

Level 1

STRENGTH AND CONDITIONING



**17 December 2011
(Leuven - KUL)**



Program of the course

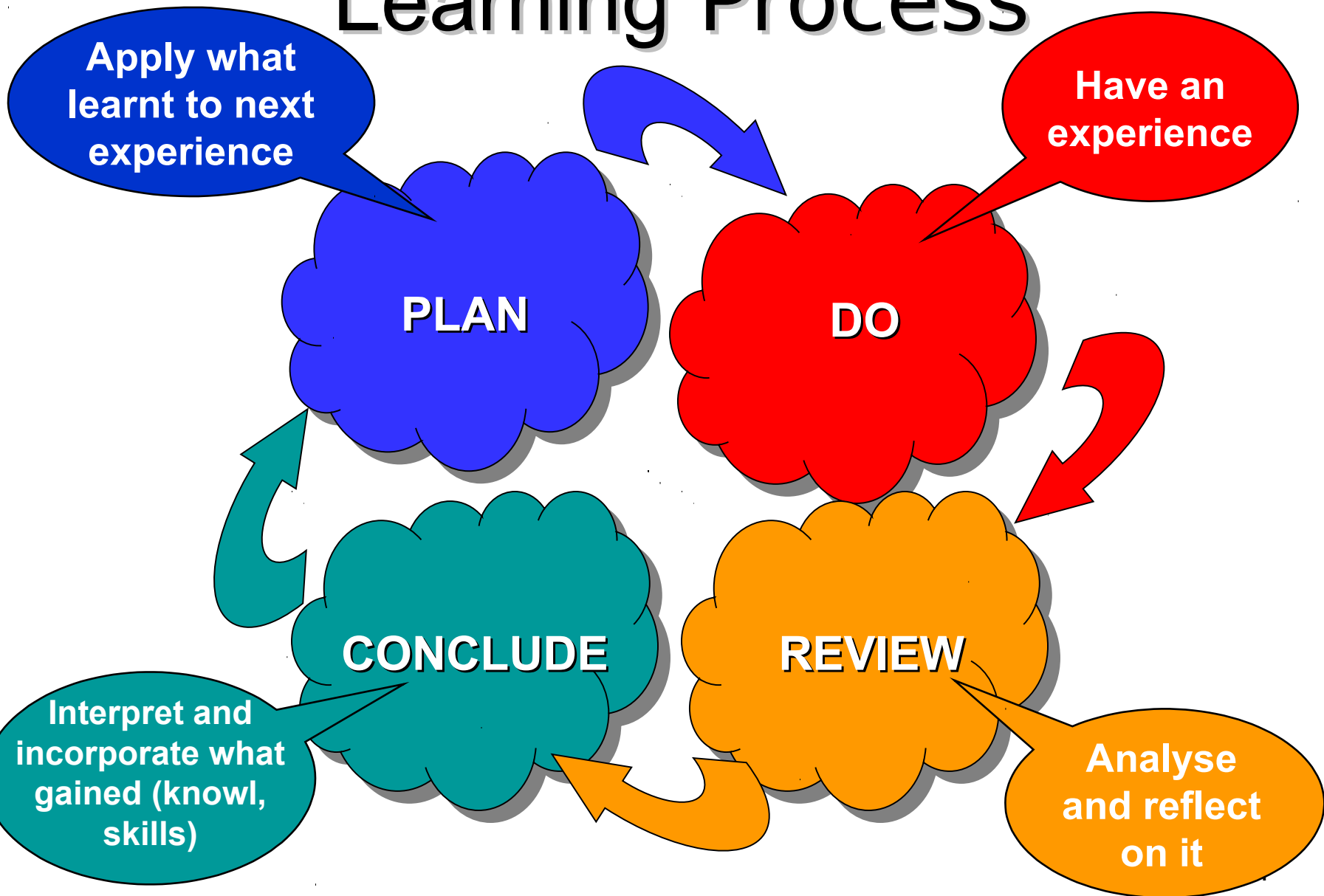


- 9h15 - 9h30 **Module 1 : Introduction.**
- 9h30-9h35 *Rotation.*
- 9h35-12h10 **Module 2 : Explain some basic strength and conditioning exercises and their coaching point.**
9h35-10h50 **Module 2A**
10h50-12h10 **Module 2B**
- 12h10-13H10 *Lunch*
- 13H10-14h30 **Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player..**
13h10-13h40 **Module 3A** : Exercise different situations.
13h40-13h55 **Module 3B** : Strengthening routine and synthesis.
13h55-14h30 **Module 3C** : Overview.
- 14h30-15h00 *Pause*
- 15h00-16h10 **Module 4 : The connectivity between the gym-based exercises and field.**
15h00-15h05 **Module 4A** : Definition.
15h05-15h35 **Module 4B** : Principles et terminology.
15h35-16h10 **Module 4C** : The various types of sequence.
- 16h10 - 16h40 **Conclusion :**

