



KICKING ACCURACY

**SKILL ZONE - RETURN TO RUGBY
PHASE B**



INDIVIDUAL TRAINING WITH ONE OTHER PERSON

Exercise with one other person: fitness training or physical development

Maintain social distance

No equipment sharing



SMALL GROUP TRAINING

Exercise within a small group (Up to 6) & maintain social distance

No face to face (F2F) /close contact

Equipment sharing kept to a minimum



LARGER GROUP TRAINING: LIMITED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Limited F2F & close contact exposure could now be permitted



WHOLE TEAM TRAINING: INCREASED F2F/ CLOSE CONTACT

Exercise with a larger group

Social distancing potentially not required at all times

Increase in level of F2F & close contact exposure could be permitted



WHOLE TEAM TRAINING: IN PREPARATION FOR MATCHES

Social distancing could no longer be required

Unrestricted F2F & close contact exposure could be permitted

Rugby contact could be permitted



RETURN TO MATCH PLAY

Competitive rugby can recommence.

Could include some form of adapted activity dependent on COVID-19 mitigation

STRONG HAND HYGIENE TO BE ADHERED TO AT ALL STAGES

Individuals allowed to exercise with someone from another household



Expansion in numbers allowed to meet together

Equipment sharing allowed if supported by hand hygiene



Further expansion of group size rules & relaxation of social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow limited introduction to some traditional training activities



Further easing of group size rules & social distancing

Risk of rugby training F2F & close contact exposure deemed low enough to allow increased participation in more traditional training activities



Removal of social distancing

Risk of F2F & close contact exposure low enough to allow progression to unrestricted F2F & close contact training activities



Social distancing removed completely

Risk of F2F & close contact exposure low enough to allow unrestricted F2F & close contact match activities





England
Rugby

**ALL PLAYERS MUST
FOLLOW GOVERNMENT
SOCIAL DISTANCING
GUIDELINES**

WWW.GOV.UK/CORONAVIRUS

GUIDANCE CAN CHANGE
AT SHORT NOTICE, AND
RESTRICTIONS CAN BE
REINTRODUCED.

STAY UP TO DATE ON THE
LATEST ENGLAND RUGBY
COMMUNITY GAME
GUIDELINES:

[WWW.ENGLANDRUGBY.COM/
CORONAVIRUS](http://WWW.ENGLANDRUGBY.COM/CORONAVIRUS)

ENGLAND RUGBY COMMUNITY GAME GUIDANCE UPDATE 02/06/20

COACHING CAN NOW TAKE PLACE WITH SMALL
GROUPS OF UP TO SIX (INCLUDING THE COACH).
RFU SAFEGUARDING POLICIES MUST
BE FOLLOWED.



IT IS NOW PERMISSIBLE FOR TWO OR MORE GROUPS OF 6 TO
TRAIN PROVIDED THEY ARE KEPT SEPARATE (NO MORE THAN
4 GROUPS PER FULL PITCH), AND SOCIAL DISTANCING AND
STRICT HYGIENE MEASURES ARE OBSERVED.

OUTDOOR FIELD BASED
INDIVIDUAL TRAINING IN SMALL
GROUPS PERMITTED



**NO PHYSICAL CONTACT.
USE ENGLAND RUGBY TRAINING
RESOURCES FOR GUIDANCE**

PLAYERS CAN TRAIN
WITH OWN HOUSEHOLD.

ONCE PER 24 HOUR PERIOD
PLAYERS CAN TRAIN AS PART OF A
GROUP OF MAX 6 FROM OTHER
HOUSEHOLDS.



