

Physical Preparation

Hurricanes U17 Rugby Camp
2017

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Contents

1. **Prepare/Recover** (Dane Coles example)
2. **Planning your training week**
3. **What training should you be doing** (Asafo Aumua example)
4. **Injury** (prevention, management & RTP)



Prep to train

In groups, write down preparation things that you do immediately before you play/train.

- Prepare the heart, mind and muscles for training
- Individual preparation 10-15 minutes



SOFT TISSUE WORK



MOBILITY EXERCISES EXAMPLES



ACTIVATION EXERCISES EXAMPLES



Cheap man's massage

Step 1: Soft tissue work

Why?

- Prepare the muscles



*"You can't stretch the knot out of a rope but
you can massage it out"*



Dynamic stretches

Step 2: Mobility exercises

Why

- Prepare the muscles (loosen joints and stretch muscles through ranges expect in training)
- Examples?



Activation exercises

Step 3: Activation

Why?

- Enhance communication line between mind and muscles



HURRICANES

Prep to Play (Dane Coles)

- **Night before** - Load on carbs, usually have spag bowl, with a salad or vegs, and some fruit for desert.
- Stretch and trigger point 20 / 30 mins after dinner.
- **8/ 8 30 Breakfast** - 2 poached eggs and can of bake beans on 2 brown toast or half a cup of rolled oats with 1 cup of milk, 1 egg, scoop of protein, banana and almonds.
- **After breakfast** - get my game day bag ready, right down in my book key points for game, etc. set piece, defence, attack, mental triggers to help me during the game.
 - Will look at notes a couple of times during the day.



Prep to Play (Dane Coles)

- **Lunchtime** - Will chill in bed, usually eat a sandwich and fruit, pretty light at lunch.
 - Thru out the day will be consuming water
- **2 30** – Team walk thru (primer), will stretch and trigger point before that, warm up, do some throws before live lineouts.
- **3 30** - Pre match meal: powerade, 2 eggs, mash potato, chicken and pasta & some fruit.
- 30 mins in a normatec to flush the legs.
- Have a sleep from 4 - 5.
- **Get ready at 5**, go thru my key points I've written down in my book Stretch and trigger then game time. Listen to music too



How do you currently recover?

In groups discuss





THE ROAD TO RECOVERY

TARGET >100 POINTS

GAME:

>100 POINTS

RECOVERY DAY:

>100 POINTS

HIGH INTENSITY AND/OR CONTACT SESSION:

>100 POINTS

RESISTANCE TRAINING/TEAM RUN:

>60 POINTS

SPEED/LIGHT UNITS:

>40 POINTS

***COMPULSORY:**

>8 HOURS SLEEP PER NIGHT

WHAT	WHEN	POINTS
 NUTRITION/HYDRATION	1. EAT EVERY 3-4 HOURS 2. WITHIN 45MINS OF EXERCISE 3. PISS TEST <20	50
 HYDROTHERAPY	ANYTIME *PICK ONE 1. ICE BATHS (5-15MINS) 2. HOT/COLD (20SEC/60SEC X4-5) *NOT POST CONTACT 3. POOL RECOVERY (20-30MINS)	40
 SPORTS MASSAGE	ANYTIME >30 MINS BY A SPECIALIST	40
 ACTIVE RECOVERY (20MIN)	ANYTIME *OFF FEET IS IDEAL WITH INTENSITY BEING LOW. OPTIONS INCLUDE BIKE, ROW, SURF, JOG/WALK.	30
 FOAM ROLL/TRIGGER POINT	ANYTIME *10-15MINS OF FOAM ROLLING AND STATIC STRETCHES. *15MINS NORMATEC	30
 COMPRESSION GARMENT	POST EXERCISE >2HRS POST EXERCISE, WHEN TRAVELLING OR >8HRS DURING SLEEP.	20

GUIDE TO COLOUR CODING
 (S)SB: low volume, minimal fatigue
 (M)SB: moderate volume, some fatigue
 (H)SB: high volume, high fatigue

COLOUR CODING
 Each session has been colour coded to give you a marker of session volume / intensity. Work with Becky to build your nutrition plan around training demands.

SNACKS
 It is compulsory to bring appropriate snacks to all training sessions. This will be a key aspect of our post-training recovery.

HYDRATION
 It is compulsory to bring a water bottle with you each day. You should be drinking regularly to stay hydrated throughout the day.

BOOTS, SUNNERS & TOWELS
 Always bring appropriate boots and running shoes to every session. Additionally bring a towel and sun gear as some recovery sessions will take place at the beach if the weather is good.

