



Best Primers and Exercises for Increasing Passing Power in Rugby Athletes

1) Plyometrics: Fast, explosive and reactive movements

- a) Start Light, start slow, start with proper mechanics; Practice the movement and starting/finishing form before adding speed
- a) Slowly pick up the intensity ie. height, distance, speed, reps
- b) Eventually can add light to medium weight 30-60% 1RM to the movement
- c) Unweighted (Unloaded) or Weighted (Loaded) ie. vests, resistance bands, Weighted Med balls

Examples of Upper Body Plyos:

-Explosive Pushups ie. Clap Pushups, depending on your core stability and strength, start on knees or with hands on the wall and your body at an incline position, progress to full pushup position, 1-3 sets x 5-10 reps

-Plyo Box Pushups (advanced) with hands beginning in a pushups position then exploding up with hands landing on boxes on either side of you, similar reps and sets

-Decline Clap Pushups (advanced) ie. similar to regular clap pushup only with legs on the bench and hands on the floor in a plank position and explode up

-Med Ball Throws against the wall

- 1) **Rotational Throw** - stand parallel to the wall and ball to the opposite hip, rotate your body towards the wall and throw the ball into the wall, perform on both sides using 4-10 lbs x 6-12 reps, increase weight and sets as tolerated
- 2) **Forward Throw** - stand facing the wall and holding the ball at chest height with elbows out to the side and push the ball forward into the wall, similar weight and reps

2) Resistance Band Exercises: Use medium strength resistance bands to start and securely anchor the band to a solid surface

Examples:

-**Trunk Rotation** with both arms - stand with arms extended out in front of you holding onto the band and rotate your trunk/body away from the band, exhale into the movement to engage your core, perform on both sides, use medium resistance 3 x 10 reps

-May also perform single arm trunk rotations, but decrease the band resistance and perform both directions on one arm

-**Cross Body Punch** - hold onto the band with the right hand, stand with feet hip width apart and punch across the midline of your body, allow your trunk and hips to rotate with the movement of your arm and pivot on the right foot, perform on both sides, use medium resistance 3 x 10 reps

3) Weight Lifting for Power:

Adding speed to your lifts to explode into a concentric contraction

- a) Start with a solid foundation of strength training movements and proper form
- b) Mimic strength training movements and add speed prior to adding weight
- c) Have a second set of eyes for form and spotting

Examples:

-**Wood Chopper**- Start in a slightly squatted position holding onto the dumbbell with both hands by the right hip and then rotate your body and arms across your body to the left a little higher than your head, and rotate back down to the starting position, perform on both sides; the arms and dumbbell should be moving in a diagonal, practice the movement without weight and then try 7-10 lbs and get 3 x 8-10 reps

** Do NOT let go of the weight

-**Adding Power to Basic Weight Lifting Movements** - fast concentric contraction (explosive) and slow eccentric movement, ie. power/explode up and slow return to starting position

-Ex. **Lower Body:** Squat Jumps, Dead Lifts, Hip Thrusts on bench

-**Upper Body:** Bicep Curls, Overhead Press, Chest Press - single arm and double

-5 reps of similar explosive movement using 30-60% 1 RM x 6 Sets with 2 min rest in between each set - may feel light but focus on speed of movement during the lift and slowly lower to starting position

-Can use dumbbells, barbell, resistance bands depending on exercise

BONUS section:

Warm up Ideas:

-Arm circles forwards/backwards, small/big

-Standing trunk rotations - stand with feet hip width apart and reach one arm across your body while rotating your trunk, then reach to the other side with the other arm

-Arm swings forwards/backwards

-Cross arm stretch

-Neck rotation, side bending, circles

Passing Measurables for Progress:

-Pass to a target ie. rugby posts, vary the distance you pass from. 10 reps passing off your left and 10 off your right (at each distance). How many out of 10 hit the target? If you missed your target, where did you miss? Track and measure and get a score back wherever possible.

Advanced tip if passing alone: Add 2 pieces of tape about 12 inches apart on the rugby post (place tape around the same height as someone standing there catching with hands up). 'Aim small, miss small'. How many passes are hitting the smaller target?

Pro level tip: Passing under fatigue (same drill as above). Before you do your passing, run a broken bronco, a shuttle run, tackle a bag AND then pass. Track your scores fresh first and then again under fatigue (what you will feel in the game!). Is there any difference?

Tips to Remember While Performing Exercises:

- 1) Focus on breathing during the exercises, do not hold your breath
- 2) Go through the movements slowly at first to master proper form, then add in speed or add weight

- 3) Engage your core by breathing ie. “smell the roses, blow out the candles” → inhale through your nose, exhale through your mouth
- 4) Progress weights as tolerated with all exercises, when you can do 3 sets of 10 reps with minimal exertion, bump up the weight or resistance
- 5) **Remember, these are all suggestions and ideas - Listen to your body when performing and only do what feels right

Unsure how to do the exercises and want more help?

Schedule a FREE Collective Gains Strategy call where we will go over your physical performance goals and the exact steps you need to take to achieve them. Booking Link [HERE](#)