

HKRU RETURN TO PLAY (MINI RUGBY)



RETURN TO PLAY THEME



FUN



ACTIVATE



BUILD



CHALLENGE

4 WEEKS RETURN TO PLAY GUIDELINE

Week 1 - Keep it FUN

Fun Games 50%
Agility, Balance, Coordination 30%
Skills 20%

Week 2 - ACTIVATE the Body

Agility, Balance, Coordination 50%
Fun Games 30%
Skills 20%

Week 3 - BUILD the Skill Set

Skills 50%
Fun Games 30%
Agility, Balance, Coordination 20%

Week 4 - CHALLENGE to Improve

Challenge 50%
Skills 30%
Agility, Balance, Coordination 20%

DRILL/GAME RECOMMENDATION

Fun Game

Stuck in the Mud	Piggy in the Middle
Tagging games	Rugby Netball
Bulldog	Corner Ball
Relay races	Aussie Rules

Agility, Balance, Coordination

Hopping, jumping, skipping	Falling, rolling
Running, sidestepping, swerving	Static balancing
Ball manipulation activities	Dynamic balancing
Catching reaction activities	Animal walks

Skills

NON-CONTACT	Catch	CONTACT	Tackle
	Pass		Ball in contact/offload
	Touch tackle		Falling and presenting
	Sidestep/swerve		Rucking

Challenge

NON-CONTACT	Go forward touch	CONTACT	Tackle games*
	Dropout touch		Offload games*
	Onside touch		Present games*
	Turnover touch		Ruck games*

*Progress from semi-contact to full contact.