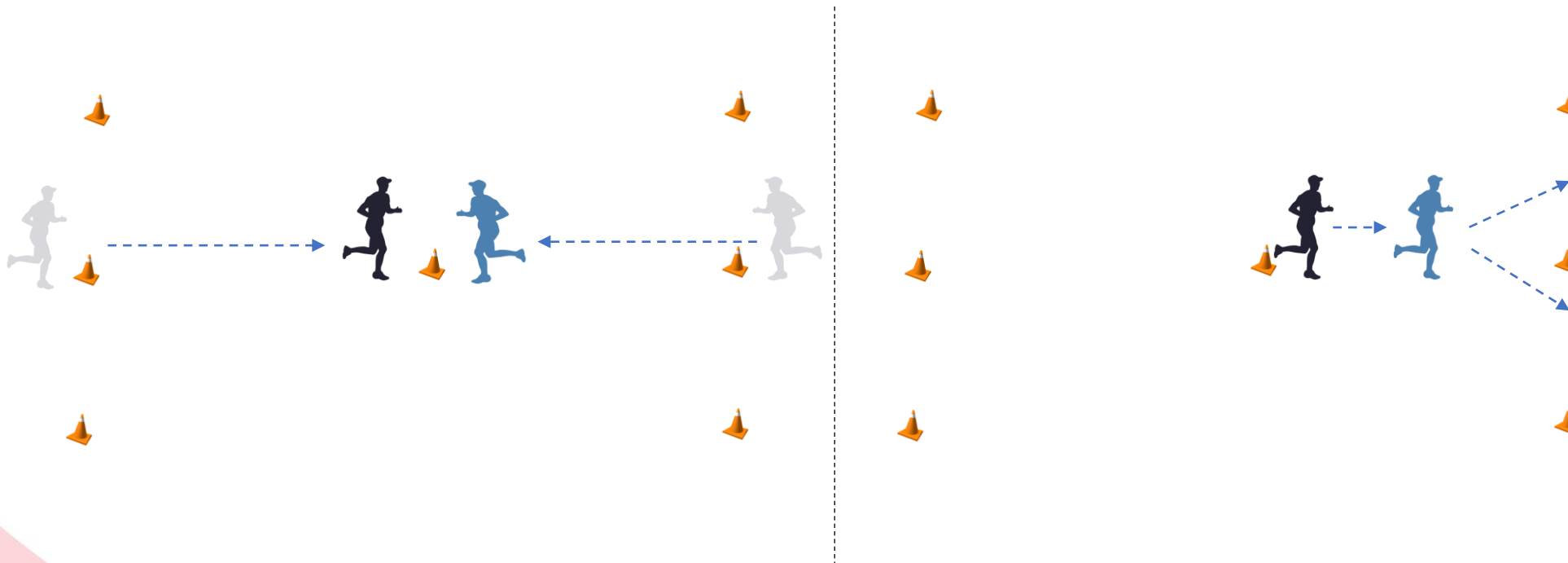
- ✓ Set-up a grid as shown in guide below
- ✓ Generally 5 metres apart

Objective(s):

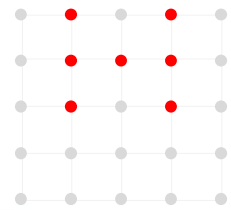
- Players to engage in 'Rock, scissors, paper'
- Loser must run back to 'base' before getting caught by winner

Key Coaching Points:

- ✓ Quickness to react
- ✓ Balance body position
- ✓ Explosive change of speed & direction



- Players to meet in the middle & play rock, scissors & paper.
 - Loser must run back to base while avoiding getting tagged by the Winner
- *Progression:*
- Increase distances
 - Lead can call the "gate" that loser needs to run into



ANNEX B

Examples of drills for Fitness & Conditioning :

➤ **High Interval Intensity Training (HIIT), Tabata, Circuit Training, Bodyweight Workouts**

- ✓ Each player in a 5m x 5m square

Objective(s):

- To create a period of intense work followed by a period of rest or less intense work.

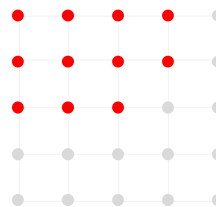
Example of a HIIT program

1. Warmup
2. Exercises (3 - 5 sets)
 - High knees
 - Squats
 - Burpees
 - Pushups
 - Crunches
 - Sumo squats
 - Mountain climbs
 - Dips
 - Sit-ups
 - Diamond Push-ups

Note: 20 secs workout for each exercise followed by 1 minute rest between sets

Online Resources – HIIT or Equivalent Programs

- Fitness Programs - <https://darebee.com/>
- Tabata Workouts - https://www.youtube.com/watch?v=kTvHJe6_h1c
- Bodyweight Workouts - <https://www.youtube.com/watch?v=5D3XjctYD9s>



ANNEX B

Examples of drills for Fitness & Conditioning :

➤ Change of Direction , Agility & Plyometrics

- ✓ Arrange cones to fit exercise

Objective(s):

- To improve our body's ability to be fast and nimble; to change the direction positioning of our body while actively in motion

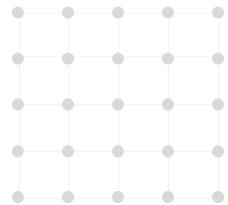
Example of C.O.D, Agility & Plyometric Exercises

- Ladder Footwork
- T drill
- Y drill
- Forwards & backwards
- Side steps
- Forward & backward jumps
- Lateral jumps
- Single Leg Hops
- Skaters
- Hurdles & box jumps

**Note: List above is not exhaustive.*

Online Resources – HIIT or Equivalent Programs

- Footwork Exercises 1 - <https://www.youtube.com/watch?v=tMY5Cj39xN8>
- Footwork Exercises 2 - <https://www.youtube.com/watch?v=4taYjKlmihU>
- Plyometric Exercise - <https://www.youtube.com/watch?v=dvggf9hPwtM>



ANNEX C

Examples of drills for Fitness & Conditioning :

