



Rugby Ready Workbook

Please use this workbook to answer the questions posed and to record information from the Rugby ready resource, and course.

1. What do you enjoy about rugby which inspires you to participate (as a player/coach/official/volunteer)?

2. What do you hope to get from the Rugby ready course?

PRE-PARTICIPATION

3. What are the key things you need to know about a player before you can be sure that he/she is “rugby ready”?

4. What should a good physical assessment test for?

5. How do the Laws define “foul play”?

EQUIPMENT, ENVIRONMENT AND EMERGENCY PLAN

6. What equipment is recommended to ensure a safer game for players?

7. How can you make the playing environment safer to play on?

8. What is the purpose of an emergency action plan?

9. What are the essential components of an emergency action plan?

WARM-UP AND COOL-DOWN

10. What does the expression “transit mobility” mean in the context of the warm-up prior to practice or playing?

11. How long should a good cool-down period last at the end of practice or playing?

12. What kind of activity should there be during the cool-down period?

PHYSICAL CONDITIONING

13. What are the components of fitness for rugby?

14. What is the difference between aerobic training and anaerobic training?

15. How can you improve a player's speed?

16. What is core strength and why is it so important for rugby players?

LIFESTYLE

17. What is the best kind of diet for a rugby player?

18. What are some of the negative effects of high levels of alcohol consumption?

STABILITY AND POSTURE

19. How would you describe a stable position, for example in a tackle or contact situation in the game?

THE SCRUM

20. Describe a good “body shape” for scrummaging.

21. What are three things to check for pre-engagement?

22. What is the best way to introduce scrummaging to new players?

23. What is the 4-stage engagement sequence for the scrumage?

THE TACKLE

24. Describe the tackling progressions (fill in the gaps)

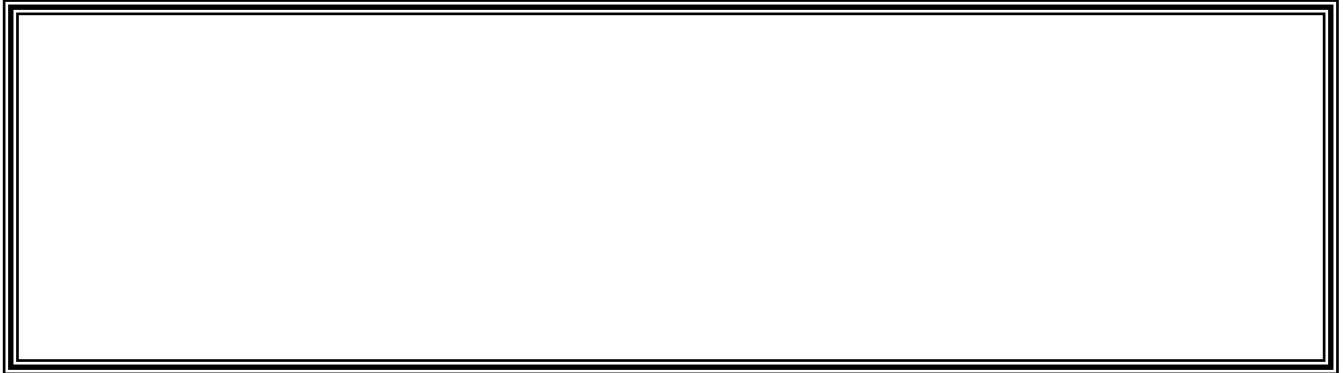
| Progression | Tackler | Ball Carrier |
|-------------|------------------|-----------------|
| 1 | | kneeling |
| 2 | kneeling | |
| 3 | squatting | |
| 4 | | walking |
| 5 | | |
| 6 | standing | |

