

Wheelchair Rugby League Club Setup Pack

Community to Elite · RFL 2026 Standards · Classification · Equipment · Funding

£12.99 one-off

All Ages & Abilities

Instant Download

What's included:

- ✓ Complete club setup guide — from first meeting to first match
- ✓ Classification paperwork guide and RFL contact list
- ✓ Equipment checklist with recommended suppliers
- ✓ UK funding sources for wheelchair purchase and club costs
- ✓ 12 complete session plans across 4 phases
- ✓ Advanced set plays and tactical guide
- ✓ Player recruitment strategy for wheelchair rugby
- ✓ Parent and carer information pack
- ✓ Printable session achievement certificates
- ✓ 2026 RFL Wheelchair Super League contacts and resources

Created by Ken Snelson | Former Professional Rugby League Player (1980s)
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Club Setup Guide — From First Meeting to First Match

Step	Action	Who	Timeline
1	Contact the RFL Wheelchair team — get registered as a club	Club founder	Week 1
2	Apply for DBS checks for all coaches and volunteers	All coaches	Week 1–2
3	Source wheelchair loan scheme via RFL or local disability sport org	Club founder	Week 2–4
4	Book venue — indoor sports hall preferred, outdoor if needed	Club organiser	Week 2–4
5	Contact BWRLA for amateur league registration	Club secretary	Week 3–4
6	Run first taster session — open to all, no chairs needed to try	Head coach	Week 4–6
7	Apply for Sport England or local authority funding for chairs	Treasurer / funding lead	Month 2

8	Register for RFL Level 1 coaching course	All coaches	Month 2–3
9	Enter a local league or festival — contact RFL for fixtures	Club secretary	Month 3
10	Review and recruit — grow the squad	All staff	Ongoing

Equipment Checklist

Item	Minimum Needed	Notes	Approx Cost
Wheelchairs	6–8 for training	Loan from RFL or BWRLA to start — funding for purchase later	£800–£2000 each
Rugby league balls	6	Size 4 — same as standing game	£15–£25 each
Training bibs	16 (2 colours)	Split into two sets for attack/defence drills	£3–£5 each
Cones	20+	Various colours for drill marking	£10–£20 per set
Lap straps	1 per chair	Check each chair before every session — safety essential	Usually included with chair
Anti-tip wheels	Fitted to every chair	Check clearance — 2–3cm from floor	Fitted by supplier
First aid kit	1 per session	RFL mandates first aid cover at all sessions	£30–£50
Pump (for tyres)	1	Check tyre pressure before every session	£10–£20
Scoreboard / whiteboard	1	For tactics and session planning	£20–£50
Stopwatch	2	For timing drills and fitness tests	£5–£15 each

UK Funding Sources for Wheelchair Rugby League

Funding Source	What They Fund	How to Apply	Typical Amount
Sport England — Grassroots Grants	Equipment, facility hire, coach training	sportengland.org/funding — search grassroots grants	£300–£10,000
RFL Community Fund	Balls, bibs, cones, basic equipment	Contact RFL directly — rugby-league.com	Varies — ask RFL
Local Authority Sport Development	Anything that grows participation	Contact your council sports development officer	£500–£5,000
Lottery Community Fund (National)	Equipment, salaries, facility development	tnlcommunityfund.org.uk	£300–£10,000+
Disability Sport Fund	Equipment specifically for disabled sport	Contact your county sport partnership	£500–£3,000
Club fundraising	Chairs, running costs	Quiz nights, charity events, online fundraising (JustGiving)	Unlimited potential
Wheelchair manufacturer sponsorship	Chairs in exchange for branding	Contact Quickie, TiLite, RGK directly	1–3 chairs

12-Session Programme — Wheelchair Rugby League

PHASE 1

Phase 1 — Foundation

Sessions 1–3 · Chair control, ball handling, contact introduction

Foundation · Session 1

Chair Control — The Foundation of Everything

Ages All levels · 75 minutes · Focus: Chair control, acceleration, turning

✓ Players confident with forward sprint and reverse · ✓ Figure-of-8 completed at increasing speed · ✓ 90-degree turns executed correctly

Time	Activity	Coach Does	Players Do
0–10	Chair warm-up — forward, reverse, 90-degree turns	Check every player's chair setup before starting.	Warm up the shoulders. Control your chair.
10–22	Figure-of-8 drill — timed	Record every time. Challenge to beat it each session.	Maximum speed. Beat your own time.
22–35	Ball handling in the chair — catch, pass, dummy pass	Seated mechanics are different — be patient.	Get comfortable with the ball from the chair.
35–48	Fast hands passing square	Progress to second ball when first is clean.	Pass around the square. Speed and accuracy.
48–60	Chair contact pairs — wheel to wheel	Safety check every chair before contact.	Legal contact only — wheel or frame.
60–70	4v2 attack grid	Focus on positioning not speed initially.	Use your numbers. Find the space.
70–75	Huddle — chair tips for home practice	Give each player one specific home tip.	Take one improvement home with you.

"Control the chair and you can play the game. Fight the chair and the game fights you."