➤ Work-Rest Ratio Guide (W:R)

HR Zone	%MHR	Training Type	Average Time at Intensity	Work/Rest Ratio	Benefits and Adaptations	Examples for Functional Training
5	91-100%	Maximal training	<2 minutes	1-3	Improves maximal speed	Run 400 meters or 1 min burpees
4	80-90%	Anaerobic Threshold	2-10 minutes	2-1 or 3-1	Improves strength performance and speed endurance	Circuit Training with 30 minute work/rest ratio
3	70-80%	Endurance	10-40 minutes	3-1 or 4-1	Improves aerobic fitness and power	Superfunctional™ class
2	60-70%	Recovery HR	40-80 minutes		Improves CV endurance	Regeneration activities
1	50-60%	Very light				Mobility activities

Credits to Jonathan Sng



ANNEX D

Examples of drills for Basic/ Individual Skills:

➤ **BALL SENSE** (Min. of 1 players; 1 ball required in each player)

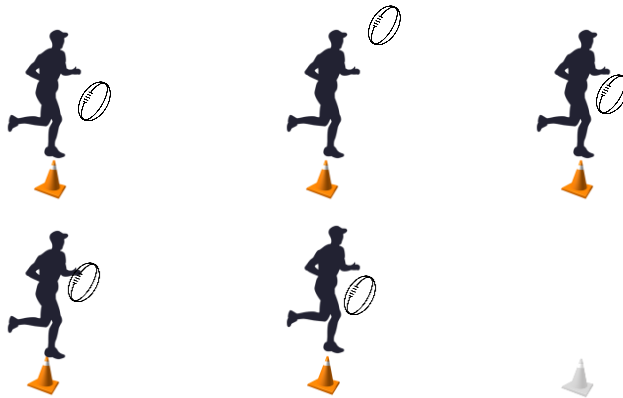
- ✓ Each player to maintain a distance of 5m apart

Objective(s):

- Develop or improve motor skills, hand-eye coordination and timing

Key Coaching Points:

- ✓ Balance body posture
- ✓ Good hand grip
- ✓ Good hand-eye coordination



List of Exercises

- Hand grip
- Back hand tap
- Patter, patter
- Sonny Bill back pop
- Round the waist
- Figure of 8
- Front to back
- Switch hands
- Pass clap
- Bounce back
- Around the head

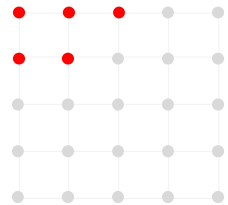
**Note: List above is not exhaustive.*

Online Resources - Individual ball skills

- Rugby Bricks - https://www.youtube.com/watch?v=pZB-6kl_440
- The Rugby Coach - <https://www.youtube.com/watch?v=QqVPXSNaYYg>

**Progression:*

- Turn it into race between groups



ANNEX D

Examples of drills for Basic/ Individual Skills:

➤ RUNNING & PASSING – QUICK BALL TRANSFER (Min. of 5 players; 1-2 ball required in each group)

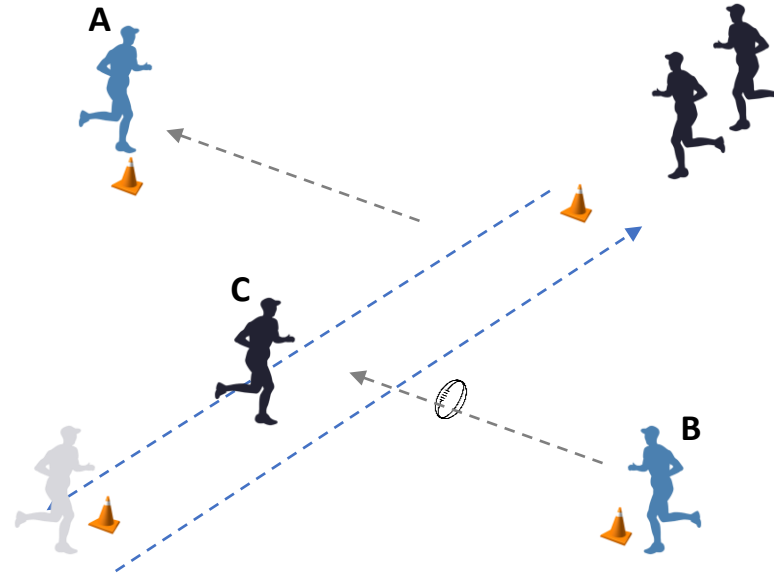
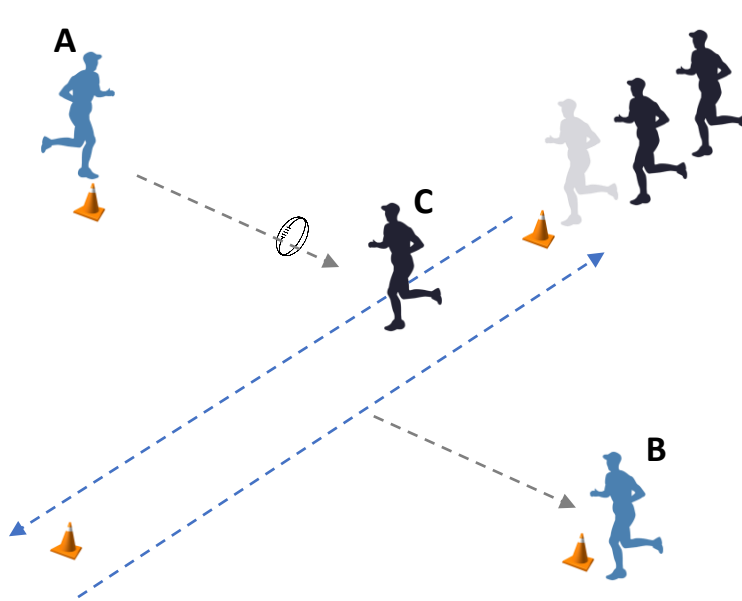
- ✓ Set up grid of 5m x 10m or 10m x 15m

