

ENGLAND RUGBY **INJURY PREVENTION EXERCISE PROGRAMME**

ACTIVATE

ADULT

AN INTERACTIVE GUIDE FOR PLAYERS AND COACHES
THAT IS DESIGNED ESPECIALLY FOR TRAINING
SESSIONS AND PRE-MATCH WARM-UP ROUTINES.



1. THE BENEFITS OF USING ACTIVATE

Insights into the four major benefits of Activate and some of the research findings that endorse this.

2. HOW TO DELIVER ACTIVATE FOR OPTIMAL RESULTS

An overview of the 7 progressive and match-day phases of the programme, the key focus of each phase and the period over which it allows players to develop.

3. HOW TO COACH USING ACTIVATE

Guidance on how to introduce each new phase as well as proven tips on how to deliver Activate in order to experience the full benefits.

4. THE 'ACTIVATE 8'

The 8 key coaching points consistently referred to across all the exercises and which are essential for good form and correct technique.

5. ANSWERS TO FAQs

Answers to the most important questions that coaches and players often ask.

6. THE EXERCISES

THIS IS AN INTERACTIVE PDF.

All exercises on [The Exercises](#) page are hyperlinked. Those on the Phase and Part summary pages are also hyperlinked.

Use the footer on each page to navigate between Parts A, B, C and D in each phase or to return to The Exercises.

All Activate 8 and exercise images are hyperlinks and will take you to the relevant video on YouTube.

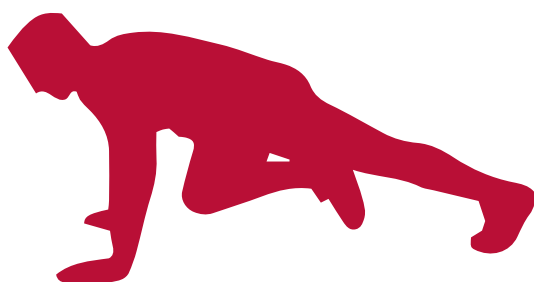
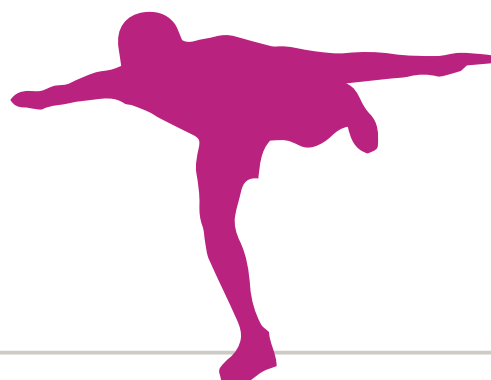
This document is viewable on multiple devices. It is best viewed in Adobe Acrobat Reader.

1. THE BENEFITS OF USING ACTIVATE

Activate helps players to develop and improve **four** key areas.

1: GENERAL MOVEMENT CONTROL

Develops adaptability allowing for better 'physical' decisions and reaction around the contact areas.

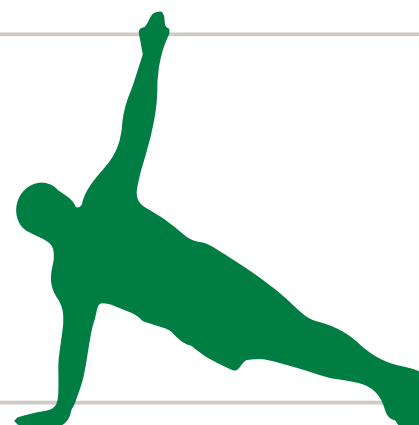


2: PRE-ACTIVATION

The progressive nature of the programme improves muscle activation and enables them to respond better to the demands of exercise.

3: FUNCTIONAL CONDITIONING

Over time functional power and strength develops which increases flexibility and range of movement.



4: PHYSICAL ROBUSTNESS

Develops the muscles, tendons and ligaments ability to endure physical demands and forces placed on them during exercise.

DEVELOPING THESE FOUR KEY AREAS WILL ALL CONTRIBUTE TO:

- › Improving playing performance
- › Preparing players for the physical demands of the game
- › Reducing the risk of injury including concussion
- › Having more players available (due to less players being injured).

RESEARCH FINDINGS

Research has shown that developing a player's ability in these areas improves general fundamental movement skills and has the potential to reduce the risk of injury including concussion.

SCHOOL BOY STUDY

72% ↓
IN OVERALL MATCH INJURIES*

59% ↓
IN CONCUSSION*

ADULT MENS COMMUNITY STUDY

40% ↓
IN LOWER LIMB INJURIES*

59% ↓
IN CONCUSSION*

* When players used the programme 3 times a week.

2. HOW TO DELIVER ACTIVATE FOR OPTIMAL RESULTS

WHILST ACTIVATE IS BASED ON STUDIES FROM SCHOOLBOYS (U15-U18) AND ADULT MEN PLAYERS, IT CAN BENEFIT ALL PLAYERS.

AGE GRADE RUGBY

Activate programmes and activities are appropriate for players of all ages. Visit the [Activate Home Page](#) for more information.

WOMEN

Whilst the Activate research was undertaken by men and boys, women will also benefit from reducing the risk of injury and developing performance. However, due to anatomical and physiological differences, a small number of exercises may need to be adapted to meet specific needs.

MATCH OFFICIALS

The benefits of Activate e.g. movement control and functional conditioning, support the development and performance of match officials. Referees, Assistant Referees and Touch Judges may wish to consider how Activate fits into their training sessions and match day warm up.

The RFU continues to progress the research and insight into injury prevention as well as to develop further understanding into different playing groups.

THE ADULT PROGRAMME IS MADE UP OF 7 PROGRESSIVE PHASES AND A MATCH DAY SPECIFIC PHASE. EACH PROGRESSIVE PHASE SHOULD BE CARRIED OUT FOR 4-6 WEEKS THROUGHOUT THE SEASON.

1. Aim to start the programme as part of pre-season training at the beginning of the season, although it can be picked up at any time.
2. Begin at [Phase 1](#) and progress through the phases appropriately.
3. The phases are progressive so that over 4-6 weeks players continue to develop and stay motivated.
4. Best results are achieved using the progressive phases as part of the preparation/warm-up to all training sessions and matches.
5. The results from the study show that:
 - highly compliant teams (3 times a week) see the biggest reduction in injuries
 - less compliant teams (1-2 times a week) still experience a reduction in injuries.
6. Alter the programme structure so long as the quality of the exercises remains the focus and any modification is safe.
7. Be creative so that any Activate session remains purposeful and enjoyable.

Some of the exercises are ideal for the preparation of specific skill training and can be integrated into other parts of a training session e.g. shoulder walkout to prepare for a tackle practice.

REMEMBER THAT PARTICIPATING IN SOMETHING IS BETTER THAN NOTHING AT ALL!

EACH PHASE CONSISTS OF A STARTER AND 4 PARTS WITH 14 EXERCISES IN TOTAL:

Part	Focus	Time	No. of Exercises
Starter (not match-days)	Small Sided Games Focus: Pulse raiser.	5 mins	1
A	Running-based Preparation & Change of Direction Focus: Running technique, coordination and changing direction.	2 mins	1
B	Range of Movement, Strength and Balance Focus: Enhancement of movement control and range of movement.	7 mins	6
C	Strength, Stability, Agility and Power Focus: Improve functional strength and power.	7 mins	6
D	Strength and Fitness Focus: Sprint (anaerobic) conditioning and improving functional neck strength.	4 mins	2

MONITOR FOR SAFETY

If a player(s) struggles with some of the exercises:

- regress to a previous phase or adapt appropriately e.g. knees on floor for press-ups (ensuring good technique remains)
- try to encourage the player(s) to continue with the exercises as over the 4-6 weeks they should improve.

As with all exercise programmes, players should monitor how their body reacts to the exercises. If they cause pain or discomfort, the player should stop and return to the previous level or move to an exercise that is pain free.

3. HOW TO COACH USING ACTIVATE

TO ACHIEVE THE FULL BENEFITS OF ACTIVATE, PLAYERS NEED TO EXECUTE THE CORRECT TECHNIQUE WITH APPROPRIATE CONTROL AND BALANCE.