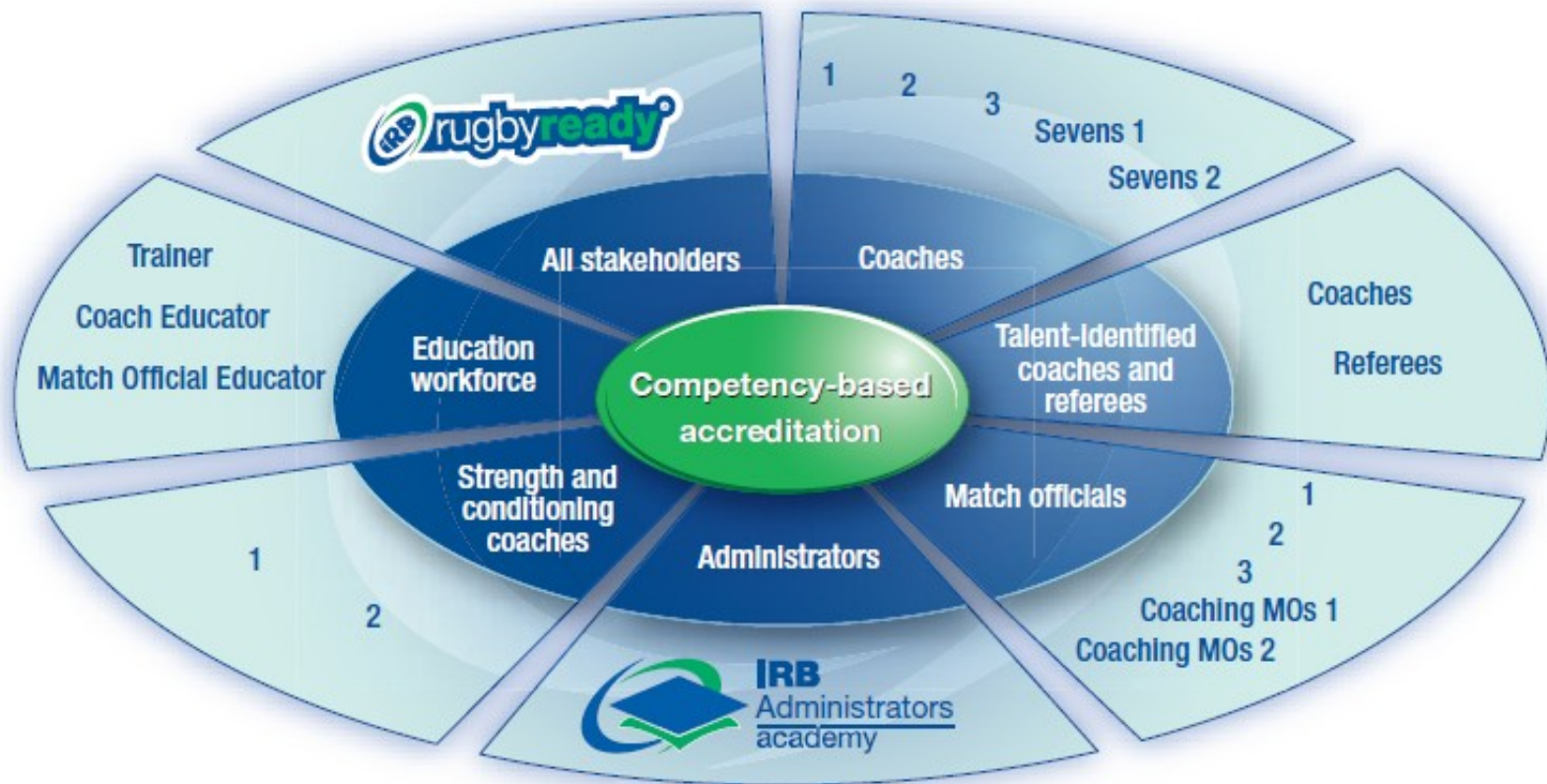
Module 1: introduction

- Meet & greet
- Fears and hopes
- Course learning outcomes
- Learning proces
- IRB structure

Learning Process



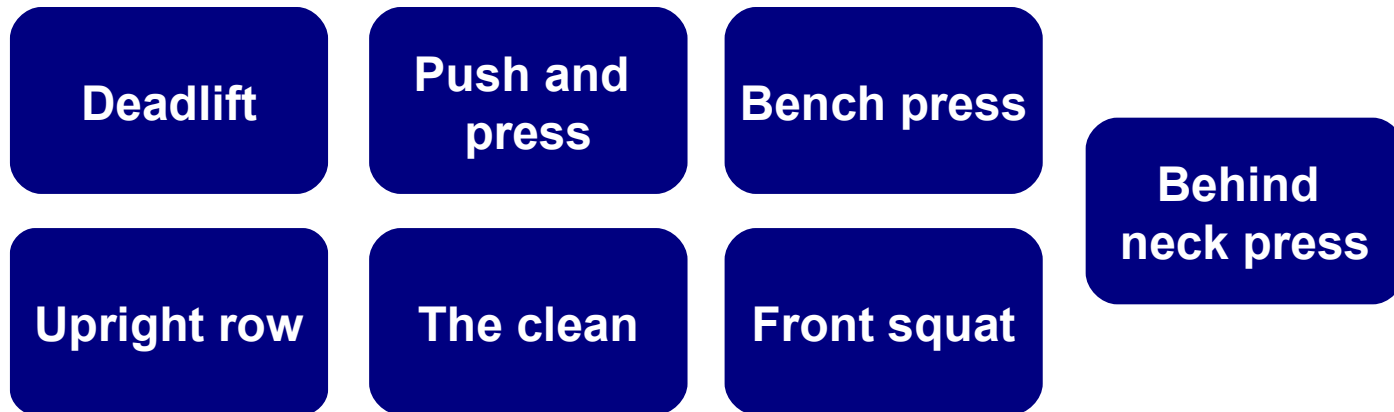
IRB structure



Module 2 : Explain some basic strength and conditioning exercise and their coaching point

In groups of 5 - *In the Weight room*

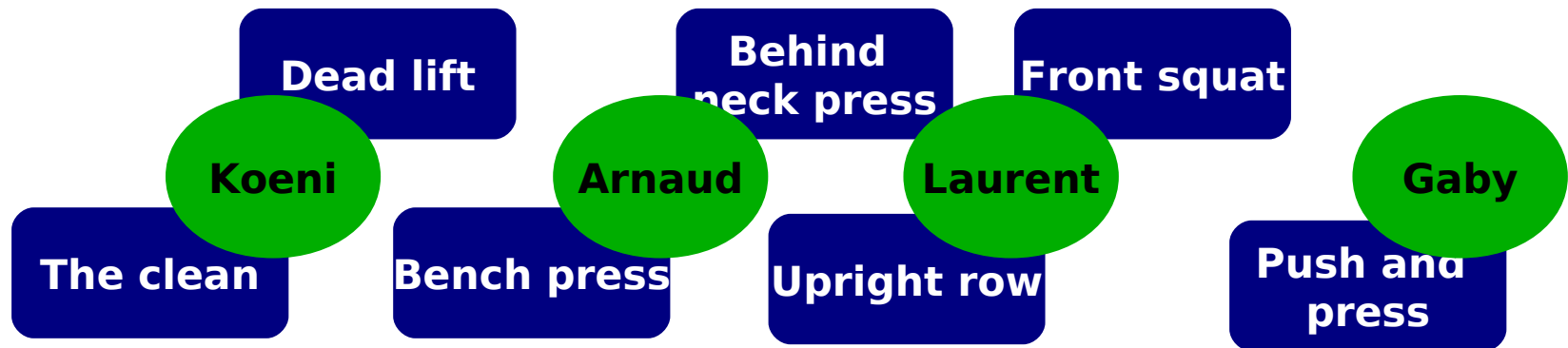
2A: Each one receives an exercise on paper to give in the gym