COACH TIPS

- Chair setup must be checked before every session — it is the coach's responsibility
- Ball handling from a seated position takes longer to develop than standing — patience is essential
- The figure-of-8 timed drill creates tremendous self-motivation — use it every session
- Legal contact in wheelchair rugby is wheel and frame only — teach this clearly from session 1

Foundation · Session 2

Game Basics — Rules, Tactics and First Match

Ages All levels · 75 minutes · Focus: Rules, basic tactics, first competitive play

✓ Every player understands the 6-tackle rule · ✓ Dummy half options understood · ✓ First competitive game completed

Time	Activity	Coach Does	Players Do
0–10	Chair warm-up — full circuit	Protocol every session.	Warm up. Check your chair.
10–22	Rules walk-through — tackle, play ball, 6 tackles	Walk through slowly. Answer every question.	Understand the rules. Ask anything.
22–35	Dummy half options drill	Walk through all 3 options with every player.	Run, pass left, pass right. Own all 3.
35–48	Defensive drift — in wheelchairs	5 players in a line. All drift together.	Communicate. Drift together. Hold shape.
48–62	Full rules conditioned game — 5v5	Referee strictly but positively.	Play the real game. Use the rules.
62–70	Review — what questions came up?	Answer every question — no question is too basic.	Ask everything. There are no silly questions.
70–75	Celebrate the first game	Make it a big moment.	Remember this — your first game of wheelchair rugby.

"Today you played your first game. Remember this moment — it is the beginning of something brilliant."

COACH TIPS

- Rules should be taught in the context of a game as much as possible — not in isolation
- Dummy half options in wheelchair rugby are identical to the standing game — use the same drills
- The first competitive game is a massive milestone — celebrate it explicitly
- Answer every rules question no matter how basic — confusion about rules kills enjoyment

Foundation · Session 3

Set Plays and Tactics — Building the Playbook

Ages All levels · 75 minutes · Focus: Set plays, positioning, team structure

✓ One set play rehearsed to automatic · ✓ Defensive positions understood · ✓ Team communication system established

Time	Activity	Coach Does	Players Do
0–10	Chair warm-up	Protocol.	Complete.
10–22	Set play — dummy half to left then right then straight	Walk through until every player knows their role.	Own the play. Know where you go.
22–35	Defensive positioning — each player knows their zone	Draw it on a whiteboard before the session.	Know your zone. Cover it.
35–50	Set play attack v organised defence	Defence knows the play is coming. Still defend it.	Execute under pressure.
50–62	Full game — use the set play	Award 3 points for scoring from set play.	Use the play. Make it count.

62–70	Advanced tactics discussion — watch a clip if available	Show RFL Wheelchair Super League footage if possible.	See what elite looks like. Aim for it.
70–75	Season goals — as a team	Agree on 3 things to achieve this season.	Own the goals. Hold each other to them.

"A team with a plan will always beat a collection of individuals without one."

COACH TIPS

- Write the set play on a whiteboard before every session until it is automatic
- Showing Super League wheelchair rugby footage is enormously motivating — use it
- Team goal-setting in session 3 creates accountability for the rest of the season
- One set play mastered is more valuable than three set plays half-learned

● Attacker

■ Defender

▲ Cone

→ Run

■ Pass

Key Drills — Wheelchair Rugby League — Pitch Diagrams

1

Figure-of-8 Sprint

All levels

2 cones

Maximum speed

Beat your own time



● SKILL FOCUS

Chair acceleration, deceleration, turning, directional change

● GAME TRANSFER

Chair mastery — players need to control the chair automatically to focus on the game

● COACHING CUE

"Push hard — drive through the turns — beat your time!"

2

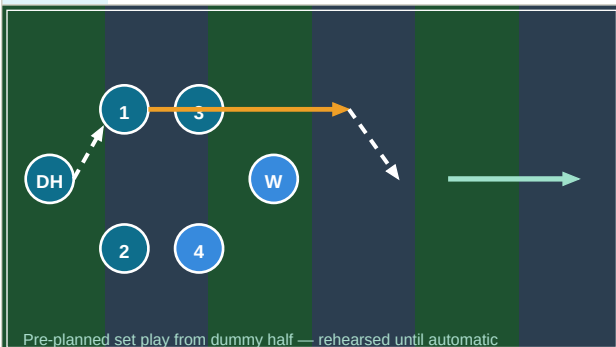
Set Play from Dummy Half

All levels

Pre-planned play

Rehearsed

Execute under pressure



● SKILL FOCUS

Pre-planned attacking pattern, chair positioning, timing

● GAME TRANSFER

A rehearsed set play creates scoring opportunities that individual skill cannot create

● COACHING CUE

"Walk it — half speed — full speed — own it!"

3

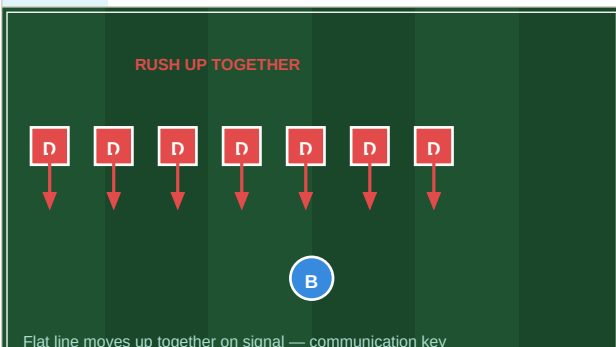
Defensive Drift

Intermediate+

5 defenders

Flat line

Drift together



● SKILL FOCUS

Defensive structure, communication, maintaining shape in wheelchairs

● GAME TRANSFER

Organised drift defence in wheelchairs is harder than standing — worth every minute of practice

● COACHING CUE

"All drift together — CALL the runner!"

★ England Wheelchair Rugby League — national team defensive system

Wheelchair Rugby League Achievement Certificate

CoachEdge Rugby — Wheelchair Programme

Awarded to

For

Coach _____

Date _____

Season _____

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