

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

Paul Gamble



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 *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

Neuromuscular Training and Adaptations in Youth Athletes Urs Granacher, Christian Puta, Holger Horst Werner Gabriel, David G. Behm, Adamantios Arampatzis, 2018-11-02 The Frontiers Research Topic entitled Neuromuscular Training and Adaptations in Youth Athletes contains one editorial and 22 articles in the form of original work narrative and systematic reviews and meta analyses From a performance and health related standpoint neuromuscular training stimulates young athletes physical development and it builds a strong foundation for later success as an elite athlete The 22 articles provide

current scientific knowledge on the effectiveness of neuromuscular training in young athletes *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

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

The Young Tennis Player Alexis C. Colvin,James N. Gladstone,2016-04-08 Presenting a multidisciplinary approach to the prevention and management of injuries to young tennis players this unique book considers multiple factors contributing to the increasing numbers of such sports related injuries such as increased young athlete participation in tennis the pre professionalization of younger players and misconceptions surrounding treating children in the same manner as adults Beginning with the essentials for developing tennis players and their physical and mental growth with the sport the text then turns to prevention and management techniques and strategies covering the upper and lower extremities shoulder and elbow hip and knee and spine as well as other acute medical conditions Further consideration is given to proper nutrition strength and conditioning and rehabilitation and return to play Edited by clinicians directly involved in the care of young tennis players and including contributions from physical therapists nutritionists sports psychologists and physicians it is an invaluable and comprehensive resource for any professional seeing and treating young tennis players

Strength and Conditioning Marco Cardinale,Robert Newton,Kazunori Nosaka,2011-06-24 I recommend that you read and use the information in this book to provide your athletes with the best chances of performing at their best from the foreword by Sir Clive Woodward Olympic Performance Director British Olympic Association This book provides the latest scientific and practical information in the field of strength and conditioning The text is presented in four sections the first of which covers the biological aspects of the subject laying

the foundation for a better understanding of the second on the biological responses to strength and conditioning programs Section three deals with the most effective monitoring strategies for evaluating a training program and establishing guidelines for writing a successful strength and conditioning program The final section examines the role of strength and conditioning as a rehabilitation tool and as applied to those with disabilities This book is an invaluable textbook and reference both for academic programs and for the continuing education of sports professionals Integrates the latest research on physiological anatomical and biomechanical aspects of strength and conditioning Offers numerous practical examples of applications Provides guidelines for writing and monitoring effective strength training programs

Strength and Conditioning for Team Sports Paul Gamble, 2013 Strength and Conditioning for Team Sports is designed to help trainers and coaches to devise more effective high performance training programs for team sports This remains the only evidence based study of sport specific practice to focus on team sports and features all new chapters covering neuromuscular training injury prevention and specific injury risks for different team sports Fully revised and updated throughout the new edition also includes over two hundred new references from the current research literature The book introduces the core science underpinning different facets of physical preparation covering all aspects of training prescription and the key components of any degree level strength and conditioning course including physiological and performance testing strength training metabolic conditioning power training agility and speed development training for core stability training periodisation training for injury prevention Bridging the traditional gap between sports science research and practice each chapter features guidelines for evidence based best practice as well as recommendations for approaches to physical preparation to meet the specific needs of team sports players This new edition also includes an appendix that provides detailed examples of training programmes for a range of team sports Fully illustrated throughout it is essential reading for all serious students of strength and conditioning and for any practitioner seeking to extend their professional practice

Strength and Conditioning for Sports Performance Ian Jeffreys, Jeremy Moody, 2021-03-30 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 **Planning for Sports Ultimate Performance** Dr. K.P. Manilal, 2021-05-19 It was

my ambition to bring out a book on planning different structural units of training and the structure of long term plans Many coaches find it difficult to make proper logical structural units of training because there is a paucity of literature pertaining to this area I hope this book will be highly useful to the coaches and trainers for doing the complicated job of planning their training programmes more easily This book presents the latest scientific information and theoretical framework of planning different training units as well as other aspects of training Chapter 1 deals with the basic principles of planning factors involved in planning training programmes and the Training Principles Chapter 2 is about the planning of competitions types of competitions peaking for competition tapering Aim of taper Physiological effects of tapering biochemical changes immune responses effects strength and Power Psychological effects performance changes types of taper designing taper programme reduction of training volume reduction of training intensity reduction of training frequencies taper duration and other important considerations during the taper such as tapering and travel enhancing recovery during taper and nutrition hydration during taper Chapter 3 describes planning of training loads load components classification of loads functions of training load and judgement of training load Chapter 4 is about Fatigue and Fatigue Management in Training central mechanism of fatigue peripheral fatigue model central governor model of fatigue monitoring of training fatigue performance test measures of neuromuscular function biochemical markers Questionnaires profile of mood states recovery Stress Questionnaire for athletes daily analysis of life demand and bio markers of muscle fatigue Chapter 5 presents an in depth idea of Adaptation process in sports training phases of adaptation hypothetical theoretical mechanism of adaptation general Adaptation Syndrome theory Super compensation theory fitness fatigue theory types of adaptation and biochemical aspects

