

WOODLANDS
SCHOOL
RUGBY HANDBOOK 2016-17





RUGBY HANDBOOK 2016-17

With Rugby being our main winter sport played between September and April and with our growing reputation within the County at producing strong teams at all levels we are keen to ensure that this continues to be a real strength in our school sport provision.

We have an ever increasing fixture list which includes Saturday fixtures and Weekday fixtures we believe the young people will get a balanced and broad experience through these matches. At U15 the pupils are entered for the National Cup and all other age groups are in the County Cups.

At Woodlands we are committed to developing Rugby players at all levels with our aim to allow boys to develop within a challenging and competitive environment. We fully endorse the RFU core values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship. And though our team of well qualified coaches we provide the young people with the guidance and skills for them to reach their full potential.

This booklet will give players, parents/carers and supporters of the Woodlands Rugby programme a comprehensive guide to all aspects of how players can get the very best from their involvement in Rugby at Woodlands.



CORE VALUES/EXPECTATIONS OF PLAYERS

1. Always give your best even when things are tough.
2. Attend all planned training sessions. Even when injured.
3. Be positive with your teammates you are all in this together.
4. Be open minded and prepared to learn/improve.
5. Keep yourself fit and pay attention to your nutritional requirements.
6. Talk to your coach and keep them informed on any injury concerns.
7. Be respectful to teammates and opposition players.
8. Set a good example around School to other pupils and Staff.
9. Always be respectful to match officials.
10. Continually strive to be the best you can be.

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FIXTURE LIST

Date	School	Home	Away
Sat 3 rd Sept	U12 & U13 Training Session		
Sat 10 th Sept	U12 & U13 Training Session		
Sat 17 th Sept	U12,13,14 training		
Sat 24 th Sept	Robert Clack School	U12 AB U14	U13AB SNR
Weds 5 th Oct	Boswells	U12AB U13	N/A
Sat 8 th Oct	YR 6 FITNESS TESTING		
Sat 15 th Oct	St Martins	U12AB, U13s & U14s	
Sat 12 th Nov	Laytmer School		ALL AGE GROUPS
Sat 19 th Nov	King John	TBC	TBC
Sat 26 th Nov	England vs Argentina School Trip		
Sat 3 rd	Great	U12 &	

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Dec	Baddow	U13 & U14	
Sat 14 th Jan	Boswells		U12AB, U13, U14 & SNR?
Sat 28 th Jan	Westcliff WSHB	TBC	TBC

All County Cup/ National Cup Games will be updated on twitter and the school website once arranged.

There may also be additional Saturday and midweek fixtures throughout the season again they will published well in advance.

There will be sevens tournaments in the Spring Term.

Follow us on twitter: @Woodlands_sch

Find fixtures on the school website:
<http://woodlandsschool.org/fixtures/>

INJURY PREVENTION AND MANAGEMENT

Injuries like with all sports particularly contact sports are to be expected over the course of the season. Woodlands rugby players are expected to seek medical advice with all injuries and that they keep the coaches well informed with any injury concerns.

Our Rugby programme at Woodlands follows the RFU Headcase protocols with all head injuries and all players will adhere to the IRB's Graduated Return to Play Protocol (GRPP).

All coaches have completed the RFU Concussion Awareness for Coaches Course and keep up to date on all injury guidance provided by the RFU.

For more information on the RFU Headcase protocols please use this link

<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/>

All players are responsible for completing the RICE (Rest, Ice, Compression, Elevation) procedure for all minor knocks and muscular injuries. This will ensure they return to full fitness at a much quicker rate.

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Keeping themselves physically fit and completing specific rehab exercises is also expected of injured players.



NUTRITIONAL INFORMATION



Paying close attention to your nutritional requirements is a key and vital component to ensuring that you are able to consistently perform at a high level in both training and games. We expect all Woodlands Rugby players to ensure they are fuelling their bodies effectively and keeping themselves well hydrated.

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This is how keeping your food intake well balanced and hydration levels at the correct level can help your development as a Rugby player;

- Hydration for energy & performance
- Balance blood sugar for mental/physical performance
- Support fat loss and/or muscle gain
- Provide the right fuel for maximum performance
- Support a healthy immune system
- Influence the way you feel, think and behave



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These are the food and drinks you need to avoid as they will seriously affect your performance and general fitness. So at Woodlands Rugby we strongly encourage that these are avoided most of the time. They are fine in moderation e.g. once a week and we agree that all the players need to treat themselves.