This requires coaches to play a key role in monitoring their players, to encourage them to focus on technique quality and to communicate the key coaching points that will improve performance.

HOW TO INTRODUCE EACH NEW PHASE:

1. Take time to **become familiar with the new exercises** prior to starting each phase.
2. **Watch the Activate video for each exercise on the [KYBO! YouTube channel](#).**
3. **Allocate extra time** for the first warm-up session of each new phase to highlight specific coaching points and to ensure players understand the requirements of each exercise.
4. **Use players to demonstrate** certain exercises and to talk through the key coaching points for the whole group to see.
5. Allow the players to have a go at the exercise **in pairs or small groups** to get a feel for how to complete the exercise.

8 TIPS ON HOW TO DELIVER ACTIVATE:

1: EXPLAIN THE OVERALL BENEFITS OF ACTIVATE

For example improving performance or reducing the risk of injury such as concussion.

3: THINK ABOUT SPECIFIC SKILLS

Consider how to use Activate exercises to prepare for **specific skills and/or unit training** e.g. tackle drills, line-out or scrumming practice.

5: INTRODUCE THE BALL

Consider the **introduction of a ball** or other suitable equipment as a way to challenge players.

7: ENCOURAGE

Encourage players to coach each other by helping teammates with fault correcting techniques and by highlighting good form.

REMEMBER THAT PREPARATION ALWAYS LEADS TO BETTER RESULTS. DON'T EXPECT ALL PLAYERS TO APPRECIATE THE BENEFITS OF ACTIVATE ON THE VERY FIRST SESSION.

2: GET CREATIVE!

Think about how you can **make it fun and engaging**, e.g. using a skill zone/game zone approach or introduce the exercises into warm up games.

4: FOCUS

Focus on **only two or three** "Activate 8" coaching points at a time.

6: WATCH CAREFULLY

Identify and correct any incorrect technique. If needed, provide feedback. Remember that quality over quantity is the priority.

8: PRACTICE

Ask players to practice and use the exercises before or as a part of other training and sports activity.

4. THE ACTIVATE 8

THE “ACTIVATE 8” ARE COACHING POINTS CONSISTENTLY REFERRED TO ACROSS ALL EXERCISES IN THE PROGRAMME, **THEY ARE ESSENTIAL FOR GOOD FORM AND CORRECT TECHNIQUE.**

1. HEAD NEUTRAL OR HEAD LIFT

WATCH VIDEO



2. CHEST-UP

WATCH VIDEO



3. SHOULDER PINCH

WATCH VIDEO



4. ENGAGE CORE

ENGAGE CORE



WATCH VIDEO

5. SHOULDER & HIPS LEVEL



WATCH VIDEO



6. HIP, KNEE & ANKLE IN-LINE



WATCH VIDEO



7. SOFT KNEES



WATCH VIDEO



SOFT KNEES

8. KNEE ABOVE TOES



WATCH VIDEO



5. ANSWERS TO FAQs

1. WHAT RESEARCH IS THE PROGRAMME BASED ON?

Developed by a research team at The University of Bath the study involved a similar study carried out with 40 adult mens teams. The researchers found that lower limb injuries were reduced by 40% and that concussions were reduced by 59% when players completed the exercises at least three times a week.

Comparable results were also found in a similar study with 40 schools and nearly 2,500 players aged 14 – 18. Here, the researchers found that overall injuries fell by **72%** when players completed the exercises at least three times a week. Concussion injuries were reduced by **59%**.

The articles for both the adult men and schoolboy injury prevention studies have been published in the British Journal of Sports Medicine. For details on how to access these articles and other relevant research please go to the [Research](#) page.

3. WHAT HAPPENS IF A PLAYER GETS INJURED AND/OR MISSES PART OF THE PROGRAMME?

Activate may be used as a component of graduated return to participation in players returning to training from injury. If a player suffers an injury during a 4-6 week phase they should return to the same phase of exercises they were performing at the time of their injury (even if the rest of the team have moved on to the next phase). They should only progress to the next level if and when they are pain-free and can demonstrate the necessary level of competence.

2. IF TIME TO WARM UP IS LIMITED PRIOR TO TRAINING SESSIONS OR MATCHES, WHAT SHOULD BE DONE?

In such cases, certain parts of the programme can be prioritised to accommodate shorter times to prepare for matches and training sessions or lessons. The following order, listed from 1 (highest priority) to 4 (lowest priority) details which parts of the programme should be completed when time is short:

1. Part A—2 minutes
2. Part C—7 minutes
3. Part D—4 minutes
4. Part B—7 minutes

6. THE EXERCISES:

PHASE 1

PHASE 1 | STARTER

Small sided games

PHASE 1 | PART A

1. Snake Runs

PHASE 1 | PART B

2. Squat Stands
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance Back Slaps
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Arabesque with Aeroplane

PHASE 1 | PART C

8. Mountain Climber
9. Hop and Stick Forwards
10. 'Pop' Press-Ups - Wide to Narrow
11. Jogging High Ball Jumps
12. Diagonal Skip to Sway Lunge
13. Shoulder Walkout

PHASE 1 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles

PHASE 2

PHASE 2 | STARTER

Small sided games

PHASE 2 | PART A

1. Snake Runs

PHASE 2 | PART B

2. Squat Stand with Rotation
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance Arm Circles
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Bent Hip Nordic Hamstring Curl

PHASE 2 | PART C

8. Partner Resisted Sprint Leg
9. Single Hop and Stick Diagonal
10. 'Pop' Press-Ups - Alternate
11. Jogging High Ball Jumps & Turn
12. Partner Mirroring
13. Shoulder Walkout

PHASE 2 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles

PHASE 3

PHASE 3 | STARTER

Small sided games

PHASE 3 | PART A

1. Snake Runs

PHASE 3 | PART B

2. Forward Lunge & Reach
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Eyes Closed
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Static Nordic Hamstring Hold

PHASE 3 | PART C

8. Pogo Jump Forward
9. Double Hop and Stick Forwards
10. 'Pop' Press-Ups Near Far
11. Forward Lunge Jumps
12. Figure of 8
13. Shoulder Walkout

PHASE 3 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles

PHASE 4

PHASE 4 | STARTER

Small sided games

PHASE 4 | PART A

1. Snake Runs

PHASE 4 | PART B

2. Forward Lunge & Side Bend
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Partner Push to Unbalance
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Static Nordic Hamstring Hold

PHASE 4 | PART C

8. Maximum Height Pogo Jump
9. Double Hop and Stick Diagonal
10. Clap Press-Ups
11. Rebound Jumps
12. Figure of 8
13. Shoulder Walkout

PHASE 4 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles

6. THE EXERCISES:

PHASE 5

PHASE 5 | STARTER

Small sided games

PHASE 5 | PART A

- Snake Runs

PHASE 5 | PART B

- Forward Lunge & Twist
- Heel to Toe Walk with Knee Raise
- Single Leg Balance with Partner Push to Unbalance
- Shoulder Static Resisted Lateral Raise
- Shoulder Static Resisted External Rotation
- Static Nordic Hamstring Hold

PHASE 5 | PART C

- Dead Leg Sprint
- Triple Hop & Stick Forward
- Kneeling Drop Catch
- High Pogo Jump Forward
- Backtrack, Pivot, Spring
- Shoulder Walkout

PHASE 5 | PART D

- Static Neck Contractions & Repeated Sprint Conditioning Shuttles

PHASE 6

PHASE 6 | STARTER

Small sided games

PHASE 6 | PART A

- Snake Runs

PHASE 6 | PART B

- Bear Crawl
- Heel to Toe Walk with Knee Raise
- Single Leg Balance with Eyes Closed
- Shoulder Static Resisted Lateral Raise
- Shoulder Static Resisted External Rotation
- Nordic Hamstring Curl

PHASE 6 | PART C

- Single Leg Pogo Jumps
- Quadruple Hop & Stick Diagonal
- Kneeling Drop Catch & Press-Up
- Forward Tuck Jumps
- Plant & Cut
- Shoulder Walkout