Tuesday and Thursday Ind. Needs
 Boxing and Gymnastics at Capital Gymnastics Centre
 Skills at Wellington Indoor Sports

Monday	12-Dec	7:00am	7:30am	8am	8:30am	9:00am	9:30am	10am	10:30am	11am	11:30am	12:00pm	12:30pm	1pm	1:30pm	2:00pm	2:30pm	3pm	3:30pm	4:00pm	4:30pm	5pm
Tight 5																						
Loose Forwards																						
Backs																						
Modified Group																						
Extras / Notes																						
Extras / Notes																						
Nutrition	Becky in all day, Natalie in 9:30 - 2pm																					
Tuesday	13-Dec	7:00am	7:30am	8am	8:30am	9:00am	9:30am	10am	10:30am	11am	11:30am	12:00pm	12:30pm	1pm	1:30pm	2:00pm	2:30pm	3pm	3:30pm	4:00pm	4:30pm	5pm
Tight 5																						
Loose Forwards																						
Backs																						
Modified Group																						
Extras / Notes																						
Extras / Notes																						
Nutrition	Becky in all day, Natalie in 9:30 - 2pm																					
Wednesday	14-Dec	7:00am	7:30am	8am	8:30am	9:00am	9:30am	10am	10:30am	11am	11:30am	12:00pm	12:30pm	1pm	1:30pm	2:00pm	2:30pm	3pm	3:30pm	4:00pm	4:30pm	5pm
Tight 5																						
Loose Forwards																						
Backs																						
Modified Group																						
Extras / Notes																						
Extras / Notes																						
Nutrition	Becky in all day																					
Thursday	14-Dec	7:00am	7:30am	8am	8:30am	9:00am	9:30am	10am	10:30am	11am	11:30am	12:00pm	12:30pm	1pm	1:30pm	2:00pm	2:30pm	3pm	3:30pm	4:00pm	4:30pm	5pm
Tight 5																						
Loose Forwards																						
Backs																						
Modified Group																						
Extras / Notes																						
Extras / Notes																						
Nutrition	Becky in all day																					
Friday	15-Dec	7:00am	7:30am	8am	8:30am	9:00am	9:30am	10am	10:30am	11am	11:30am	12:00pm	12:30pm	1pm	1:30pm	2:00pm	2:30pm	3pm	3:30pm	4:00pm	4:30pm	5pm
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Nutrition	Becky in all day																					