- All refined foods (white bread, White pasta, pizza)
- Sugar (except post training)
- Excess Caffeine
- Cakes, biscuits and pastries
- Crisps and confectionary
- Soda Pop
- Chips
- Fast and junk foods
- Snack a jacks
- Doughnuts
- Breakfast cereals
- All chemically assisted foods

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The meal plan below is an example for a teenage rugby player to follow for a typical training day:

Breakfast

- Large bowl of porridge or 100g Shreddies / 3 Weetabix / 3 Shredded Wheat + 250ml skimmed milk
- 2 slices granary bread (toasted) with natural peanut butter
- 250ml fresh fruit juice
- Tea/coffee

Mid-morning

- 2-3 pieces easy flapjack
- Item of fruit
- Drink

Lunch

- 2 sandwiches made with granary bread + ham/chicken/turkey/cheese
- 100g mixed nuts & seeds
- Sticks raw carrot/cucumber/celery
- Low fat, low sugar yoghurt
- Drink

Mid-afternoon

- 4-5 oatcakes with low fat soft cheese
- 100g mixed nuts & seeds

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- Item of fruit
- Drink

Evening meal

- Lean steak or chicken breast or fish
- Boiled new potatoes or basmati rice or dry roasted sweet potatoes
- Loads of vegetables
- Low fat, no added sugar yoghurt
- Drink

Pre Post training/game for U14 +

- 45 minutes pre-training – Banana
- During training - Sip water or isotonic drink throughout
- Immediately post training - 25g whey protein powder + 25g dextrose in water

Pre Post training/game for below U14

- 45 minutes pre training – Banana
- During training - Sip water or isotonic drink throughout
- Post training – High Carbohydrate snack

Read more at:

<http://www.mealplansite.com/sports/rugby-teenager.aspx>

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POSITIONAL REQUIREMENTS



PROP (1&3)

- Play either Loose or Tighthead.
- Strength and Physical presence, especially upper body.
- Power and speed (Explosive).
- Develop ability to play EITHER side of scrum.
- Understand other roles and requirements at lineout, e.g. sweeping, sheering opposition lifters off jumper.
- Understand role of “Guard”, 1st and 2nd defender at static “rucks”.
- “Shuffle in” when caught in backs at defensive situations.
- Be a threat with ball in hand.
- Get into support positions with urgency.
- Don’t be a waiter, be a doer.
- Make BONUS tackles.

MENTAL SKILLS

- STRONG/CONFIDENT IN ABILITY/STRENGTHS
- SELF DRIVEN TO GET TO PLAY—NOT A WAITER
- BE “KING” OF YOUR AREA—DOMINATE—LOOK FOR OPPORTUNITIES



HOOKER (2)

- Strong upper body.
- Control scrum with props.
- Pressure opponents in scrum.
- Accurate lineout throws. All types.
- Be a 4th loose forward in general play.
- Strong at mauls with ability to drive and rip ball from opposition.
- Mobility to support ball at phases.
- Explosiveness with ball in hand.
- Get into effective 2nd wave positions as attacker and decoy.
- Make BONUS tackles and be a mongrel on defence.
- Command the defence at front of lineout and when left on short side.

MENTAL SKILLS

- ABILITY TO CHANGE CALLS and THROW WHEN REQUIRED
- SELF DRIVEN—SIMILAR TO PROPS

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SECOND ROW (4&5)

- Aerial skills at lineout and restarts (Receipts and Chase).
- Key ball winner at lineout, in 2 or 3 positions.
- Threat to opposition ball at lineout.(Take their ball)
- Scrum power, accurate and consistent.
- Understand Defensive requirements at Scrum and Lineout.
- Mobility to support phase ball and be an effective 2nd wave attacker/decoy.
- Apply pressure with ball in hand.
- Go to play and don't be a waiter.
- Command your area and be a threat with ball in hand and as a defender.