PHASE 6 | PART D

- Static Neck Contractions & Repeated Sprint Conditioning Shuttles

PHASE 7

PHASE 7 | STARTER

Small sided games

PHASE 7 | PART A

- Snake Runs

PHASE 7 | PART B

- Hill Climber to Lawnmower
- Heel to Toe Walk with Knee Raise
- Single Leg Balance with Eyes Closed and Push to Unbalance
- Shoulder Static Resisted Lateral Raise
- Shoulder Static Resisted External Rotation
- Nordic Hamstring Curl

PHASE 7 | PART C

- Single Leg Pogo Jumps
- Hop and Stick with Squat
- Kneeling Drop Catch & Clap Press-Up
- Weaving Tuck Jumps
- Plant & Cut
- Shoulder Walkout

PHASE 7 | PART D

- Static Neck Contractions & Repeated Sprint Conditioning Shuttles

MATCHDAY

MATCHDAY | PART A

- Snake Runs

MATCHDAY | PART B

- Squat Stands with Rotation
- Heel to Toe Walk with Knee Raise
- Single Leg Balance with Partner Push to Unbalance
- Shoulder Static Resisted Lateral Raise
- Shoulder Static Resisted External Rotation
- Arabesque with Aeroplane

MATCHDAY | PART C

- Mountain Climber
- Hop and Stick Forwards
- 'Pop' Press-Ups - Alternate
- Jogging High Ball Jumps
- Diagonal Skip to Sway Lunge
- Shoulder Walkout

MATCHDAY | PART D

- Static Neck Contractions

ACTIVATE ADULT

PHASE 1

PHASE 1 | STARTER

Small sided games

PHASE 1 | PART A

1. Snake Runs

PHASE 1 | PART B

2. Squat Stands
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance Back Slaps
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Arabesque with Aeroplane

PHASE 1 | PART C

8. Mountain Climber
9. Hop and Stick Forwards
10. 'Pop' Press-Ups - Wide to Narrow
11. Jogging High Ball Jumps
12. Diagonal Skip to Sway Lunge
13. Shoulder Walkout

PHASE 1 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULT PHASE 1 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.



WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 1 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

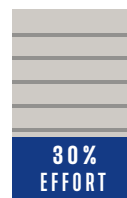
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP



ACTIVATE ADULT PHASE 1 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

🕒 **7 MINS**

2. **SQUAT STANDS**

3. **HEEL TO TOE WALK WITH KNEE RAISE**

4. **SINGLE LEG BALANCE BACK SLAPS**

5. **SHOULDER STATIC RESISTED LATERAL RAISE**

6. **SHOULDER STATIC RESISTED EXTERNAL ROTATION**

6. **ARABESQUE WITH AEROPLANE**

2. SQUAT STANDS

[WATCH VIDEO](#)

1 SET
12 REPS



- > Feet shoulder width apart with fingers holding under toes
- > Squat as deep as possible
- > Elbows inside knee
- > Extend legs as straight as possible keeping fingers under toes
- > Return slowly to squat.

ACTIVATE 8

1. **HEAD LIFT** (LOOK THROUGH EYEBROWS)
2. **CHEST-UP**

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO

2
REPS

15
METER
CHANNEL



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

3. SINGLE LEG BALANCE BACK SLAPS

WATCH VIDEO

30
SECONDS
EACH LEG



- Balance on one leg
- Extend arms as wide as possible
- Perform back slaps, alternating upper and lower arms.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. ARABESQUE WITH AEROPLANE

WATCH VIDEO

1 SET : **10** REPS EACH LEG



- › Balance on one leg with slight knee bend
- › Lean forwards slowly so torso is parallel to ground
- › Hold for 2 seconds
- › Return to upright without placing passive foot on ground before next repetition.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE
8. KNEE ABOVE TOES (ON PLANTED LEG)



ACTIVATE ADULT PHASE 1 PART C

> ACTIVITY

Targeted Resistance Training.

> FOCUS

Improve functional strength and power.

🕒 7 MINS

8. MOUNTAIN CLIMBER

9. HOP AND STICK FORWARDS

10. 'POP' PRESS-UPS - WIDE TO NARROW

11. JOGGING HIGH BALL JUMPS

12. DIAGONAL SKIP TO SWAY LUNGE

13. SHOULDER WALKOUT

8. MOUNTAIN CLIMBER

6 SETS : 5 REPS

WATCH VIDEO



- > Press-up position to start
- > Start with one knee towards elbow
- > Drive alternating knees towards elbows, extending opposite leg fully
- > Alternate in explosive bursts of 5 steps.

ACTIVATE 8

1. HEAD LIFT (LOOK THROUGH EYEBROWS)
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL

9. HOP AND STICK FORWARDS

1 SET : 8 REPS EACH LEG

WATCH VIDEO



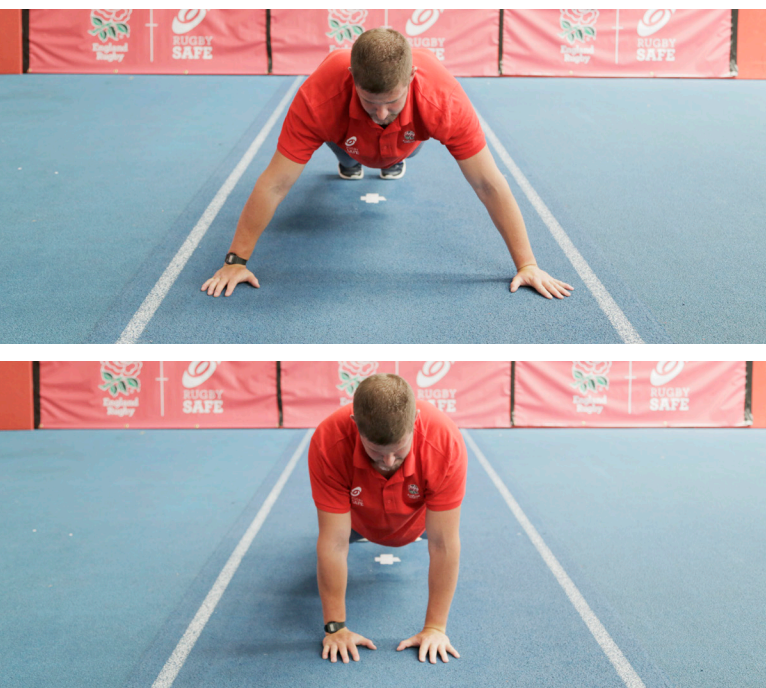
- › Hop forwards on one leg
- › Hop as far as possible to maintain a stable landing
- › Balance for 4 seconds on landing.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. 'POP' PRESS-UPS - WIDE TO NARROW

WATCH VIDEO



1 SET : 15 REPS

- › Press-up position
- › Start with hands about 10cm apart under shoulders
- › Push explosively through shoulders with minimal arm bend
- › Quickly move arms to land in wide position
- › Push again to return hands to start positions
- › Perform repetitions with minimal arm bend.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL

11. JOGGING HIGH BALL JUMPS

WATCH VIDEO

2 SETS : **5** REPS



- Jog a few steps
- Jump maximally off one leg
- Raise leading knee high
- Reach hands high above head as if catching a high ball
- Land on both feet
- Alternate jumping leg.

ACTIVATE 8

- 7. SOFT KNEES (ON LANDING)
- 8. KNEE ABOVE TOES

10. DIAGONAL SKIP TO SWAY LUNGE

WATCH VIDEO

2 SETS : **5** TOUCHES



- Use 5m x 15m channel
- Double skip diagonally forwards alternating left to right
- Finish each double skip in a lunge position always facing forwards.

