



ENGAGE



What is ENGAGE?

ENGAGE is an integrated and structured player readiness and robustness programme aimed at enhancing rugby performance and enjoyment. ENGAGE will guide your team through a structured preparation programme before training and matches. ENGAGE aims to help players warm up, reduce the risk of injury and improve performance. These exercises will help create more robust players, ready for the demands of training and match-play.

Phase 1: READINESS

Dynamic movements to help players warm-up.

Suitable for any age group.

Increase the repetitions and speed to increase heart rate more.

Readiness

Robustness

Performance

Phase 2: ROBUSTNESS

Muscle activation to create long-term strength and endurance.

Progress by increasing sets and repetitions as tolerated.

If any of your players struggle with some of the exercises in Phase 2, try some of the alternative Phase 2 exercises below. Focusing on developing fundamental movement patterns will help players progress to Phase 2 of ENGAGE.

Alternative Phase 2 exercises:

1. Reverse Lunge:

Standing tall with feet together.

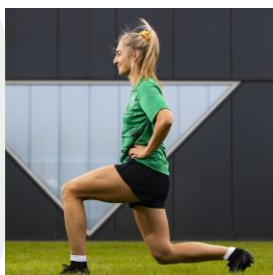
Step back with the right foot.

Front hip and knee bending to 90*

Reps: 5 per leg

Sets: 1

Progression: 8 reps per leg



2. Bird Dog

On all 4s.

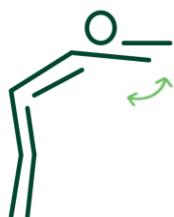
Straighten right arm & left leg out.

Pull right elbow and left knee back to meet, then straighten out again.

Reps: 5 per side

Sets: 1

Progression: 8 per side



3. IYTs

Hinge forward at hips, back flat.

Slight bend in the knees.

Raise arms up keeping elbows straight into an 'I' position.

Lower and repeat for 'Y' & 'T'

Reps: 5

Sets: 1

Progression: 8 reps

4. Y Squat:

Arms overhead in a 'Y' position.

Feet shoulder width apart.

Bend at hips and knees.

Try to keep back flat throughout.

Reps: 6-8

Sets: 1

Progression: 10-12 reps



Phase 3: PERFORMANCE

Primers to get performance ready for rugby-specific activities

Focus on key areas of the game; contact and high speed running

Can be done at the start of the training session or integrated into the session before specific training activities

Complete the ENGAGE course on GAINLINE
to receive an active coaching badge!



Go to irishrugby.ie for the entire ENGAGE programme,
including videos and educational resources.

READINESS AND ROBUSTNESS PROGRAMME

