

Women's Rugby League Full Season Programme

Grassroots to Performance · 2026 RFL Standards · ACL Prevention · S&C; · Welfare

£12.99 one-off

Girls U12 → Women Open
Age

Instant Download

What's included:

- ✓ 12 complete session plans across 4 phases
- ✓ ACL injury prevention warm-up protocol (every session)
- ✓ Women-specific S&C; periodised programme
- ✓ Welfare and safeguarding quick reference guide
- ✓ Squad recruitment toolkit — grow your women's team
- ✓ Match day preparation guide for women players
- ✓ Nutrition guide with iron and calcium focus
- ✓ Player confidence tracker
- ✓ Printable achievement certificates
- ✓ RFL Women's pathway and contact guide 2026

Created by Ken Snelson | Former Professional Rugby League Player (1980s)
CoachEdge Rugby — coachedgerugby.com

PREMIUM PRODUCT — For personal and club coaching use only. Not for redistribution.

Season Overview — Women's Rugby League

This programme is built on 2026 RFL Women's standards. Every session includes the ACL prevention warm-up protocol — non-negotiable for female players. Adjust training loads around the menstrual cycle where players request it.

Phase	Sessions	Focus	Key Outcome
Pre-Season	1–3	ACL prevention, contact confidence, fitness baseline	Safe, confident players ready for contact
Early Season	4–6	Tackle technique, attack patterns, defensive shape	Core skills and team structure established
Mid Season	7–9	Set plays, game intelligence, fitness peak	Competitive match-ready team
End of Season	10–12	Review, celebration, next season planning	Retained players, growing squad

ACL Prevention Warm-Up Protocol — Use Every Session

This 8-minute protocol should open every session. ACL injuries are 3–6x more common in female players. This warm-up is evidence-based and takes 8 minutes. It is not optional.

Exercise	Duration	Why It Matters
Jog in straight line	2 mins	Raise heart rate, warm tendons and ligaments gradually
Hip circles — both directions	30 secs each	Activate hip abductors — critical for knee stability
Lateral band walks	30 secs each	Glute medius activation — primary ACL protector
Walking lunges with knee drive	1 min	Single leg strength and neuromuscular activation
Single leg calf raises	20 each leg	Ankle stability and proprioception
Jump and soft land — two feet	10 reps	Neuromuscular control — landing mechanics
Jump and soft land — single leg	8 each leg	Single leg control — mirrors match deceleration
Lateral shuffle + change of direction	30 secs	Multidirectional movement preparation

PHASE 1

Pre-Season

Sessions 1–3 · ACL prevention, contact confidence, fitness

Pre-Season · Session 1

Contact Confidence — Safe from Day One

Ages All ages · 75 minutes · Focus: ACL warm-up, contact intro, team building

✓ ACL prevention protocol completed · ✓ Every player completes a tackle safely · ✓ Positive team atmosphere established

Time	Activity	Coach Does	Players Do
0–8	ACL prevention warm-up	Lead it yourself. Explain why each exercise matters.	Complete protocol. Take it seriously.
8–20	Tackle progression — stationary body position	No contact until body position is perfect.	Get the position right first. Every time.
20–35	Tackle progression — walking tackle with pad	Only move to jog when walking is consistent.	Build confidence. Trust the process.
35–48	Ball presentation circuit	Three stations — rotate every 5 mins.	Present cleanly. Dummy half reacts.
48–60	4v2 support play — no contact	Focus on decision-making not physicality.	Find the space. Support the ball.
60–70	Conditioned game — light contact	Freeze any technique errors. Correct positively.	Apply skills. Play with confidence.
70–75	Huddle — celebrate bravery	Name every player who showed courage today.	Celebrate bravery. Not just tries.

"Confidence in contact is built slowly. Today is step one. Every step matters."

COACH TIPS

- The ACL warm-up must happen every single session — no exceptions
- Never rush contact progression for women new to the game — take the time it takes
- Celebrating bravery explicitly is more powerful than celebrating skill at this stage
- If a player is apprehensive about contact — pair with the most encouraging teammate

Pre-Season · Session 2

Speed and Agility — Women's Athletics

Ages All ages · 75 minutes · Focus: Sprint mechanics, agility, fitness

✓ A-march and A-skip technique correct · ✓ T-drill agility baseline recorded · ✓ Fitness level established for the season