ACTIVATE 8

- 1. HEAD LIFT (LOOK THROUGH EYEBROWS)
- 6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)
- 8. KNEE ABOVE TOES

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 1 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
- > **Group 1** does Repeated Sprint Conditioning Shuttles.
- > **Group 2** does Static Neck Contractions.
- > Groups alternate exercises every 30 seconds.
e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRINT CONDITIONING

- Mark course of **25m** with cones every **5m**
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS

[WATCH VIDEO](#)



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT

PHASE 2

PHASE 2 | STARTER

Small sided games

PHASE 2 | PART A

1. Snake Runs

PHASE 2 | PART B

2. Squat Stand with Rotation
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance Arm Circles
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Bent Hip Nordic Hamstring Curl

PHASE 2 | PART C

8. Partner Resisted Sprint Leg
9. Single Hop and Stick Diagonal
10. 'Pop' Press-Ups - Alternate
11. Jogging High Ball Jumps & Turn
12. Partner Mirroring
13. Shoulder Walkout

PHASE 2 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULTS PHASE 2 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.



WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 2 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

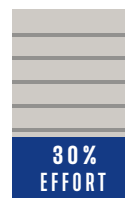
Running technique, coordination and changing direction.

🕒 **2 MINS**

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP

ACTIVATE ADULT PHASE 2 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

🕒 7 MINS

2. SQUAT STAND WITH ROTATION

3. HEEL TO TOE WALK WITH KNEE RAISE

4. SINGLE LEG BALANCE ARM CIRCLES

5. SHOULDER STATIC RESISTED LATERAL RAISE

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

6. BENT HIP NORDIC HAMSTRING CURL

2. SQUAT STAND WITH ROTATION

▶ WATCH VIDEO

1 SET : 12 REPS



- > Feet shoulder width apart with fingers holding under toes
- > Squat as deep as possible
- > Elbows inside knee
- > Rotate chest, reaching alternate hands high
- > Extend legs as straight as possible and return to squat.

ACTIVATE 8

1. HEAD LIFT (LOOK THROUGH EYEBROWS)
2. CHEST-UP

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE ARM CIRCLES

WATCH VIDEO

30
SECONDS
EACH LEG



- Balance on one leg
- Extend arms as wide as possible
- Make circles with arms - varying small to large.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. BENT HIP NORDIC HAMSTRING CURL

WATCH VIDEO

1 SET : **10** REPS EACH LEG



- Kneel on ground with partner holding ankles
- Bend forward at hip about 30°
- Controlled lower to ground
- Maintain 30° hip bend throughout
- Use arms to land and return to start.



ACTIVATE 8

1. HEAD NEUTRAL
6. HIP, KNEE & ANKLE IN-LINE
4. ENGAGE CORE

ACTIVATE ADULT PHASE 2 PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

7 MINS

8. PARTNER RESISTED SPRINT LEG

9. SINGLE HOP AND STICK DIAGONAL

10. 'POP' PRESS-UPS - ALTERNATE

11. JOGGING HIGH BALL JUMPS & TURN

12. PARTNER MIRRORING

13. SHOULDER WALKOUT

8. PARTNER RESISTED SPRINT LEG

[WATCH VIDEO](#)

6 SETS
.....
5 REPS

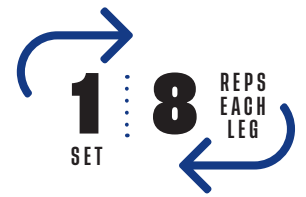


- > Hold onto partner's shoulders
- > Start with one knee high to chest
- > Drive foot backwards and raise opposite knee to chest
- > Contact ground with flat foot
- > Alternate bursts of 5 quick steps.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

9. SINGLE HOP AND STICKDIAGONAL



WATCH VIDEO



- Hop diagonally forwards on one leg
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on landing.

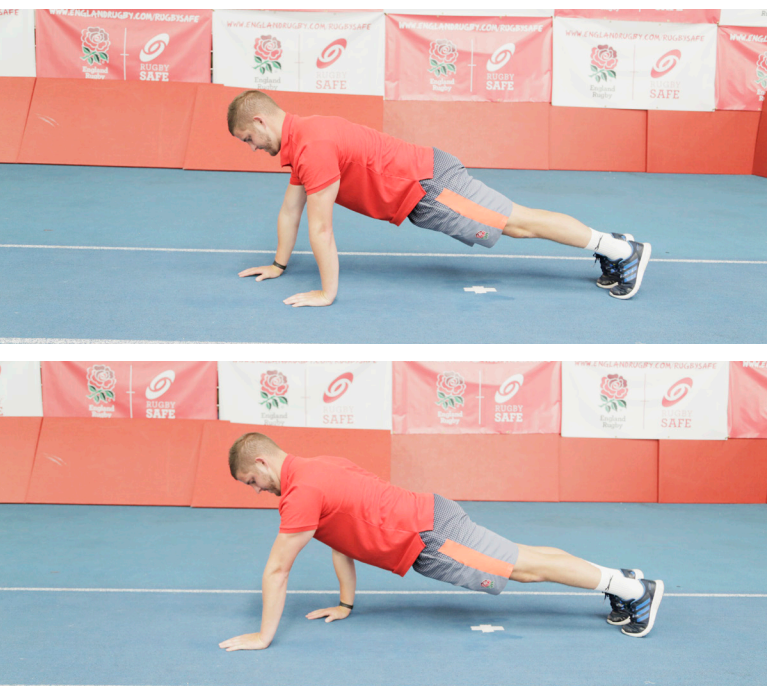
ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. 'POP' PRESS-UPS - ALTERNATE



WATCH VIDEO



- Press-up position
- Start with one hand in front of head, other under chest
- Push explosively through shoulders with minimal arm bend
- Quickly move arms to land in opposite positions
- Push again to return hands to start positions
- Perform repetitions with minimal arm bend.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL

11. JOGGING HIGH BALL JUMPS & TURN

WATCH VIDEO

2 SETS : **5** REPS **15** METER CHANNEL



- › Jog a few steps
- › Jump maximally off one leg
- › Raise leading knee high
- › Reach hands high above head as if catching a high ball
- › Turn 90° in mid air.
- › Land of both feet 90° from start
- › Alternate jumping leg.

ACTIVATE 8

7. SOFT KNEES (ON LANDING)

8. KNEE ABOVE TOES

12. PARTNER MIRRORING

WATCH VIDEO

2 SETS : **5** EACH PLAYER



- › Partner 'A' cuts from side to side moving forward
- › Emphasise plan and cut
- › Double skip diagonally forwards alternating left to right
- › Finish each double skip in a lunge position always facing forwards.
- › Partner 'B' backtracks mirroring 'A' movements.

ACTIVATE 8

1. HEAD NEUTRAL

2. CHEST-UP

6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 2 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
- > **Group 1** does Repeated Sprint Conditioning Shuttles.
- > **Group 2** does Static Neck Contractions.
- > Groups alternate exercises every 30 seconds.
e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRING CONDITIONING

- Mark course of 25m with cones every 5m
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS

WATCH VIDEO



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT

PHASE 3

PHASE 3 | STARTER

Small sided games

PHASE 3 | PART A

1. Snake Runs

PHASE 3 | PART B

2. Forward Lunge & Reach
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Eyes Closed
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Static Nordic Hamstring Hold

PHASE 3 | PART C

8. Pogo Jump Forward
9. Double Hop and Stick Forwards
10. 'Pop' Press-Ups Near Far
11. Forward Lunge Jumps
12. Figure of 8
13. Shoulder Walkout

PHASE 3 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULTS PHASE 3 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.



WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 3 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

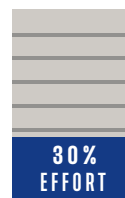
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP

ACTIVATE ADULT PHASE 3 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

7 MINS

2. FORWARD LUNGE & REACH

3. HEEL TO TOE WALK WITH KNEE RAISE

4. SINGLE LEG BALANCE WITH EYES CLOSED

5. SHOULDER STATIC RESISTED LATERAL RAISE

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

7. STATIC NORDIC HAMSTRING CURL

2. FORWARD LUNGE & REACH

WATCH VIDEO

2 LENGTHS **15** METER CHANNEL



- > Lunge forwards, reaching arms above head
- > Knee above toes on landing leg
- > Rear knee does not touch ground
- > Bring rear leg straight through to next lunge.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
8. KNEE ABOVE TOES (ON LANDING LEG)

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO

2 REPS
15 METER CHANNEL



- ▶ Walk forward pulling leading knee up
- ▶ Step into calf raise on planted leg
- ▶ Hold each calf raise for 2 seconds
- ▶ Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE WITH EYES CLOSED

WATCH VIDEO

30 SECONDS EACH LEG



- ▶ Balance on one leg
- ▶ Establish balance for 1 - 2 seconds
- ▶ Close eyes for 30 seconds and hold.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS



15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS



15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. STATIC NORDIC HAMSTRING CURL

WATCH VIDEO

1 SET : **10** REPS



- Kneel on ground with partner holding ankles
- Control lowest point where hold can be maintained for 15 secs
- After 15 secs, lower to ground and return to start
- Use arms to land and return to start.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE



ACTIVATE ADULT PHASE 3 PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

7 MINS

8. **POGO JUMP FORWARD**

9. **DOUBLE HOP AND STICK FORWARDS**

10. **'POP' PRESS-UPS NEAR FAR**

11. **FORWARD LUNGE JUMPS**

12. **FIGURE OF 8**

13. **SHOULDER WALKOUT**

8. POGO JUMP FORWARD

WATCH VIDEO



- > Bound forward through ankles
- > Push explosively through ball of foot
- > Maintain straight legs throughout.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

9. DOUBLE HOP & STICK FORWARDS



[WATCH VIDEO](#)



- Hop forwards twice on one leg
- Hop for 1 second after first hop
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on second hop landing.

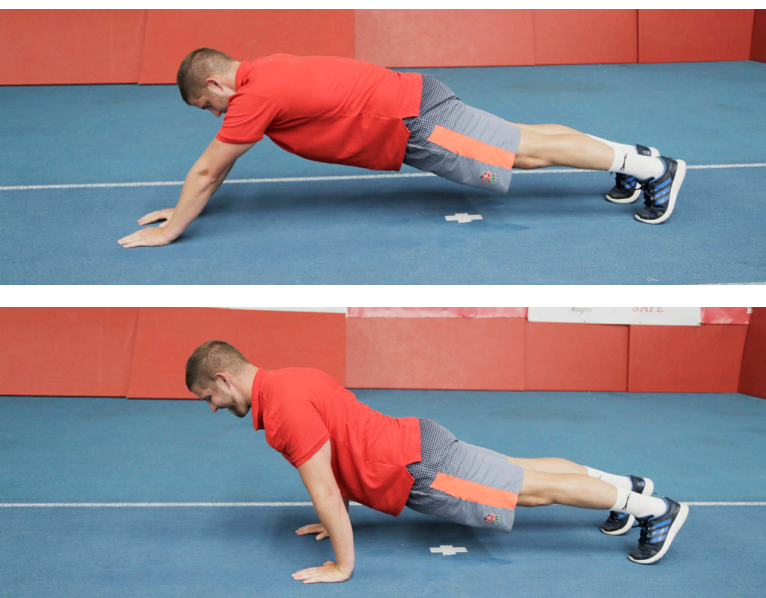
ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. 'POP' PRESS-UPS NEAR FAR



[WATCH VIDEO](#)



- Press-up position
- Start with both hands in front of head
- Push explosively through shoulders with minimal arm bend
- Quickly move arms to land in under chest
- Push again to return hands in front of head
- Perform repetitions with minimal arm bend.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL

11. FORWARD LUNGE JUMPS

WATCH VIDEO

1 SETS
10 REPS



- Start in lunge position
- Jump powerfully, driving arms up
- Return arms to side on landing
- Knee over toes on landing
- Rear knee does not touch ground.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

12. FIGURE OF 8

WATCH VIDEO

1 REPS

30 SECONDS
 MAXIMUM EFFORT



- Start with legs straight and hands on floor
- Walk hands out as far as possible
- Engage core
- Hold at full extension for 2 secs
- Walk hands back towards feet
- Out and In = 1 Repetition

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
7. SOFT KNEES

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 3 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
- > **Group 1** does Repeated Sprint Conditioning Shuttles.
- > **Group 2** does Static Neck Contractions.
- > Groups alternate exercises every 30 seconds.
e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRING CONDITIONING

- Mark course of 25m with cones every 5m
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS



WATCH VIDEO



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT

PHASE 4

PHASE 4 | STARTER

Small sided games

PHASE 4 | PART A

1. Snake Runs

PHASE 4 | PART B

2. Forward Lunge & Side Bend
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Partner Push to Unbalance
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Static Nordic Hamstring Hold

PHASE 4 | PART C

8. Maximum Height Pogo Jump
9. Double Hop and Stick Diagonal
10. Clap Press-Ups
11. Rebound Jumps
12. Figure of 8 (Pairs)
13. Shoulder Walkout

PHASE 4 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULT PHASE 4 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.



WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 4 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

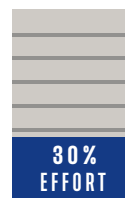
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP



ACTIVATE ADULT PHASE 4 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

🕒 7 MINS

2. FORWARD LUNGE & SIDE BEND

3. HEEL TO TOE WALK WITH KNEE RAISE

4. SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

5. SHOULDER STATIC RESISTED LATERAL RAISE

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

7. STATIC NORDIC HAMSTRING CURL

2. FORWARD LUNGE & SIDE BEND

▶ WATCH VIDEO



- > Lunge forwards, reaching arms above head
- > Knee above toes on landing leg
- > With extended arms slowly reach to left then right
- > Rear knee does not touch ground
- > Bring rear leg straight through to next lunge.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
8. KNEE ABOVE TOES (ON LANDING LEG)

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO

2
REPS

15
METER
CHANNEL



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

WATCH VIDEO

30
SECONDS
EACH LEG



- Partners balance on one leg 1/2m apart
- Push each other just off balance
- Use both hands to push.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. STATIC NORDIC HAMSTRING CURL

WATCH VIDEO

1 SET : **10** REPS



- Kneel on ground with partner holding ankles
- Control lowest point where hold can be maintained for 15 secs
- After 15 secs, lower to ground and return to start
- Use arms to land and return to start.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

ACTIVATE ADULT PHASE 4 PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

7 MINS

8. MAXIMUM HEIGHT
POGO JUMP

9. DOUBLE HOP AND STICK
DIAGONAL

10. CLAP PRESS-UPS

11. REBOUND JUMPS

12. FIGURE OF 8

13. SHOULDER WALKOUT

8. MAXIMUM HEIGHT POGO JUMP

WATCH VIDEO



- > Bound forward through ankles
- > Push explosively through ball of foot
- > Maintain straight legs throughout.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

9. DOUBLE HOP AND STICK DIAGONAL

WATCH VIDEO



- Hop laterally twice ½ metre on one leg
- Balance for 1 second after first hop
- Balance for 4 seconds on second hop landing.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. CLAP PRESS-UPS

WATCH VIDEO



- Start in press-up position
- Perform explosively press-up
- Clap hands before catching landing
- Perform next press-up immediately.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL
6. HIP, KNEE & ANKLE IN-LINE

11. REBOUND JUMPS

WATCH VIDEO

2 REPS **15** METER CHANNEL



- Jump with feet together
- Aim for maximum height and distance
- Rebound straight into next jump

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
7. SOFT KNEES
8. KNEE ABOVE TOES (ON LANDING LEG)

12. FIGURE OF 8

WATCH VIDEO

1 REP **15** SECONDS EACH PLAYER



- Work in imaginary 2m x 1m grid
- Skip forward, laterally & backwards in figure of 8 movement
- Always face forwards

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
7. SOFT KNEES

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 4 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
- > **Group 1** does Repeated Sprint Conditioning Shuttles.
- > **Group 2** does Static Neck Contractions.
- > Groups alternate exercises every 30 seconds.
e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRING CONDITIONING

- Mark course of **25m** with cones every **5m**
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS

[WATCH VIDEO](#)



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT

PHASE 5

PHASE 5 | STARTER

Small sided games

PHASE 5 | PART A

1. Snake Runs

PHASE 5 | PART B

2. Forward Lunge & Twist
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Partner Push to Unbalance
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Static Nordic Hamstring Hold

PHASE 5 | PART C

8. Dead Leg Sprint
9. Triple Hop & Stick Forward
10. Kneeling Drop Catch
11. High Pogo Jump Forward
12. Backtrack, Pivot, Spring
13. Shoulder Walkout

PHASE 5 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULT PHASE 5 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.



WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 5 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

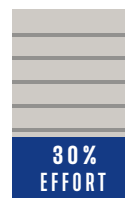
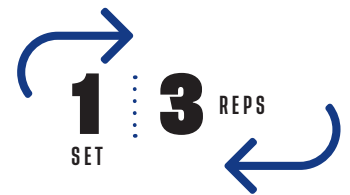
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP



ACTIVATE ADULT PHASE 5 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

7 MINS

2. FORWARD LUNGE & TWIST

3. HEEL TO TOE WALK WITH KNEE RAISE

4. SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

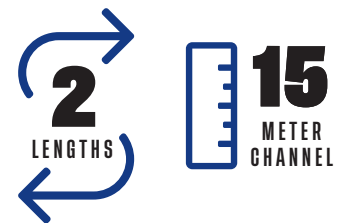
5. SHOULDER STATIC RESISTED LATERAL RAISE

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

7. STATIC NORDIC HAMSTRING HOLD

2. FORWARD LUNGE & TWIST

WATCH VIDEO



- > Lunge forwards, reach arms out to front
- > Knee above toes on landing leg
- > Rotate at core to the left, back to centre, right, then back to centre
- > Rear knee does not touch ground.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
8. KNEE ABOVE TOES (ON LANDING LEG)

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

WATCH VIDEO

30 SECONDS EACH LEG



- Partners balance on one leg 1/2m apart
- Push each other just off balance
- Use both hands to push.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. STATIC NORDIC HAMSTRING HOLD

WATCH VIDEO

1 SET : **10** REPS



- Kneel on ground with partner holding ankles
- Control lowest point where hold can be maintained for 15 secs
- After 15 secs, lower to ground and return to start
- Use arms to land and return to start.



ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE



ACTIVATE ADULT PHASE 5 PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

7 MINS

8. DEAD LEG SPRINT

9. TRIPLE HOP & STICK FORWARD

10. KNEELING DROP CATCH

11. HIGH POGO JUMP FORWARD

12. BACKTRACK, PIVOT, SPRING

13. SHOULDER WALKOUT

8. DEAD LEG SPRINT

WATCH VIDEO



- > Drive powerfully off active foot
- > Inactive leg passive with minimal bend
- > Use powerful arm drive
- > Slow forward movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP

9. TRIPLE HOP & STICK FORWARD

WATCH VIDEO

2
REPS

15
METER
CHANNEL



- Hop forwards three time on one leg
- Hold for 1 second after hops 1 & 2
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on third hop landing.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. KNEELING DROP CATCH

WATCH VIDEO

1 : **15** REPS
SETS



- Controlled lower as far as possible
- Use arms to land and return to start.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

11. HIGH POGO JUMP FORWARD

WATCH VIDEO

1 SET **10** REPS



- Bound on alternate legs
- Aim for maximum height
- Use powerful arm drive.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
8. KNEE ABOVE TOES

12. BACKTRACK, PIVOT, SPRING

WATCH VIDEO

4 REPS **15** METER CHANNEL



- Run backwards 5m
- Pivot 180° and accelerate
- Alternate pivot directions.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 5 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
- > **Group 1** does Repeated Sprint Conditioning Shuttles.
- > **Group 2** does Static Neck Contractions.
- > Groups alternate exercises every 30 seconds.
e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRING CONDITIONING

- Mark course of **25m** with cones every **5m**
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS

[WATCH VIDEO](#)



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT

PHASE 6

PHASE 6 | STARTER

Small sided games

PHASE 6 | PART A

1. Snake Runs

PHASE 6 | PART B

2. Bear Crawl
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Eyes Closed
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Nordic Hamstring Curl

PHASE 6 | PART C

8. Single Leg Pogo Jumps
9. Quadruple Hop & Stick Diagonal
10. Kneeling Drop Catch & Press-Up
11. Forward Tuck Jumps
12. Plant & Cut
13. Shoulder Walkout

PHASE 6 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULT PHASE 6 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.



WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 6 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

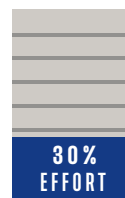
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP

ACTIVATE ADULT PHASE 6 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

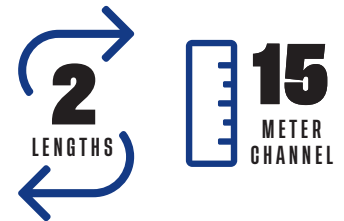
Enhancement of movement control and range of movement.

🕒 7 MINS

2. BEAR CRAWL
3. HEEL TO TOE WALK WITH KNEE RAISE
4. SINGLE LEG BALANCE WITH EYES CLOSED
5. SHOULDER STATIC RESISTED LATERAL RAISE
6. SHOULDER STATIC RESISTED EXTERNAL ROTATION
7. NORDIC HAMSTRING CURL

2. BEAR CRAWL

WATCH VIDEO



- > Press-up position
- > Bring alternate knee as close as possible to elbow
- > Perform movement slowly.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE WITH EYES CLOSED

WATCH VIDEO

30
SECONDS
EACH LEG



- Balance on one leg
- Close eyes
- Clap hands in front and behind alternately.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. NORDIC HAMSTRING CURL

WATCH VIDEO

1 SET
3 REPS



- Kneel on ground with partner holding ankles
- Controlled lower - aim for 5 secs
- Use arms to land when lower cannot be held.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

ACTIVATE ADULT PHASE 6 PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

🕒 7 MINS

8. SINGLE LEG POGO JUMPS

9. QUADRUPLE HOP & STICK DIAGONAL

10. KNEELING DROP CATCH & PRESS-UP

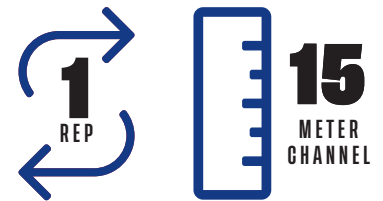
11. FORWARD TUCK JUMPS

12. PLANT & CUT

13. SHOULDER WALKOUT

8. SINGLE LEG POGO JUMPS

WATCH VIDEO



- > Hop forward on one leg
- > Keep leg straight and hop through ankle
- > Minimal arm use.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

9. QUADRUPLE HOP & STICK DIAGONAL

WATCH VIDEO



EACH LEG



15
METER
CHANNEL



- Hop diagonally forwards on one leg 4 times
- Move ½ metre laterally each hop
- Balance for 1 second after hops 1, 2 & 3
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on fourth hop landing.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. KNEELING DROP CATCH & PRESS-UP

WATCH VIDEO



- Controlled lower as far as possible
- Use arms to land and perform press-up
- Use hands to return to start.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

11. FORWARD TUCK JUMPS

WATCH VIDEO

2
REPS

15
METER
CHANNEL



- Jump with feet together
- Aim for maximum height and distance
- Use powerful arm drive
- Tuck arms under shins at max. height
- Rebound straight into next jump.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
7. SOFT KNEES
8. KNEE ABOVE TOES

12. PLANT & CUT

WATCH VIDEO

2
REPS

EACH
LEG

15
METER
CHANNEL



- Accelerate over 5 - 7 metres
- Plant & cut off one foot
- Accelerate out off cut.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 6 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
- > **Group 1** does Repeated Sprint Conditioning Shuttles.
- > **Group 2** does Static Neck Contractions.
- > Groups alternate exercises every 30 seconds.
e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRING CONDITIONING

- Mark course of 25m with cones every 5m
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS



WATCH VIDEO



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT

PHASE 7

PHASE 7 | STARTER

Small sided games

PHASE 7 | PART A

1. Snake Runs

PHASE 7 | PART B

2. Hill Climber to Lawnmower
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Eyes Closed and Push to Unbalance
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Nordic Hamstring Curl

PHASE 7 | PART C

8. Single Leg Pogo Jumps
9. Hop and Stick with Squat
10. Kneeling Drop Catch & Clap Press-Up
11. Weaving Tuck Jumps
12. Plant & Cut
13. Shoulder Walkout

PHASE 7 | PART D

14. Static Neck Contractions
& Repeated Sprint Conditioning Shuttles



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULT PHASE 7 STARTER

> FOCUS

Pulse raiser.