25. Describe three key coaching points for the tackler?

26. Describe three key coaching points for the ball carrier?

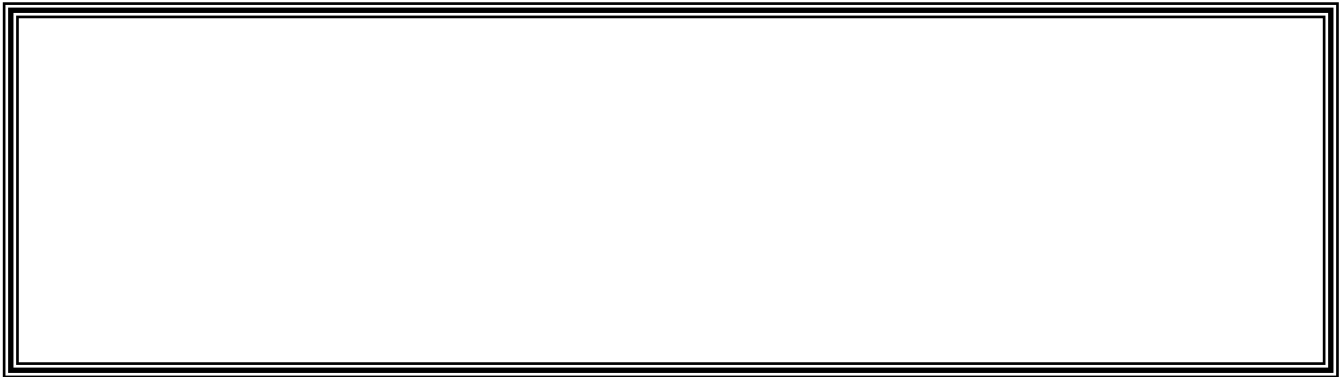
TAKING THE BALL INTO CONTACT

27. What is the importance of the “tackle gate”?

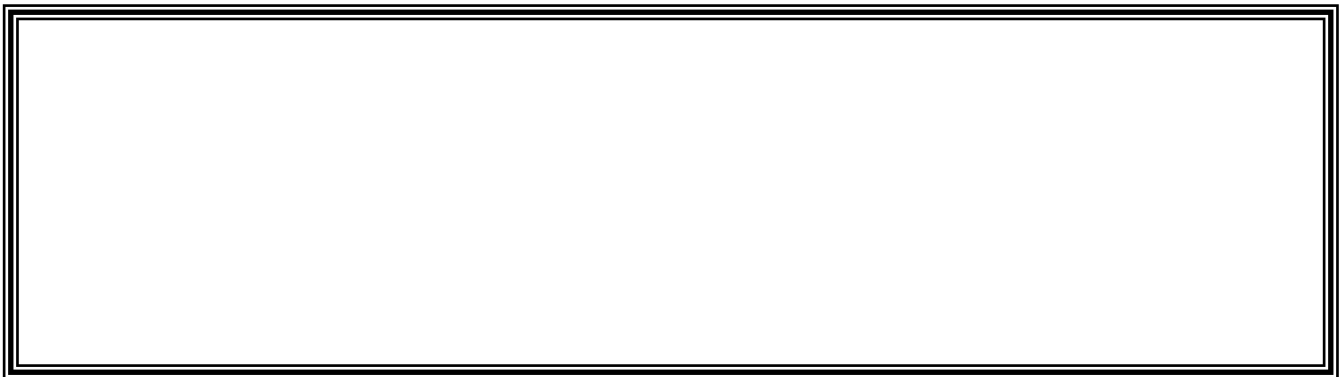


THE LINE-OUT

28. What is the most stable body position for a support player in the line-out?



29. What are the priorities for support players in the line-out?



THE MAUL

30. Name three of the priorities for the player taking the ball into contact.

| |
|--|
| |
|--|

31. Name three of the key safety factors for all support players in the line-out.

| |
|--|
| |
|--|

THE RUCK

32. When a ruck is formed, what should the support players do first?

| |
|--|
| |
|--|

33. What should the referee be watching for when a ruck has been formed?

| |
|--|
| |
|--|

INJURY MANAGEMENT

34. What do you recall about the TOTAPS system when there is an injury on the field?

35. What are some of the symptoms of concussion?

36. What do the Laws say about a player who has been diagnosed with a concussion?

37. What do you recall about the PRICED method as applied to the management of soft tissue injuries?

Now that you have completed the course what actions will you take to become Rugby Ready?

Continue doing

Stop doing

Start doing