13-Minute Rugby Warm-Up

Detailed session plan · Pulse Raiser → Dynamic Mobility → Contact Confidence · with Suno soundtrack

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

Duration	13 minutes, run to a 5-song playlist of ~2:30 songs. Song changes mark the switches: Phase 1 → 2, hip gates, Phase 2 → 3, tackler swap.
Players	Works for 10–30 in one grid. Over 30: two grids, one coach each.
Space	20 × 20 m grid. One side doubles as the start line for the 15 m lanes.
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)
Coaches	Lead coach: music, calls and timings. Second coach (if available): roams Phase 3 pairs checking head position.

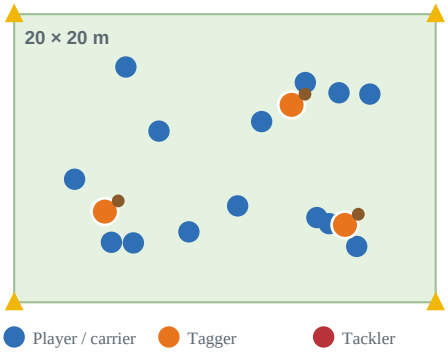
PHASE 1 · PULSE RAISER

0:00 – 0:03 · 1. Chase (K-pop)

Aim: Get hearts up, heads up and everyone laughing.

Set-up: Players spread in the grid. Pick 3 taggers (bibs), each with a ball.

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.



Cues: Heads up – look for space · Short steps to change direction · READY = feet wide, knees bent, hands up
Progress / adapt: Too easy? Add a 4th tagger or shrink the grid. Too hard? Taggers must walk-fast only.
Watch for: Players running with heads down; nobody sitting out – tagged players swap in immediately.

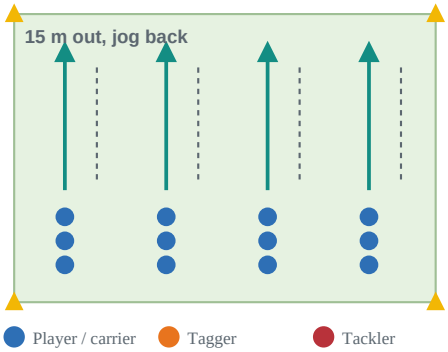
PHASE 2 · DYNAMIC MOBILITY

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

Aim: Open hips, ankles and shoulders ready for contact.

Set-up: Players in 4 lines on the grid edge. Front player goes, next goes when they’re 3 m ahead.

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.



Cues: 15 m out, easy jog back · Quality over speed · Flat back in the bear crawl
Progress / adapt: Seniors: add a hamstring sweep and a lateral lunge. U12s: make bear crawls a race to 10 m.
Watch for: Knees collapsing inwards on lunges; hips high or back sagging in bear crawls.
Videos:
- Bear crawls – ‘Animal movements’ video (World Rugby Passport)
- Lunge & balance exercises – World Rugby Activate (U15 programme)

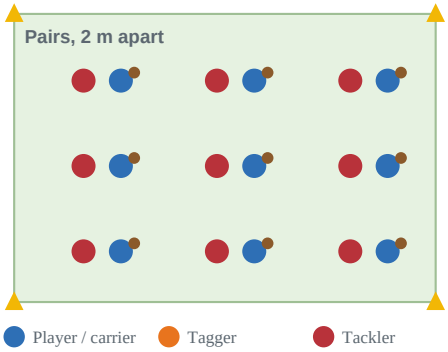
PHASE 3 · CONTACT CONFIDENCE

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

Aim: Safe falling, safe tackle shape, low body height.

Set-up: Pairs matched by size and confidence, spread 2 m apart across the grid.

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.



