

GET YOUR HEAD IN THE GAME!



Prepare for the match

- **Set the routine** – ensure you're getting enough sleep, eat well and limit alcohol intake
- **Get hydrated**
- **Stay in shape** – choose healthy options and do 20 minutes exercise a day
- **Warm up** – getting the blood flowing and the muscles warm reduces the risk of injury

Set the game plan

- **What's the task** - by failing to prepare, you are preparing to fail. (People, equipment, paperwork.)
- **What's your position** – know your role in the team
- **Create a Mindset of Champions** – strive for success, maintain the balance and learn from your mistakes
- **How long's the game.** Discuss how long they need to be focussed for, what tasks need extra focus
- **Don't go in assuming it's an easy game.** (every game can be lost or cause injury)

Keep your eye on the ball

- **Think ahead** - look for the hazards
- **Where's the next pass /** hazards coming from
- **Keep your eye on the ball**, even when you can't see the ball - don't get distracted
- **Know the pitch** / field / ground condition - what other works

Look after the team

- **No one is bigger than the team**
- **It's not about a quick game** - its about a safe game with the right outcome
- **Get the whole team to the end**, everyone needs to get to the end of the game uninjured

Ten minute warm up and focus session with rugby passes:

Passing the rugby ball around the team – each “player” must briefly describe a hazard associated with their tasks or the site and provide at least one control measure.

As the ball is passed from one to another, each person will have to come up with a different hazard.