



RUGBY ONTARIO

PHASE 2 RTP ACTIVITY LIST (JUNIORS)

PHASE 2 REQUIREMENTS & RESTRICTIONS

PHASE



2

Max Participants
100

Distance Req.
2M
Always

NON-CONTACT ACTIVITIES*

SHARED BALL ONLY

60
MIN MAX.

*Non-Contact Activity: training or games that always maintain physical distancing between all participants.

LIST OF RECOMMENDED ACTIVITIES

The activities below have been identified by the national return to play working group as safe to perform in phase 2 of Return to Play

Warm-Up / Physical Prep

NAME	LINK
Activate Injury Prevention Exercise Program *Individual exercises only	World Rugby

Physical Conditioning

NAME	LINK
Circuit Circus	PlaySport
Spell Your Name Workout	PE Universe

Passing

NAME	LINK
Partner Passing Techniques	RC National Skills Resource - pg. 51, 53, 54, 56, 58, 61
Pass Under Pressure' The Diamond	RC Key National Themes - pg. 14

Kicking

NAME	LINK
Goal Kicking Test	RC National Skills Resource - pg. 26
Kick Tennis; Kick on the Move	RC National Skills Resource - pg. 11, 12

Defence

NAME	LINK
Tracking & Tackling	The Rugby Site
Breakdown & Clearout	Rugby Ontario - Coaching Corner

Set Piece

NAME	LINK
Ball Balance	RC National Skills Resource - pg. 34
Swiss Ball Target Throwing	RC National Skills Resource - pg. 10, 102, 104, 106

Competitions

NAME	LINK
Rugby Golf	Rugby Ontario Rugby Golf Game Card
Ultimate Rugby	Rugby Ontario Ultimate Rugby Game

Ensure you follow ALL requirements and restrictions in Phase 2

For any questions on these activities and how to use them contact:
covid19manager@rugbyontario.com