8' presentation + 3' questions

Module 2 : Explain some basic strength and conditioning exercises and their coaching point

2B: presentation by educators - *In the Weight room*

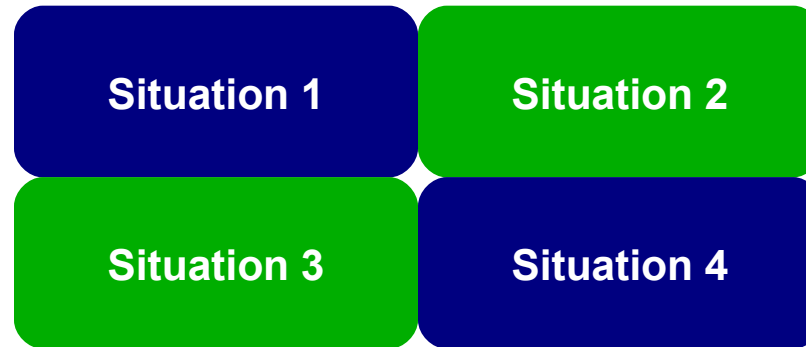


Show the connectivity between the gym-based exercises and the field based rugby training.

20' presentation (2 exercises)

Module 3 : plan and deliver a basic strength and conditioning session for a rugby player

3A: Exercise different situations - *In the classroom*



10' preparation + 5' presentation on paper board

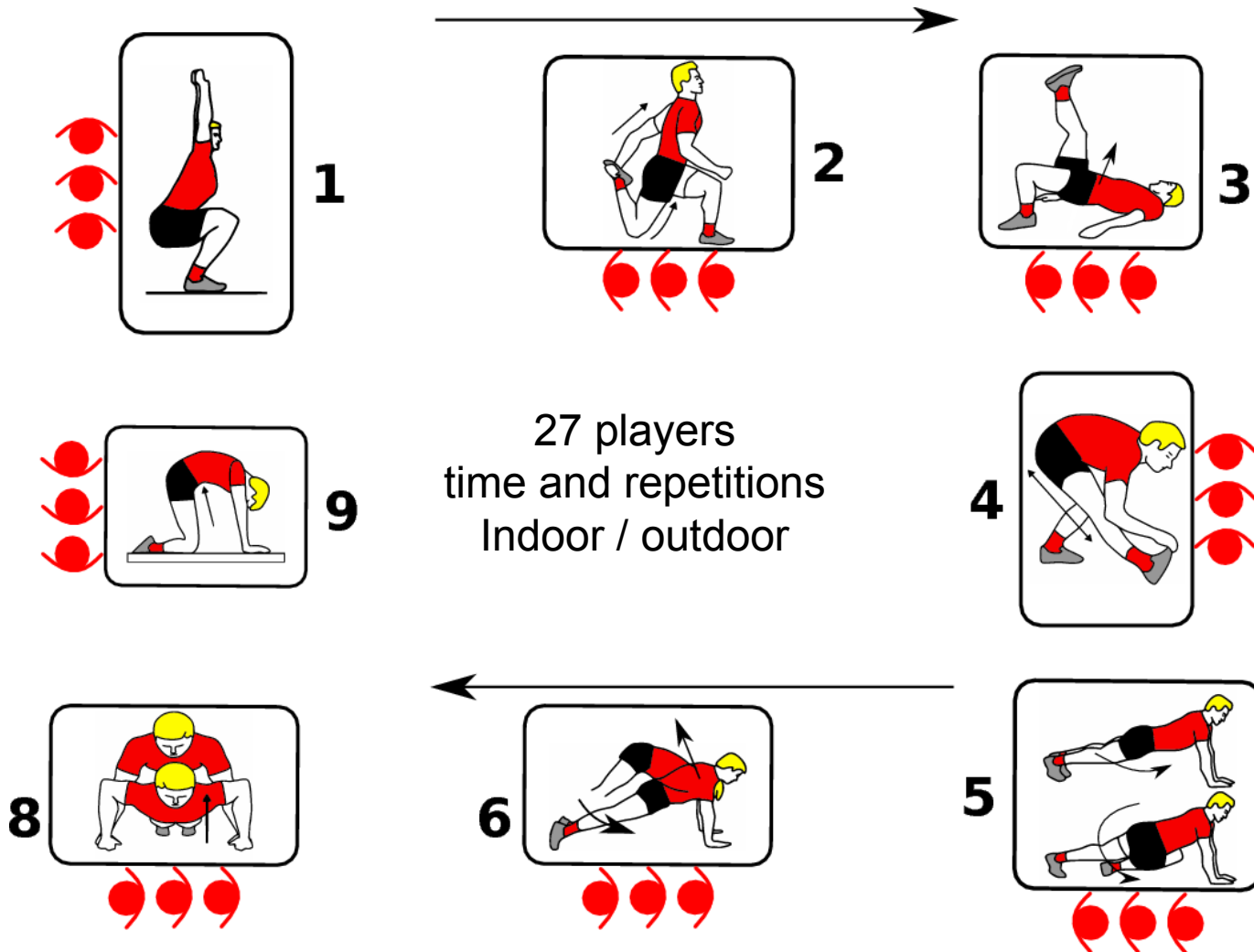
Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3A: Exercise different situations - *In the classroom*

