



MUNSTER RUGBY

Home Skills Program - March 2020

Session 1 - 100 Passes

PASS	SIDE	REPS	Video/Notes	Technical detail
Hand Activation Warm Up	Left Right	10 10	https://www.youtube.com/watch?v=3XFH6PPKe4Q&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=67&t=0s	<ul style="list-style-type: none"> Put Pressure through the ball
Wrist Flicks	Left Right	10 10	https://www.youtube.com/watch?v=asp5ealmGbg&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=67	<ul style="list-style-type: none"> Hold Ball at Bottom Grip the Ball and Squeeze through with pressure Thumb and middle finger grip: maximum spin
Wrist Flicks - Progressed	Left Right	15 15	https://www.youtube.com/watch?v=RxXxy5ldFNE&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=68	<ul style="list-style-type: none"> Hold Ball at Bottom Grip the Ball and Squeeze through with pressure Thumb and middle finger grip: maximum spin Finish with Full Extension Punch through with Power Guide arm fingers pointing at sky
To the Sky – One Handed	Left Right	15 15	Go for Max distance up to the sky. Clap and Count your clap. Aim to increase height i.e. more claps	<ul style="list-style-type: none"> Hold Ball at Bottom Grip the Ball and Squeeze through with pressure Thumb and middle finger grip: maximum spin Finish with Full Extension Punch through with Power Guide arm fingers pointing at sky



Session Review

What worked well for you in this session?

- 1.
- 2.

Identify what you learned

- 3.

Set out your main challenges when doing this session next time.

- 1.
- 2.

Time/Speed/Reps etc

- 3.



Session 2 - 100 Passes

PASS	SIDE	REPS	Video/Notes	Technical detail
Hand Activation Warm Up	Left Right	10 10	https://www.youtube.com/watch?v=3XFH6PPKe4Q&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=67&t=0s	Put Pressure through the ball
2 hands to the Sky	Left Right	10 10	https://www.youtube.com/watch?v=RxXxy5ldFNE&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=68	Hold Ball at Bottom Grip the Ball and Squeeze through with pressure Thumb and middle finger grip: maximum spin Finish with Full Extension Punch through with Power Guide arm fingers pointing at sky
One Arm Punch Pass	Left Right	10 10	https://www.youtube.com/watch?v=RxXxy5ldFNE&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=68	Hold Ball at Hip level (Load It) Hold Ball at Tip (Rear End) Check Our Cell-phone to create more Spin Punch and Extend
Two Hand Wrist Flick	Left Right	20 20	https://www.youtube.com/watch?v=LsOOMAeRcB0&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=74&t=0s	Hold Ball at Naval level (Belly Button) Don't get too long on the holding of the ball Punch and Extend through to target Ensure fingers pointing to receiver



Session Review

What worked well for you in this session?

- 1.
- 2.

Identify what you learned

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Set out your main challenges when doing this session next time.

- 1.
- 2.

Time/Speed/Reps etc

- 3.



Session 3 - 100 Passes

PASS	SIDE	REPS	Video/Notes	Technical detail
Hand Activation Warm Up	Left Right	10 10	https://www.youtube.com/watch?v=3XFH6PPKe4Q&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=67&t=0s	Put Pressure through the ball
Sweep Pass Instruction	Left Right	- -	https://www.youtube.com/watch?v=jA_5d_x4NP8&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=75&t=0s	Elbow Out, Check Cell Phone Ball to Hip Punch and Extend
Sweep Pass One Hand	Left Right	20 20	https://www.youtube.com/watch?v=4t3qdBokVSE&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=76&t=0s	Pressure on the ball Roll the ball out – use cell-phone grip Extend to target
Sweep Pass Both hands	Left Right	20 20	https://www.youtube.com/watch?v=4t3qdBokVSE&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=76&t=0s	Pressure on the ball Back hand under the ball – cell-phone grip Two hands on the ball - Extend to Target



Session Review

What worked well for you in this session?

- 1.
- 2.

Identify what you learned

- 3.

Set out your main challenges when doing this session next time.

- 1.
- 2.

Time/Speed/Reps etc

- 3.



Session 4 – Ball Carry & Evasion

PASS	SIDE	REPS	Video/Notes	Technical detail
Hand Activation Warm Up	Left Right	10 10	https://www.youtube.com/watch?v=3XFH6PPKe4Q&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=67&t=0s	Put Pressure through the ball
Ball Carry (Evade The Obstacle/ Wheelie Bin)	Left Right	20 20	https://www.youtube.com/watch?v=CCDsP8b30Aw&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=71&t=0s	Hold the Nose Tuck, Tighten, Fend Off Load with nose to target
Wall Ball (Finger tips and Ball Hold)	Left Right	20 20	https://www.youtube.com/watch?v=ttDff2w7OU&list=PLvrRlf2epTtSLA3S4dz7mbzirMm8c3dk3&index=71	Adjust fingers on the ball Challenge and adjust off the wall Keep ball away from our body Off load – fingers to target Vary the Off Loads Remember to point the fingers to the target and palm up to create some spin



Session Review

What worked well for you in this session?

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- 2.

Identify what you learned

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Set out your main challenges when doing this session next time.

- 1.
- 2.

Time/Speed/Reps etc

- 3.



Session 5 – Footwork and Hand Eye Co-ordination

PASS	SIDE	REPS	Video/Notes	Technical detail
Hand Activation Warm Up	Left Right	10 10	https://www.youtube.com/watch?v=3XFH6PPKe4Q&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=67&t=0s	Put Pressure through the ball
Evasion and Acceleration	Left Right	10 10	https://www.youtube.com/watch?v=-Vh-ScRE_hU&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=72	Accelerate, step, accelerate
Evasion, Acceleration and Catch	Left Right	15 15	https://www.youtube.com/watch?v=-Vh-ScRE_hU&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=72	Accelerate, step, accelerate Catch – hands ready/Up Catch it as you intend to pass it W-shape – outside hand on top
Evasion, Acceleration with catch/ transfer/ fend	Left Right	15 15	https://www.youtube.com/watch?v=-Vh-ScRE_hU&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=72	Accelerate, step, accelerate – use an obstacle to evade Catch – hands ready/Up Transfer away from contact Fend – if needed



Session Review

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Identify what you learned

- 3.

Set out your main challenges when doing this session next time.

- 1.
- 2.

Time/Speed/Reps etc

- 3.



Additional Activities

100 Passes				
PASS	SIDE	REPS	NOTES	TEACHING POINTS
Pistol Drill	Strong	10 front/ 10 side	https://youtu.be/TqjF7Zb0zzk?t=301	<ul style="list-style-type: none">• No Back Swing• Punch with Tricep• Follow Through to target
	Weak	10 front/ 10 side		
Front on Single Arm	Strong	10		
	Weak	10		
Side on Single Arm	Strong	10		
	Weak	10		
Side on Two Handed	Strong	10		
	Weak	10		

IMPORTANT:

This is a Home Exercise Program designed for individuals to conduct at Home. Please follow Government and HSE requirements/guidelines regarding social distancing during this time. Please conduct these activities on your own at home or with a sibling/parent if appropriate.

