

Strength Training for Young Rugby Players – Position Statement

Introduction

1. This paper provides the RFU position statement on strength (also referred to as “resistance”) training for young players. It outlines the risks of strength training activities via a literature review, attempts to define the various descriptions that are frequently mis-used with reference to strength training and seeks to address some commonly expressed concerns. It was discussed at the Playing Development Sub-Committee on 4th January; Club England on 14th February; Schools & Youth Governance Sub-Committee on 27th March and Governance Committee on 13 April 2007, when it was adopted formally. It was updated in 2012).

Executive Summary

2. Young people are not naturally physically prepared via their normal, everyday lives for the rigour of rugby; strength training may decrease the risk of sports related injuries. In order to be physically prepared to play professional rugby at c.21 (this expectation is getting younger) a player should have started a strength programme in his early teens.
3. Statements from the National Strength and Conditioning Association, the American Orthopaedic Society for Sports Medicine and the American Academy of Paediatrics all indicate major benefits of strength training for children.
4. Strength training may enhance bone development in younger children (Mackelvie et al British Journal of Sports Medicine 36 2002).
5. There is no evidence to suggest that the risk of injury associated with strength training in youth is greater than that associated with other recreational activities in which children and teenagers participate regularly (Jones et al Phys Sports Med 28 2000).
6. The most common causes of injury...are due to lack of supervision (Jones et al Phys Sports Med 28 2000). The RFU elite rugby department has developed strength and conditioning coaching qualifications for sport at levels 1 and 2 and 3 in order to train a suitably qualified workforce – professional and voluntary.
7. Children of any age will respond to strength training, though there will be individual differences in magnitude. Some boys who undergo a strength programme 12 to 18 months after the adolescent growth spurt (average 14.1 years in boys) may exhibit visible hypertrophy due to hormonal changes in the body. The onset of the adolescent growth spurt may vary between individuals by as much as six years, so chronological age is only minimally helpful when comparing players’ future potential.
8. Planned strength training programmes should be introduced in the early secondary school years. If this is not done via schools, sports governing bodies and their constituent clubs must lead in this area.
9. The physical status of young rugby players who aspire to play at the elite level should be monitored throughout their careers. In order to do this the RFU elite rugby department has developed the fitness and anthropometric scoring template (FAST) system. This system monitors and provides feedback on a wide range of fitness and anthropometric variables specific to adolescents.

What’s the Problem?

10. Professional rugby players are increasingly large and strong. England international forwards and backs in 2011 averaged 113kg and 92kg respectively, compared with 109 kg and 90 kg for their counterparts in 2003, and 100 kg and 83 kg for their counterparts in 1991. A greater proportion of this additional weight in modern players is lean body mass, so more force is generated in the

Rfu Position Statement Strength Training For Young Players

Padhraic Smyth



Rfu Position Statement Strength Training For Young Players:

Strength and Conditioning for Rugby Union Joel Brannigan,2016-02-29 Rugby Union as a sport has seen continual evolution over the years and never more so than since the game officially became professional in 1995 While on the pitch tactics have seen more formalized approaches to skill acquisition it is off the pitch where the biggest changes have occurred and no area has developed more than strength and conditioning Players have gone from traditionally training for fitness as an add on to their rugby training to seeking out structured athletic training interventions Furthermore with modern rugby players being physically bigger and faster the need to ensure that they are more robust and free from injury has led to the demand for a more scientific approach to the prescription of strength and conditioning In *Strength and Conditioning for Rugby Union* ex international player Joel Brannigan presents the underpinning science of strength and conditioning in rugby Using the fundamental principles of training he details a structure of assessing rugby players that in turn will allow appropriate training interventions to be planned out and most importantly coached to a wide range of rugby playing levels Aimed at coaches and players at all levels of the game sport science support staff students and academics and fully illustrated with 210 colour images and diagrams **Complete Conditioning for Rugby** Paul Pook,2012 A focused conditional program has become essential to on field rugby success Pook presents a comprehensive training approach that builds players physical abilities as well as the rugby specific skills their positions require *The Young Rugby Player* Kevin Till,Jonathon Weakley,Sarah Whitehead,Ben Jones,2022-12-26 *The Young Rugby Player Science and Application* provides a comprehensive and accessible overview of the recent research behind the preparation development and performance of the young rugby player Each chapter concludes with key take home messages and practical applications demonstrating how practitioners can provide evidence informed delivery with the young rugby athlete The book highlights how research and science can inform practice including coaching sport science player development and performance with the young rugby player Each author is a world leader within their respective discipline including academics and practitioners who research and practice across youth rugby The book includes chapters on Introducing the young rugby player including topics related to growth and maturation talent identification and development and understanding the demands of youth rugby Understanding and developing the young rugby player including topics related to physical psycho social technical and tactical development alongside training practices and fatigue and recovery Other hot topics including nutrition injury concussion and injury prevention and the female young rugby player This text is vital reading for all coaches sport scientists strength and conditioning coaches and all academics with an interest in the science and practical application of working with the young rugby player **Strength and Conditioning for Young Athletes** Rhodri Lloyd,Jon Oliver,2019-08-16 *Strength and Conditioning for Young Athletes Science and Application* offers an evidence based introduction to the theory and practice of strength and conditioning for young athletes Fully revised and updated this second edition draws on leading research to offer a holistic approach to

