



## Youth and Junior Power Development

One of the most important components of rugby fitness is power development. The ability to generate force quickly is necessary for making tackles, accelerating into space and breaking through contact. Furthermore the ability to repeatedly produce power makes power endurance a vital role in rugby performance.



Training for power development does not have to be undertaken using Olympic style lifts. Effective own body weight and medicine ball type exercises are suitable for youth and junior power development.

By incorporating power conditioning into more traditional rugby conditioning sessions, a new dimension to training starts to evolve. Athletes increase their ability to move, make contact and power into tackles by following some simple effective drills.

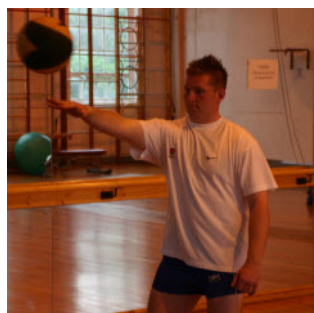
### Power Development Tips:

- Precede any power development work with a dynamic warm up.
- Use lighter medicine balls and progress to heavier for ALL athletes (Train to Train)
- Enforce good form especially back and neck positioning throughout the movement.
- Always use a lighter ball for rotational exercises.
- Ensure that both the left and the right sides are conditioned.

### Training Progression

Technique is vital for all exercises. Ensure that each player can perform each exercise correctly by using the appropriate weight. Remember start light and progress for all of the exercises.

It is possible to record the distance that each athlete throws the ball and use this as a basis for their development.



### Shoulder Throw

Start with feet shoulder width apart, knees soft. Accelerate arm forward throwing the ball as far as possible (Fig 1 & 2). Use other hand as guide if required.

Fig 1 & 2. Shoulder throw start and finish.

## Chest Press and Press Up

This provides an excellent way to develop power in the upper body of the chest, front of shoulders and triceps. Kneel down with a medicine ball held at chest level (Fig 3).

Explosively force the arms forward and throw the ball. As soon as the ball has left the hands fall forward into a press up position (Fig 4). Return to the start position by pushing up from the floor powerfully.



Fig 3. Start.

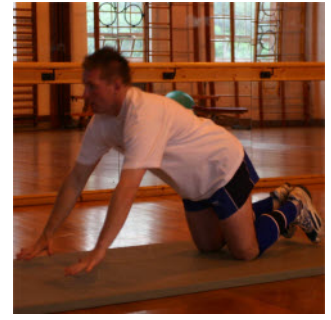


Fig 4. Press up.



Fig 5. Start.



Fig 6. Upward drive.

## Over Head Throw

Used to provide a more complex multi joint exercise. Start with the medicine ball held in two hands.

Squat down (Fig 5) and powerfully drive upwards (Fig 6). During this phase the arms should also move upwards releasing the ball as it passes in front of the face. Ensure that the core muscles are contracted and look forwards throughout the movement.

## Medicine Ball High Pull

The high pull is part of the development for the clean and snatch Olympic lifts. Performed with a medicine ball it provides a good opportunity to develop good form alongside power.

Start with the ball in two hands at the side of the ball. Knees are bent, back straight and the ball is resting near to the floor (Fig 7) or a thigh level (Low or high hang respectively). Initiate the drive from the legs pulling the ball to chest height as the legs straighten (Fig 8). Look forwards with core muscles contracted.



Fig 7. Low hang start.



Fig 8. Finish

About eliteperformance

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