13-MINUTE RUGBY WARM-UP

Coach guide · Pulse → Mobility → Contact
Press play on the Warmup album – **each new song = next switch**

1 PULSE RAISER 0:00 – 0:03 | **2 DYNAMIC MOBILITY** 0:03 – 0:08 | **3 CONTACT CONFIDENCE** 0:08 – 0:13

0:00 · 3:00 · 8:00 · 13:00

PHASE 1 · PULSE RAISER

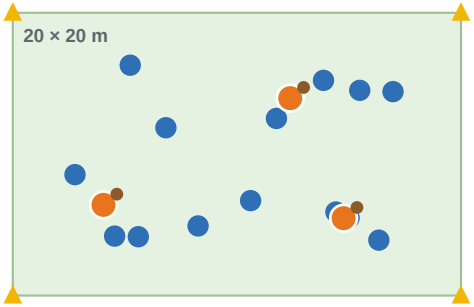
0:00 – 0:03 · 1. Chase (K-pop)

Get hearts up, heads up and everyone laughing.

0:00–1:30 Ball Tag – 3 taggers each hold a ball in two hands. Tag = touch with the ball below the shoulders. Tagged player takes the ball (hand it over, no throwing) and becomes a tagger.

1:30–3:00 Coach Calls – Everyone jogs round the grid. Calls: **DOWN** (both hands touch grass, back up), **SPIN**, **STEP** (sidestep off either foot), **READY** (tackle-ready stance and hold). Speed the calls up in the last 30 s.

COACHING CUES
- Heads up – look for space
- Short steps to change direction
- READY = feet wide, knees bent, hands up



PHASE 2 · DYNAMIC MOBILITY

0:03 – 0:08 · 2. Slow Burn → 3. Stay Low

Open hips, ankles and shoulders ready for contact.

0:03 Knee Hugs – *2. Slow Burn.* Walk, pull knee to chest, rise onto toes of the standing leg.

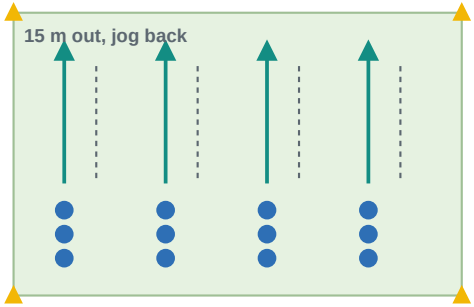
0:04:15 Lunge + Twist – Long step, back knee just off the grass, turn chest over front knee.

0:05:30 Hip Gates – *3. Stay Low starts.* Walking – knee up and circle it out (open), then in (close).

0:06:20 Bear Crawls – Hands under shoulders, knees hovering, flat back. Opposite hand and foot.

0:07:10 Build-Ups – Jog 5 m – stride 5 m – fast 5 m, finish in READY stance.

COACHING CUES
- 15 m out, easy jog back
- Quality over speed
- Flat back in the bear crawl



PHASE 3 · CONTACT CONFIDENCE

0:08 – 0:13 · 4. Fall & Rise → 5. Who We Are

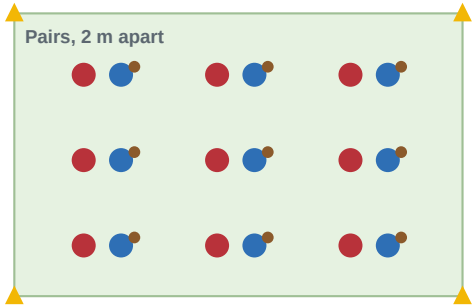
Safe falling, safe tackle shape, low body height.

0:08–0:09 Log Rolls – From kneeling with ball tucked to chest, fall sideways onto hip and shoulder (not hand), roll twice, pop up to READY. Alternate sides.

0:09–0:11:30 Kneeling Tackles – Pairs kneel 1 m apart, carrier holds ball. Tackler: cheek to cheek, shoulder into the carrier's side, wrap arms, squeeze and roll them, land on top. Alternate shoulders. *5. Who We Are starts = swap roles.*

0:11:30–0:13 Sumo Drives – Standing, grip partner's shirt at the shoulders. On GO drive with short, fast feet for 5 s. 15 s rest. 3–4 reps.

COACHING CUES
- Eyes open, head to the side
- Wrap and squeeze – ring of steel
- Hips low, chest up, fast feet



SET-UP & KIT
4 corner cones (20 × 20 m grid) · 4 cones for the 15 m lane lines · 3 bibs (taggers) · 1 ball per pair · Bluetooth speaker + the "Warmup" album (songs 1–5)

SAFETY
Pair by size and confidence. 2 m between pairs in Phase 3. Head always to the side, never in front. Any player unsure starts as the ball carrier. Soft, dry ground only for Phase 3.

FINISH (end of 5. Who We Are)
Circle up, one big breath, coach names today's focus, straight into the session.