training centred on the concept of long term athletic development and the welfare of the young athlete With 20 new authors and 8 new chapters the book explores every key topic in strength and conditioning applied to young athletes including Growth and maturation Talent identification and talent development Monitoring and assessment Coaching young athletes Motor skill development Strength development and plyometrics Speed and agility development Metabolic conditioning Mobility and flexibility Periodisation and nutritional strategies Injury prevention and wellbeing Developing a holistic programme for young athletes Written by a team of leading international strength and conditioning experts and paediatric sport scientists the book includes expanded practical guidelines in every chapter to show how the latest scientific research can be applied by coaches to optimise young athletic potential Including sample training programmes and exercises throughout this is an essential resource for all students of strength and conditioning or paediatric exercise science as well as any coach and athletic trainer working with children and young people

Strength and Conditioning for Sports Performance Ian Jeffreys, Jeremy Moody, 2021-03-29 An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson *Strength and Conditioning for Sports Performance* is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning providing students coaches and athletes with everything they need to design and implement effective training programs Revised and updated for a second edition the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed step by step guides to all key training methodologies including training for strength speed endurance flexibility and plyometrics The second edition expands on the opening coaching section as well as introducing an entirely new section on current training methods which includes examining skill acquisition and motor learning Throughout the book the focus is on the coaching process with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations *Strength and Conditioning for Sports Performance* includes a unique and extensive section of sport specific chapters each of which examines in detail the application of strength and conditioning to a particular sport from soccer and basketball to golf and track and field athletics The second edition sees this section expanded to include other sports such as rugby union rugby league and American football The book includes contributions from world leading strength and conditioning specialists including coaches who have worked with Olympic gold medallists and international sports teams at the highest level *Strength and Conditioning for Sports Performance* is an essential course text for any degree level student with an interest in strength and conditioning for all students looking to achieve professional accreditation and an invaluable reference for all practising strength and conditioning coaches

The Adolescent Athlete Lyle J. Micheli, Laura Purcell, 2018-07-25 This reader friendly book takes a practical approach to caring for the adolescent athlete Logically organized by joint the book identifies both chronic and acute injuries in addition to congenital conditions It details fundamentals including basic anatomy joint examination and patient history Emphasis is

placed on the recognition of injury patterns unique to adolescent athletes and tables are incorporated throughout to assist with diagnosis This book also highlights return to play guidelines and includes summary pearls Anatomical photos x rays and MRI scans illustrate all key concepts *Essentials of Youth Fitness* Avery D. Faigenbaum, Rhodri S. Lloyd, Jon L. Oliver, American College of Sports Medicine, 2020 ACSM's *Essentials of Youth Fitness* is the authoritative guide on motor skill development aerobic and anaerobic conditioning and strength power speed and agility training for young athletes

Oxford Textbook of Children's Sport and Exercise Medicine Neil Armstrong, Willem van Mechelen, 2017 Now consisting of fifty innovative chapters authored by internationally recognised scientists and clinicians the extensively revised third edition of the Oxford Textbook of Children's Sport and Exercise Medicine is the fundamental reference work on paediatric exercise medicine and sport science Using a scientific evidence based approach and new insights into understanding the exercising child and adolescent this title covers a complex and rapidly evolving field Designed to inform challenge and support all involved in the study and treatment of the exercising child and adolescent the Oxford Textbook of Children's Sport and Exercise Medicine presents complex scientific and medical material in an accessible and understandable manner With extensive sections on Exercise Science Exercise Medicine Sport Science and Sport Medicine chapters comprehensively cover training physical activity in relation to health issues the physiology of the young athlete and injury using the research and practical experience of a renowned author team Fully illustrated and extensively revised new topics and fully updated material complement the state of the art approach of previous editions With an increased focus on molecular exercise physiology close to 75% of the content found in this edition is new material reflecting the many advances and developments across this discipline **Pediatric Practice Sports Medicine** Dilip R. Patel, Donald E. Greydanus, Robert J. Baker, 2008-10-01 A treatment focused guide for sports related health issues in children and adolescents JAMA REVIEW The editors are outstanding experienced physicians with a great wealth of knowledge as well as practical proficiency in this field The other contributors are also first rate authors and all have done a wonderful job in researching the subjects and writing them up in a way that is easy to read and understand I firmly believe that Pediatric Practice Sports Medicine will quickly become the favorite of students residents and primary care clinicians It will be embraced because of its ease of use and its valuable practical contents I am sure it will find its way to medical libraries throughout the nation or world and to most offices for primary care clinicians I would recommend this book for anyone dealing with pediatric and adolescent patients even if that interaction takes place only a few times per year I think that this will be a must have reference for pediatricians family practitioners student health clinicians pediatric and family nurse practitioners and physician assistants and anyone working with children and adolescents Journal of the American Medical Association 4 STAR DOODY'S REVIEW The book does an outstanding job of describing the etiology presentation evaluation and treatment of various problems providing a quick and valuable resource for practitioners This is a well organized comprehensive book that will prove useful