MENTAL SKILLS

- SELF DRIVEN IN PHASES WHERE COULD "HIDE"(MAUL/SCRUM)
- PRIDE IN COMMANDING/SECURING YOUR "AREA"
- DRIVE AND HUNGER TO "GET TO BALL" IN GENERAL PLAY

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BLINDSIDE FLANKER (6)

- Pace, power and strength in defence and at the breakdown.
- Create and assist continuity of attacks.
- Support tight forwards in securing and winning the ball.
- Strong aggressive tackler, create fear factor-close down the short side.
- Work in unison with other defenders at scrum and lineout e.g. 9, 8, 7.
- Powerful assistance to prop at scrum.
- Look into scrum to keep sight of ball to time release to attack/support ball.
- Strong ball carrier.
- Understand all roles in moves, options, and plays.
- Similar attributes to Number 8 and locks required.

MENTAL SKILLS

- **STRONG MINDED ON DEFENCE**

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OPENSIDE FLANKER (7)

- Support for ball carrier in all parts of field.
- Take the shortest route to ball.
- Be a good link player between backs and forwards.
- Attack the ball AND the Ball carrier.
- Secure ball on ground and present it.
- Unison with 6, 8, 9 in “Defence” at scrum.
- Able to understand and work “Defensive” patterns.
- Extreme aerobic capacity.
- Turn defence into attack through accurate field position, aggressive tackling and securing of ball, then back to feet and egg pick.
- Provide strong support for prop at scrum.

MENTAL SKILLS

- TOTAL HUNGER FOR BALL and INVOLVEMENT
- NON STOP “HUNTER”
- NEVER LOSE SIGHT OF BALL.

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NUMBER EIGHT (8)

- Ability to breach gain line from scrum and other phases and also go wide to support ball.
- Critical link at scrum, passing skills accurate and long off either hand.
- Understanding of moves, options and plans. Key player and communication link.
- Work with flankers, 9 and others to create continuity.
- Key in defensive work particularly at scrum, with flankers, 9.
- Assess opposition attack options at set play and communicate.
- Line out option and effective lifter, jumper or driver.

MENTAL SKILLS

- QUICK TO ASSESS
- STRONG HUNGER TO GET TO BALL /BALL CARRIER
- HIGH WORK RATE
- NEVER TAKE BACKWARD STEP



SCRUM HALF (9)

- Must be able to clear ball quickly and accurately of EITHER hand, from deck and chest.
- Explosive runner from base and phase (speed and strength).
- Organizational and talking skills, understanding options, moves and when to use them.
- High work rate, looking energetic and being a livewire. Act and Re-act.
- Vision and ability to use “blindside.”
- Strong link skills between backs and forwards. Speed to breakdowns.
- Instinctive.
- Drive forwards with constructive comment.
- Accurate kicker off either foot to relieve pressure and create attack options (Up touch and Box)
- Strong and aggressive tackler

MENTAL SKILLS

- SHARP with QUICK REACTIONS
- PERKY/CHEEKY/ADVENTUROUS

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FLY HALF (10)

- Good tactical sense with ability to read game and change tactics when necessary.
- Ball skills “with quick and accurate “hands” off either hand and under pressure.
- Vary position and point of attack esp. from phase and have the ability to use “blindside” effectively.
- Always back up and create a threat to opposition’s defensive thinking.
- Ability to “run” the ball to apply pressure on defensive thinking.
- Kick accurately and effectively for tactics and for field position.
- Requires other kicking skills for restarts, goal kicking etc.
- Committed on defence, being an accurate and effective tackler.
- Communicate and organize defence with outside backs.

MENTAL SKILLS

- COOL TEMPERAMENT UNDER PRESSURE
- QUICK ACTION and REACTION
- UNDERSTANDING OF OPTIONS

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INSIDE CENTRE (12)

- Key decision maker and communicator, especially on defence and when on attack from broken play.
- Ability to read situations and use appropriate tactics.
- Ability to commit defence with good lines, two handed ball carriage and accurate timely passes under pressure, to create “space” for support players.
- Ability to “stay up in tackle” essential.
- Distribution skills range of passes.
- Explosive speed and power to pressure defence line.
- Ability with range of kick options to get ball in behind opposition.
- Very strong “front on” tackler.
- Aggressive tackler to create turnover opportunities.
- Communicator and organizer of defence of midfield.

