



**Phase 3
Performance**

**Primers
(2-3 minutes)**

AIMS

To make sure players are performance ready.

To focus players on the specific demands of the training session.

To focus on key areas of the game, including: contact, sprinting and acceleration.

**Phase 3
Contact Primers**

Select 2 of the following prior to contact work.



**1: PARTNER
PUMMEL TO LIFT**

Cue: Face partner leading with same foot and shoulder. Punch arms through and hold the grip.

Change the angle of attack and try break partner's grip.

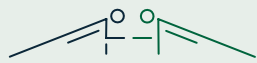
Reps: 3-4 | **Timing:** 20 secs



2: PARTNER BALL FEND

Cue: Ball carrier changes angle of attack to fend off tackler.

Reps: 3-4 | **Timing:** 20 secs



**3: PUSH-UP PLANK
WRESTLING**

Cue: In plank position, using either hand attempt to grab hand/arm of partner to make them lose balance.

Reps: 3-4

Timing: 20 secs



**4: BACK TO BACK
WRESTLING**

Cue: Sitting back to back with legs out straight. On go, turn around into high kneeling and begin grappling to win the contact.

Reps: 3-4

Timing: 20 secs



5: MAT WRESTLING

Cue: Player one is lying on stomach with arms stretched out. Player two tries to keep player one on ground, while they try to get to their feet.

Reps: 3-4

Timing: 20 secs

**Phase 3
Speed / Acceleration Primers**

Select 2 drills

1 x acceleration drill

1 x sprint drill

**Acceleration
10m distance**



**1: ½ KNEELING LATERAL
ACCELERATION**

Cue: ½ kneeling facing side-on to finish line. Inside knee is down. Lean forward and push through outside leg, turn and accelerate to finish line.

Reps: 1 per lead foot (2 total)



**2: STAGGERED
2-POINT STANCE**

Cue: In staggered stance facing finish line. Lean forward and push through front leg accelerating to finish line.

Reps: 1 per lead foot (2 total)



3: BACK-LYING

Cue: Lie on your back, head towards the finish line. Roll to right into a push-up position, push up and accelerate to the finish line.

Reps: 1 per side (2 total)

**Sprint
30m distance**



**1: ½ KNEELING LINEAR
ACCELERATION**

Cue: Facing finish line, left knee down and left arm up. Lean forward and push through right leg. Sprint to finish line.

Reps: 1 per lead foot (2 total)



**2: PRESS-UP
POSITION**

Cue: In plank position. Strike ground through right foot and sprint to finish line.

Reps: 1 per lead foot (2 total)



**3: BACKWARDS TALL
KNEELING**

Cue: In high kneeling, facing away from finish line. Bring knee up and strike ground to turn and face finish line. Sprint to the line.

Reps: 1 per lead foot (2 total)



Focusing on position-specific drills again later on during the training session can give you the opportunity to check that players have actively engaged the muscles and joints specific for the next tasks.

PRIMERS FOR BACKS

Tasks:

High speed running
Acceleration / deceleration
Kicking

Example Preparation:

P1: High knees and heel flicks
Carioca drills
Leg swings
P2: Nordic hamstring curls
Single leg countermovement jump
Hopping drills
P3: Sprinting / acceleration primers

PRIMERS FOR FORWARDS

Tasks:

Scrummaging
Lineouts
Mauls

Example Preparation:

P1: Forward/backward hip circles
Crawls
Double / single leg hops
P2: Good Morning
Neck holds
Single arm rows
P3: Contact primers
(P1) = (Phase 1) etc.



Resources

To see the entire ENGAGE programme, including video content, educational resources and coaching courses please go to:

irishrugby.ie



Coaches can complete the ENGAGE education course on GAINLINE to receive an active coaching badge.