Time	Activity	Coach Does	Players Do
0–8	ACL prevention warm-up	Non-negotiable. Explain it every session until it is habit.	Protocol. Every exercise. Every rep.
8–22	A-march, A-skip, flying 10s	Correct technique over speed. Film if possible.	Sprint mechanics. Perfect the movement.
22–35	T-drill agility — timed baseline	Record every time. Keep private.	Compete against yourself. Record your time.
35–48	Ladder drills — 3 patterns	Two feet in each rung. Ickey shuffle. Lateral run.	Foot speed. Precision. Build patterns.
48–60	Repeated sprint drill — 6 x 20m with 30 sec rest	Count times. Note fatigue drop-off.	Sprint. Recover. Sprint again.
60–70	Ball-in-hand conditioned game	Speed into contact situations.	Use your speed. Play with pace.
70–75	Hydration and nutrition chat	Give each player the nutrition guide summary.	Learn what fuels performance.

"Speed is trainable. Every player in this group will be faster in 12 weeks."

COACH TIPS

- Film the A-march if possible — players are much more motivated when they can see their technique
- Record T-drill times privately — compare at end of season for remarkable development proof
- The repeated sprint drill is a great fitness benchmark — use it as a mid-season retest too
- The nutrition conversation in the last 5 minutes is one of the most impactful things you do all season

Pre-Season · Session 3

Team Structure — Building the Shape

Ages All ages · 75 minutes · Focus: Team patterns, positional awareness, communication

✓ Each player knows their defensive position · ✓ Basic backline alignment rehearsed · ✓ Team communication improving

Time	Activity	Coach Does	Players Do
0–8	ACL warm-up	Protocol. Explain any exercise players are skipping.	Complete protocol. Every player.
8–20	Positional walk-through — where do you stand?	Walk the whole team through defensive shape.	Find your position. Understand your role.
20–35	Backline alignment drill — flat passing	Walk through first. Half speed next.	Flat pass. Timing. Communication.
35–50	Defensive drift — 7 in a line	Step in only if communication breaks down completely.	Drift together. Call the runner.
50–62	4v2 with defensive reset	Transition from attack to defence quickly.	Attack then defend. No break in between.
62–70	Conditioned game — team shape focus	Freeze to show excellent shape moments.	Use the shape. Trust your teammates.

70–75	Huddle — name the team leaders	Ask the group who they trust to lead.	Identify leaders. Give them ownership.
-------	--------------------------------	---------------------------------------	--

"A team with a shape and a voice is harder to break than a team with individual talent alone."

COACH TIPS

- Identifying team leaders in session 3 gives you social structure for the rest of the season
- Walk through defensive shape every session until it is automatic — never assume they remember
- Flat passing is harder than it looks for new players — patience and lots of repetition
- The transition drill (attack then defend with no break) is the most game-realistic drill of pre-season

PHASE 2

Early Season

Sessions 4–6 · Skills, attack, defence

Early Season · Session 4

Tackle Mastery — Technical Excellence

Ages All ages · 75 minutes · Focus: Tackle technique, contact confidence, defensive line

✓ Full-speed tackle technique sound for every player · ✓ Ball presentation fast and consistent · ✓ Defensive line communication audible

Time	Activity	Coach Does	Players Do
0–8	ACL warm-up	Protocol.	Complete.
8–22	Full-speed tackle progression	Full speed only when technique at jog is sound.	Earn the full-speed tackles.
22–35	Ball presentation — speed focus	Target: present and play ball under 3 seconds.	Race the clock. Under 3 every time.
35–50	Defensive line v attack — competitive	Award 2 points for defensive stops.	Defend as a unit. Make the stop.
50–62	Tackle bag circuit — 3 stations	High intensity. Short rest. Build fitness.	Hit, fall, present, play ball. Repeat.
62–70	Conditioned game — defensive intensity	Reward aggressive, legal defence loudly.	Defend hard. Attack harder.
70–75	Defensive player of the session award	Name the most technically correct tackler.	Celebrate the defender.

"The best tackler in this team is not always the biggest. It is the most technically correct."