🕒 5 MINS

SMALL SIDED GAMES



5
MINUTES

The Game Changer playlists provide examples of Small Sided Games.

▶ WATCH GAME CHANGERS

- > For the first 5 minutes of training, while players arrive, use small sided games to get players moving, keep them warm and to act as a pulse raiser exercise.
- > Groups to be no larger than 6 in size.



ACTIVATE ADULT PHASE 7 PART A

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

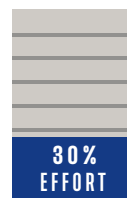
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

[WATCH VIDEO](#)



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP



ACTIVATE ADULT PHASE 7 PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

🕒 **7 MINS**

2. **HILL CLIMBER TO LAWNMOWER**

3. **HEEL TO TOE WALK WITH KNEE RAISE**

4. **SINGLE LEG BALANCE WITH EYES CLOSED AND PUSH TO UNBALANCE**

5. **SHOULDER STATIC RESISTED LATERAL RAISE**

6. **SHOULDER STATIC RESISTED EXTERNAL ROTATION**

7. **NORDIC HAMSTRING CURL**

2. HILL CLIMBER TO LAWNMOWER

WATCH VIDEO

1 SET : **20** REPS



- > Press-up position
- > Bring alternate knee as close as possible to elbow
- > Rotate body to raise opposite arm to reach vertical
- > Perform movement slowly.

ACTIVATE 8

- 1. HEAD NEUTRAL** (LOOK THROUGH EYEBROWS)
- 4. ENGAGE CORE**

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE WITH EYES CLOSED AND PUSH TO UNBALANCE

WATCH VIDEO



- Player balances on one leg and closes eyes
- Partner pushes player just to unbalance (do not push forcefully)
- Player reacts to regain balance.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. NORDIC HAMSTRING CURL

WATCH VIDEO

1 SET
3 REPS



- Kneel on ground with partner holding ankles
- Controlled lower - aim for 5 secs
- Use arms to land when lower cannot be held.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

ACTIVATE ADULT PHASE 7 PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

7 MINS

8. SINGLE LEG POGO JUMPS

9. HOP AND STICK WITH SQUAT

10. KNEELING DROP CATCH & CLAP PRESS-UP

11. WEAVING TUCK JUMPS

12. PLANT & CUT

13. SHOULDER WALKOUT

8. SINGLE LEG POGO JUMPS

WATCH VIDEO



- > Hop forward on one leg
- > Keep leg straight and hop through ankle
- > Minimal arm use.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE

9. HOP AND STICK WITH SQUAT

2 : 7 SETS
HOPS EACH LEG

[WATCH VIDEO](#)



- Hop forwards on one leg
- Perform squat on landing leg
- Repeat hop without placing passive leg on ground.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. KNEELING DROP CATCH & CLAP PRESS-UP

1 : 15 SETS REPS

[WATCH VIDEO](#)



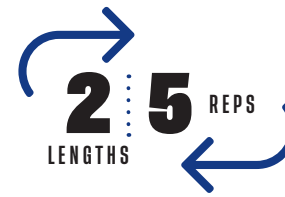
- Controlled lower as far as possible
- Use arms to land
- Perform press-up with clap
- Use hands to return to start.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

11. WEAVING TUCK JUMPS

WATCH VIDEO



- Jump with feet together
- Aim for maximum height and distance
- Use powerful arm drive
- Tuck arms under shins at max. height
- Travel ½ metre left to right each jump
- Rebound straight into next jump.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
7. SOFT KNEES
8. KNEE ABOVE TOES

12. PLANT & CUT

WATCH VIDEO



- Accelerate over 5 - 7 metres
- Plant & cut off one foot
- Accelerate out off cut.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE



ACTIVATE ADULT PHASE 7 PART D

> ACTIVITY

Strength and Fitness.

> FOCUS

Sprint (anaerobic) conditioning and improving functional neck strength.

🕒 4 MINS

14. STATIC NECK CONTRACTIONS & REPEATED SPRINT CONDITIONING SHUTTLES

- > Split into two groups.
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e.g. Sprint / Neck Contractions / Sprint / Neck Contractions

5M SHUTTLE - REPEATED SPRING CONDITIONING

- Mark course of **25m** with cones every **5m**
- Sprint out and back for 30s:
5m, 10m, 15m, 20m, 25m, 20m, 15m, 10m, 5m.



30
SECONDS

STATIC NECK CONTRACTIONS

[WATCH VIDEO](#)



- Use hand to apply force
- **Set 1 = 15 secs each direction:**
 1. Flexion - look to down
 2. Extension - look to up
- **Set 2 = 15 secs each direction:**
 1. Lateral Flexion Left with ear towards shoulder
 2. Lateral Flexion Right with ear towards shoulder

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ACTIVATE ADULT MATCH DAY

MATCHDAY | PART A

1. Snake Runs

MATCHDAY | PART B

2. Squat Stands with Rotation
3. Heel to Toe Walk with Knee Raise
4. Single Leg Balance with Partner Push to Unbalance
5. Shoulder Static Resisted Lateral Raise
6. Shoulder Static Resisted External Rotation
7. Arabesque with Aeroplane

MATCHDAY | PART C

8. Mountain Climber
9. Hop and Stick Forwards
10. 'Pop' Press-Ups - Alternate
11. Jogging High Ball Jumps
12. Diagonal Skip to Sway Lunge
13. Shoulder Walkout

MATCHDAY | PART D

14. Static Neck Contractions



ENGLAND RUGBY INJURY PREVENTION EXERCISE PROGRAMME

ACTIVATE



ACTIVATE ADULT MATCH DAY PART A

Note: The Small Sided Games Shuttles are not specifically included in the Activate Match-day preparations. However coaches/players should consider match-day appropriate pulse raiser activities as part of the general warm-up.

> ACTIVITY

Running-based Preparation & Change of Direction.

> FOCUS

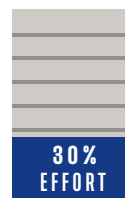
Running technique, coordination and changing direction.

2 MINS

1. SNAKE RUNS

1. SNAKE RUNS

WATCH VIDEO



INCREASE EFFORT EACH REP



- > Players run in channel 20m long x 5m wide
- > Alternate swerve run using full width
- > Backward skip to start
- > Keep facing forwards.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP

ACTIVATE ADULT MATCH DAY PART B

> ACTIVITY

Range of Movement, Strength and Balance.

> FOCUS

Enhancement of movement control and range of movement.

7 MINS

2. SQUAT STANDS WITH ROTATION

3. HEEL TO TOE WALK WITH KNEE RAISE

4. SINGLE LEG BALANCE WITH PARTNER PUSH TO UNBALANCE

5. SHOULDER STATIC RESISTED LATERAL RAISE

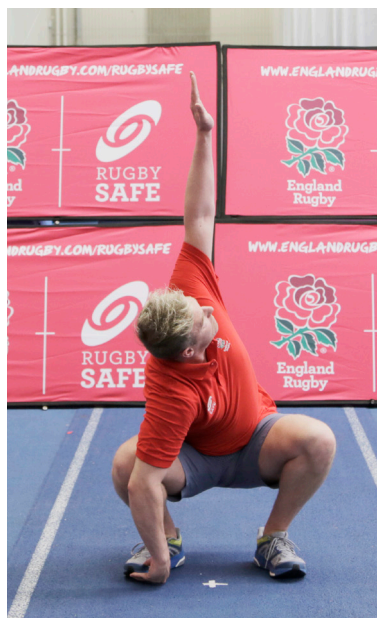
6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

7. ARABESQUE WITH AEROPLANE

2. SQUAT STANDS WITH ROTATION

WATCH VIDEO

1 SET **12** REPS



- > Feet shoulder width apart with finger holding under toes
- > Squat as deep as possible
- > Elbows inside knee
- > Rotate chest, reaching alternate hands high
- > Extend legs as straight as possible and return to squat.