- a) **With who** (adult, adolescent, children, pro ...etc).
- b) **When** (day of the week, before training, afterwards).
- c) **How** (in the gym, with which material, on the ground).
- d) **What is the objective.**

Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: With absolutely nothing



Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: With absolutely nothing

Control stage 1



Control stage 2




Control stage 3

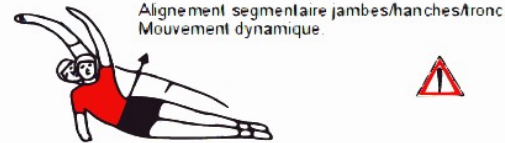
Fiche U16 : Gainage


Maîtriser l'étape 1 — passer à l'étape 2
Maîtriser l'étape 2 — passer à l'étape 3 (circuit)



Corps en ligne (tête, tronc, fesses, genoux, pieds) 


- **Etape 1** : 4 x 45 secondes. Récup 15 secondes
- **Etape 2** : 5 x 45 secondes. Récup 15 secondes



Alignement segmentaire jambes/hanches/tronc.
Mouvement dynamique. 

- **Etape 1** : 5 x 20 sec (20g/20d). Récup 15 secondes
- **Etape 2** : 5 x 30 sec (30g/30d). Récup 15 secondes



Corps en ligne (bras, tête, tronc, fesses, genoux, pieds) 

- **Etape 1** : 5 x 20 sec (20g/20d). Récup 15 secondes
- **Etape 2** : 6 x 20 sec (20g/20d). Récup 15 secondes

ETAPE 3 : CIRCUIT (Enchaînement des 3 exercices)

1 minute



45 secondes



30 secondes

Récup 45 sec.
Répéter le circuit 6 fois.



Et après l'étape 3...

- Gainage ventral ► 3 minutes
- Gainage latéral ► 1 minute 30 secondes
- Gainage ventral-unilatéral ► 1 minute

Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: With absolutely nothing : Strengthening routine

Maîtriser l'étape 2 — passer à l'étape 3 (circuit)



- Bras à 90°.
- Mouvement dynamique.
- Dos droit

- **Etape 1 :** 4 x 20 secondes. Récup 15 sec
- **Etape 2 :** 5 x 30 secondes. Récup 15 sec

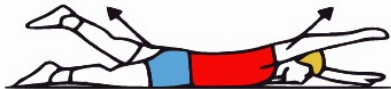


1 pompe écartée + 1 pompe serrée = 1 Rép



- Corps aligné.
- De descendre le plus bas possible.

- **Etape 1 :** 5 x 10 répétitions. Récup 30 sec
- **Etape 2 :** 6 x 10 répétitions. Récup 30 sec



- Les pieds ne touchent pas le sol.
- **Etape 1 :** 5 x 30 secondes. Récup 15 sec
- **Etape 2 :** 5 x 45 secondes. Récup 15 sec

ETAPE 3 : CIRCUIT (Enchaînement des 3 exercices)

30 secondes



15 répétitions



45 secondes

Récup 45 sec.
Répéter le circuit 6 fois.



Et après l'étape 3...

- Rotateurs ► 1 minute
- Pompes ► 30 répétitions
- Dorsaux ► 2 minutes

Maîtriser l'étape 2 — passer à l'étape 3 (circuit)



- Menton haut
- Appuis plus larges que le bassin.
- Genoux au-dessus des pointes de pieds
- Buste droit
- Terminer en pointes de pieds.

- **Etape 1 :** 4 x 25 répétitions. Récup 15 secondes
- **Etape 2 :** 5 x 25 répétitions. Récup 15 secondes



- Corps aligné.

- **Etape 1 :** 5 x 30 sec (30g/30d). Récup 15 secondes
- **Etape 2 :** 6 x 30 sec (30g/30d). Récup 15 secondes



- Alternier droite/gauche.
- Mouvement dynamique.
- Buste droit

- **Etape 1 :** 5 x 20 répétitions (20g/20d). Récup 15 sec
- **Etape 2 :** 5 x 20 répétitions (20g/20d). Récup 15 sec

ETAPE 3 : CIRCUIT (Enchaînement des 3 exercices)

30 répétitions



45 secondes



20 répétitions

Récup 45 sec.
Répéter le circuit 6 fois.



Et après l'étape 3...

- Flexions complètes ► 40 répétitions
- Fessiers ► 1 minute 30 secondes
- Flexions latérales ► 30 répétitions

Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: With absolutely nothing :

Advantages

- Its the best solution for the young players and beginners.
- Its a good opportunity to the development of the players.
- Particulary adapted for the plank.

