



# **COACHING & TRAINING TIPS**

Under COVID-19 Phase 2 Guidelines – Version 1.0

*This document was last updated on 18<sup>th</sup> 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:*



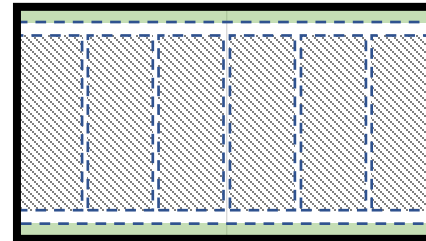
Safety Coordinator /  
Instructor/ Coach



Safety Plan to address  
injuries or accidents



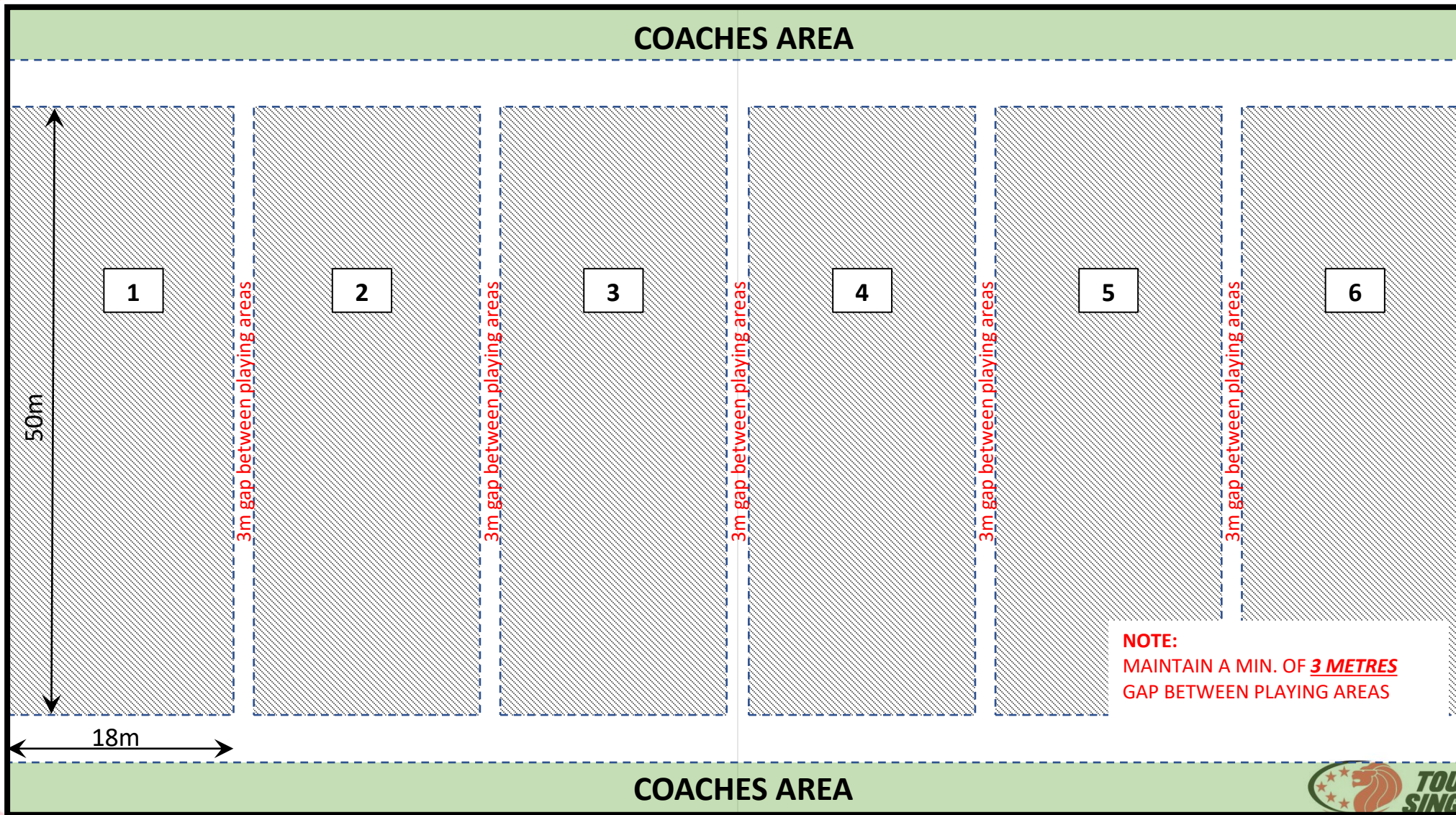
Attendance Register