Objective(s):

- Quick ball transfer receiving ball from one side and passing it off to the other without bringing the ball in to chest

Key Coaching Points:

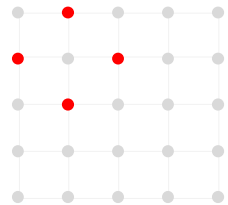
- ✓ Hands out
- ✓ Footwork
- ✓ Ball across body
- ✓ Follow through



- Player A & B will stay at cone to make static passes to Player C
- Player C to receive pass from Player A, runs ahead and pass off to player B
- Player C runs around the cone and now receives the ball from Player B first before passing the ball back to Player A
- Each running player can complete 6 continuous cycles before changing

*Progression:

- Increase distance



-----> Movement of Ball
 - - - - -> Movement of Player

ANNEX D

Examples of drills for Basic/ Individual Skills:

➤ **SHORT TO LONG PASSES** (Min. of 2 players; 4 balls required in each group)

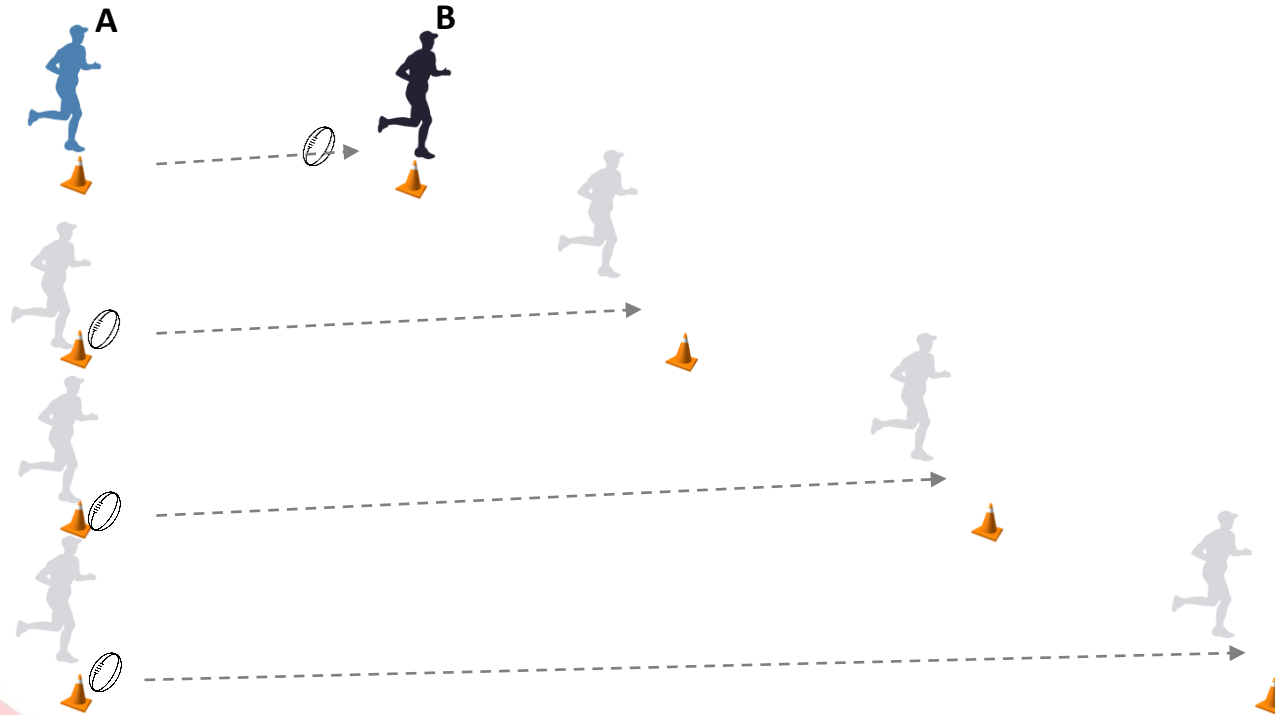
- ✓ Set up grid of as shown in the guide below

Objective(s):

- Player to pass the ball over short to long distances

Key Coaching Points:

- ✓ Off the ground pass
- ✓ Off a normal pass
- ✓ Follow through
- ✓ Footwork
- ✓ Catching

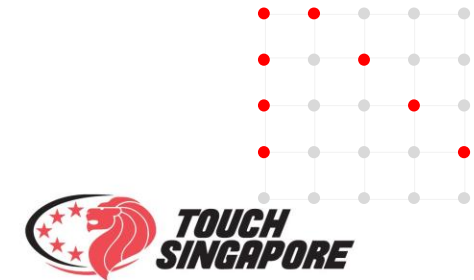


- Player A to pass the ball to Player B with varying distances
- Player B to receive ball and place near cone
- Can start from ball on the ground
- Once finished, Player B now pass the ball back to Player A starting from long to short passes

**Progression:*

- Allow another player to feed the ball to player instead

-----> Movement of Ball
- - - - -> Movement of Player



ANNEX D

Examples of drills for Basic/ Individual Skills:

➤ **PLACING & SCOOPING** (Min. of 2 players; 1-2 ball required in each group)

