

Week	Fitness Training	Tag & Touch Rugby
1	<p>Continuous Training. Know that aerobic endurance training improves the efficiency of the heart and lungs and is vital for long distance/time athletes. Know how to work at your own pace and how to alter the intensity of the session through adjusting time, speed and distance.</p>	<p>Passing & Receiving. Know how to time the pass so that the ball is released backwards just before being tackled, committing defenders. Know how to pass the ball quickly and accurately to the target hands of a supporting attacker, while moving. Know how important it is to gain an attacking advantage if the ball is moved quickly.</p>
2	<p>Circuit Training. Know that circuit training is exercising at various stations for set periods of time and that it is used to develop muscle endurance, allowing the muscles to work for longer. Know how intensity can be altered through varying times, targets, circuits or rest periods. Know how the exercises can be varied to focus on a particular component of fitness or sport and know how it can be linked with skill acquisition.</p>	<p>Running & Evasion. Know to run forwards quickly when carrying the ball and to attack spaces in the defence. Know to use side-steps, disguise and dummy passes effectively to confuse defenders. Attackers know to identify weaker defensive areas, which can be exploited to gain a tactical advantage.</p>
3	<p>Weight Training. Know how to use the equipment safely. Know how to use the exercise machines effectively to develop muscular endurance. Know how to use the exercise machines effectively to develop muscular strength. Know how to design a short exercise programme that various muscle groups used and how to use weight, reps and sets to vary intensity. Know how to use the cardio-vascular machines to improve aerobic endurance and how to vary intensity through time, loads or rest periods.</p>	<p>Tackling. Players know how to use tag and touch correctly and within the rules. Attacking players, who have been tackled know to stop and pass the ball quickly to maintain attacking momentum and the tactical advantage. Defenders know to retreat to an onside position after a tackle during the realignment process</p>
4	<p>Interval training. Know that interval training is repetitive short sprints at maximum speed followed by rest periods and that it is used to develop speed. Know that improving acceleration and pure speed can improve performance in a wide variety of sports and know how to use varying distances, reps, sets and rest periods to alter intensity.</p>	<p>Support. Teammates need to know to run with the ball-carrier, to give passing options and know that varied passing options such as “missed passes”, “scissors” and “looped runs,” will give the attackers more options to score tries.</p>
	Softball	American Football
5	<p>Throwing & Catching. Know to throw the ball to the base ahead of the running batter. Know prior to pitching which bases are loaded and where would be a good base to throw the ball. Know that catches can be made of “foul balls.” Be aware of batter’s strengths and position the catchers in these positions.</p>	<p>Restarts. Players know the procedure and positioning for restarts and place suitable players into the positions that are most advantageous for the team, such as QB with a good throw, fast running backs, wide receivers who catch well and strong blockers. Know how to plan basic running moves which lead to more scoring opportunities.</p>
6	<p>Pitching. Know the low pitch legally and what height the ball needs to be when it reaches the batter. Know how to get batters out, throw strikes, foul-balls or catches. Know to be prepared to catch balls that are hit straight back towards the pitcher.</p>	<p>Passing & Receiving. The Quarterback is able to make quick tactical decisions which increase the likelihood of scoring a touch-downs. The receivers are able to make runs which lose defenders and create space, while communicating with the Quarterback.</p>
7	<p>Hitting & running. Know how to hit various shots such as high balls, low running shots and bunts, in different situations to benefit the team. Know to run within the rules and to how important it is to communicate with teammates on other bases, to avoid run outs or tagging.</p>	<p>Running. Wide receivers know how to use speed, angles, disguise and dummy movements to increase the opportunity for them to receive the ball from the QB. Running backs know how to observe and recognise weaknesses in the defensive line and how to use this information to attack spaces to benefit the team.</p>
8	<p>Fielding. Know where to position your fielders to balance the team correctly. Know that good flat-throw catchers should be on the bases, good high-ball catchers should be in the outfield and quick sharp fielders should be in the in-field.</p>	<p>Tackling & Blocking. Defenders know how to tackle and block correctly and efficiently, using tags, touch rules. They know how to reduce space and how important it is to observe the movements of their opposing attacker in order to track and tackle the opponent.</p>

Year 9 Kemnal Keys – Term 1

