



RETURN TO RUGBY SUMMER ACTIVITY GUIDE

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APRIL 2021

	JUNE	JULY	AUGUST	
TRAINING	FREQUENCY	1-2 SESSIONS PER WEEK (INC GAME)	1-2 SESSIONS PER WEEK (INC GAME)	1-3 SESSIONS PER WEEK (INC GAME)
	INTENSITY	LOW – MEDIUM	MEDIUM	MEDIUM - HIGH
	TYPE	GENERAL FITNESS AND SKILLS MAX 20 MINUTES CONTACT PER WEEK	RUGBY FITNESS AND SKILLS MAX 30 MINUTES CONTACT PER WEEK	POSITION/ GAME SPECIFIC SKILLS MAX 40 MINUTES CONTACT PER WEEK MAX 20 MINUTES CONTACT PER SESSION
	TIME	45 – 60 MINUTES + ACTIVATE	45 – 75 MINUTES + ACTIVATE	45 – 90 MINUTES + ACTIVATE
FIXTURES	TAG	U7 – U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS	U7 – U18 BOYS & GIRLS
	READY4RUGBY	U9 – U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS	U9 – U18 BOYS & GIRLS
	X RUGBY	X	U14 - U18 BOYS U15 & U18 GIRLS	U12 - U18 BOYS U13, U15 & U18 GIRLS
	ADAPTED FORMAT	X	X	U14 – 18 BOYS U15 & 18 GIRLS
	FIXTURES/FESTIVALS	1 X FIXTURE/FESTIVAL PER FORTNIGHT	1 X FIXTURE/FESTIVAL PER FORTNIGHT	3 X FIXTURE/FESTIVAL

THIS SHOWS THE MAXIMUM ACTIVITY PERMITTED EACH MONTH. FESTIVALS ARE LIMITED TO A MAXIMUM OF 4 TEAMS.
ALL MATCHES ARE FRIENDLIES DUE TO BEING OUT OF SEASON.