

Routing Rugby Match

TIME	ACTIVITY	
K.O. - 60min	CHANGING ROOM	Final call everybody to dressing room
K.O. - 30	BRIEFING	5 minute talk about tactical issues (max. 2)
K.O. - 30	WARM-UP	SAQ® Dynamic Flex exercises
K.O. - 20	UNITS	Forwards: Scrum & Line-Out Backs: attacking runs & defensive line-ups
K.O. - 10	TEAM	Defensive line-ups
K.O. - 2	FINAL TALK	Team huddle
K.O.	KICK-OFF	
K.O. +25	CHECK SUBS	Check if you stick to original substitution plan
K.O. +26	DECIDE HALFTIME TALK	Decide on topics (max. 2), Individuals to address?
H.T.	HALFTIME: DRINKS	Hydrate
H.T.	HALFTIME: SUBSTITUTIONS	Name who's in / out
H.T.	HALFTIME: TACTICAL ISSUES	Highlight the two topics
K.O.	KICK-OFF 2nd HALF	
	FATIGUE?	Towards end of the game: look out for fatigued players, consider substitution
K.O. +30	FINAL WHISTLE	
FINAL WHISTLE	CONGRATS REFEREE	
	CONGRATS OPPOSITION COACHES	
	HUDDLE: APPRAISAL & TAKE-AWAYS	Thanks the team, take-aways (short) and link to next training
		source: www.rugbycoach.com