**THEY MUST BE 2M
APART AT ALL TIMES**

**EQUIPMENT SHARING
(INCLUDING BALLS) SHOULD BE
KEPT TO A MINIMUM**



**STRONG HAND HYGIENE
PRACTICE SHOULD BE IN PLACE
BEFORE AND AFTER.**

**WASH/SANITIZE HANDS &
EQUIPMENT REGULARLY**

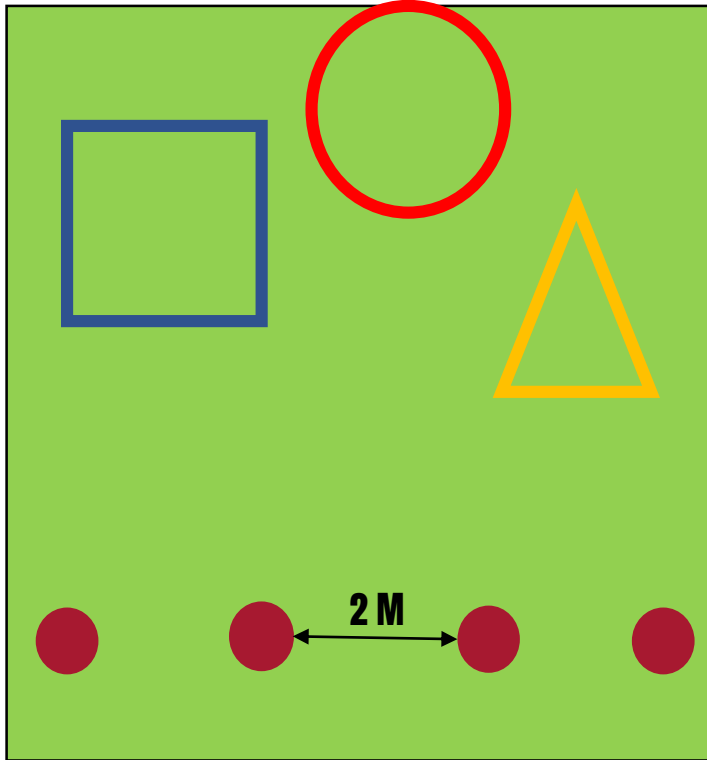


**DO NOT TRAIN OR MEET ANYONE
IF YOU HAVE CORONAVIRUS
SYMPTOMS**

CLUBHOUSES CURRENTLY
CAN OPEN FOR ACCESS TO TOILETS
AND TO SERVE TAKEAWAY
FOOD/DRINK ONLY



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**PITCH SPACE MUST BE OF
ADEQUATE SPACE TO ENSURE
PLAYERS MAINTAIN MINIMUM 2
METRE DISTANCE**

2 - 5 PLAYERS PLUS A COACH

**EACH PLAYER HAS THEIR OWN
BALL**

**EQUIPMENT MUST BE CLEANED
REGULARLY ALONG WITH PLAYERS
HANDS**

**KICKING
ACCURACY**

PURPOSE

**DEVELOPING PLAYERS ACCURACY AND CONTROL WHEN KICKING A BALL
UTILISING DIFFERENT TYPES OF KICKS**

PLAYER SKILLS

- **AWARENESS**
- **RESILIENCE**
- **DECISION MAKING**

**KICKING
ACCURACY**

KICKING ACCURACY

- **PLAYER KICKS THE BALL INTO ONE OF THE THREE SHAPED AREAS MARKED OUT**
- **PLAYER AIMS TO GET THE BALL TO BOUNCE IN THE SHAPE USING A GRUBBER, PUNT OR DROPKICK**
- **PLAYER MUST USE A DIFFERENT KICK FOR EACH SHAPE**
- **AFTER EACH GO PLAYER COLLECTS THEIR OWN BALL**
- **POINT AWARDED FOR EVERY BALL BOUNCING IN THE DESIGNATED AREA**
- **MOVE PLAYERS STARTING POSITION AFTER THREE KICKS**

ADAPTATIONS

- **BALL MUST FINISH IN THE AREA**
- **USE NON DOMINANT FOOT**

KICKING ACCURACY

KEY COACHING POINTS

- **HOLD THE BALL IN TWO HANDS**
- **FOLLOW THROUGH WITH KICKING FOOT TOWARDS TARGET**
- **MAINTAIN GOOD BALANCE ON NON KICKING LEG**

WATCH VIDEO HERE:

<https://www.youtube.com/watch?v=UHT7-D1UX3I>

**KICKING
ACCURACY**



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