Facility Map / Playing  
Field Guide

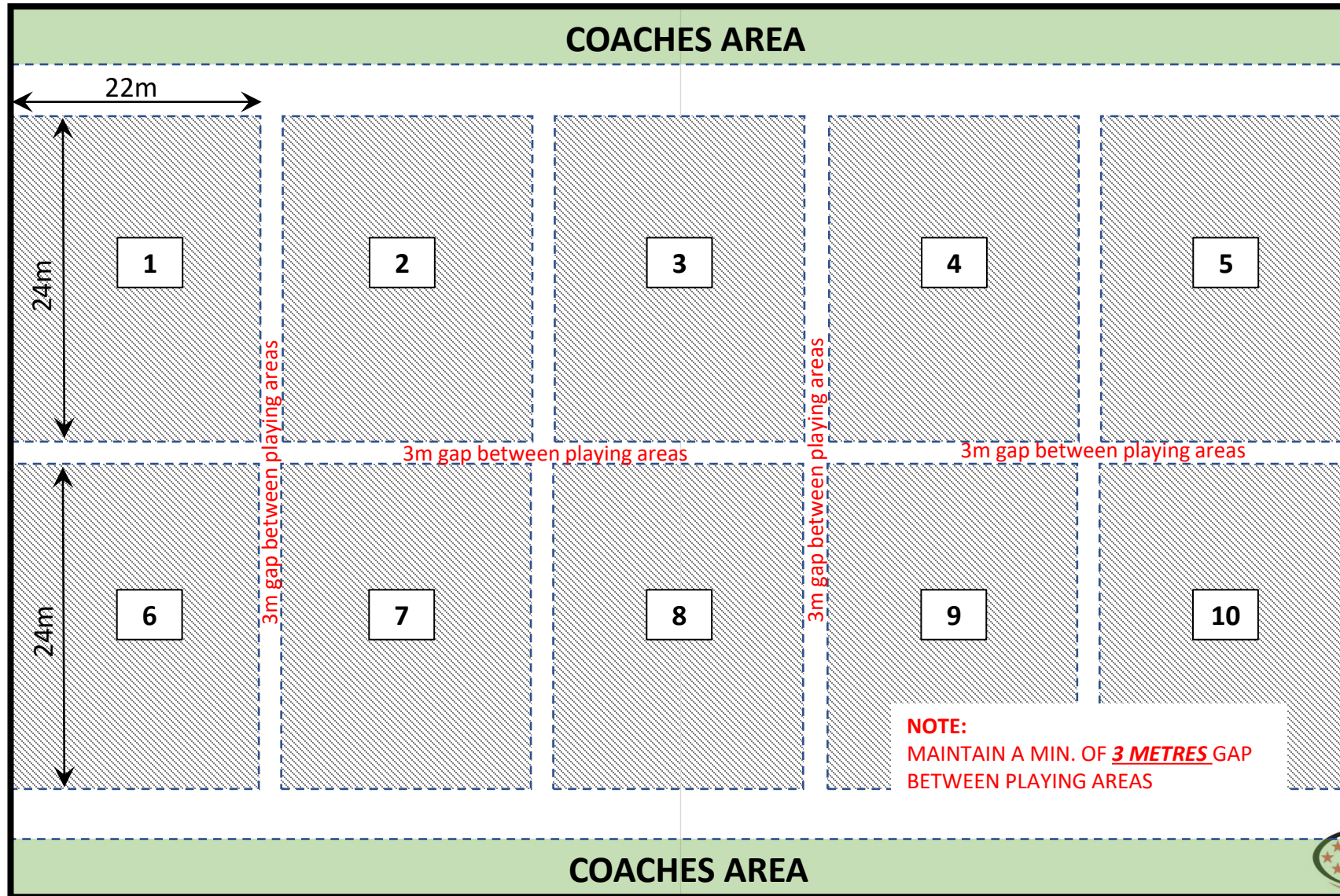
# FIELD PLAYING AREA GUIDE

Option 1 – Full Field Playing Area Guide for Adults



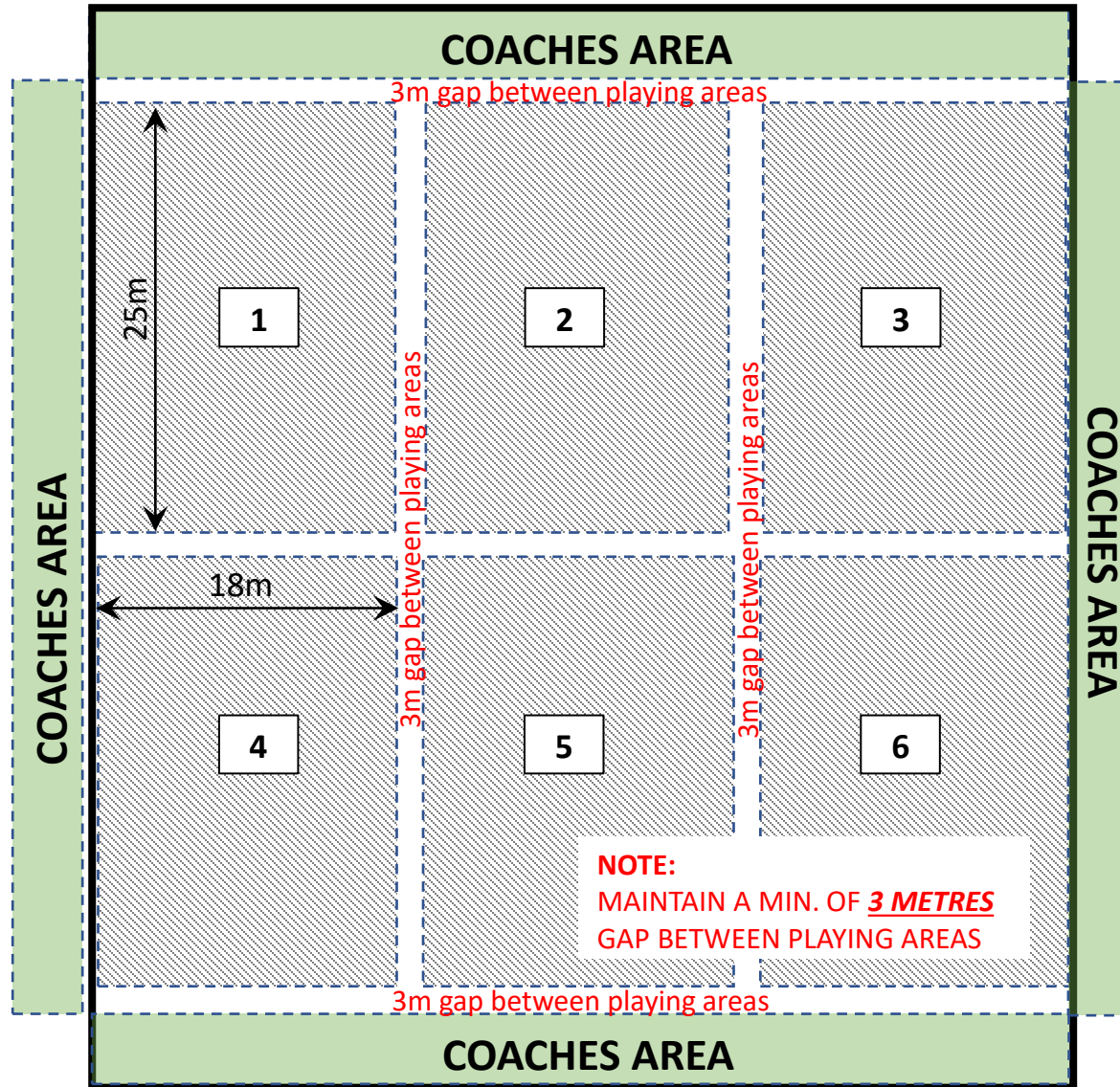
# FIELD PLAYING AREA GUIDE

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



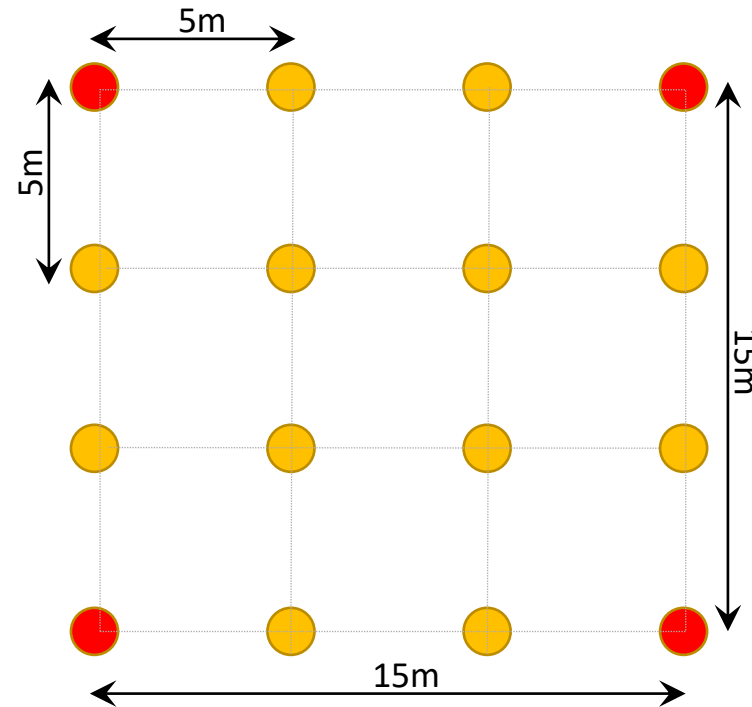
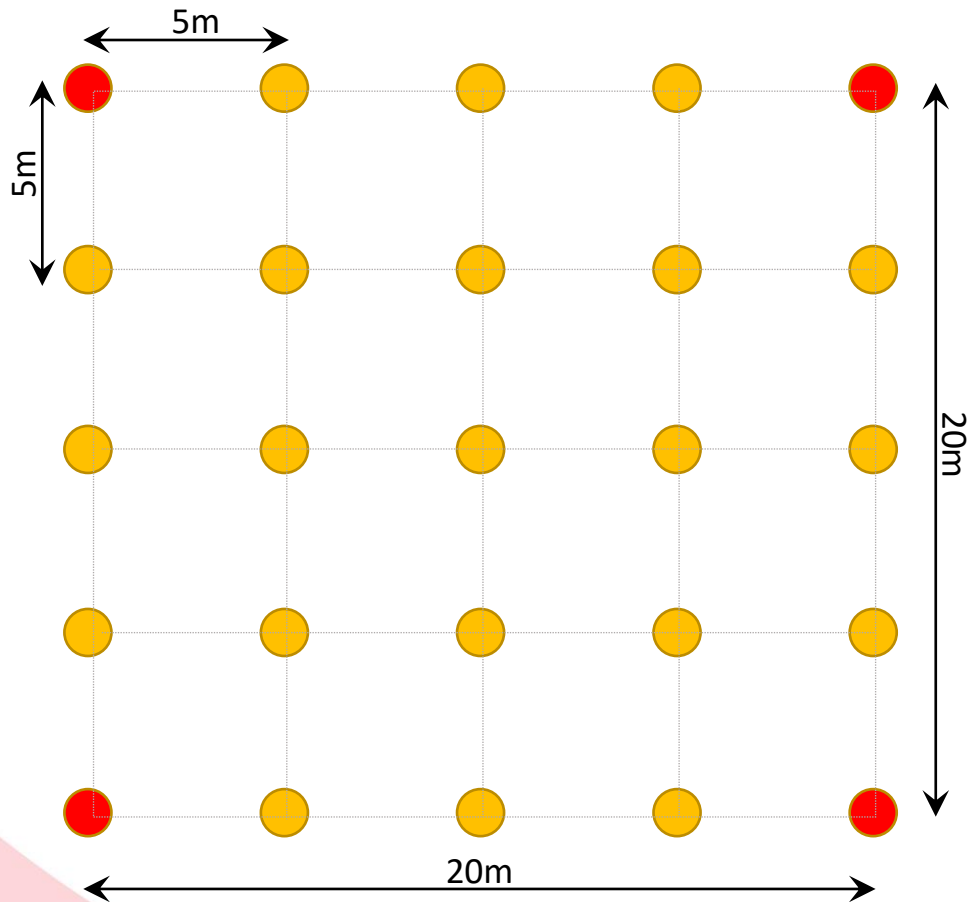
End of Session