of adaptations and the mechanism and limitations to adaptation Chapter 6 deals with planning of recovery types of recovery factors affecting recovery recovery pattern post workout recovery strategies types of fatigue planning the recovery programme nutrition and hydration strategies means of recovery pedagogical means physiotherapeutic means pharmacological means psychological recovery techniques monitoring training educating the athlete selecting appropriate recovery techniques different approaches to the use of recovery and planning of recovery means Chapter 7 deals with overtraining overtraining and overreaching reasons for overtraining symptoms types of overtraining manifestation of overtraining diagnosis of overtraining and preventing overtraining syndrome Chapter 8 addresses planning of training session classification and organization of training sessions Chapter 9 addresses planning of micro cycles classification of micro cycles organization of training sessions in micro cycles and structure of micro cycles with different magnitude and direction loads Chapter 10 describes planning of one day training programme Chapter 11 describes meso cycles types of meso cycles and combination of micro cycles within meso cycle Chapter 12 is about planning of macro cycles periodization of training with macro cycles physiological basis of periodization types of periodization training periods technology of planning and periodization models Chapter 13 gives the basic understanding of the structure of long term plans and different stages of long term plans Chapter 14 depicts the structure of long term athlete development model the stages of development and the criticisms of long term athlete development Chapter 15 explains the Youth physical development model and the motor qualities development

Training and Conditioning Young Athletes Tudor O. Bompa, Sorin Sarandan, 2022-12-12
 Training and Conditioning Young Athletes Second Edition is the authoritative guide for maximizing athletic development through proven programming and more than 200 of the most effective exercises to increase strength power speed agility flexibility and endurance *Athletiktraining für sportliche Höchstleistung* Daniel Lewindon, David Joyce, 2016-07-11
 L ngst ist klar dass ein Spitzensportler um zu den Besten seiner Disziplin zu gehen nicht nur sein Spiel oder seine Sportart trainieren sondern auch sportartspezifische Fitness und Kondition aufbauen muss Dieses sogenannte Athletiktraining das den Sportler fit macht für die spezifischen Anforderungen seiner Sportart ist heute in aller Munde und wird im Profisport ganz häufig durchgeführt Athletiktraining für sportliche Höchstleistung setzt neue Maßstäbe in Sachen sportliche Leistungsfähigkeit Zahlreiche internationale Experten für Athletiktraining Coaching und Rehabilitation gewähren dem Leser Einblicke in ihr richtungsweisendes Wissen und die Techniken die sie bereits erfolgreich bei Olympiateilnehmern Spitzenathleten sowie den Topteams der NBA NFL MLB der englischen Premier League international aktiven Rugby Mannschaften und Teilnehmern der Tour de France eingesetzt haben Die neuesten Ergebnisse aus der Wissenschaft werden mit bewährten Trainingsprogrammen kombiniert So erfährt der Leser wie man Kraft in Schnelligkeit übersetzt die aerobe Kapazität erhöht und anaerobe Leistung erzeugt oder während der Saison die Kondition auf dem höchsten Level hält Athletiktraining für sportliche Höchstleistung ist der ultimative Ratgeber für die Entwicklung aller Aspekte athletischer Leistungsfähigkeit Es ist ein Handbuch

das jeder ambitionierte Trainer Physiotherapeut und Athlet in seinem Regal haben sollte

Practical Sports Coaching
 Christine Nash, 2022-03-27 Practical Sports Coaching is a thorough and engaging guide for all sports coaching students and practitioners Drawing on real life case studies and examples the book is designed to develop practical coaching skills and provides readers with the methods and tools they need to become an expert coach Structured around all facets of the coaching process the text comprehensively covers topics such as Preparing to Coach the Role and Philosophy of Coaching Coaching Environments and the use of Modern Technology in Coaching This new and fully updated edition includes several new chapters that examine new and critical research areas such as the Coaching Professional Coach Wellness Mental Health and Performance Analysis for Coaches The book s practical approach allows the reader to consider common challenges faced by coaches suggesting solutions to performance concerns and preparing students for the realities of professional sports coaching The contributors draw upon their practical coaching experience as well as an understanding of coach learning and development Practical Sports Coaching helps to bridge the gap between theory and practical coaching skills and is an essential text for coaching students looking to deepen their understanding of sports coaching and experienced coaches developing their own practical skills

