



SPORTAUS

RISE

**LIFE-FIT
COACH
HANBOOK**



FOREWORD

Rugby League is described as the Greatest Game of All and in my view, It's with good reason.

Our game is fast, tough, skilful and gratifying. It can be played by anyone of any culture, upbringing, size, shape and gender. It tests your character, it helps build your resilience and it produces a proud and loyal community built on a common purpose, the love of rugby league. It cultivates all these qualities to develop people, good rugby league people defined by humility, passion and committed to always doing our best.

We are not all superstars as we are growing up. There are many stories that testify to this fact. I know of many successful players past and present who weren't recognised when they were young. I also know of more players who never fulfilled their potential. Most had poor attitudes, weren't reliable, didn't care about the team or respected the game.

I like the NRL RISE Rugby League Development program. When I began as Head Coach of the Australian Kangaroos, I asked the players about their journey, to tell their stories about how they became a member of the most successful National Sporting Team in Australia. The common thread was their love of the game, the great support as they were growing up, they consistently worked hard and never gave up on their dream. We all then made a positive statement that the Australian Kangaroos were going to be great role models and ambassadors for the game. We won't forget where we come from and wanted to inspire all our young people to have the same opportunities and support they had as they were growing up. As a group, we spoke about the importance of good people and when we don the Green and Gold Jersey we would never let it down, we'd compete and stand tall every time.

To all of you coaches, volunteers and support staff, who will contribute to the growth and development of the players within the program; Thank You! We urge you all to take what you learn throughout the program and pass it on to the rest of the Rugby League Community.



Mal Meninga

Head Coach – Australian Kangaroos

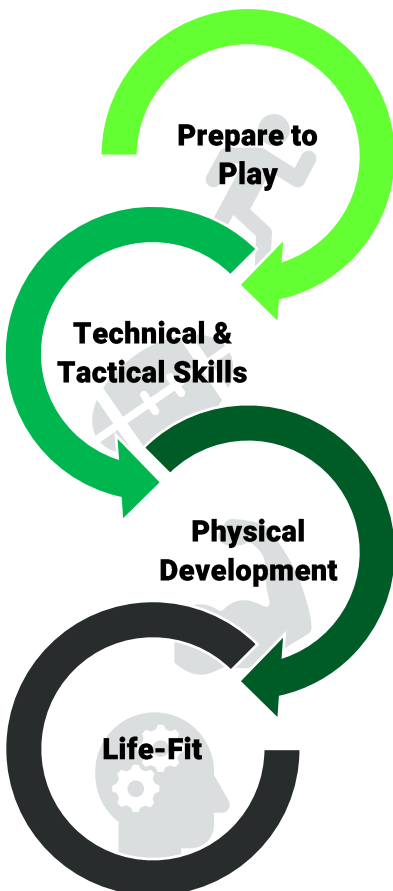


PROGRAM OVERVIEW

Supported by the Australian Government, the RISE Program provides aspirational Junior Rugby League players and coaches with an avenue to obtain specialised training and education through a holistic Rugby League development experience.

The program has been designed to provide players with an environment that will foster their confidence, competence, connection and character with the aim of increasing their performance, personal development and the likelihood of them being life-long contributors to the game.

The RISE Program consists of four development areas:



The **Prepare to Play Program** is a prescribed warm up that consists of a sequence of evidence based activities that aim to develop key physical competencies to increase athletic performance and reduce the risk of injury.

The **Technical & Tactical Skill Workshops** have been designed to improve the players **Attacking** and **Defensive** skills using age and stage appropriate activities that are tailored to suit each playing group.

The **RISE Physical Development program** has been designed to introduce the foundations of strength and conditioning and to help players develop their fundamental movement patterns.

The **Life-Fit Program** is delivered in partnership with Griffith University. Players will participate in a series of online modules and training activities that will help them develop the socio-emotional skills to tackle life's challenges.

LIFE-FIT COACH

Position Overview:

The RISE Program aims to provide young aspirational Rugby League players with an opportunity to enter the performance pathway and assist with their Rugby League skills, physical and socio-emotional development.

