

Contact Confident



**WORLD
RUGBY**

Contact Confident

Contact Confident was created to provide coaching activities that promote confidence, physical competence and safety in the contact area. The activities have been developed by experts in the field of concussion mitigation, strength and conditioning, combat sports, falling/landing and rugby coaching. They should be incorporated within training sessions and can also be conducted at home. The activities were developed to use no/minimal equipment, fun to do, progressive, rugby related, and are appropriate for all ages and genders.

The activities are grouped into the following areas



Coaches should incorporate one or two exercises from each group into their sessions in a progressive manner, as part of the warm-up or as preparation for contact skills during the main body of the session.

Four Activity Groups

Mobility, Rolling, Falling and Landing- These exercises have been adapted from Judo, which focus on body awareness and good landing technique when falling. Often people new to rugby lack body awareness in the tackle or other contact can end up getting knocked over with little control increasing the likelihood that they get injured.

Deep Neck Stabilisation - These exercises focus on the small deep muscles that surround the cervical spine. The role these muscles is to help the neck maintain a neutral spine, which when in contact will allow the muscles to act like springs and absorb some of the force.

Neck Strengthening - These exercise focus on strengthening the neck muscles and increase the neck muscle endurance. Rugby is a contact sport and the neck is exposed to a number of head accelerations during games and training, by improving neck strength some studies have shown reductions in concussion rates.

Head Reaction Exercises - These exercises focus on improving how fast the neck muscles can contract when exposed to a controlled impact. By improving the reaction time of the neck muscles player will be better able to stabilize their heads when exposed to contact

The below Table is set up with Hyper Links if you Click on each Exercise it will Direct you to the relevant page on World Rugby's Player Passport Website

<https://passport.world.rugby/injury-prevention-and-risk-management/tackle-ready/>

Mobility Exercises	Rolling Exercises	Falling and Landing Exercise	Deep Neck Stabilization Exercises	Neck Strengthening Exercises	Head Reaction Exercises	Further Game Related Activities
Level 1	Level 1	Level 1	Level 1	Level 1	Level 1	□ Landing Touch
□ Partner Balance	□ Teddy Bear Roll	□ Backwards Landing	□ Deep Neck Flexor Nod	□ Bear Crawl with Neutral Neck	□ Partner Nudges	□ Drop Height and Fight
□ Partner Bodyweight Flag			□ Deep Neck Flexor Nod and Lift	□ Bear Crawl Head to Head Battle		□ Bear Crawl Partner Nudges
			□ Deep Neck Extensor Curl	□ Cheek to Cheek Holds		
				□ Front Bridge from Knees		
Level 2	Level 2	Level 2	Level 2	Level 2	Level 2	
□ Animal Movements	□ Backwards Roll	□ Backwards Landing	□ Deep Neck Flexor Nod and Lift	□ Towel Holds in Four Planes	□ Triangle Impulse	
		□ Sideways Landing	□ Deep Neck Extensor Curl	□ Partner Neck Back Bridge	□ Triangle Impulse Shuffle	
		□ Forwards Landing	□ Deep Neck Flexor Nod with a Curl			□ Front Bridge with Hand Support
			□ Deep Neck Flexor Nod and Ear to Shoulder	□ Deep Neck Flexor Nod and Rotation		
Level 3	Level 3	Level 3	Level 3	Level 3	Level 3	
□ Partner Carries	□ Triangle Roll	□ Backwards Landing	□ Deep Neck Flexor-Extensor Nod Combination	□ Bear Crawl Towel Holds	□ Lunging and Partner Nudges	
		□ Sideways Landing		□ Front Bridge	□ Breaching the Castle	
		□ Forwards Landing		□ Neck Back Bridge	□ Full Grapple	