COACH TIPS

- Never celebrate a big hit — celebrate correct technique. This changes the culture.
- Ball presentation speed is measurable — track it and show improvement weekly
- Tackle bag circuits build confidence in players nervous about contact
- The defensive player award shifts the culture toward valuing defence as much as attack

Early Season · Session 5

Attack Patterns — Creating Scoring Opportunities

Ages All ages · 75 minutes · Focus: Attack shape, set plays, dummy half options

✓ One set play rehearsed until automatic · ✓ Dummy half options confident · ✓ Backline creates and converts overlap

Time	Activity	Coach Does	Players Do
0–8	ACL warm-up	Protocol.	Complete.
8–20	Dummy half options — decision drill	Add a live defender when walking through is clean.	Run, pass left, pass right. Under 2 seconds.
20–35	Backline set play — inside ball and wide	Walk x3, half x3, full x3. Own it.	Rehearse until it is second nature.
35–50	4v2 attack — focus on quality	Stop and rewind every poor decision. Show the correct option.	Quality over quantity. Make the right call.
50–62	Attack vs defence — 7v7	Freeze play for both great attack and great defence.	Attack with purpose. Use your plays.
62–70	Conditioned game — set play must be used	Award 3 points for scoring from set play.	Use the play. Make it count.
70–75	Attack review — what worked	Ask players to identify what created tries.	Analyse. Learn. Improve.

"An attack with a plan is more dangerous than an attack with individual talent alone."

COACH TIPS

- Dummy half options need to be drilled weekly until they are automatic — it takes time
- The inside ball set play is the most effective first set play to teach any team
- Asking players to identify what created tries develops rugby intelligence faster than coaching it
- 4v2 with a quality focus is more valuable than 4v2 with a speed focus at this stage

Early Season · Session 6

Game Intelligence — Reading and Reacting

Ages All ages · 75 minutes · Focus: Decision-making, game sense, reading the defence

✓ Players make correct decisions in 2v1 and 3v2 · ✓ Kick-and-chase used at the right moment · ✓ Defensive line reads the attack correctly

Time	Activity	Coach Does	Players Do
0–8	ACL warm-up	Protocol.	Complete.
8–20	Reading the defence — 2v1 drill	Let them figure out the solution first.	Find the pass. Trust your support.
20–35	3v2 — progressing to 4v3	Only progress when 3v2 is consistently executed.	Use your numbers. Find the gap.
35–48	Kick-and-chase pairs	Focus on chase angle not just kick technique.	Kick early. Chase hard.
48–62	Conditioned game — open decision-making	Remove all coaching during the game. Observe only.	Play. Trust your instincts.
62–70	Defence reads attack — reaction drill	Coach points left or right — defence reacts.	Read. React. Cover.
70–75	Game intelligence award	Name the player who made the best decision of the session.	Celebrate intelligent play.

"The best players do not run the fastest. They see things before anyone else does."

COACH TIPS

- Removing all coaching during the conditioned game is the hardest thing to do — do it anyway
- Game intelligence develops through playing, not coaching — maximise game time every session
- Celebrating decision-making explicitly teaches players what you value
- The kick-and-chase chase angle is more important than kicking technique — teach it specifically

● Attacker

■ Defender

▲ Cone

→ Run

■ Pass

Key Drills — Women's Rugby League — Pitch Diagrams

1

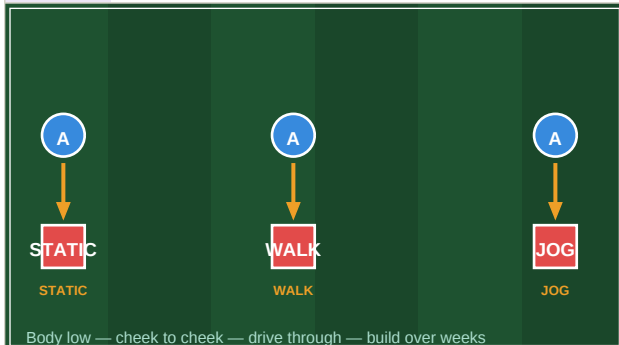
Safe Tackle Progression

All levels

Stationary → walk → jog

Pads first

Build over weeks



● SKILL FOCUS

Safe tackle body position, cheek-to-cheek contact, drive through

● GAME TRANSFER

The foundation of every defensive set — technique saves injuries and wins games

● COACHING CUE

"Body low — cheek to cheek — arms around — DRIVE!"

★ RFL England Women coaching team — tackle is the #1 coaching priority for 2026

2

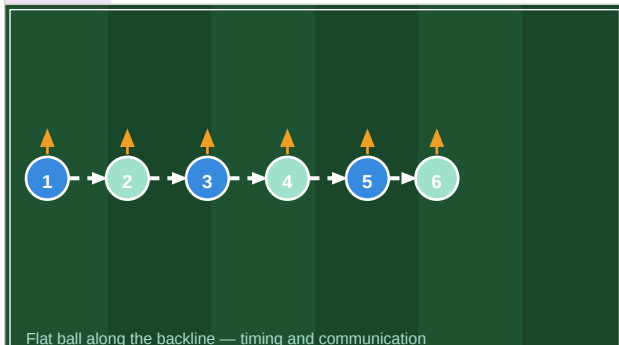
Backline Alignment

Intermediate+

Flat passing

Timing

Communication



● SKILL FOCUS

Backline passing accuracy, flat ball, timing across the line

● GAME TRANSFER

Moving the ball quickly and flatly creates space that no individual can create alone

● COACHING CUE

"Flat and fast — hit the target — follow your pass!"