Multidirectional Speed in Sport Paul Jones, Thomas Dos'Santos, 2023-06-30 During field and court based sports players are continually required to perceive their environment within a match and select and perform the most appropriate action to achieve their immediate goal within that match instance This ability is commonly known as agility considered a vital quality in such sports and may incorporate a variety of locomotion and instantaneous actions Multidirectional speed is a global term to describe the competency and capacity to perform such actions accelerate decelerate change direction and ultimately maintain speed in multiple directions and movements within the context of sports specific scenarios encompassing agility speed and many other related qualities Multidirectional speed in sport depends on a multitude of factors including perceptual cognitive abilities physical qualities and the technical ability to perform the previously mentioned actions Multidirectional Speed in Sport Research to Application reviews the science of multidirectional speed and translates this information into real world application in order to provide a resource for practitioners to develop multidirectional speed with athletes bringing together knowledge from a wealth of world leading researchers and applied practitioners in the area of speed and agility to provide a complete resource to assist practitioners in designing effective multidirectional speed development programmes This text is critical reading for undergraduate and graduate sports science students all individuals involved in training athletes e g coaches physiotherapists athletic trainers and researchers in the field of sports science and sports medicine

Europe Active's Foundations for Exercise Professionals
 EuropeActive, 2015-01-19 EuropeActive s Foundations for Exercise Professionals provides core knowledge and industry standards to help exercise professionals serve their clients Endorsed by EuropeActive the continent s leading standard setting organisation in fitness and health this text is an authoritative guide for current and future exercise professionals and

training providers in Europe The book uses scientific foundations to cover concepts and hands on skills that promote best practices in exercise instruction and training The content applies to all levels of the European Qualifications Framework EQF and associated job titles the only resource to do so and matches the core information for EQF levels 3 and 4 Thus this instructional guide ensures smooth movement and work transfers among employers educational institutions and countries in Europe Written by renowned experts in exercise and sport sciences and framed in the European Register of Exercise Professionals Code of Ethical Practice for exercise professionals the text offers several practical features for readers Easy to apply instruction accompanied by 88 full colour photos and 68 illustrations offer an ideal visual learning experience Complete descriptions and images detail proper form for common free weight and machine resistance training exercises Explanations and recommendations are included for the most popular cardiorespiratory exercise equipment Official nutrition recommendations prepare professionals to address clients concerns The complete Code of Ethical Practice serves as a guide for all exercise professionals in Europe EuropeActive s Foundations for Exercise Professionals begins by covering the bones joints muscles and cardiovascular system to ensure a proper understanding of the body s movement and physiology Readers then learn the components of exercise theory and prescription including energy systems body composition resistance aerobic and flexibility training warm up and cool down and the principle of progression The book helps professionals become role models in the industry with information on managing lifestyle through physical activity health nutrition hydration and safety After gaining foundational knowledge readers will look closer at the role of the exercise professional starting with building rapport motivating screening and assessing clients The final chapters discuss the basic aspects of training exercise technique using weight machines free weights and cardiorespiratory equipment Both aspiring and qualified exercise professionals should keep abreast of foundational information about all areas of the health and fitness sector in order to properly serve the industry and their clients EuropeActive s Foundations for Exercise Professionals is an ideal reference for promoting physical activity making lifestyles healthier and guiding clients toward their fitness goals

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 FACSM 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 **Oxford Textbook of Children's Sport and Exercise Medicine** Neil Armstrong, Willem Van Mechelen, 2023 The 4th edition of the Oxford Textbook of Children s Sport and Exercise Medicine is the definitive single volume reference in the field presented in four sections Exercise Science Exercise Medicine Sport Science and Sport Medicine

High-Performance Training for Sports Joyce, David, Lewindon, Dan, 2014-05-16 High Performance Training for Sports presents today s best athlete conditioning protocols and programs in the world An elite group of international strength and conditioning specialists and sport physiotherapists explain and demonstrate the most effective applications of the most current sport science and sports medicine to enhance athletic performance Adaptations to Advanced Resistance Training Strategies in Youth and Adult Athletes Olaf Prieske, Helmi Chaabene, Jason Moran, Atle Hole Saeterbakken, 2022-04-25

Rfu Position Statement Strength Training For Young Players Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Rfu Position Statement Strength Training For Young Players**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Written by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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