Cues: Eyes open, head to the side · Wrap and squeeze – ring of steel · Hips low, chest up, fast feet
Progress / adapt: Seniors: progress kneeling tackles to crouch start, sumo reps to 8 s. U12s: coach demo first; tackler sets up 'cheek to cheek' slowly before any roll.
Watch for: Head in front of the carrier (stop and reset); hands going down first when falling; players leaning on each other in sumo (if partner steps away you should not fall).
Videos:

- Log rolls – 'Sideways landing' + 'Teddy bear roll' videos (World Rugby Passport)
- Kneeling tackles – Knee Tackles (Rugby Toolbox)
- Sumo drives (closest match) – Bear Hug Takedown (Rugby Toolbox tackle warm-up)
- Background for coaches – Tackle Ready (World Rugby Passport)

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. If a player is anxious about contact, keep them as the carrier for the first round and let them tackle when they choose.

The Soundtrack – Suno Prompts

Five ~2:30 songs in current chart styles – pitched to feel cool, not kiddy. Album / playlist order: 1 → 5.

1. In Suno, choose **Custom**. Paste the **Style** into the style box and the **Lyrics** into the lyrics box. Title as shown.

2. Generate two or three versions and keep the one with the best energy.

3. Five short songs, not three long ones. Each is written to land at about 2:30 and ends with **[End]**, so there's no need to Extend. Phases 2 and 3 use two songs back to back, and the change of song is your cue (hip gates start; tacklers swap). If a song runs long, fade it on your whistle.

Flexibility: songs stand alone – drop 3. Stay Low for a shorter warm-up, repeat 1 if you want more tag, or reuse 5. Who We Are at the end of any session as the team song.

4. Want to talk over it? Toggle **Instrumental** with the same style prompt – useful for 4. Fall & Rise when you're coaching tackle technique.

5. Too young-sounding? Every style already includes *"sleek modern chart production, cool and confident, not childish"*. If a take still sounds kiddy, regenerate – or add *"moody, understated"*. For the women's team, add *"club mix, heavier bass"*.

6. Pronunciation: "Strath-en-drick" is hyphenated on purpose so Suno sings all three syllables clearly. If it still slips, try "Strath-en-DRICK" or "Strath-uhn-drick".

Note: Suno won't accept artist or song names in prompts – describe the sound instead, as below.

1. Chase · K-pop

0:00 – 0:03 · Ball Tag, then Coach Calls · 2:30–3:00

STYLE

girl-crush K-pop, 138 BPM, hard-hitting trap drums, deep 808s, sharp synth hooks, fierce confident female vocals, cool rap verse, dance break with shouted calls, sleek modern chart production, cool and confident, not childish, clear ending

LYRICS

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[Intro]
(whistle)
Three, two, one – run it

[Verse 1]
Eyes up, reading the space
Cut left, watch me change pace
You reach – I'm already gone
Head up, quick feet, locked on

[Pre-Chorus]
Tagged? Cool – take the ball
Now you're the one they're running from

[Chorus]
Chase, chase – we don't slow down
Chase, chase – own the ground
Can't catch us, not today
Chase, chase – out the way

[Rap Verse]
Zig, zag, drop a shoulder
Every step a little bolder
No one's out, everyone's in
Tag or get tagged, we still win

[Dance Break]
(Down!) (Spin!) (Step!) (Ready!)
(Down!) (Spin!) (Step!) (Ready!)

[Chorus]
Chase, chase – we don't slow down
Chase, chase – own the ground
Can't catch us, not today
Chase, chase – out the way

[Outro]
Strath-en-drick – run it back
[End]
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2. Slow Burn · Alt-R&B / soul

0:03 – 0:05:30 · Knee Hugs, Lunge + Twist · ~2:30

STYLE

smooth alt-R&B; with a neo-soul feel, 100 BPM, laid-back groove, warm bass, crisp finger snaps, silky confident female vocal with stacked harmonies, sleek modern chart production, cool and confident, not childish, hooky chorus, clear ending

LYRICS

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[Intro]
Mm – take it slow
Let it burn

[Verse 1]
Pull the knee up to your chest
Rise up on your toes, no rush, no stress
Balance slips? Just reset
This is only the start, we're not done yet

[Chorus]
Slow burn, slow burn
Loosen up, it's our turn
Every move, we take our time
Slow burn – feel it climb

[Verse 2]
Step it long, sink it low
Turn the chest, let it go
Switch sides, back knee light
Hovering off the ground just right