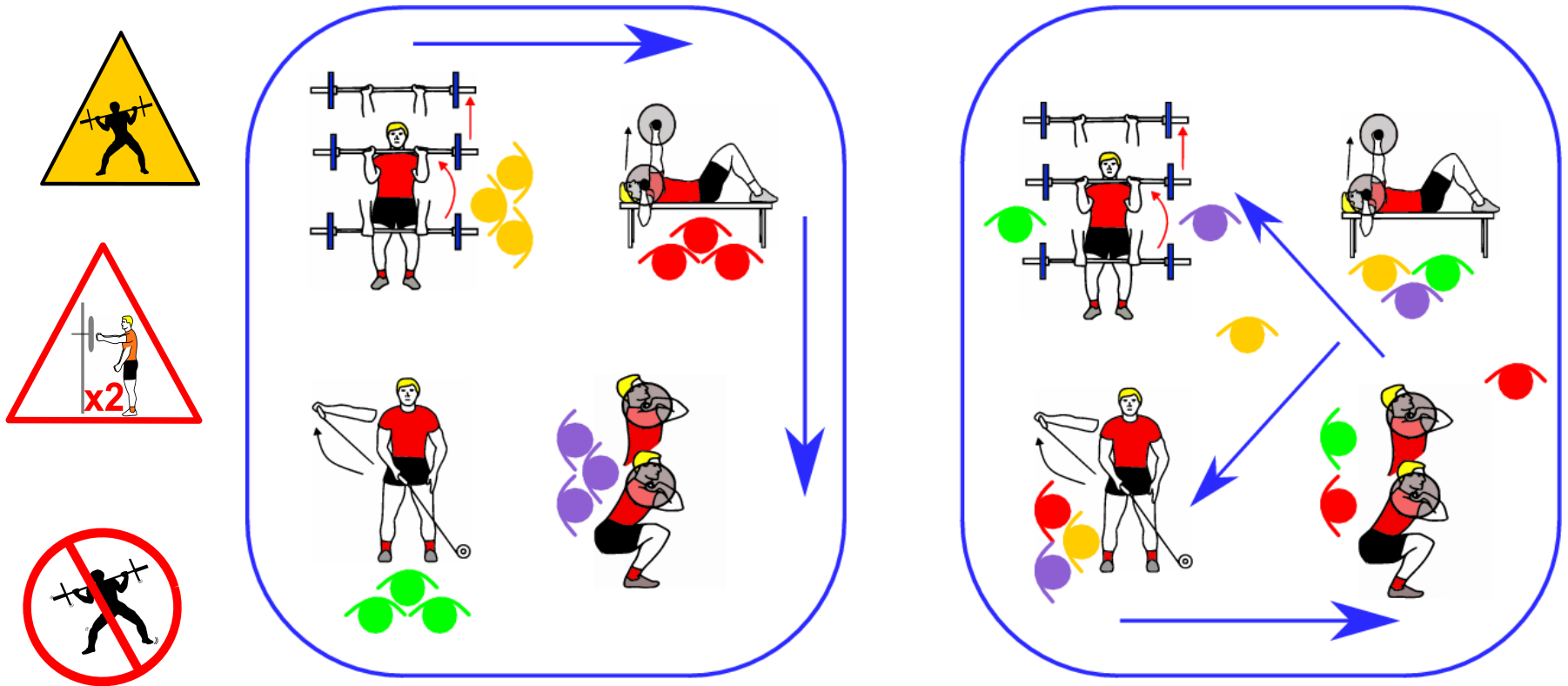
Synthesis

Downside

- Its a work of reinforcement and coordination... **but** not strength.

Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: With weights : exemples...



Individual program = % max - line - exercices ...

Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: With weights : *caution in children, at the beginning*



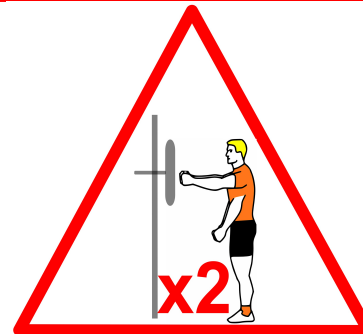
Synthesis

Advantages

- It is the best solution to move towards the high level
- It has an education value (security players).
- Each player has a personal program (**individual**)

Downside

- Equipment.
- Qualification level of the players.
- Security



Module 3 : Plan and deliver a basic strength and conditioning session for a rugby player

3B: Setting in situation - In the classroom

(15' preparation + 5' paper board presentation)

During the Christmas break the trainer of the first team wishes you to organize a training course of 3 days in a sports center Bloso (26 players, 2 coaches, a physio, a manager).

With the aim of the possible reservations, the head coach asks you to make a proposition of a program which can be sent to Bloso.

This program includes :

The zone of work and activity.

The beginning and the end of every zone.

The working themes.

The training of the first day is fixed at 10:30 am.

The last training of the training course has to end at 5:00 pm.

-Day 1 : x 2 training sessions

-Day 2 : x 3 training sessions

-Day 3 : x 3 training sessions

EQUIPEMENT :

1 Weight room (12 persons) – full with 1 weightlifting area

1 Hall with 3 plates (=3 basketball grounds) - with all the necessary material – equipment

1 Dojo (15 persons)

1 Astro turf pitch

1 Ground with grass

Module 4: Show the connectivity between the gym-based exercises and field (to the young player).

4 A) Definition



Principles et terminology

It is a **collective** sport of **combat**, with ball made by confrontations and by **avoidances** where the users and the opponents have to **advance (move forward)** by using continuity in the **contact** and in the free spaces **to score**.

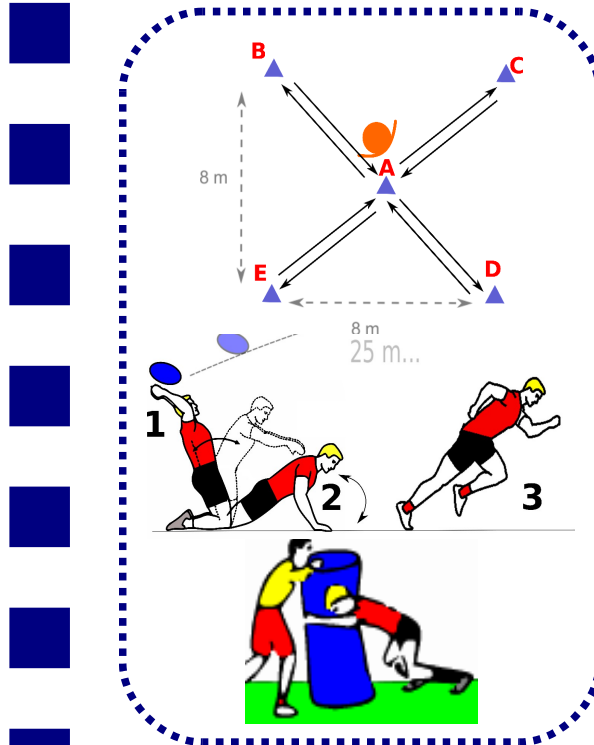
C'est un sport collectif de combat, de balle fait d'affrontements et d'évitements où les utilisateurs et les opposants doivent avancer en continuité au contact et dans les espaces libres pour aller marquer.