An important component of the RISE Program is Life-Fit which is delivered in partnership with Griffith University's Life-Fit-Learning research group led by Professor Allison Waters. Life-Fit comprises of a series of online lessons and on-field activities that help young players to be their selves by developing skills for enhancing grit and optimism, managing strong emotions, connecting with others and having healthy habits.

Responsibilities:

- ✓ Attend all RISE/Life-Fit training sessions as required
- ✓ Lead the delivery of Life-Fit on-field workshops that supplement the Life-Fit online modules that players complete between RISE sessions
- ✓ Support the Program Head Coach and Program Manager in the delivery of a world class, holistic development opportunity.



HOW TO USE THIS HANDBOOK

- Complete the Life-Fit online module prior to each RISE session.
- Each topic area has separate on-field activities for 13 year olds and 14 year olds so ensure you familiarise yourself with each on-field activity for your age group prior to the RISE session.
- Click on the QR code on each Life-Fit on-field activity page to see a demonstration of the activity.
- Each Life-Fit on-field session runs for 30 min so its' important to start and finish on time.
- Ensure you have the equipment and quantity of footballs required.
- Set up the field area according to the Learning Space requirements on each activity page.
- Familiarise yourself with the Objectives for each on-field activity, the Coach Instructions which will tell you what to do, and the Questions, Tips and Challenges section for more information.
- When players arrive at the Life-Fit on-field session, read the coaches instructions and move through the relevant activity according to the time specified in the Learning Space. Keep to time, as all Life-Fit on-field session take 30 min and players are rotating between other activities.
- Always complete the Life-Fit activities in the order they appear in the Handbook.
- Follow the activity step-by-step and do not change or leave out parts of the activity.
- Always click the QR code at the end of each session in the handbook to provide feedback and obtain assistance if you need help.

LIFE-FIT Contact Information

Director:

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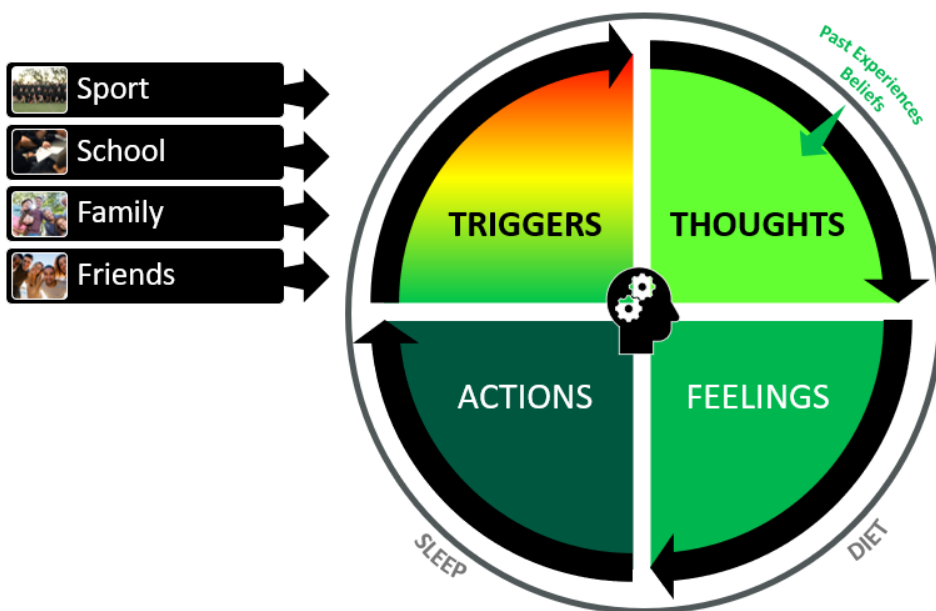
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SESSION 1