ACTIVATE 8

- 1. HEAD NEUTRAL (LOOK THROUGH EYEBROWS)
- 4. ENGAGE CORE

3. HEEL TO TOE WALK WITH KNEE RAISE

WATCH VIDEO



- Walk forward pulling leading knee up
- Step into calf raise on planted leg
- Hold each calf raise for 2 seconds
- Step forward and repeat with opposite leg.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)

4. SINGLE LEG BALANCE WITH EYES CLOSED AND PUSH TO UNBALANCE

WATCH VIDEO



- Player balances on one leg and closes eyes
- Partner pushes player just to unbalance (do not push forcefully)
- Player reacts to regain balance.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED FOOT)
8. KNEE ABOVE TOES (ON PLANTED LEG)

5. SHOULDER STATIC RESISTED LATERAL RAISE

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Hold arms 10° away from side of body
- Attempt to raise straight arms
- Partner resists to maintain static hold at 10°.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

6. SHOULDER STATIC RESISTED EXTERNAL ROTATION

WATCH VIDEO



80% EFFORT

2 REPS

15 SECONDS EACH PLAYER

- Bend elbows at 90°
- Elbows touching side (maintain throughout exercise)
- Attempt to move lower arms outwards (external rotation)
- Partner resists this movement to maintain static hold.

ACTIVATE 8

- 1 HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH

7. ARABESQUE WITH AEROPLANE

WATCH VIDEO

1 : **10** REPS EACH LEG
SET



- Balance on one leg with slight knee bend
- Lean forwards slowly so torso is parallel to ground
- Hold for 2 seconds
- Return to upright without placing passive foot on ground before next repetition.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
6. HIP, KNEE & ANKLE IN-LINE
8. KNEE ABOVE TOES (ON PLANTED LEG)



ACTIVATE ADULT MATCH DAY PART C

> ACTIVITY

Strength, Stability, Agility and Power.

> FOCUS

Improve functional strength and power.

7 MINS

8. MOUNTAIN CLIMBER

9. HOP AND STICK FORWARDS

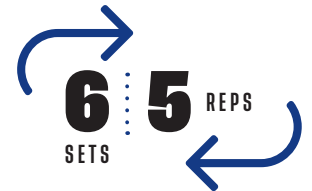
10. 'POP' PRESS-UPS - ALTERNATE

11. JOGGING HIGH BALL JUMPS

12. DIAGONAL SKIP TO SWAY LUNGE

13. SHOULDER WALKOUT

8. MOUNTAIN CLIMBER



WATCH VIDEO



- > Press-up position to start
- > Start with one knee towards elbow
- > Drive alternating knees towards elbows, extending opposite leg fully
- > Alternate in explosive bursts of 5 steps.

ACTIVATE 8

1. HEAD LIFT (LOOK THROUGH EYEBROWS)
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL

9. HOP AND STICK FORWARDS

1 SET : 8 REPS EACH LEG

WATCH VIDEO



- Hop forwards on one leg
- Hop as far as possible to maintain a stable landing
- Balance for 4 seconds on landing.

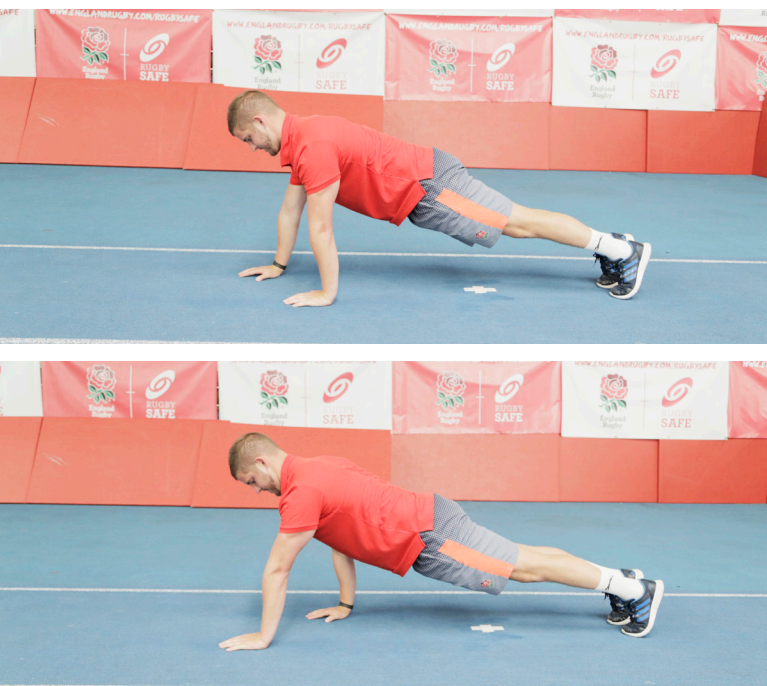
ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
6. HIP, KNEE & ANKLE IN-LINE
7. SOFT KNEES (ON LANDING LEG)
8. KNEE ABOVE TOES

10. 'POP' PRESS-UPS - ALTERNATE

1 SETS : 15 REPS

WATCH VIDEO



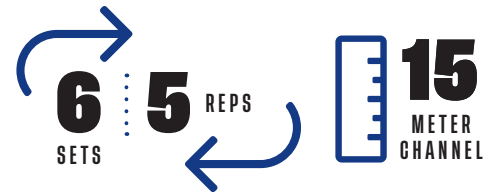
- Press-up position
- Start with one hand in front of head, other under chest
- Push explosively through shoulders with minimal arm bend
- Quickly move arms to land in opposite positions
- Push again to return hands to start positions
- Perform repetitions with minimal arm bend.

ACTIVATE 8

1. HEAD NEUTRAL
4. ENGAGE CORE
5. SHOULDER & HIPS LEVEL

11. JOGGING HIGH BALL JUMPS

WATCH VIDEO



- › Jog few steps
- › Jump maximally off one leg
- › Raise leading knee high
- › Reach hands high above head as if catching a high ball
- › Land of both feet
- › Alternate jumping leg.

ACTIVATE 8

- 7. SOFT KNEES (ON LANDING)
- 8. KNEE ABOVE TOES

12. DIAGONAL SKIP TO SWAY LUNGE

WATCH VIDEO



- › Use 5m x 15m channel
- › Double skip diagonally forwards alternating left to right
- › Finish each double skip in a lunge position always facing forwards.

ACTIVATE 8

- 1. HEAD LIFT (LOOK THROUGH EYEBROWS)
- 6. HIP, KNEE & ANKLE IN-LINE (ON PLANTED LEG)
- 8. KNEE ABOVE TOES

13. SHOULDER WALKOUT

WATCH VIDEO

2
REPS



15
SECONDS
EACH PLAYER



- ▶ Player 'A' holds arms straight at 90°
- ▶ Player 'B' grasps 'A's wrists and attempts to rapidly move them up and down (vertically only)
- ▶ Player 'A' tries to resist and maintain arms at 90° throughout but player 'B' is likely to create some movement.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
3. SHOULDER PINCH
4. ENGAGE CORE

ACTIVATE ADULT MATCH DAY PART D

Note: 5M Repeated Sprint Conditioning is not specifically included in the Activate Match-day preparations. However coaches/players should consider match-day appropriate pulse raiser activities as part of the general warm-up.

> ACTIVITY

Strength and Fitness.

> FOCUS

Improving functional neck strength.

4 MINS

14. STATIC NECK CONTRACTIONS

14. STATIC NECK CONTRACTIONS



WATCH VIDEO

4
REPS

15
SECONDS
EACH DIRECTION

> Use hand to apply force to head in 4 different directions

1. Flexion - look to down
2. Extension - look to up

Lateral Flexion = ear towards shoulder & hand to side of head.

3. Lateral Flexion - left
4. Lateral Flexion -right

> Resist force to maintain head neutral position.

ACTIVATE 8

1. HEAD NEUTRAL
2. CHEST-UP
4. ENGAGE CORE

ENGLAND RUGBY **INJURY PREVENTION EXERCISE PROGRAMME**

ACTIVATE

ADULT

AN INTERACTIVE GUIDE FOR PLAYERS AND COACHES
THAT IS DESIGNED ESPECIALLY FOR TRAINING
SESSIONS AND PRE-MATCH WARM-UP ROUTINES.