# 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 :

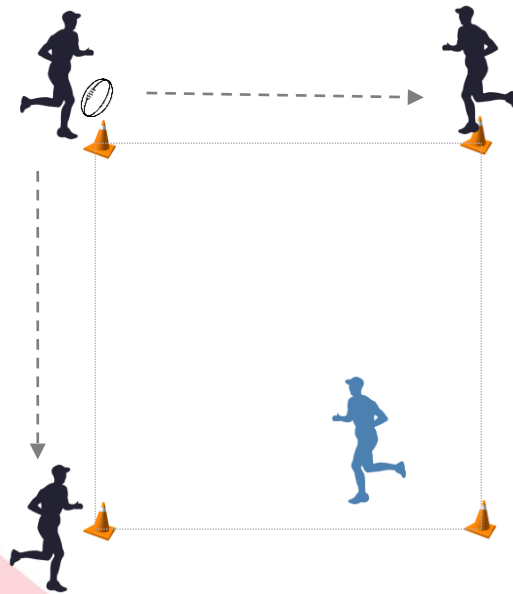
- **STAY ON YOUR TOES** (Min. of 4 players; 1 ball required in each group)
  - ✓ Set-up a grid of 10m x 10m
  - ✓ 3 players on attack (standing on a cone next to each other) & 1 on defense (to stay inside the grid)

## Objective(s):

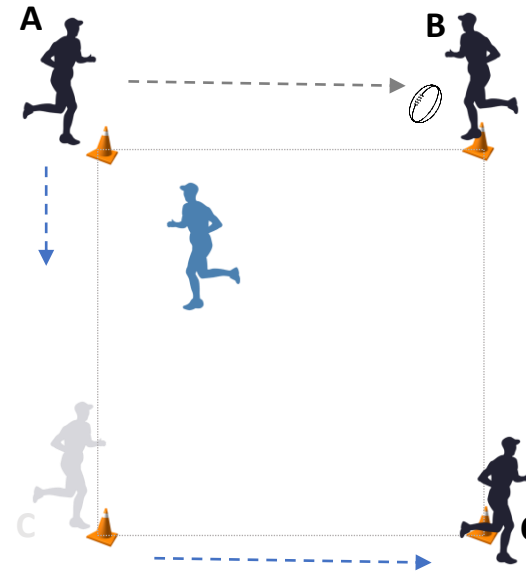
- Attacking players to avoid getting touched by defender while in possession of the ball
- Attacking players to avoid letting the ball get knocked down while in flight or intercepted by the defender
- Defender to touch attacking player in possession on ball or hit the ball down while the ball in in flight

## Key Coaching Points:

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



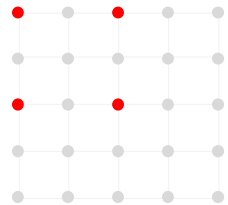
- Ball carrier can pass the ball to the player on the left or right
- Ball carrier cannot pass diagonally across the grid
- Change defenders when attacker gets touched or ball goes to ground from intercept or handling error



- 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)

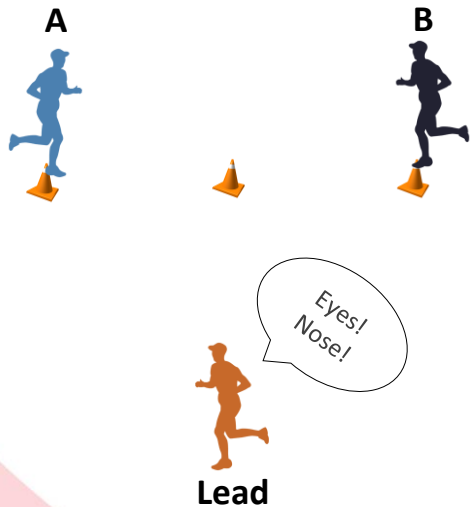
- ✓ Set-up 3 cone in a line; 5m apart.

**Objective(s):**

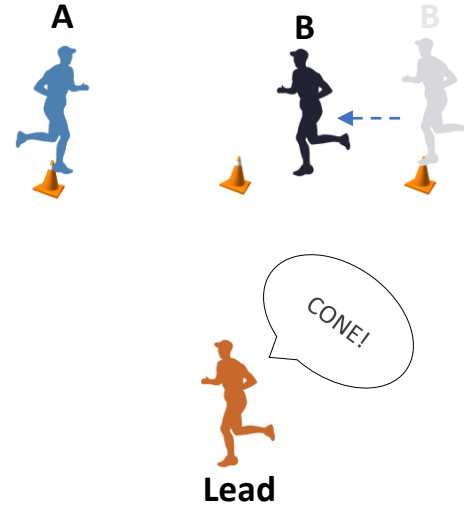
- Player to follow lead's call for either eyes, nose, ears, knees , hips etc. while jogging on the spot
- Player to react to the word 'CONE' and touch the cone between them
- First to touch the cone wins

**Key Coaching Points:**

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



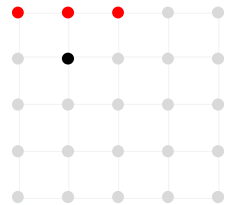
- Player A & B faces the lead & jogs on the spot (lead can vary starting posture of players)
- Lead will call for body parts while players react to the calls and places both hands according to the lead's call



- 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

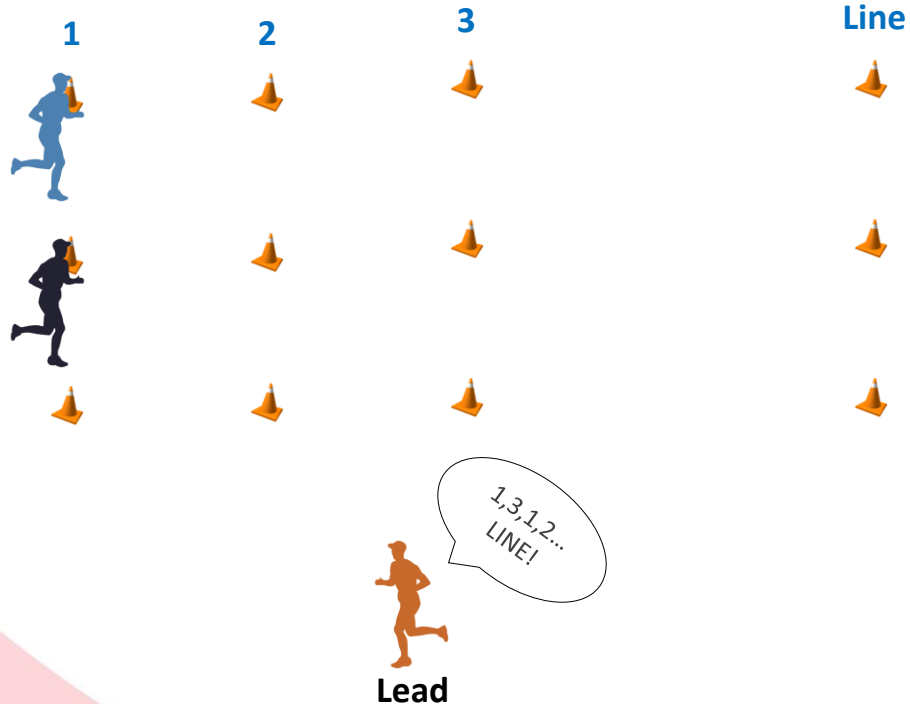
Examples of drills for Warm-up :