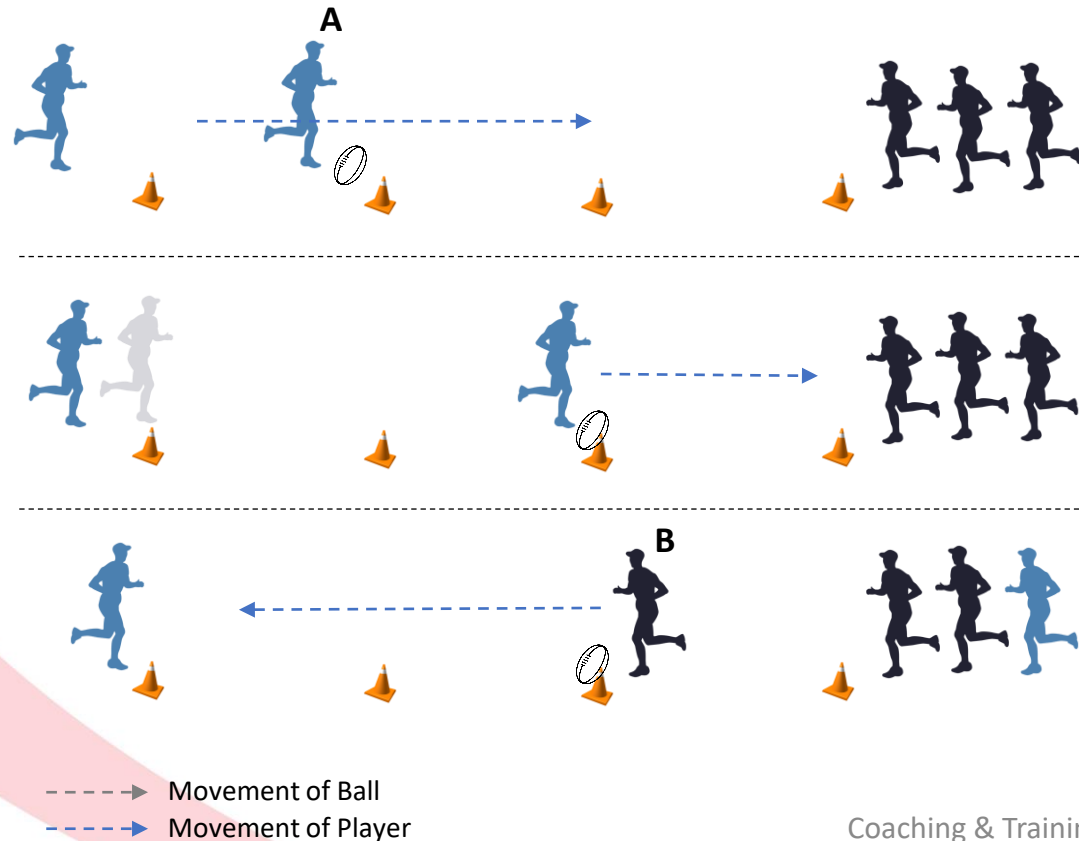
- ✓ Set up a line of cones 5m apart

Objective(s):

- Practice technique of placing the ball to the side of defenders
- Practice scooping on the run

Key Coaching Points:

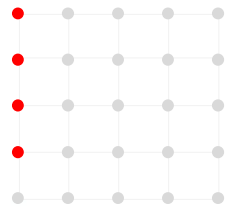
- ✓ Hand grip
- ✓ Get to the sides of defenders with positive touches
- ✓ Footwork & body balance
- ✓ Dominating the contest



- Player A runs forward & scoops the ball before placing it on the next cone & exit.
- Player B now runs up to scoop and place the ball on the next cone.

**Progression:*

- Add active defender



ANNEX D

Examples of drills for Basic/ Individual Skills:

➤ **Defensive Profiles** (Min. of 2 players; 0 ball required in each group)

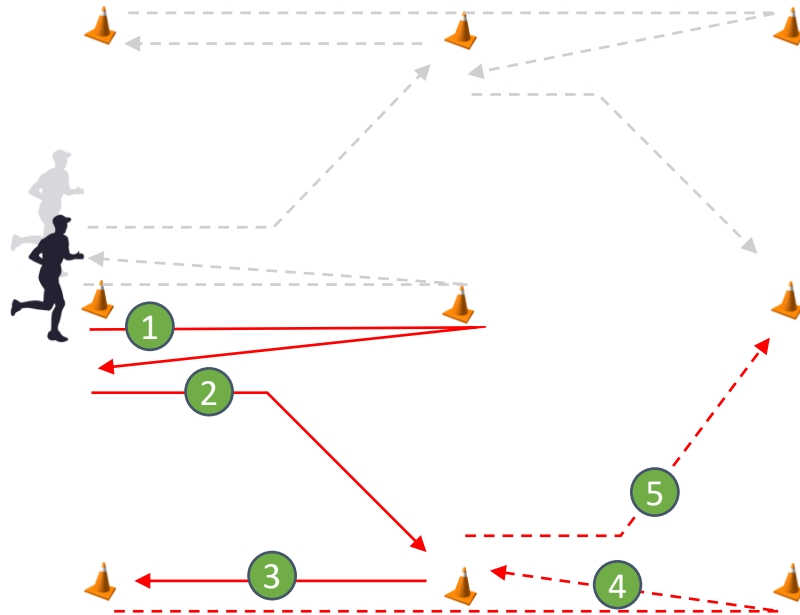
- ✓ Set up a grid of 10m x 10m with 5m interval cones

Objective(s):

- Practice defensive footwork, pre-touch & post-touch actions

Key Coaching Points:

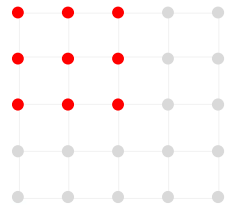
- ✓ Footwork & body balance
- ✓ Making the positive touch
- ✓ Moving off the line



- Player runs forward, makes a touch at 5/7m cone & backpedals back (1)
- Player moves off the line & chases right, makes a touch at the cone & backpedals (2)
- Player runs forward 10m, makes a touch at 10m cone & backpedals (3) & (4)
- Player moves off the line & chases left, finish at cone (5)