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

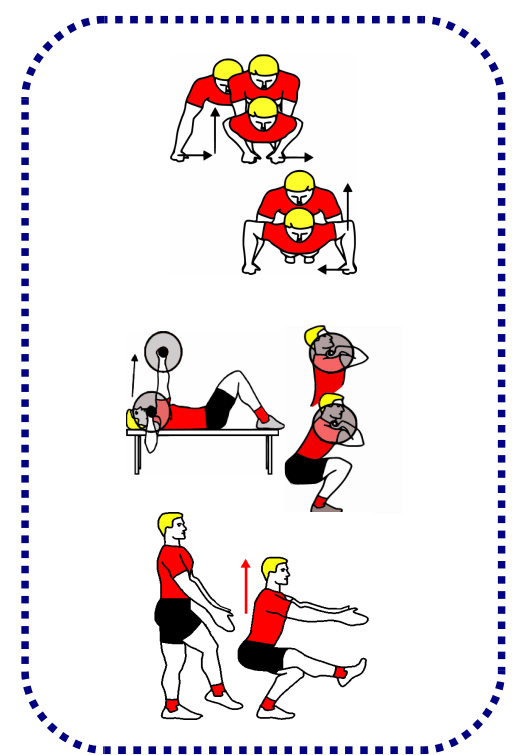
4 B) Principles and terminology :



Specific exercises



Multiform exercises.



General exercises

*D'après Kuznetsov 1980

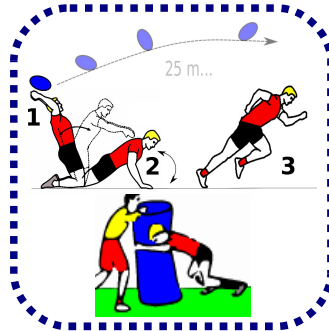
Module 4 :Show the connectivity between the gym-based exercises and field (to the young player).

4 B) Principles and terminology :



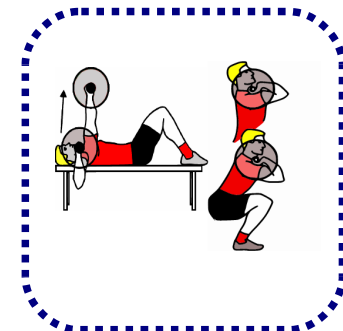
Specific exercises

Exercises of competition in the conditions close to the competition.



Multi-form exercises

The multi-form exercises respects the principles of the rugby.



General exercises

This category has no relationship with the rugby, the general exercises improve the fundamental qualities of the strength and the endurance.

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

4 B) Principles and terminology :

EXAMPLES (10')

Specific exercises

Multiform exercises

General exercises

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

4 C) The various types of sequences :

1 - Strength maximal classic (to the young player).

2 - Strength max with introduction of the proprioception (to the young player).

3 -Specific strength.

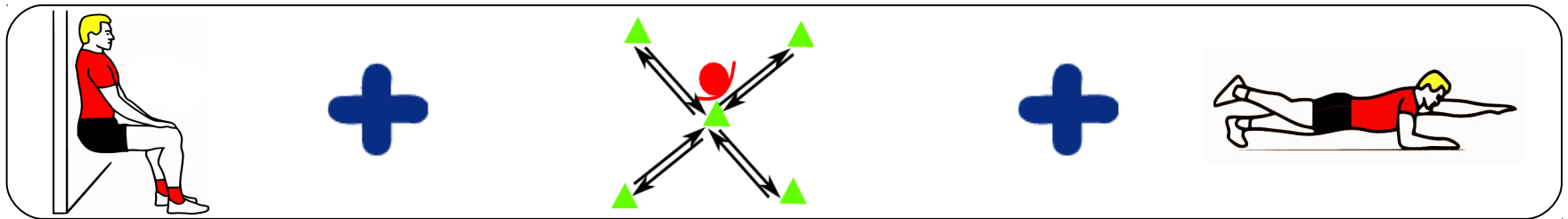
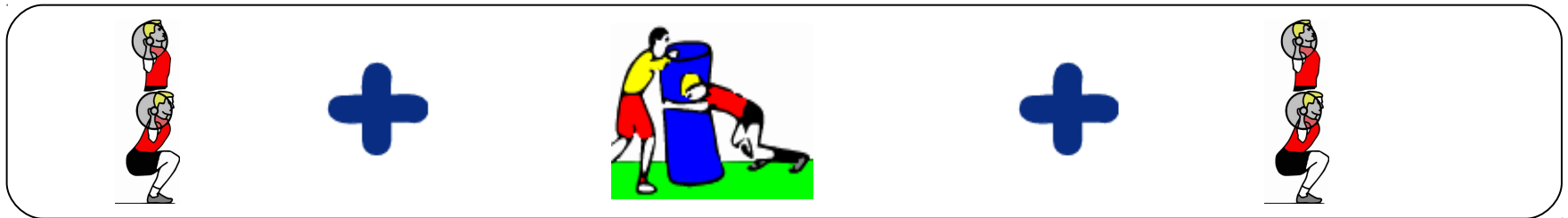
4 -Speed / explosivness.

5 -15/15.