3

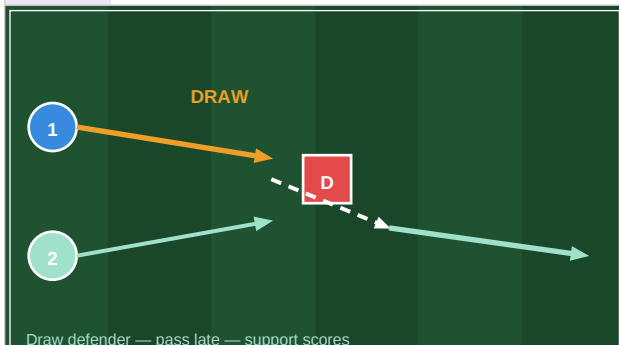
2v1 Attack

All levels

Draw defender

Pass at right time

Support scores



● SKILL FOCUS

Fixing the defender, timing the pass, support running

● GAME TRANSFER

The fundamental attack drill — every 2v1 in a match is a scoring opportunity

● COACHING CUE

"Draw him in — hold — NOW give it!"

4

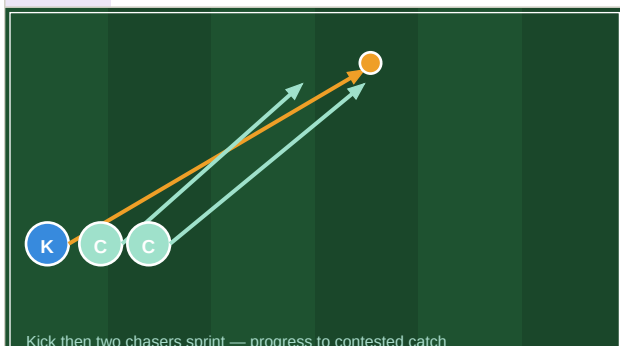
Kick and Chase Pairs

Intermediate+

Pairs

Chase angle

Progress to contested



● SKILL FOCUS

Kicking technique, kick-chase coordination, aerial contest

● GAME TRANSFER

The kicking game is a major weapon in women's rugby league — most teams never practise it

● COACHING CUE

"Kick — then GO — chase from the first step!"

Welfare and Safeguarding Quick Reference

Area	What Coaches Must Do
DBS Check	All coaches working with under-18 players must have a current DBS check. Register via the RFL or RFU.
Two Coach Rule	Never be alone with a player under 18. Always have a second adult present at training and matches.
Social Media	Never contact players under 18 on personal social media. Use club group chats only.
Changing Rooms	Players under 18 must not use adult changing rooms. Separate provision must always be made.
Injury Protocol	Any head injury = immediate removal from play. Follow RFL Headcase protocol. Parent contacted immediately.
Concerns	Any safeguarding concern = report to Club Welfare Officer immediately. Do not investigate yourself.
RFL Contact	RFL Safeguarding Team: 0113 232 9111 safeguarding@rfl.co.uk

Squad Recruitment Toolkit — Grow Your Women's Team

Action	How to Do It	Expected Result
Social media post	Post a short video of a session — 30 seconds, upbeat music, show players having fun	3–5 new enquiries per post
School visit	Contact local secondary schools PE departments — offer a free taster session	5–10 new players from each visit
Club open day	One Sunday morning — free, no commitment, bring a friend format	Biggest single recruitment driver
Local gym partnership	Poster in local gym: 'Play Women's Rugby League — All fitness levels welcome'	Reaches fitness-conscious women not in sport
Follow-up system	Every enquiry gets a personal text or call within 24 hours — then a follow-up text after first session	Doubles retention from first session
Free first month	Remove financial barrier — first month free, pay after that	Removes the biggest hesitation

Women's Rugby League Achievement Certificate

CoachEdge Rugby — Women's Programme

Awarded to

For

Coach _____

Date _____

Season _____

CoachEdge Rugby — coachedgerugby.com

Women's Rugby League Achievement Certificate

CoachEdge Rugby — Women's Programme

Awarded to

For

Coach _____

Date _____

Season _____

CoachEdge Rugby — coachedgerugby.com