➤ **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



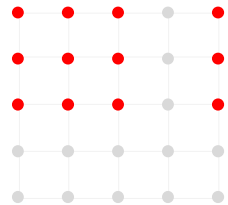
- Players gets ready at Cone 1.
- Lead will call for a combination of numbers. Players to move forward & backwards according to the numbers called.
- When lead calls for 'LINE', players will then race towards the line. First to cross the line wins

*\*Progression:*

- *Increase distance*
- *Change starting posture*

**Key Coaching Points:**

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



# ANNEX A

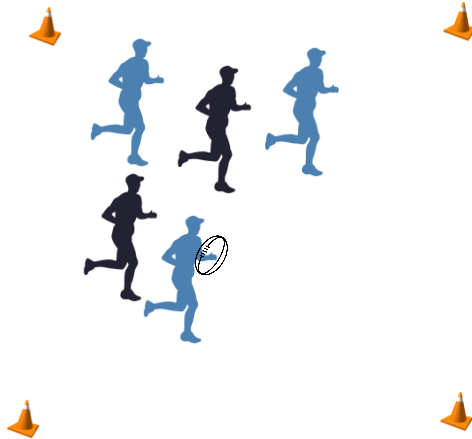
Examples of drills for Warm-up :

➤ **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



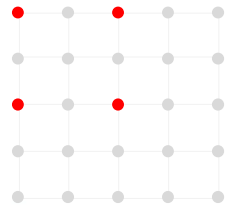
- Divide group into 2. One group of 3 & one group of 2.
- Group of 3 will be in possession of the ball. This group will try to make 10 passes without the ball getting intercepted or knocked down by the 2 defenders.
- Changeover occurs with 1 person from the group of 3 joining in the other group.
- Repeat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

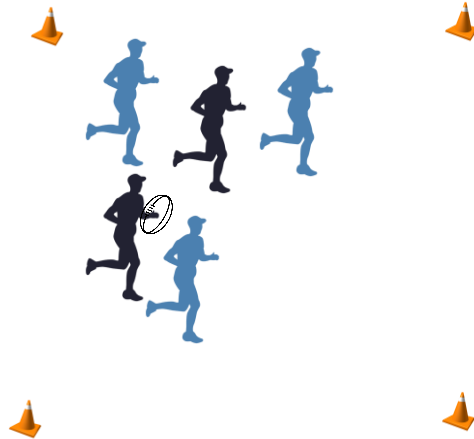
Examples of drills for Warm-up :

➤ **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.



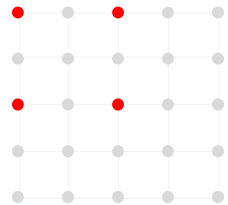
- Divide group into 2. One group of 3 & one group of 2.
- Group of 2 will be in possession of the ball. This group will try to tag the other 3 players with the ball.
- Tagged players will be added to the tagging group until all players are tagged.
- Player with the ball cannot run with the ball. The 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)

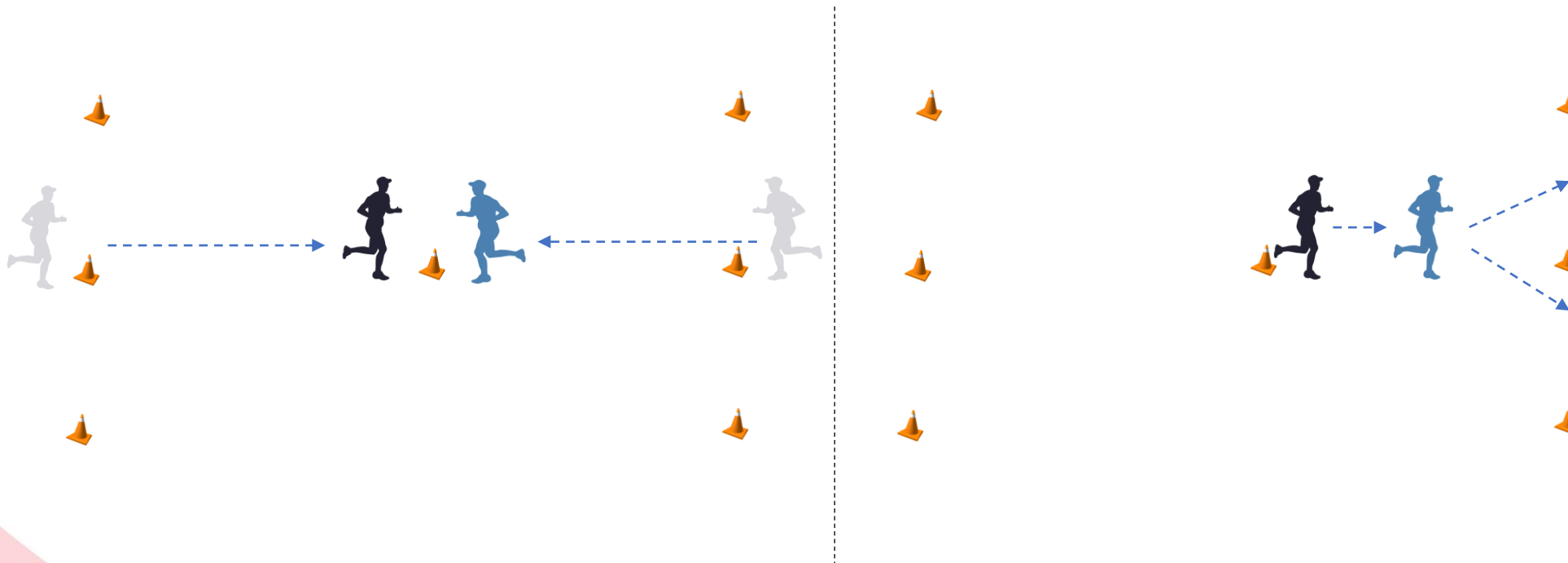
- ✓ Set-up a grid as shown in guide below
- ✓ Generally 5 metres apart

**Objective(s):**

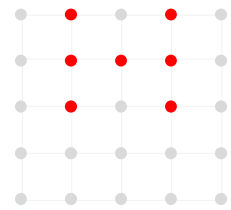
- Players to engage in 'Rock, scissors, paper'
- Loser must run back to 'base' before getting caught by winner

**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.

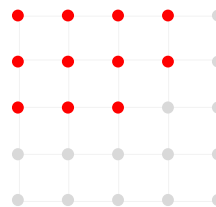
#### Example of a HIIT program

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](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

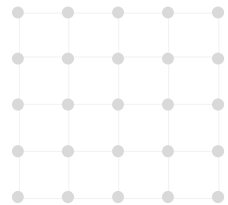
### Example of C.O.D, Agility & Plyometric Exercises

- 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

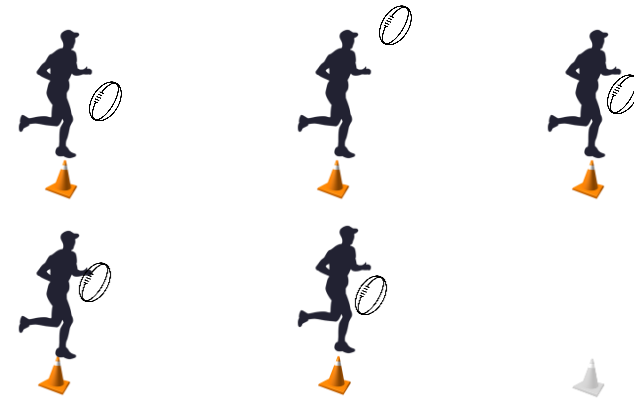
Examples of drills for Basic/ Individual Skills:

➤ **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



**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**

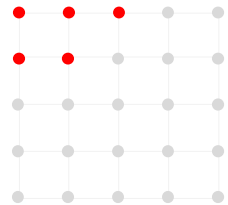
- Rugby Bricks - [https://www.youtube.com/watch?v=pZB-6kl\\_440](https://www.youtube.com/watch?v=pZB-6kl_440)
- The Rugby Coach - <https://www.youtube.com/watch?v=QqVPXSNaYYg>

*\*Progression:*

- Turn it into race between groups

**Key Coaching Points:**

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



# 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)

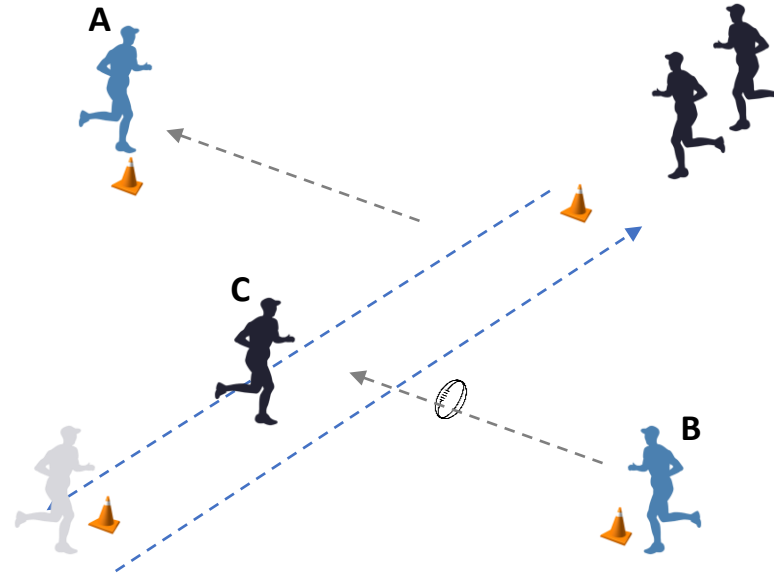
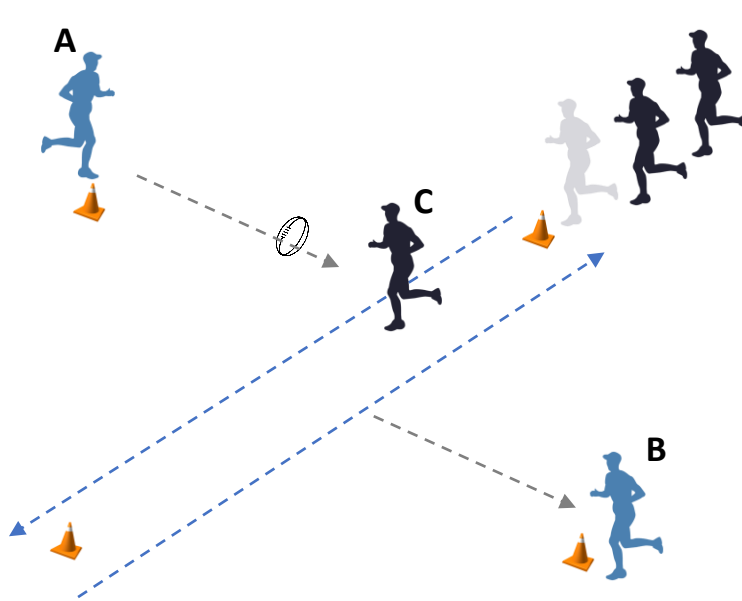
- ✓ Set up grid of 5m x 10m or 10m x 15m

### 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:

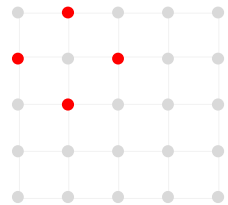
- ✓ Hands out
- ✓ Footwork
- ✓ Ball across body
- ✓ Follow through



- 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)

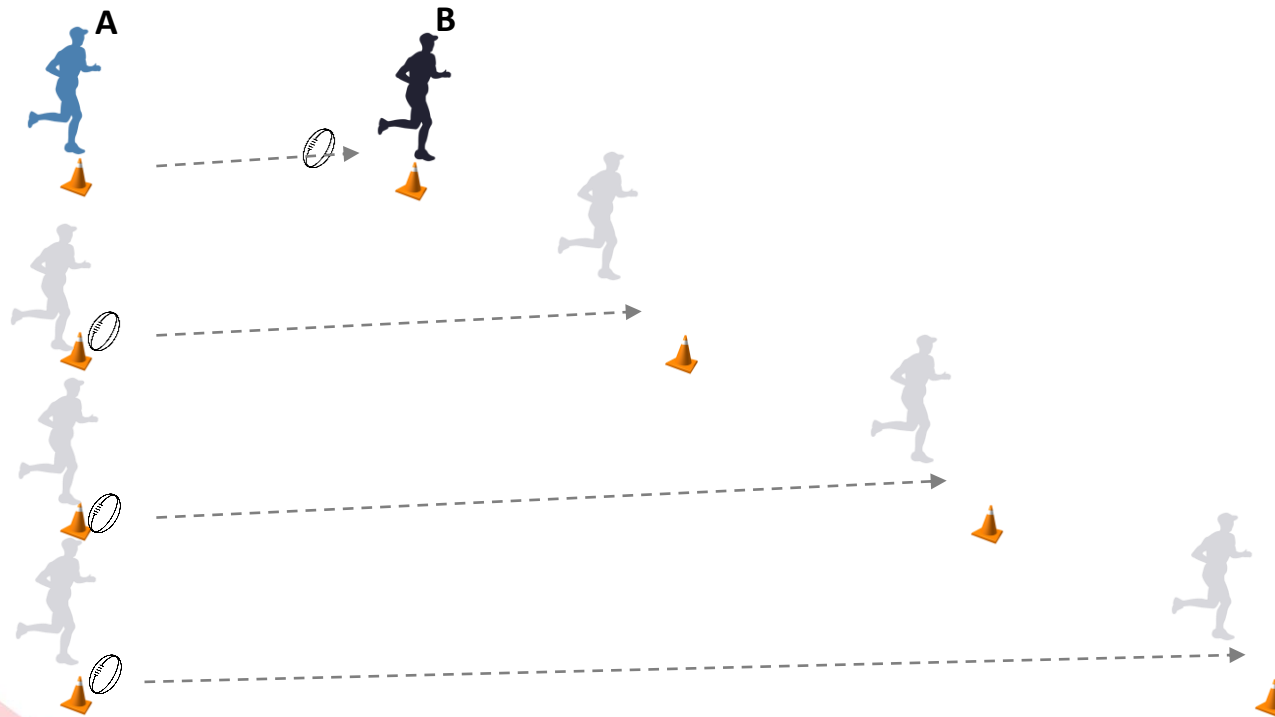
- ✓ Set up grid of as shown in the guide below

### 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

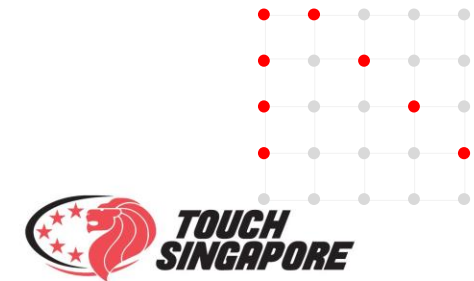


- Player A to pass the ball to Player B with varying distances
- Player B to receive ball and place near cone
- Can start from ball on the ground
- Once finished, Player B now pass the ball back to Player A starting from long to short passes