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

4 C) The various types of sequences :

The sequence strength maximal classic



General exercises

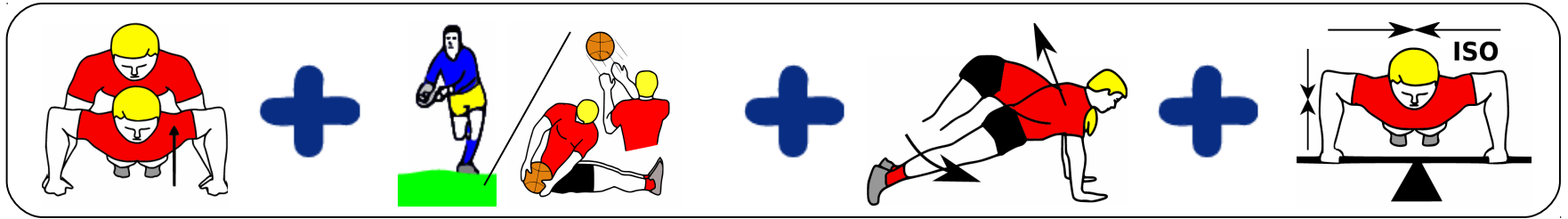
Multiform exercises

General exercises

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

4 C) The various types of sequences :

The sequence strength max with introduction of the proprioception

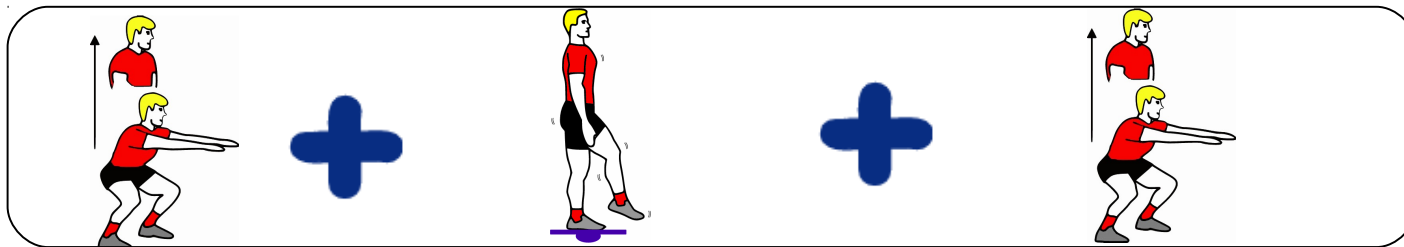


General exercises

Multiform exercises

General exercises

Proprioception



General exercises

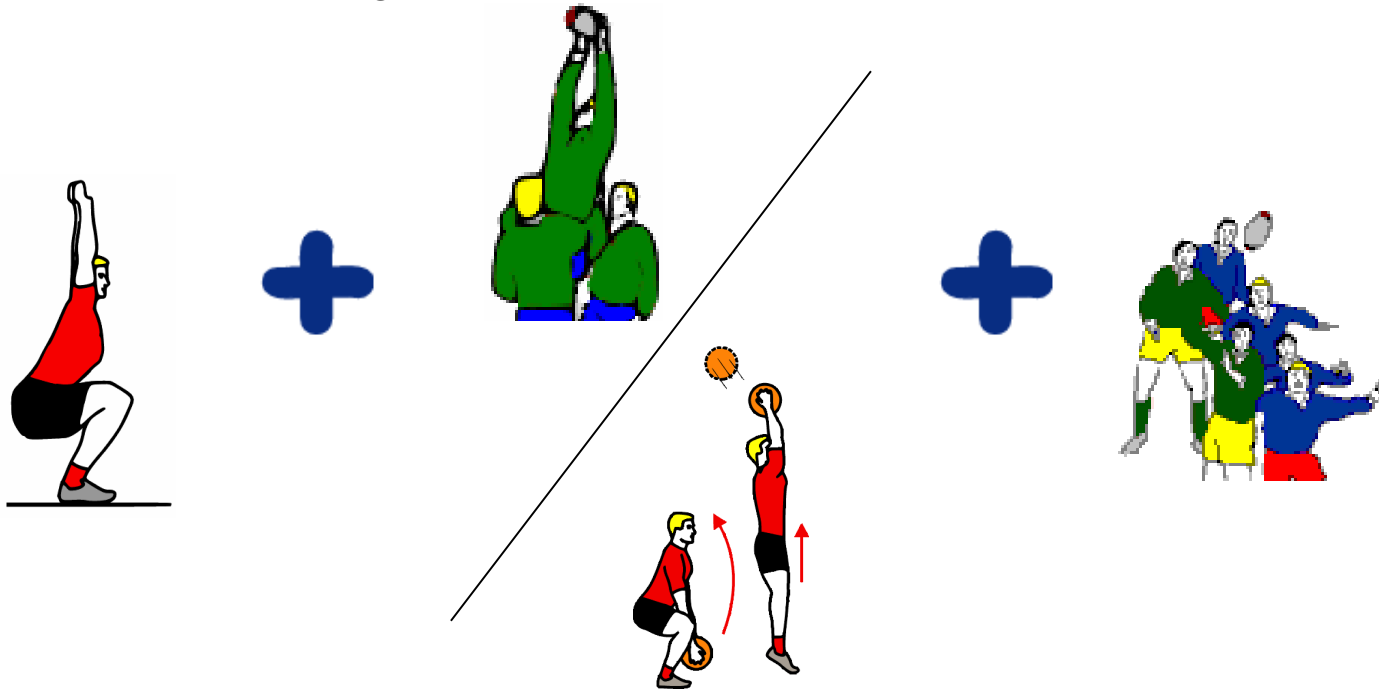
Proprioception

General exercises

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

4 C) The various types of sequences :

The sequence spécifique strength



General exercises

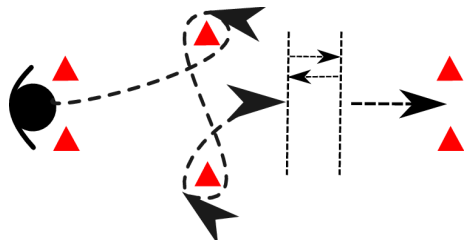
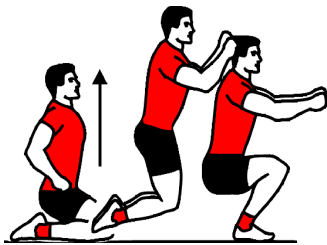
Multiform exercises

Spécific exercises

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

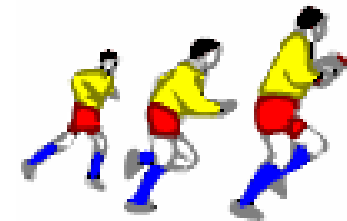
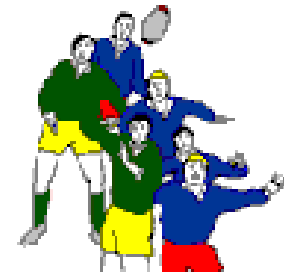
4 C) The various types of sequences :