[Chorus]
Slow burn, slow burn
Loosen up, it's our turn
Every move, we take our time
Slow burn – feel it climb

[Bridge]
Breathe in... breathe out
Nothing to prove, no doubt

[Final Chorus]
Slow burn, slow burn
Slow burn – feel it climb
[End]
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3. Stay Low · UK garage pop

0:05:30 – 0:08 · Hip Gates, Bear Crawls, Build-Ups · ~2:30

STYLE

UK garage pop, 132 BPM, skippy 2-step beat, breakbeat fills, sub bass, chopped vocal hooks, airy effortless female vocal with half-spoken verses, sleek modern chart production, cool and confident, not childish, clear ending

LYRICS

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[Intro]
Stay low, stay low (yeah)

[Verse 1]
Open the gate, close it back
Circle the knee, stay on track
Hips wide, then swing it in
Loose and ready, let's begin

[Hook]
Stay low – hands down, flat back
Opposite hand, opposite foot, that's that
Stay low – knees off the ground
Move like you're not making a sound

[Verse 2]
Tabletop back, eyes ahead
Slow is smooth, like I said
Nobody's racing, get it right
Low and steady, keep it light

[Hook]
Stay low – hands down, flat back
Opposite hand, opposite foot, that's that
Stay low – knees off the ground
Move like you're not making a sound

[Bridge]
Jog it... stride it... now let it go
Full speed – then stop, stay low
Knees bent, hands up – hold

[Outro]
Stay low... Strath-en-drick
[End]
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4. Fall & Rise · Alt-rock / pop-punk

0:08 – 0:10:30 · Log Rolls, Kneeling Tackles (partner A tackles) · ~2:30

STYLE

edgy alt-rock with pop-punk energy, 132 BPM, grungy distorted guitars, punchy live drums, attitude-filled female lead vocal, shouted gang vocals, sleek modern chart production, cool and confident, not childish, anthemic chorus, clear ending

LYRICS

[Intro]
Who are we? (Strath-en-drick!)
Who are we? (Strath-en-drick!)

[Verse 1]
Ball locked in, hit the ground
Hip then shoulder, roll it round
Up so fast they didn't see
Every fall's a part of me

[Pre-Chorus]
Cheek to cheek, arms locked tight
Head to the side, we do it right

[Chorus]
We fall, we rise, we go again
Stronger every time we land
Strath-en-drick, say it loud
Every one of us, all in, all proud

[Verse 2]
Knees down, eyes open wide
Drive the shoulder, head to the side
Wrap and roll, finish on top
Pull them up – and run it back

[Chorus]
We fall, we rise, we go again
Stronger every time we land
Strath-en-drick, say it loud
Every one of us, all in, all proud

[Outro]
Who are we? (Strath-en-drick!)
Who are we? (Strath-en-drick!)
[End]

5. Who We Are · Electro-pop anthem

0:10:30 – 0:13 · Swap tacklers, then Sumo Drives, circle up · ~2:30

STYLE

electro-pop anthem, 126 BPM, heavy stomps and claps, pulsing synth bass, big festival drop, powerful confident female lead vocal, huge chanted team hook, sleek modern chart production, cool and confident, not childish, clear ending

LYRICS

[Intro]
Switch it – your turn

[Verse 1]
Swap it round, you know the drill
Cheek to cheek, show the skill
Every tackle, every roll
Side by side, we're in control

[Chorus]
This is who we are (who we are)
Standing tall, we've come this far
Strath-en-drick, hear the sound
Every one of us holding ground

[Post-Chorus]
Who are we? (Strath-en-drick!)
Who are we? (Strath-en-drick!)

[Verse 2]
Grip the shoulders, set your feet
Hips down low, lock the beat
Chest up, eyes ahead
Short fast steps, like we said

[Build]
Hips down. Chest up.
Drive, drive, drive it up.
Push! Push! Push! Push!
Fist bump your partner – that's the team

[Drop]

[Final Chorus]
This is who we are (who we are)
Standing tall, we've come this far
Strath-en-drick, hear the sound
Every one of us holding ground

[Outro]
Circle up, hands in
Three, two, one – Strath-en-drick!
[End]