**Progression:*

- Do drills in pairs to work of speed of backpedal or coordination



ANNEX D

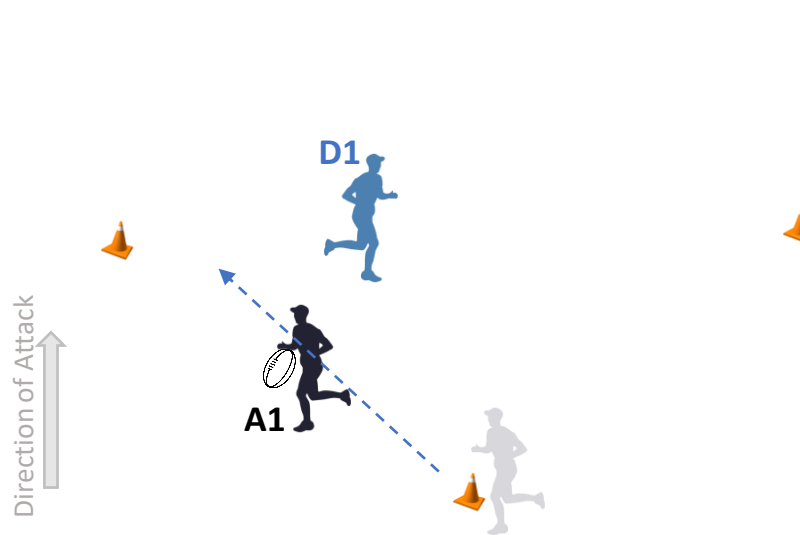
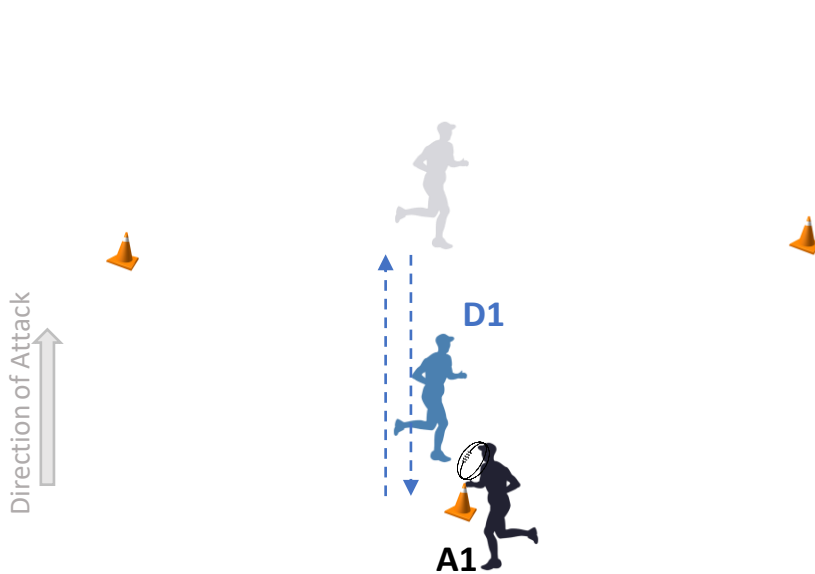
Examples of drills for Basic/ Individual Skills:

➤ **1 v 1 Variation – Diving** (Min. of 2 players; 1 ball required in each group)

- ✓ Set up grid as shown in guide below

Objective(s):

- Good pre-touch and post touch body position
- Attacking spaces



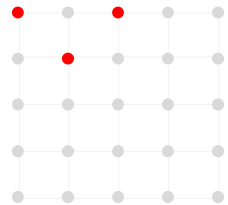
Key Coaching Points:

- ✓ Balance body position
- ✓ Moving off the line as defenders
- ✓ Footwork and agility to lose defenders
- ✓ Keep body low for the dive

- Defender D1 jogs up to the cone 5m ahead & places ball near the cone before backpedaling quickly to get onside on the line
- Attacker A1 picks up the ball and attempts to score at the line

**Progression:*

- Attacker must score with a dive
- Alternative to modify drill to work on defender's cornering (e.g. Defender must protect his/her short side only)



- ➔ Movement of Ball
- - - - -➔ Movement of Player

ANNEX D

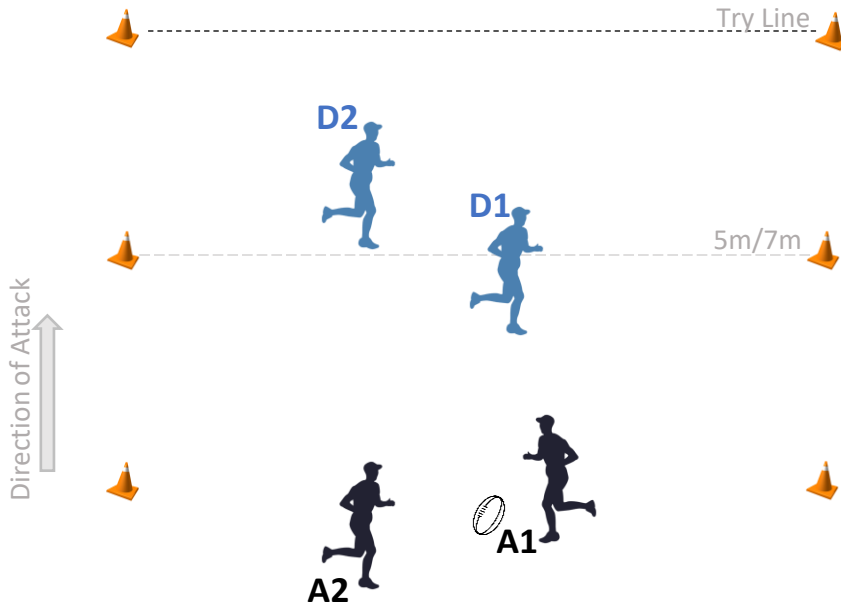
Examples of drills for Unit & Team Skills:

➤ **2 v 2 Game Variations** (Min. of 4 players; 1 ball required in each group)

- ✓ Set up grid of 15m x 10m
- ✓ 2 players in attack & 2 in defense

Objective(s):

- Score against the defensive pair with 1 touch to play



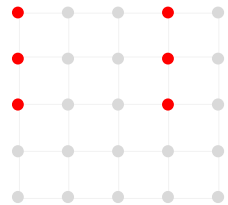
- Attackers A1 & A2 tap off 10m away from the try line.
- Defenders D1 & D2 moves off the line to make the touch & retreat 5m back
- 1 lead can referee the game

**Progression:*

- *Build the intensity of the game by increasing the number of touches allowed*
- *Modify emphasis in defense or attack to fit your team's policies.*