to any primary care physician who treats younger athletes The detailed discussions of common problems supplemented by numerous illustrations and tables will simplify the often challenging task of caring for this demanding patient population Doody s Review Service Pediatric Practice Sports Medicine is a must have book for every medical practitioner who provides care to children and adolescents Sandra J Hoffmann MD MS FACS FACP Fellow of the American College of Sports Medicine Board of Trustees 2006 2009 of the American College of Sport Medicine Associate Professor Dept of Family Medicine Idaho State University School of Medicine from the foreword Pediatric Practice Sports Medicine explains the practical aspects of treating children who participate in sports The authors cover everything from screening and safety issues to the treatment of sports related injuries and trauma How to manage patients with medical conditions that impact sports participation is also included Providing critical information about what you need to know and do in virtually any case this book also offers valuable perspectives on pathophysiology epidemiology and diagnosis This full color guide is designed to ensure quick easy searches for treatment directives Perfect for pediatricians family practice physicians and nurse practitioners Pediatric Practice Sports Medicine is the handiest and most comprehensive guide available for treating children participating in sports of all kinds Features of the Pediatric Practice Series More than 450 full color illustrations Tips that tell you what you must know and what you must do at every stage of care Diagnostic and treatment algorithms Signs Symptoms and Differential Diagnosis boxes What to Refer boxes which examine all the relevant clinical considerations Diagnostic Tests with a realistic emphasis on the right tests to order Medical Treatment coverage that includes drugs dosages and administration in an easy to read tabular format Convenient icons and a templated chapter design **Sports Coach** ,1998

Care of the Young Athlete Steven J. Anderson,2000 This text is designed for all physicians and health care professionals who care for children participating in sports Major sections include exercise and its physical social and psychological benefits and risks physiology and nutrition medical issues and musculoskeletal issues House and Senate Documents of the ... Session Virginia. General Assembly,1995 Volumes for some years include documents for extra or special sessions

Illustrated Sporting & Dramatic News ,1907 **Punch** Mark Lemon, Henry Mayhew, Tom Taylor, Shirley Brooks, Francis Cowley Burnand, Owen Seaman, 1913 Herald and Presbyter ,1897 **Journal of Education** ,1904 **The Journal of Education** ,1904 **United Services and Empire Review** ,1925 **The Architect** ,1875 **Architect** ,1875

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web 1 choose your bread and slice it thickly for particularly fluffy custardy french toast select bread like brioche or challah for something with a little more structure go for a country style

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web oct 13 2023 ingredients 1 1/2 cups half and half cream 3 large egg yolks 3 tablespoons brown sugar 2 teaspoons vanilla extract 3/4 teaspoon ground cinnamon 1/2 teaspoon salt 1/4 teaspoon ground nutmeg 8 slices day old brioche bread 1 inch

thick optional toppings butter maple syrup fresh berries whipped cream and confectioners sugar directions

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web sep 26 2023 method make the egg mixture in a medium bowl whisk together the eggs milk and cinnamon stir in the orange zest and or soak the bread slices in egg mixture place each slice of bread into the milk egg mixture allowing the bread to soak in fry the french toast melt some butter in a large

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web aug 21 2023 ingredients $\frac{2}{3}$ cup milk 2 large eggs 1 teaspoon vanilla extract optional $\frac{1}{4}$ teaspoon ground cinnamon optional salt to taste 6 thick slices bread 1 tablespoon unsalted butter or more as needed

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web ingredients yield 4 servings 2 whole eggs 2 egg yolks 2 cups whole milk or $1\frac{3}{4}$ cups milk plus 2 to 4 tablespoons cream 1 teaspoon vanilla extract optional pinch of salt unsalted butter for

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web feb 23 2019 instructions whisk together egg mixture in a bowl vigorous whisk avoid cinnamon floating on top melt 15g 1 tbsp butter in a non stick skillet over medium heat dunk a piece of bread quickly into the egg mixture coating both sides place in pan repeat with more slices to fill cook for 2 $\frac{1}{2}$

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web instructions 1 to make this easy french toast recipe whisk egg vanilla and cinnamon in shallow dish stir in milk 2 dip bread slices in egg mixture turning to coat evenly on both sides 3 cook bread slices on lightly greased nonstick griddle or skillet on medium heat until cooked through and

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