00:00	PARENT & PLAYER INDUCTION	
00:30	PREPARE TO PLAY PROGRAM INTRODUCTION	
01:00	PHYSICAL TESTING	
02:00	GROUP 1 & 2 ATTACK	GROUP 3 & 4 DEFENCE
02:30	GROUP 1 & 2 DEFENCE	Group 3 & 4 ATTACK
03:00	END	

SESSION 2 – 4

00:00	PREPARE TO PLAY			
00:15	GROUP 1 PHYSICAL DEVELOPMENT	GROUP 2 ATTACK	GROUP 3 DEFENCE	GROUP 4 LIFE-FIT
00:45	TRANSITION			
00:50	GROUP 1 LIFE-FIT	GROUP 2 PHYSICAL DEVELOPMENT	GROUP 3 ATTACK	GROUP 4 DEFENCE
01:20	TRANSITION			
01:25	GROUP 1 DEFENCE	GROUP 2 LIFE-FIT	GROUP 3 PHYSICAL DEVELOPMENT	GROUP 4 ATTACK
01:55	TRANSITION			
02:00	GROUP 1 ATTACK	GROUP 2 DEFENCE	GROUP 3 LIFE-FIT	GROUP 4 PHYSICAL DEVELOPMENT
02:30	END			

SESSION 5

00:00	PREPARE TO PLAY PROGRAM	
00:10	LIFE-FIT	
00:30	PHYSICAL TESTING	
01:00	GROUP 1 & 2 ATTACK	GROUP 3 & 4 DEFENCE
01:45	GROUP 1 & 2 ATTACK	GROUP 3 & 4 DEFENCE
02:30	END	

LIFE-FIT PROGRAM

Workshop Overview

Workshop	Under 13	Under 14+
Healthy Habits	Social Media	Sleep Energy and Sports Drinks
Strong Minds	Grit	Optimism
Stay Calm	Breathing Muscle Relaxation	Self-Talk Smile
Stay Connected	Gratitude Positive Actions	



HEALTHY HABITS



REMEMBER TO CHECK-IN

Scan the QR code and complete the quick online check-in. This will help us know how you're finding the on-field life-fit workshops and if we can assist you.



REMEMBER TO REVIEW THE MODULE

Log in to the NRL Learning Centre and complete the relevant LIFE-FIT Module

HEALTHY HABITS

KEY MESSAGES

Under 13 Social Media

- Knowing what's good and bad about social media use
- Reducing screen use overall
- Being smart on social media – delay responding
- Use privacy settings to protect your account

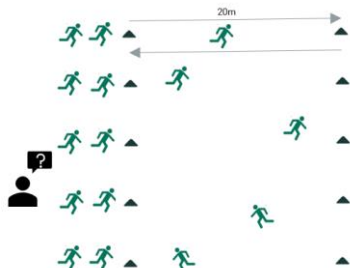
Under 14+ : Sleep and Energy Drinks

- Getting enough sleep
- Practicing good sleep habits
- Being smart with sports and energy drinks
- Drinking lots of water



UNDER 13'S: SOCIAL MEDIA

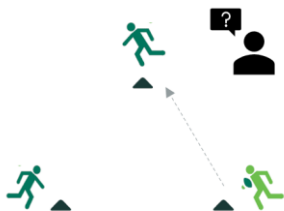
1. SOCIAL MEDIA TEAM CHALLENGE



Objectives:

1. Working together in a small group
2. Being physically active
3. Enhancing knowledge of healthy social media habits

2. SOCIAL MEDIA BALL PASSING CHALLENGE



Objectives:

1. Getting to know your team mates
2. Learning how social media affects other young people
3. Thinking about what you can do differently to improve your social media habits

3. LIFE-FIT LEARNING TOGETHER



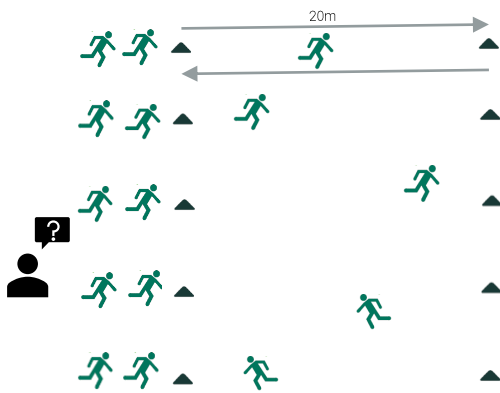
Objectives:

1. Sharing experiences about social media use
2. Learning from others
3. Improving your healthy social media habits

LIFE-FIT COACHES CHECK-IN

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Learning Space: 20m x 20m
Recommended Time: 8-10mins
Max Players Per Group: 3-4

Objectives

1. Working together in a small group
2. Being physically active
3. Enhancing knowledge of healthy social media habits

Coach instructions:

1. Divide players into groups of 3-4 and stand behind the starting line.
2. Place marker 20m from starting line in front of each group.
3. Instruct players that you will call out a question on social media from the Life-Fit Healthy Habits online program. Each group has to discuss their answer, then run around the marker and cross the line as a group, then you will ask each group for their answer. Any group with an incorrect answer has to run back around the markers again.
4. The group with the most correct answers out of 6 questions wins the Social Media Team Challenge.

Questions

1. If somebody sends you a message that makes you angry or upset, what should you do?
2. Why should you be cautious of strange friend requests?
3. What kinds of posts best describe Cyberbullying?

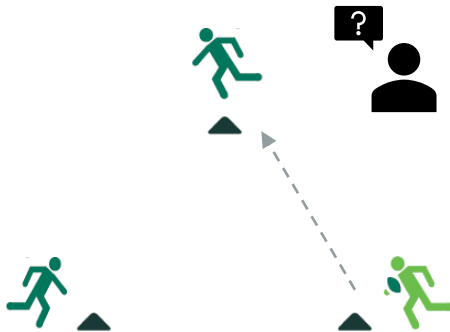
Answers

1. Delay your response and wait until you're less angry before responding
2. It might be spam, or somebody wanting your personal information
3. Sending hurtful messages, pictures, or comments

+Challenge

- Place the markers further back to 30 m.

SOCIAL MEDIA BALL PASSING CHALLENGE



Learning Space: Triangles, (4m apart)

Recommended Time: 8-10mins

Max Players Per Group: 3

Objectives

1. Getting to know your team mates
2. Learning how social media affects other young people
3. Thinking about what you can do differently to improve your social media habits

Coach instructions:

1. Ask players to divide into groups of 3 – not their usual friends so they get to know new people. Give each group a football, asking each group to form a triangle 4 m apart.
2. Instruct players to pass the ball around the triangle as fast and accurately as they can until you say **STOP**. Call out the question they are to ask each other in their group.
3. Once all players have answered, say start, players continue passing the ball as fast and accurately as possible in the other direction.
4. Repeat the stop, ask, say, and start procedure for all three questions below.

Questions

1. What are the good things about using social media?
2. What are the bad things about social media?
3. What are you going to change about your social media habits?

Answers

1. Stay connected with friends and family, get involved with groups, share ideas and interests, meet like-minded people, communicate with sporting clubs, share achievements
2. Can be a hub for Cyberbullying, can reveal too much personal information about oneself, can share more online than you should, can be contacted by someone you don't know, can make you feel bad about yourself compared to peers

+Challenge

- ☐ After the first question, ask them to take a step back in their triangle.
- ☐ After the second question, ask them to take another step back in their triangle.



Learning Space: N/A
Recommended Time: 8-10mins
Max Players Per Group: All

Objectives

1. Sharing experiences about social media use
2. Learning from others
3. Improving healthy social media habits

Coach instructions:

1. Ask the players to stand together in one large group.
2. Give the ball to a player and ask them to say out loud one thing they have learnt from their team mates during the Life-Fit session about one of the below questions and then pass the ball to another person in the group and keep going until everyone has received the ball:

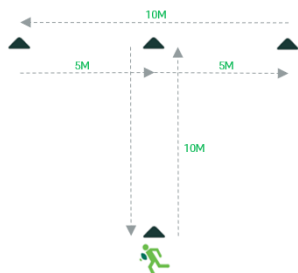
1. A good thing about social media use
2. A bad thing about social media use
3. Something they are going to change about their social media habits.