Key Coaching Points:

- ✓ *Make the touch at the 5m or 7m*
- ✓ *Good pre-touch & post touch position*
- ✓ *Communication*



ANNEX D

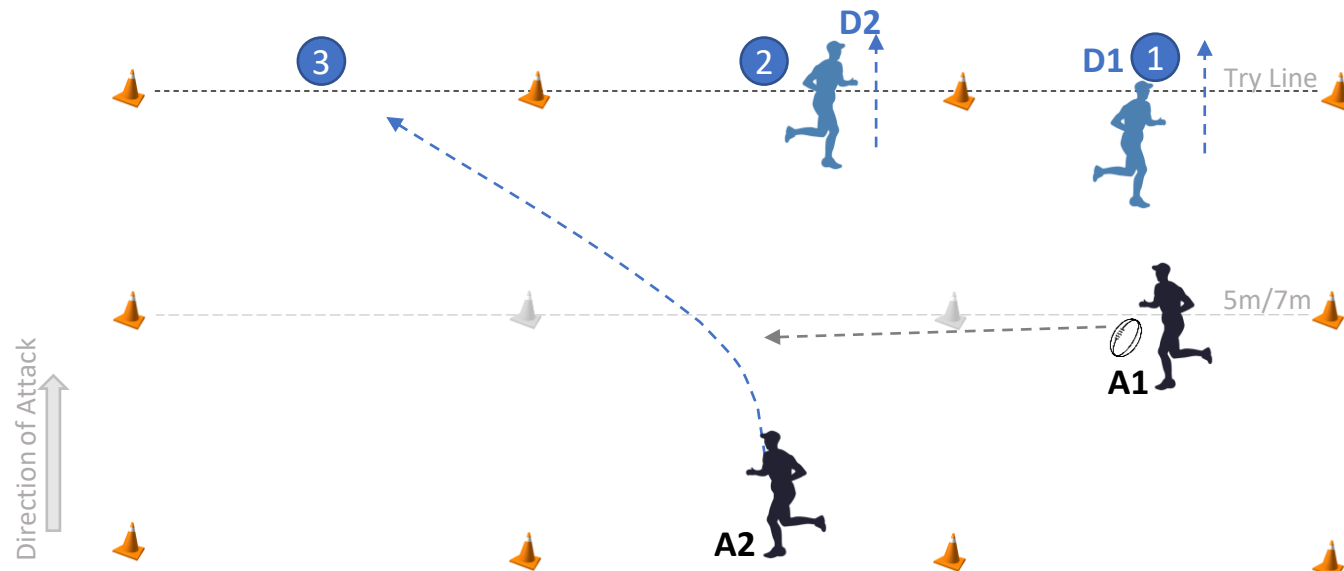
Examples of drills for Unit & Team Skills:

➤ 2 v 2 Game Variations – Off the Ball Movement (Min. of 4 players; 1 ball required in each group)

- ✓ Set up grid of 15m x 10m

Objective(s):

- Attacking team to practice the different attacking lines (e.g. in line, out line, passive line etc.)
- Defenders will be passive and creates gaps for attackers to exploit
- Progress to normal attack and defense once the concept is understood.



- ➔ Movement of Ball
- - - - -➔ Movement of Player

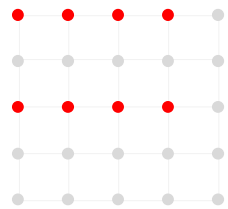
Key Coaching Points:

- ✓ Body positioning
- ✓ Depth & timing
- ✓ Acceleration & deceleration
- ✓ Anticipation

- Attacker A runs forward with the ball at 5/7m line & passes the ball to Attacker B running the different attacking lines.
- Defender A will be passive & make it back inside on Lane 1
- Defender B will choose either Lane 2 or 3 to make it back inside.
- Lead can preset which lane Defender B must take.

**Progression:*

- *Attacker A can practice running & scooping*
- *Start 10 to 15m away from the scoreline to practice transition from drive into line attack.*



ANNEX D

Examples of drills for Unit & Team Skills:

➤ **3 v 2 Game Variations** (Min. of 5 players; 1-2 ball required in each group)

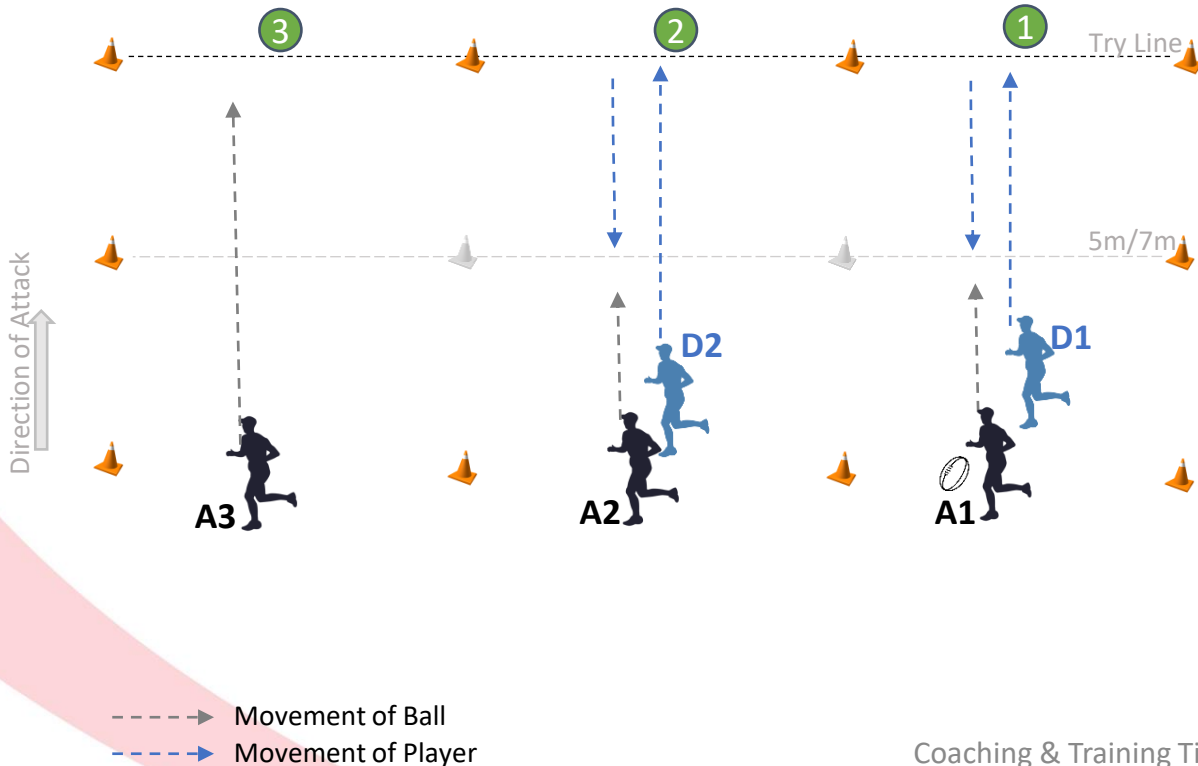
- ✓ Set up grid of 15m x 10m
- ✓ 3 attackers & 2 defenders

