

## **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 4<sup>th</sup> January; Club England on 14<sup>th</sup> February; Schools & Youth Governance Sub-Committee on 27<sup>th</sup> 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

**Joel Brannigan**



## **Rfu Position Statement Strength Training For Young Players:**

**Congressional Record** United States. Congress,1964 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

Commerce Business Daily ,2001-05      **The Times Index** ,1996 Indexes the Times Sunday times and magazine Times literary supplement Times educational supplement Times educational supplement Scotland and the Times higher education supplement      Science John Michels (Journalist),2008      **Strength and Conditioning for Young Athletes** Rhodri S. Lloyd,Jon L. 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 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 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 **Youth Strength Training**, **Strength Training for Young Athletes** William J. Kraemer, Steven J. Fleck, 2005 The former president of the National Strength and Conditioning Association offers an authoritative guide to designing safe effective training programs for 24 of the most popular youth sports 250 photos

*Strength Training* Sarah Roggio, 2024-07-30 All people require certain elements of physical strength to get through their daily routines and strength training is more than just piling heavy weights on a barbell This title examines the many ways people can get stronger and how those methods benefit both athletic performance and everyday life Features include a glossary references websites source notes and an index Aligned to Common Core Standards and correlated to state standards Essential Library is an imprint of Abdo Publishing a division of ABDO

**Total Training for Young Champions** Tudor O. Bompa, 2000 A complete training and conditioning program is now available for coaches parents and strength and conditioning experts who work with young athletes ages 6 to 16 300 illustrations Strength Training for KIDS Sport Chris Cherry, 2020-06-05 Learn how to coach the fundamental movement patterns and how they apply to strength training for kids children sports Learn how to progress and regress the movements and exercise selections based on what will be most beneficial to increase strength and power in developing young athletes Learn and use what industry professionals are doing when it comes to assessing young athletes in their movement competencies and how to apply this to exercise selection This book contains detailed information on how to coach all of the main lifts including deadlift squat and bench press with detailed information on kettlebell exercises including swings and get ups Full colour pictures of numerous strength training exercises in each of these fundamental movements Full detailed information and colour pictures on the importance of spinal stabilisation or core activation during strength building exercises Variations of exercises within all of these movement patterns and how different exercise selection can change and improve spinal core stabilisation

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## **Table of Contents Rfu Position Statement Strength Training For Young Players**

1. Understanding the eBook Rfu Position Statement Strength Training For Young Players
  - The Rise of Digital Reading Rfu Position Statement Strength Training For Young Players
  - Advantages of eBooks Over Traditional Books
2. Identifying Rfu Position Statement Strength Training For Young Players
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Rfu Position Statement Strength Training For Young Players
  - User-Friendly Interface
4. Exploring eBook Recommendations from Rfu Position Statement Strength Training For Young Players
  - Personalized Recommendations
  - Rfu Position Statement Strength Training For Young Players User Reviews and Ratings
  - Rfu Position Statement Strength Training For Young Players and Bestseller Lists
5. Accessing Rfu Position Statement Strength Training For Young Players Free and Paid eBooks
  - Rfu Position Statement Strength Training For Young Players Public Domain eBooks
  - Rfu Position Statement Strength Training For Young Players eBook Subscription Services
  - Rfu Position Statement Strength Training For Young Players Budget-Friendly Options

6. Navigating Rfu Position Statement Strength Training For Young Players eBook Formats
  - ePub, PDF, MOBI, and More
  - Rfu Position Statement Strength Training For Young Players Compatibility with Devices
  - Rfu Position Statement Strength Training For Young Players Enhanced eBook Features
7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Rfu Position Statement Strength Training For Young Players
  - Highlighting and Note-Taking Rfu Position Statement Strength Training For Young Players
  - Interactive Elements Rfu Position Statement Strength Training For Young Players
8. Staying Engaged with Rfu Position Statement Strength Training For Young Players
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Rfu Position Statement Strength Training For Young Players
9. Balancing eBooks and Physical Books Rfu Position Statement Strength Training For Young Players
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Rfu Position Statement Strength Training For Young Players
10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
11. Cultivating a Reading Routine Rfu Position Statement Strength Training For Young Players
  - Setting Reading Goals Rfu Position Statement Strength Training For Young Players
  - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Rfu Position Statement Strength Training For Young Players
  - Fact-Checking eBook Content of Rfu Position Statement Strength Training For Young Players
  - Distinguishing Credible Sources
13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks
14. Embracing eBook Trends
  - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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