The sequence Speed / explosivness :



Multiform exercises

gestural speed gestural speed
gestural speed gestural speed
gestural speed + *gestural speed*
gestural speed + *gestural speed*
gestural speed gestural speed
gestural speed gestural speed

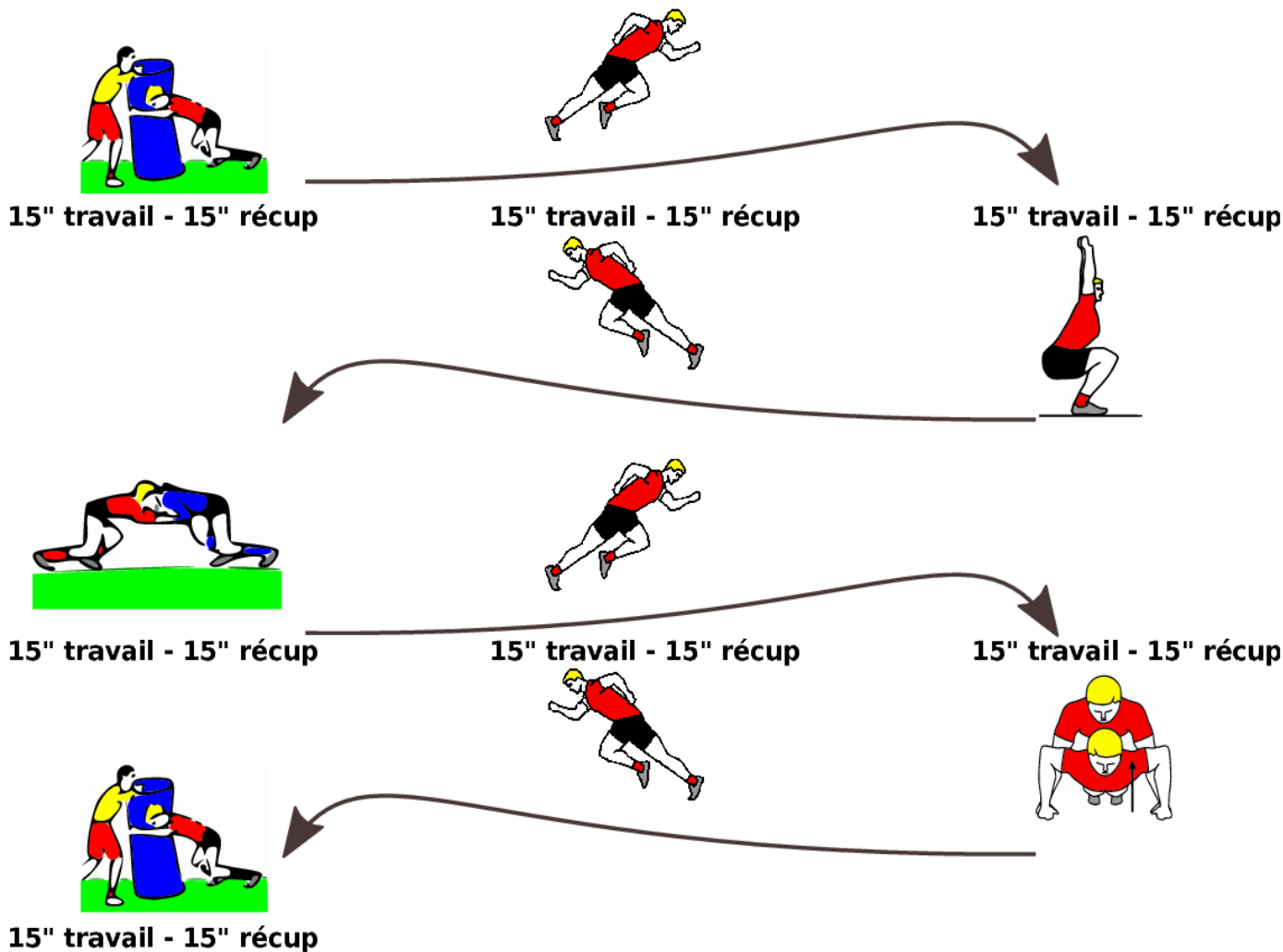


Specific exercises

Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

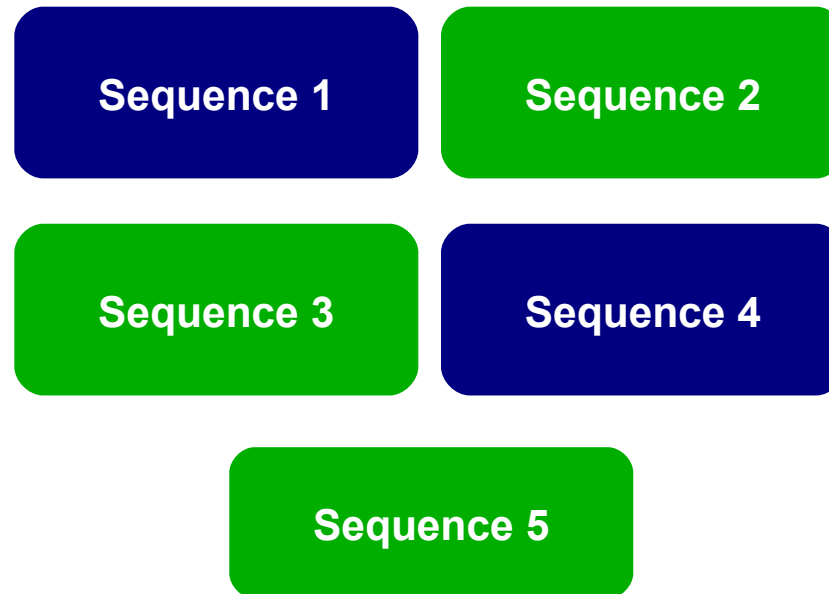
4 C) The various types of sequences :

The sequence 15/15



Module 4 : Show the connectivity between the gym-based exercises and field (to the young player).

4 C) The various types of sequences :



(Exercices 10')

Conclusion