Objective(s):

- To score/defend against the defenders/ attackers

Key Coaching Points:

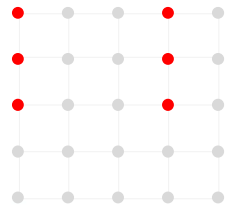
- ✓ Attacking Spaces
- ✓ Off the ball movement
- ✓ Defending spaces



- Defender 1 & Defender 2 runs forward & gets to the try line before turning around to defend
- Attackers 1,2 & 3 runs forward to attack the spaces & score
- Alternative start is to get Defender 1 to place the ball at the 5/7m line while running back to the try line & turning around to defend

**Progression:*

- Vary the timing of the attack (i.e. only when the defender reach the try line or when the defender pass the 5/7m line)
- Vary the start position of the ball or vary the start position of defenders



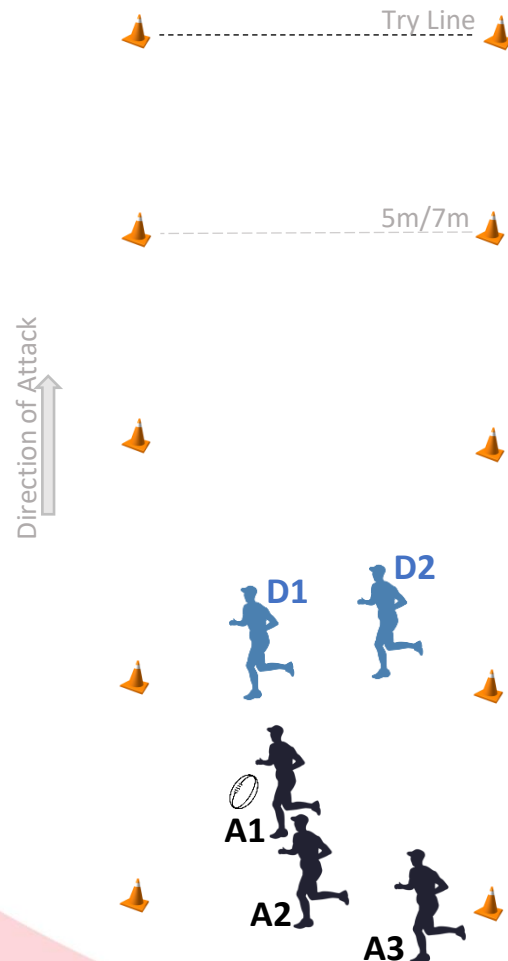
ANNEX D

Examples of drills for Unit & Team Skills:

- **3 v 2 Drive/ Punch-up/ Settle** (Min. of 5 players; 1-2 ball required in each group)
 - ✓ Set up lanes 5m x 20m or 10m x 20m with 5m interval cones

Objective(s):

- To drive the ball upfield with 3 players against 2 defenders



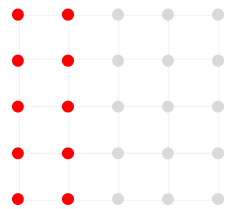
- Attackers work on the 3-person drive or punch-up
- Defenders to make touches and get onside

*Progression:

- Start with no defenders and add on as you progress
- Encourage using extra passes when defenders over-commit

Key Coaching Points:

- ✓ Get to the sides of defenders
- ✓ Balance body position (i.e. bent knees, on your toes etc.)