### *\*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)

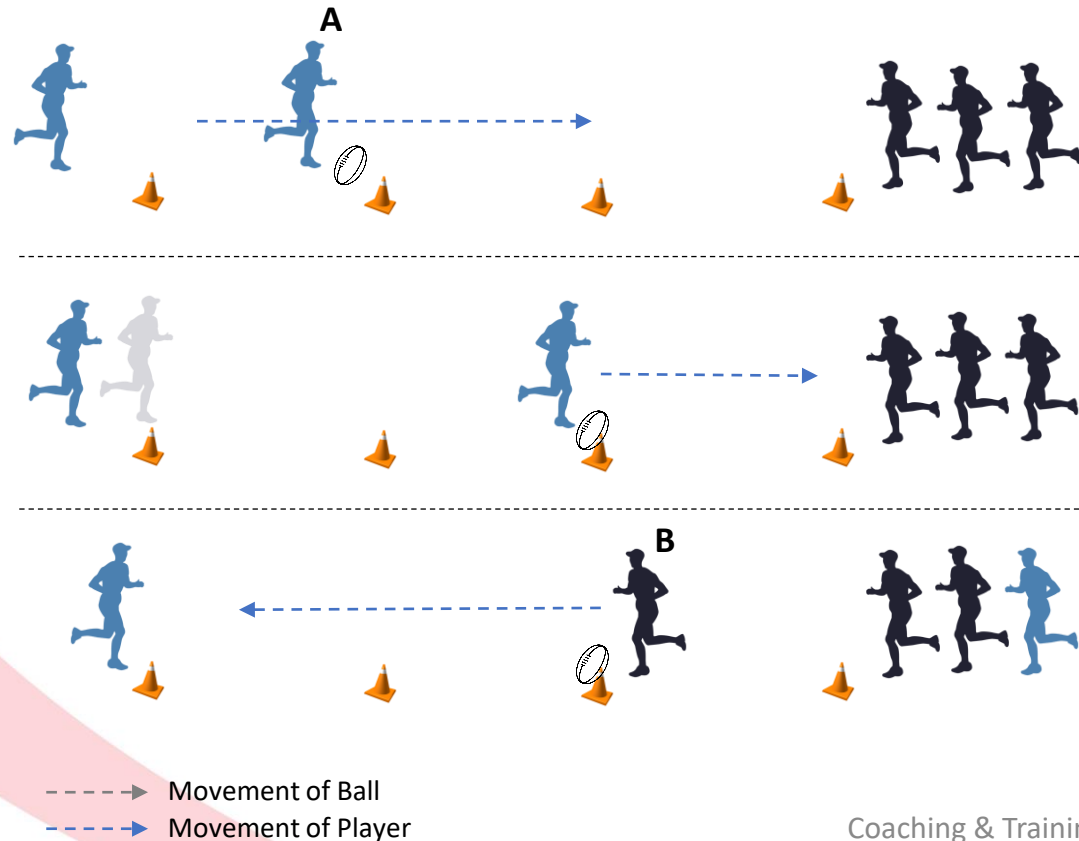
- ✓ Set up a line of cones 5m apart

### Objective(s):

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

### **Key Coaching Points:**

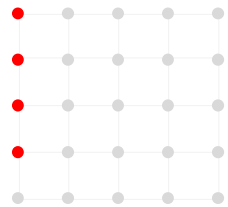
- ✓ Hand grip
- ✓ Get to the sides of defenders with positive touches
- ✓ Footwork & body balance
- ✓ Dominating the contest



- 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)

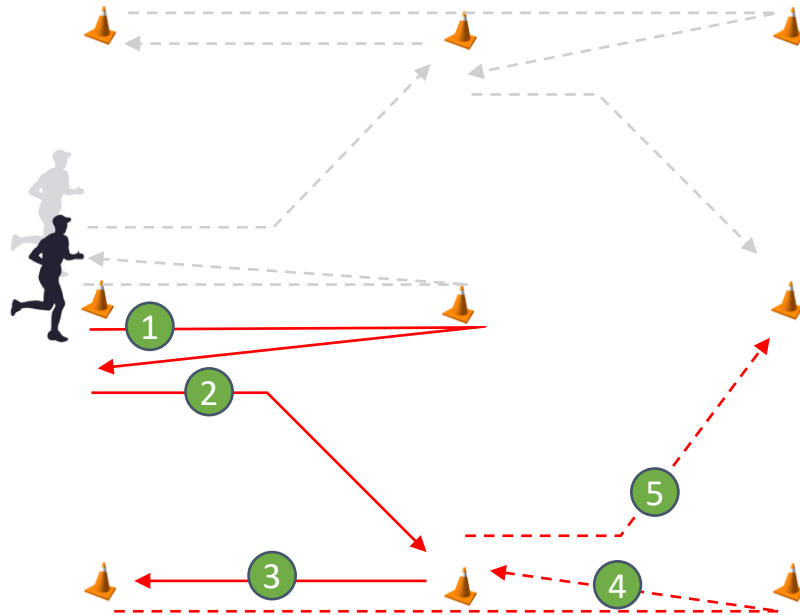
- ✓ Set up a grid of 10m x 10m with 5m interval cones

**Objective(s):**

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

**Key Coaching Points:**

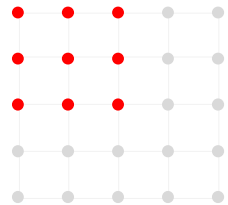
- ✓ Footwork & body balance
- ✓ Making the positive touch
- ✓ Moving off the line



- 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

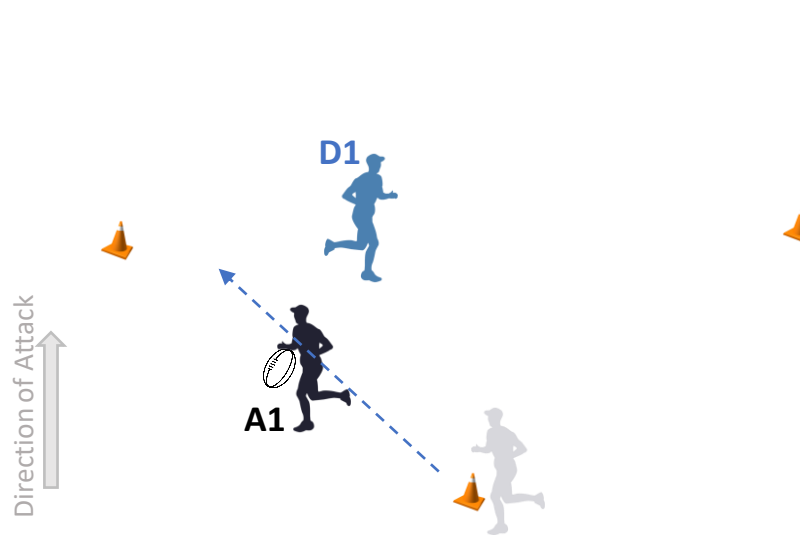
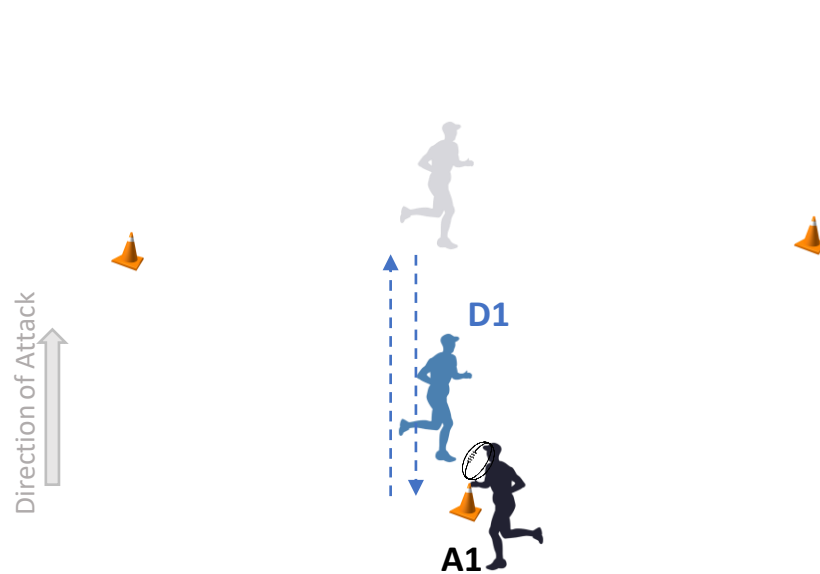
Examples of drills for Basic/ Individual Skills:

## ➤ **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



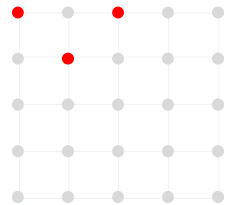
### **Key Coaching Points:**

- ✓ 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

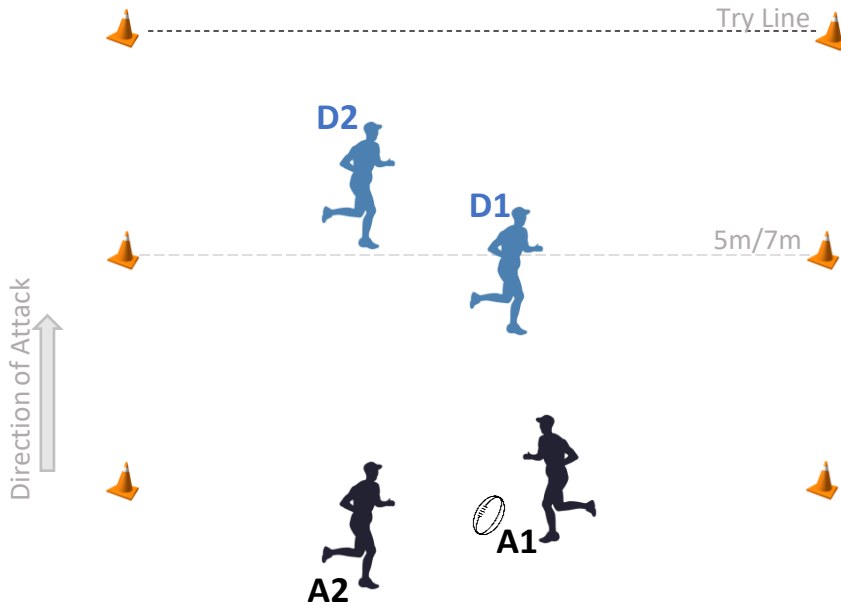
Examples of drills for Unit & Team Skills:

## ➤ **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



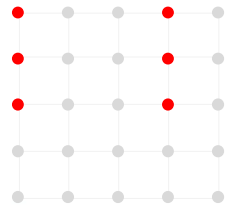
- Attackers A1 & A2 tap off 10m away from the try line.
- Defenders D1 & D2 moves off the line to make the touch & retreat 5m back
- 1 lead can referee the game

### \*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

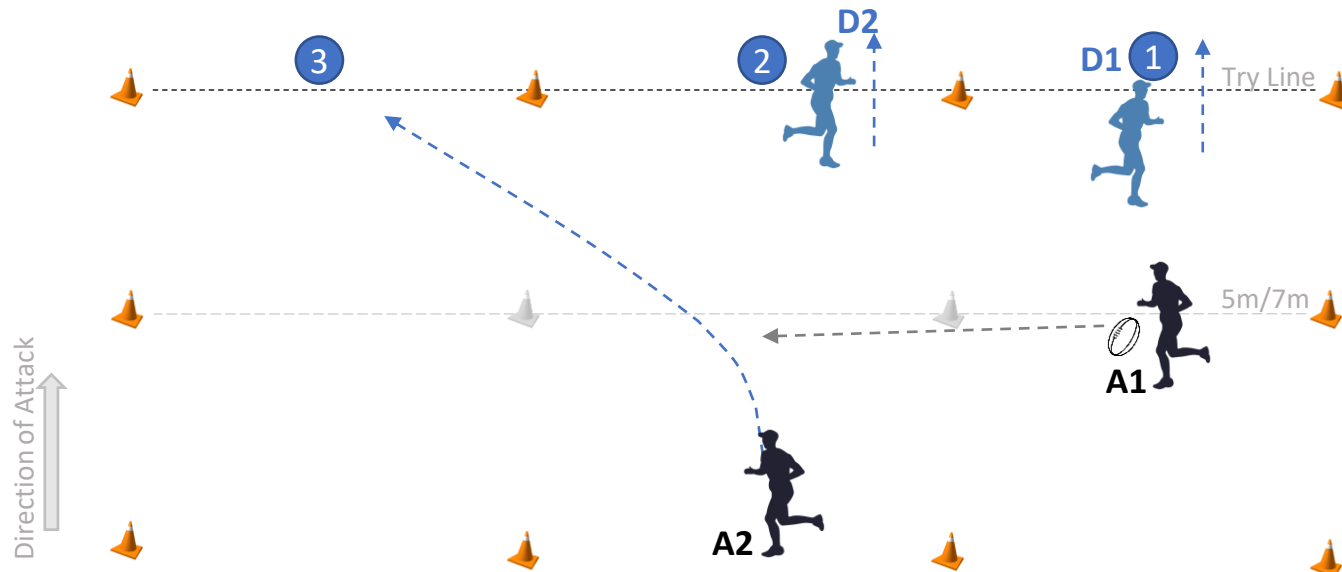
Examples of drills for Unit & Team Skills:

## ➤ 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

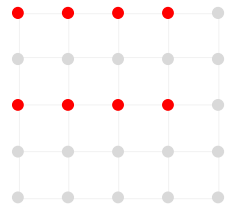
### Key Coaching Points:

- ✓ 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)

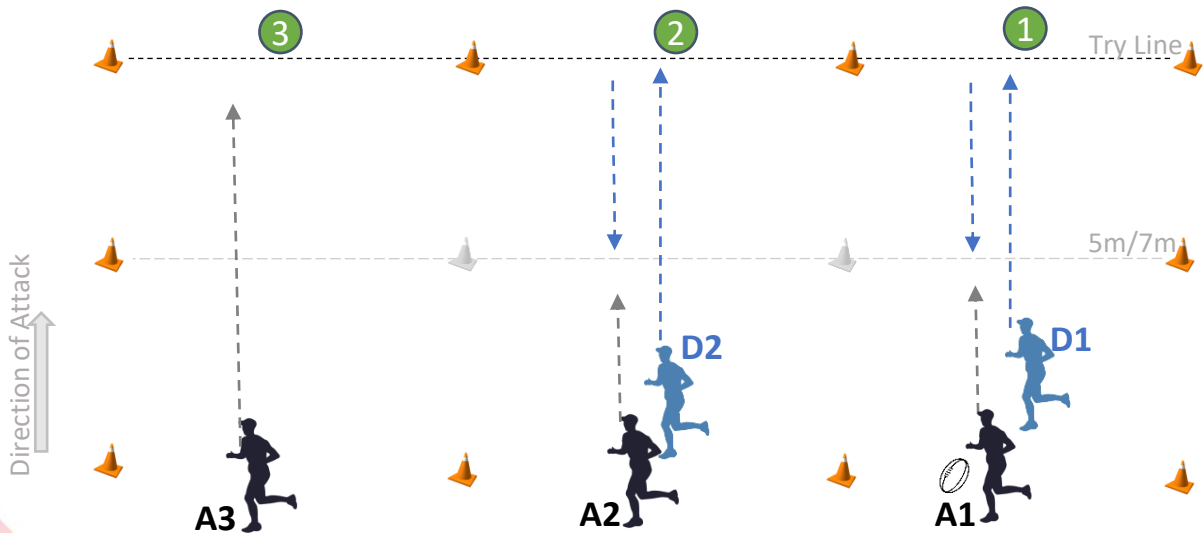
- ✓ Set up grid of 15m x 10m
- ✓ 3 attackers & 2 defenders

**Objective(s):**

- To score/defend against the defenders/ attackers

**Key Coaching Points:**

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

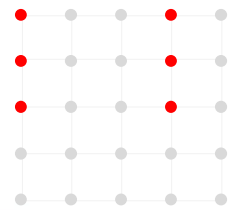


- Defender 1 & Defender 2 runs forward & gets to the try line before turning around to defend
- Attackers 1,2 & 3 runs forward to attack the spaces & score
- Alternative start is to get Defender 1 to place the ball at the 5/7m line while running back to the try line & turning around to defend