Tips

1. Remind players to listen while others are talking.
2. Remind players to respect different views and experiences.
3. Remind players to be respectful and well mannered and to pass the ball to others in the group, not just their friends.

UNDER 14+ : SLEEP & ENERGY DRINKS

1. SLEEP MEDICINE BALL CHALLENGE



Objectives:

1. Working together in a small group
2. Being physically active
3. Enhancing knowledge of healthy sleep habits and consumption of sports drinks

2. SPORTS DRINK PASSING CHALLENGE



Objectives:

1. Working together in a small group
2. Being physically active
3. Improving knowledge of sleep and energy drink consumption

3. LIFE-FIT LEARNING TOGETHER



Objectives:

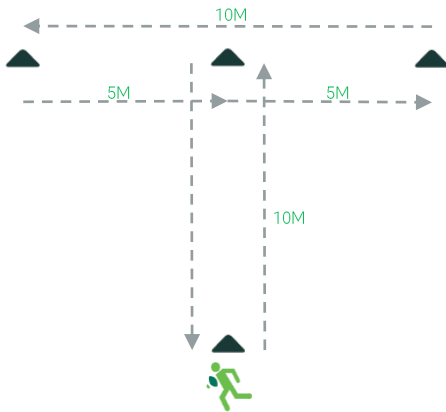
1. Working together in a small group
2. Being physically active
3. Checking knowledge of sleep and energy drink consumption

LIFE-FIT COACHES CHECK-IN

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SLEEP MEDICINE BALL CHALLENGE



Learning Space: 20m x 5m

Recommended Time: 8-10mins

Max Players Per Group: Two teams

Objectives

1. Working together in a small group
2. Being physically active
3. Enhancing knowledge of healthy sleep habits and consumption of sports drinks

Coach instructions:

1. Instruct players to form two teams and line up behind the start line.
2. In a relay, each player runs with ball in hand to the centre marker touching the ball on each marker before side stepping to the left marker then across to the right marker, then back to the middle marker. They then run backwards to the start line, and passes the ball to the next player in their team.
3. For one team only, substitute the football with the 4 kg medicine ball. That team will slow down and fall behind the other team.
4. At the end of the drill, ask the team to answer the following questions.

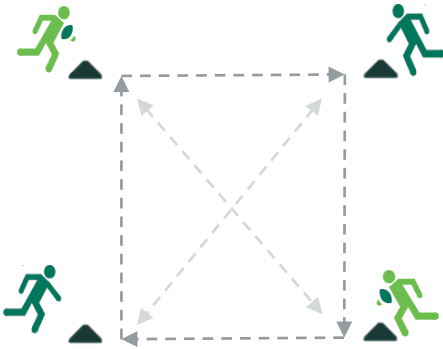
Questions

1. What did the medicine ball represent?
2. What impact did carrying the medicine ball have on your performance?
3. What impact did carrying the medicine ball have on your team's performance?
4. What have you learnt from the Healthy Habits online program to help have healthy sleep habits?

Answers

Challenge

- ❑ Have each player touch the top of the marker with the ball in the centre, left and right markers



Learning Space: 5 x 5m

Recommended Time: 8-10mins

Max Players Per Group: Groups of 8-12

Objectives

1. Working together in a small group
2. Being physically active
3. Checking knowledge of sleep and energy drink consumption

Coach instructions:

1. Ask players to form groups of 8-12 and stand 5 m apart in a circle.
2. Have them start with one ball with every second person.
3. Instruct them to pass the ball to the right and follow the ball to where they passed it.
4. After the ball has travelled around then introduce another ball in each group for 4 rotations, saying 'here comes another sugar hit'.
5. Introduce another ball and say 'here comes another Powerade' so that each group is having to pass the balls rapidly and may find it difficult to maintain control.
6. Keep the activity going until the groups cannot maintain the speed and accuracy.
7. Stop after 6 min and ask the groups what the groups the following questions:

Questions

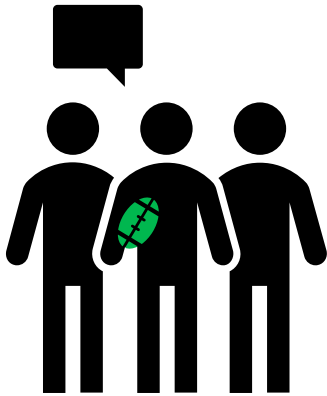
1. What did each new ball represent?
2. What happened when each new ball was added?
3. What happened when you stopped?
4. How is this like sports drinks?

Answers

1. The increased arousal in your body from a sports drink. It's like the effect it has on your body's system.
2. Each new ball (more sugar) increased the speed and arousal even more until it feels like you're racing.
3. You feel exhausted after the pace/hit of sugar.
4. The effect of extra balls was like the rush of sports drinks and the exhaustion afterwards.

+Challenge

- ☐ Make the grid narrower to give the players even less space and make it even more confusing.



Learning Space: N/A
Recommended Time: 8-10mins
Max Players Per Group: All

Objectives

1. Working together in a small group
2. Being physically active
3. Checking knowledge of sleep and energy drink consumption

Coach instructions:

1. Ask the players to stand together in one large group.
2. Give the ball to a player and ask them to say out loud one thing they have learnt during the Life-Fit session about one of the below questions and then pass the ball to another person in the group. Keep going until everyone has received the ball:
 1. A good thing about the effects of sleep
 2. A bad thing about the effects of sports drinks
 3. Something they are going to change about their sleep and sports drinks habits.

Tips

1. Remind players to listen while others are talking.
2. Remind players to respect different views and experiences.
3. Remind players to be respectful and well mannered and to pass the ball to others in the group, not just their friends.

GRIT & OPTIMISM



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REMEMBER TO REVIEW THE MODULE

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GRIT & OPTIMISM

KEY MESSAGES



Under 13: Grit

- Grit is the ability to work towards long term goals – even when things get hard!
- Setting goals, using strong thoughts, and practicing helps us to be grittier!
- Having a lot of grit helps us to become our best selves!

Under 14+: Optimism

- Optimism is hopefulness and confidence that outcomes will be positive and successful.
- Looking for good things around you

Practice the positive: Find three good things about your day; Find three good things about yourself

UNDER 14+ : GRIT

1. LEG SQUAT CHALLENGE



Objectives:

1. Direct experience of putting grit into practice
2. Being physically active
3. Observing use of strong thoughts, practice and working together

2. PLANK CHALLENGE



Objectives:

1. Direct experience of putting grit into practice
2. Being physically active
3. Observing use of strong thoughts, practice and working together

3. GRIT INTERVIEW



Objectives:

1. Learning from others
2. Sharing information to help others learn about grit
3. Getting to know more about grit from your team mates

4. LIFE-FIT LEARNING TOGETHER



Objectives:

1. Sharing experiences about grit
2. Learning from others
3. Learning ways to improve grit

LIFE-FIT COACHES CHECK-IN

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LEG SQUAT GRIT CHALLENGE



Learning Space: N/A

Recommended Time: 8-10mins

Max Players Per Group: 2 per group

Objectives

1. Direct experience of putting grit into practice
2. Being physically active
3. Observing use of strong thoughts, practice and working together

Coach instructions:

1. Ask players to divide into pairs and stand back-to-back.
2. Advise them they will do a leg squat leaning against each other.
3. Goal is to practice using Strong Thoughts covered in the Life-Fit Grit & Optimism online program to push hard and hold the squat for as long as possible.
4. The Life-Fit Challenge is to see who can hold it the longest (may need to set a 3 min limit).
5. After the squat, ask the group to share their thoughts using the questions below.
6. Then ask each pair to do the leg squat again and focus on using Strong Thoughts to see if they can hold it for longer this time.