ANNEX D

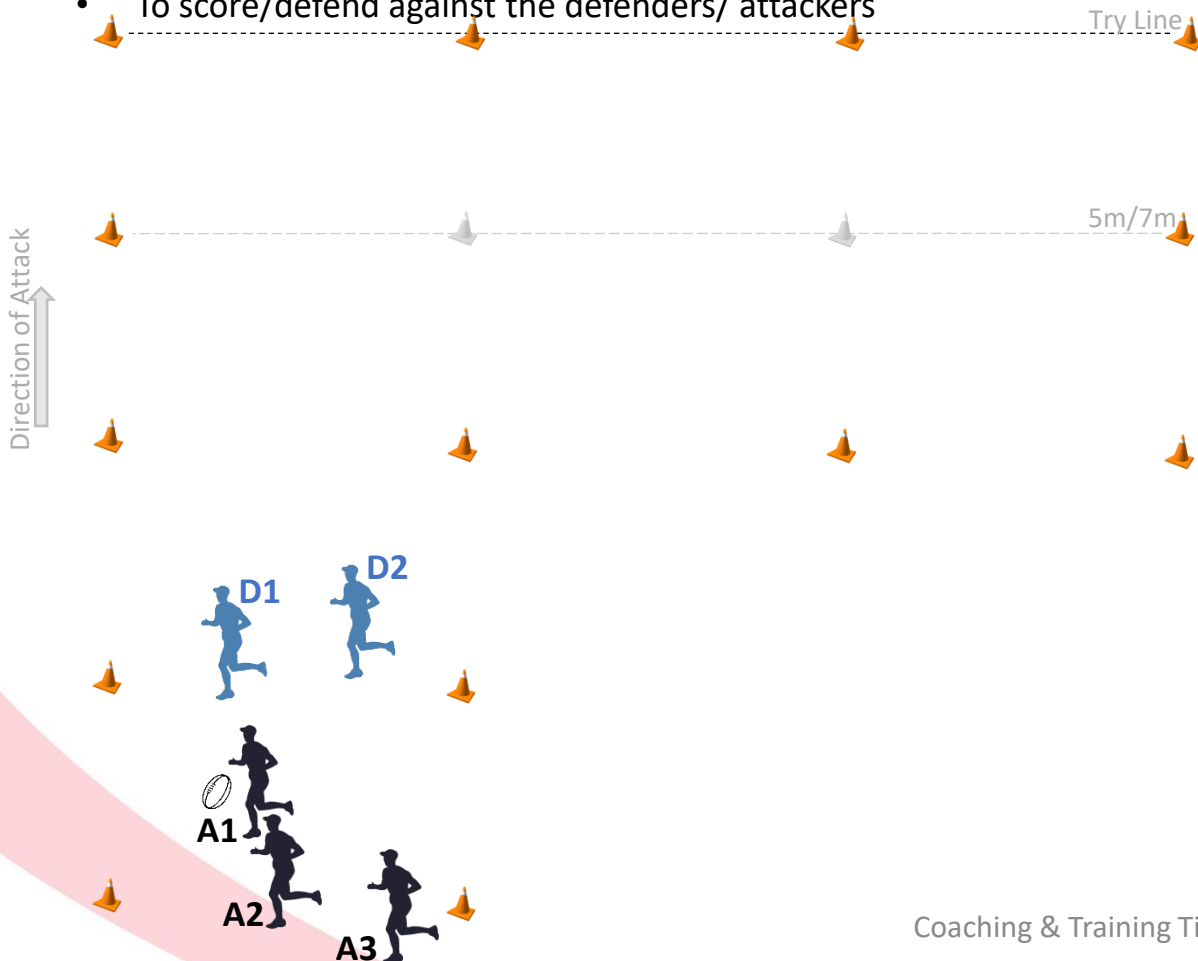
Examples of drills for Unit & Team Skills:

➤ **3 v 2 Transition of Play** (Min. of 5 players; 1-2 ball required in each group)

- ✓ Set up lanes 5m x 20m or 10m x 20m with 5m interval cones

Objective(s):

- To drive the ball upfield against defenders
- To score/defend against the defenders/ attackers



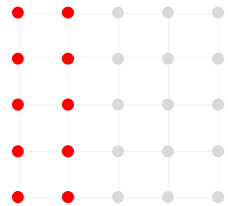
Key Coaching Points:

- ✓ Get to the sides of defenders
- ✓ Balance body position (i.e. bent knees, on your toes etc.)
- ✓ Transition in attack

- Attackers work on the driving pattern & transit into line attack set-up or movement from 10m before try line
- Defenders to coordinate, make in back outside while attackers drive upfield & transit into line defense
- Lead can pre-set the attacking options & defending policies prior to each game set

**Progression:*

- Start with no defenders and add on as you progress
- Encourage using extra passes when defenders over-commit



ANNEX D

Examples of drills for Unit & Team Skills:

➤ **3 v 2 Defending Spaces** (Min. of 5 players; 1 ball required in each group)

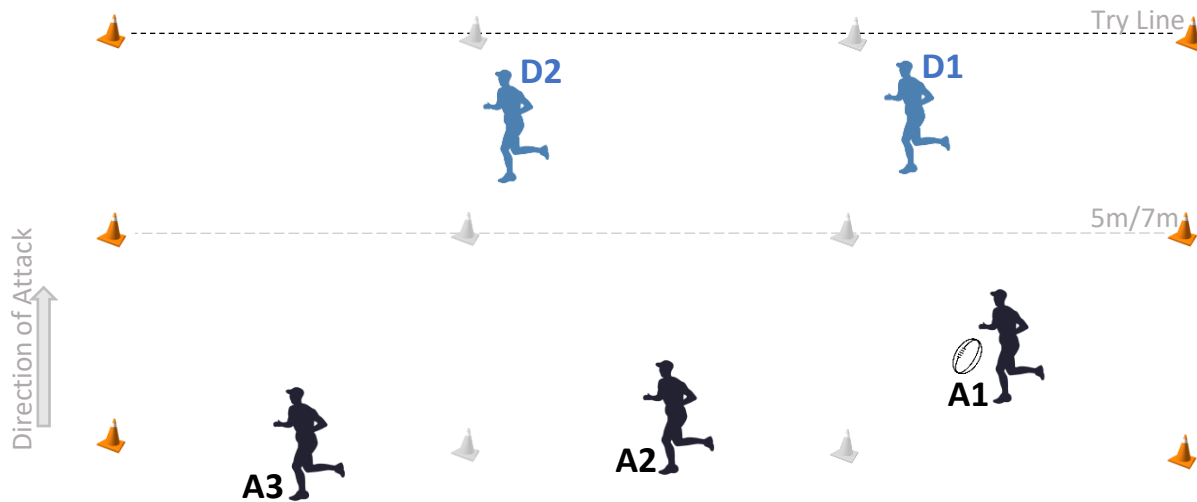
- ✓ Set up grid of 15m x 10m

Objective(s):

- 2 defenders to slide across an allocated space against 3 attackers.

Key Coaching Points:

- ✓ Anticipation
- ✓ Footwork & body balance
- ✓ Communication
- ✓ Visual cues



- Attackers work getting the ball into space with passes, switches & loops
- Defenders to coordinate & defend the line by sliding along the allocated area
- Defenders should not pass the 5/7m line

**Progression:*

- *End with attackers given 1 touch*