*\*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

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



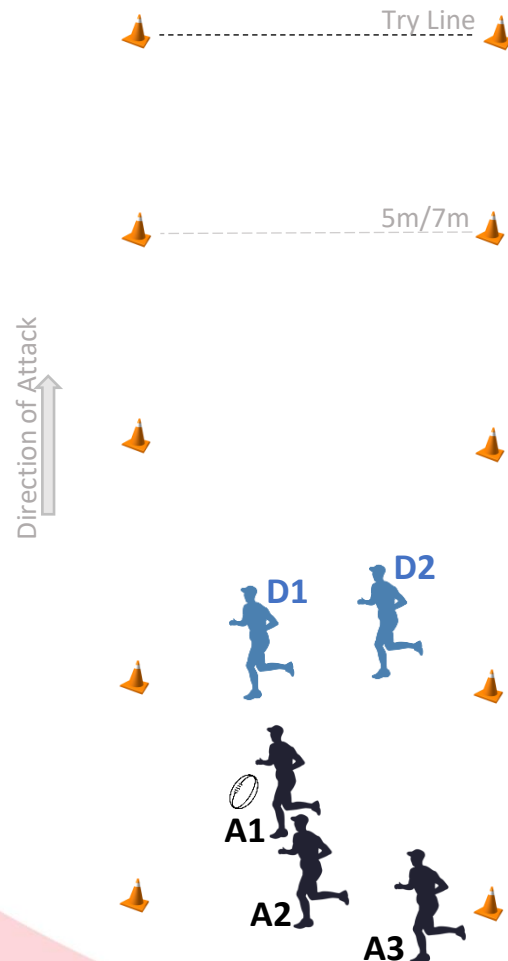
# ANNEX D

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



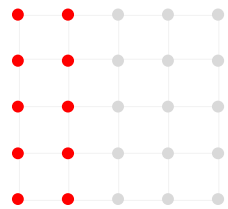
- Attackers work on the 3-person drive or punch-up
- Defenders to make touches and get onside

### \*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

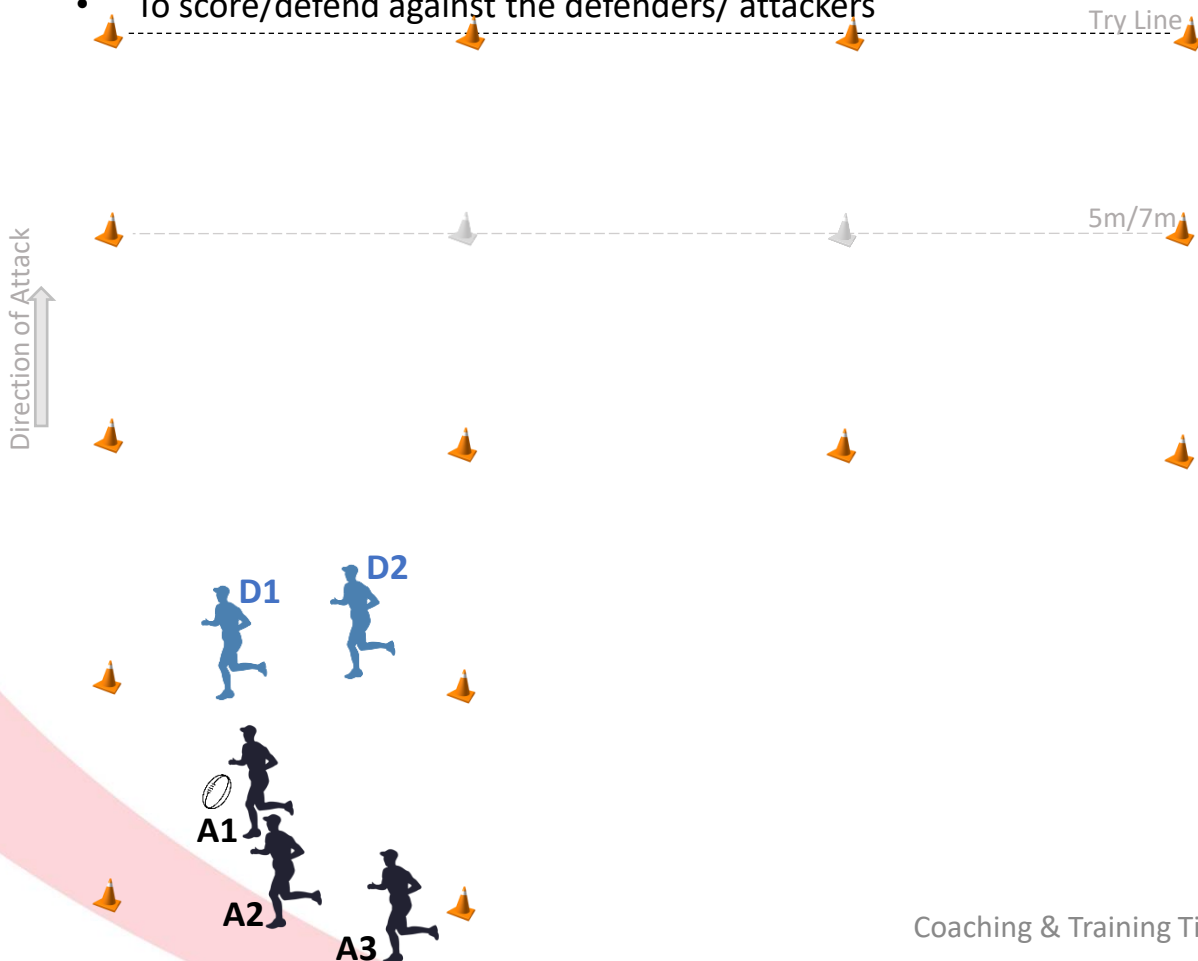
Examples of drills for Unit & Team Skills:

➤ **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



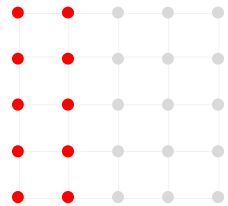
**Key Coaching Points:**

- ✓ 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)

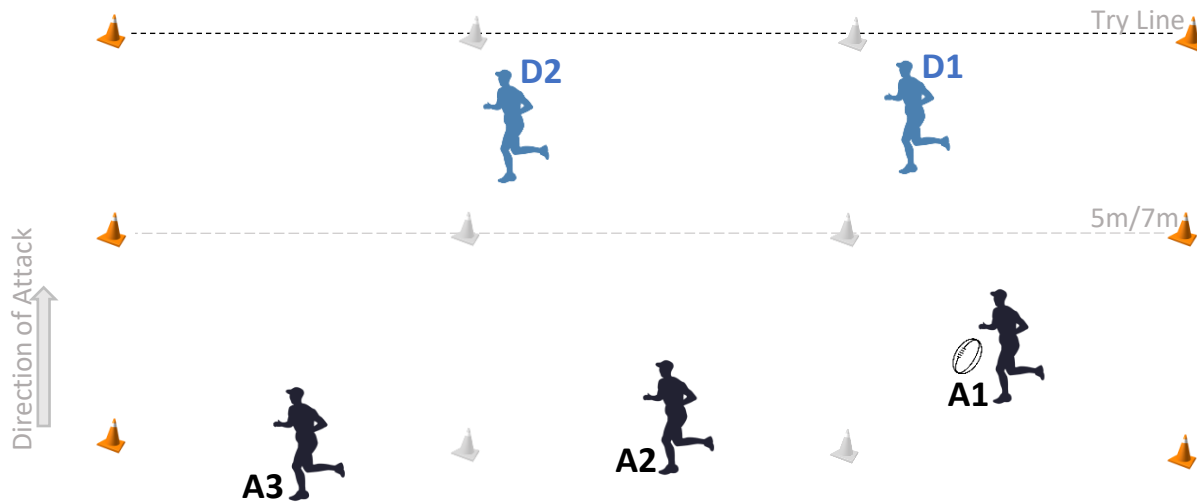
- ✓ Set up grid of 15m x 10m

### 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*