MENTAL SKILLS

- QUICK to ACT and REACT
- HARD MIND TO STOP ATTACKERS
- WORK RATE/BACK UP and SPEED TO REFORM

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OUTSIDE CENTRE (13)

- Key decision maker, especially on defence and when attacking from broken play.
- Ability to “read” game with good tactical sense.
- Must have high work rate and key support player, snake at tackle.
- Following kicks and cover defence.
- 2 handed ball carriage, for continuity and distribution.
- Good alignment and cohesion with inside player on all facets of attack and defence.
- Straight runner to keep attack alignment.
- Explosive speed and power and be able to step off both foot and beat defender on inside and/or outside.
- Aggressive tackler to create turnover opportunities and BREAK up attacks.

MENTAL SKILLS

- COMMUNICATION
- HARD MIND TO STOP ATTACKERS IN THE OPEN SPACE
- WORK RATE/BACK UP and SPEED TO REFORM
- QUICK TO ACT and REACT

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WINGER (11 & 14)

- Play either left or right side.
- Ability to beat opponents off EITHER foot and stay up in tackle when required.
- Sustained and explosive speed.
- Good acceleration.
- Hunger for involvement in game.
- Chase and pressure opposition whenever possible.
- Support Fullback and others as counter attack and defence “team”.
- Must have finishing ability.
- Accurate one to one defending.
- Understand and execute tackle options e.g. Spot, Cover, Smother, etc
- Reliable hands at all times.
- Kick effectively especially with stronger “foot”

MENTAL SKILLS

- WORK HUNGRY/BALL HUNGRY
- DESIRE TO GET BACK ON DEFENCE OR INTO ATTACK
- CONCENTRATION—DON'T DRIFT OUT OF GAME

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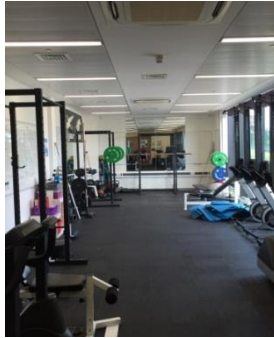
FULL BACK (15)

- Key attacking player from set and broken play and should be confident and adventurous.
- Quality high ball receipt skills vital.
- Positional awareness, good understanding from ALL field positions.
- Work in tandem with wings on attack and defence.
- Timing into backline with power and speed and have ability to step off either foot at pace.
- Understand and execute continually, the requirements of counter attack.
- MUST be strong tackler off either shoulder, all types of tackle.
- Good decision maker.
- Must kick off EITHER foot with accuracy and length, both as an attacking option and to relieve pressure.

MENTAL SKILLS

- TOUGH HARD LAST LINE OF DEFENCE
- ABILITY TO SEE WIDER PICTURE, QUICKLY
- ADVENTUROUS

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STRENGTH AND CONDITIONING (S&C)

Young people are not naturally physically prepared via their normal, everyday lives for the demands of rugby; strength training may decrease the risk of sports related injuries. In order to be physically prepared to play senior rugby a player should have started a strength programme in their early teens.

At Woodlands we encourage players to use S&C as a tool to develop their physical capabilities and be prepared for the physical demands of the game.

Benefits of young players completing strength and conditioning programmes.

- the prevention of injuries
- improved body composition
- improved sports performance due to increased strength, power and muscular endurance

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We encourage that all players in the U12, U13 squads to take part in body weight and controlled resistance activities. This is an example of an S&C session for them.

1. Push-up with core control
2. Body-weight squat - use a broom handle
3. Partner-resisted elbow curl - use a towel
4. Calf raise - on step of stairs or box
5. Partner-resisted lateral arm raise
6. Lying back extension
7. Bent-leg sit-up - without partner

Once players enter the U14 and Senior squad there will be set S&C session in the training week that players attend.

U14 have a compulsory S&C session on Wednesday lunchtime with an optional session on Monday before school.

Senior squad have compulsory sessions on Wednesday and Friday lunchtime and an optional session on Monday before school.

These are examples of some of the exercises players will be completing.

1. Bench press - progress to barbell on bench rack and include incline press
2. Squat or leg press - vary between dumbbells and barbell
3. Shoulder Press using dumbbells and barbell
4. Arm curl using dumbbells and barbell
5. Abdominal exercise
6. Core exercise(s)



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The link below gives detailed explanation on this topic for any players/parents/carers who want more information on this topic.

http://www.irishrugby.ie/playingthegame/fitness/theyoungplayer/strength_training.php

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