Load management

Schoolboy rugby often involves a high mental & physical loads

Example Tuesday

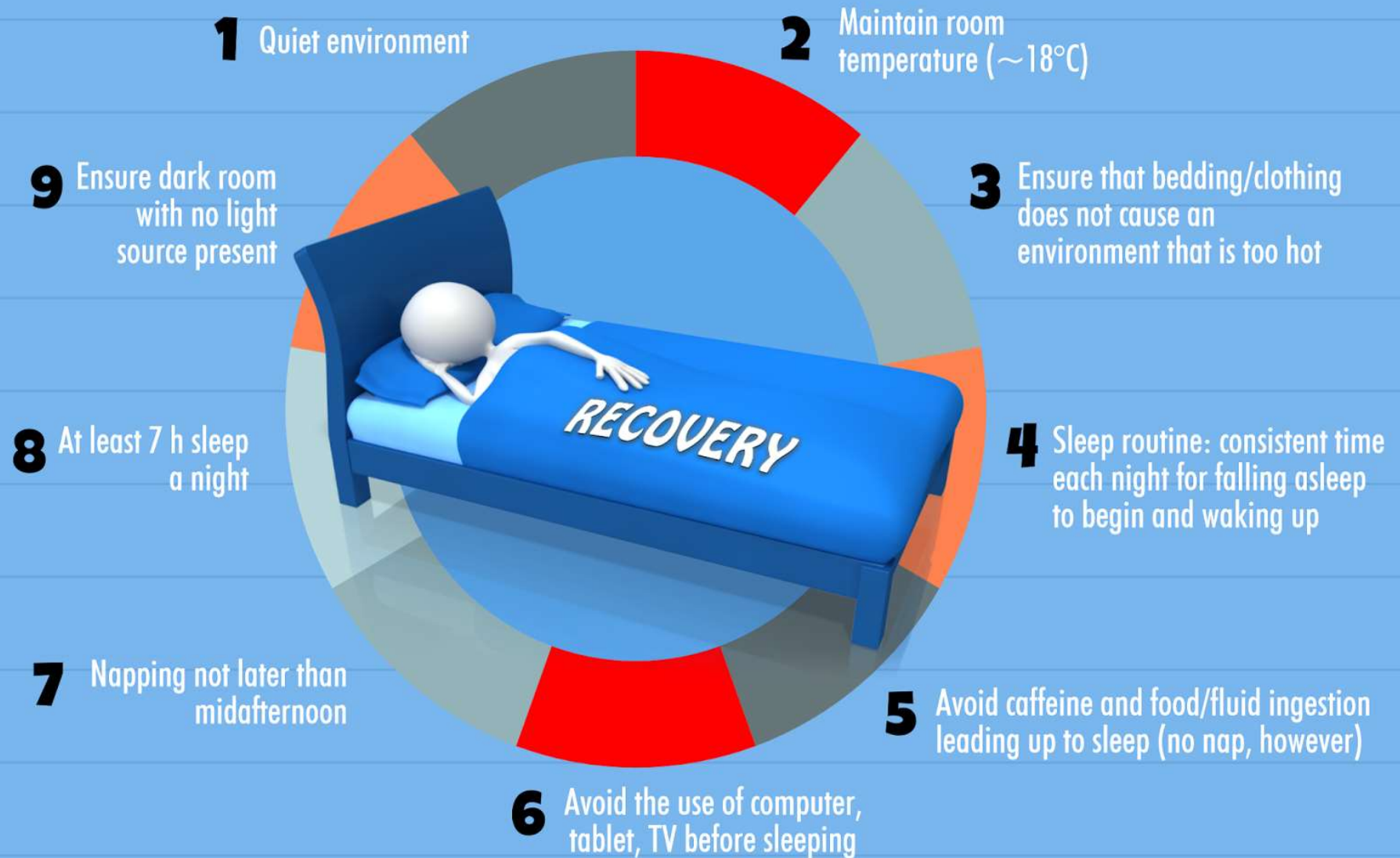
7-8am	9-3pm	4-7pm	7-8pm	8-9pm	9.30-10pm
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HOW MANY POINTS REQUIRED TODAY?
HOW DO WE GET THEM?

7-8am SESSION	Healthy Snacks Healthy Lunch	RECOVERY	Snack	
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	Recovery
	Mentally demanding/moderate physical demands
	Very physically demanding





Reference: by Marshall & Turner, Strength Cond J, 2016

Designed by @YLMSSportScience

3. Physical Profile (Hurricane)



FAST & AGILE



SLIPPER FIT



GREAT



SIZE



STRONG & POWERFUL



What type of training should you be doing?

Timeline



Movement competency

Body composition

Strength

Power (high velocity)

Aerobic conditioning focus

Anaerobic Focus



CASE STUDY

ASAFO AUMUA



2015 (U18)



2016 (U19)



2017 (U20)

BW: 100kgs

SF: 115mm

YoYo: 17.3

10m: 1.75s

20m: 3.01s

Bench: N/A

Squat: N/A

Basic Training

Technique/Body Comp

BW: 110kgs

SF: 110mm

YoYo: 17.4

10m: 1.71s

20m: 2.93s

Bench: 130kgs

Squat: 185kgs

Intermediate Training

Strength & Aerobic Focus

BW: 108kgs

SF: 75mm

YoYo: 18.3

10m: 1.69s

20m: 2.90s

Bench: 170kgs

Squat: 210kgs

Advanced training

Power Focus

4. INJURY PREVENTION

- Condition the body to the demands of the game
- Prepare & Recover well
- Load Management (prioritise!)
- Biggest predictor to a injury is a previous injury
(Make sure you see a qualified physio and adhere to the rehab plan and be 100% before playing again)



INJURY MANAGEMENT

RICER PROTOCOL

R = REST (prevent further damage)

I = ICE (reduces pain/bleeding 20mins every 2hrs for 78hrs)

C = COMPRESSION (Reduce swelling/bleeding)

E = ELEVATION (Reduce swelling/bleeding)

R = REFERRAL (See a qualified medical professional)



RETURN TO PLAY

Return to play is governed by:

- Type of injury/ diagnosis
- A rehab protocol which is monitored by your team physio and must be completed before cleared to:
 - Firstly, train with the team
 - Secondly, play (If able to train symptom free)

Note: Regular liaising between the medical staff, coaches, and parents is required so that there is a plan in place to help optimise recovery



Summary

1. Be professional and disciplined around your prep/recovery
2. Get organised (training week)
3. Train smarter and play the long game
4. If injured don't play/train until cleared by a medical professional

