

## **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

**O García**



## **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 *Science* John Michels (Journalist),2008 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 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 **The High School Athlete: Football** Michael Volkmar, 2019-05-28 BRING YOUR GAME AND YOUR PLAYERS TO THE NEXT LEVEL For the dedicated student athlete it s always football season The High School Athlete Football is the essential program for any student looking to play football in high school as well as any coach looking to revolutionize their methods Designed from the ground up for developing student athletes and drawing on scientifically proven training models The High School Athlete Football builds from fundamentals to advanced workout progressions for both freshmen and varsity players of all positions With over 100 workouts The High School Athlete Football includes everything a young athlete needs to know about physical and mental fitness nutrition and training regimens Geared towards young athletes and their immediate fitness goals The

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**Strength & Power for Young Athletes** Avery D. Faigenbaum, Wayne L. Westcott, 2000 Outlines a strength training program for young athletes aged seven to fifteen that includes free weight body weight machine cord and medicine ball exercises as well as stretching exercises and nutritional guidelines

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