

# COMMUNITY RUGBY

## CONTACT PREPARATION

### 4-WEEK PROGRAMME



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#### WEEK 1

Session

# 1

Work:Rest 20sec:10sec for all. Complete 4 sets.

1. Bear Crawl Hold
2. Plank Hold
3. Crab Walk Hold
4. Pike Hold
5. Forward Roll to DL Stand



Session

# 2

Work:Rest 20sec:10sec for all. Complete 4 sets.

6. Bear Crawl Hold
7. Plank Hold
8. Crab Walk Hold
9. Pike Hold
10. Forward Roll to DL Stand



#### WEEK 2

Session

# 3

Work:Rest 20sec:10sec for all. Complete 4 sets.

1. Bear Crawl Forward 10m; Backward 10m
2. Bear Crawl Left 10m; Bear Crawl Right 10m
3. Crab Walk Forward 10m; Crab Walk Right 10m
4. Crab Walk Left 10m; Crab Walk Right 10m
5. Backward Roll to Stand



Session

# 4

Work:Rest 20sec:10sec for all. Complete 4 sets.

6. Bear Crawl Forward 10m; Backward 10m
7. Bear Crawl Left 10m; Bear Crawl Right 10m
8. Crab Walk Forward 10m; Crab Walk Right 10m
9. Crab Walk Left 10m; Crab Walk Right 10m
10. Backward Roll to Stand



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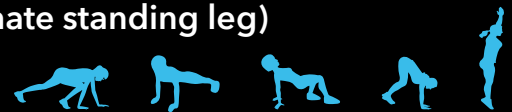
#### WEEK 3

Session

# 5

Work:Rest 20sec:10sec for all. Complete 4 sets.

1. Bear Crawl hop forward
2. Bear Crawl Hop to Plank
3. Crab Walk hop backward
4. Crab Walk Toe Touch
5. Forward Roll to SL Stand (alternate standing leg)



Session

# 6

Work:Rest 20sec:10sec for all. Complete 4 sets.

6. Bear Crawl hop forward
7. Bear Crawl Hop to Plank
8. Crab Walk hop backward
9. Crab Walk Toe Touch
10. Forward Roll to SL Stand (alternate standing leg)



#### WEEK 4

Session

# 7

Work:Rest 20sec:10sec for all. Complete 3 rounds.

1. Bear Crawl Forward Walk to Crab walk Forward (10m)
2. Bear Crawl SA Hop Forward (10m) (repeat opposite arm)
3. Bear Crawl SL Hop Backward (10m) (repeat opposite leg)
4. Crab Walk Hop Left (10m) (Repeat Hop Right)
5. Bear Crawl Forward (5m) to Forward Roll to SL stand x 2



Session

# 8

Work:Rest 20sec:10sec for all. Complete 3 rounds.

6. Bear Crawl Forward Walk to Crab walk Forward (10m)
7. Bear Crawl SA Hop Forward (10m) (repeat opposite arm)
8. Bear Crawl SL Hop Backward (10m) (repeat opposite leg)
9. Crab Walk Hop Left (10m) (Repeat Hop Right)
10. Bear Crawl Forward (5m) to Forward Roll to SL stand x 2