Questions

1. Notice what you are saying to yourself.
2. If you have an unhelpful thought like 'this hurts', 'I can't do anymore', follow it up with a Strong Thought like 'I'll do 10 sec more'; 'it hurts but I've got this'; 'stay focused'.
3. Use humour, smile and push on, look at your team mates and be determined to hold it as long as they do.

Tips

Praise players when you see facial expressions and body language indicating they are pushing hard to hold the squat and showing good grit.

Avoid creating competition and challenge among players. This is about each player finding their grit from within themselves.

+Challenge

- ☐ Players squat on one leg – other leg off the ground.

PLANK GRIT CHALLENGE



Learning Space: N/A
Recommended Time: 8-10mins
Max Players Per Group: All

Objectives

1. Direct experience of putting grit into practice
2. Being physically active
3. Observing use of strong thoughts, practice and working together

Coach instructions:

1. Ask players to lie down ready to hold a plank position.
2. Remind them to use Strong Thoughts and hold the plank as long as they can (3 min max).
3. This time, ask players to say their Strong Thoughts out loud as they hold the plank position.
4. The player who holds the plank the longest wins the Life-Fit Plank Challenge.

Questions

1. What was the activity like for you?
2. Did you want to give up straight away?
3. Did you push yourself?
4. How did you push yourself to keep going?
5. What thoughts were going through your head?

Answers

Have the players discuss the answers to these questions as a group following the planking challenge. Have them pay attention to each other's answers to see if they experienced similar 'gritty' thoughts.

+Challenge

- ❑ Test your endurance as a group. Show your Grit. Last player planking wins.



Learning Space: Behind goal area
Recommended Time: 8-10mins
Max Players Per Group: 2 per group

Objectives

1. Learning from others
2. Sharing information to help others
3. Getting to know more about your team mates

Coach instructions:

1. Ask players get into pairs and stand opposite each other with a football.
2. Ask players to pass the ball back and forth to each other while they ask each other the following questions about Grit.
3. Remind players to be respectful, listen to each others story, and respect differences in experiences.

Questions

1. Who is somebody in your life who has shown grit?
2. What qualities do you think makes them gritty?
3. What sort of setbacks have they had to overcome?
4. What is something you have learnt from that person that you can take on board in your own life?

Answers

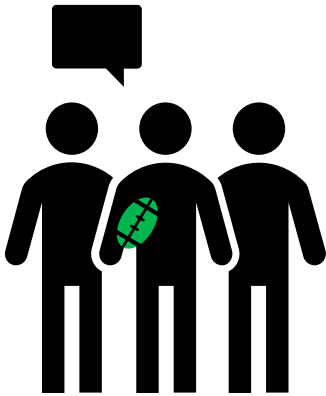
Players are to share their answers with each other in pairs.

No right or wrong answers.

Ensure players are listening and being respectful towards each other and the stories they share.

+Challenge

- ☐ Ask players to think of a second person who has shown grit.



Learning Space: N/A
Recommended Time: 8-10mins
Max Players Per Group: All

Objectives

1. **Sharing experiences about grit**
2. **Learning from others**
3. **Learning ways to improve grit**

Coach instructions:

1. Ask the players to sit together in a group.
2. Ask each pair to stand up, introduce their team mate, and tell the group one thing they learnt from their team mate about their grit story:
 1. Who was their gritty person
 2. What made them be gritty
 3. What your team mate has learnt from that person

Tips

Remind players to listen while others are talking.
Remind players to respect different views and experiences.
Remind players to be respectful and well mannered when introducing their team mate and their experiences.

14 YEAR OLDS: OPTIMISM

1. OPTIMISM TEAM CHALLENGE



Objectives:

1. Working with other team mates
2. Being physical active
3. Learning to find and focus on positive features to increase optimistic outlook

2. LIFE-FIT LEARNING TOGETHER



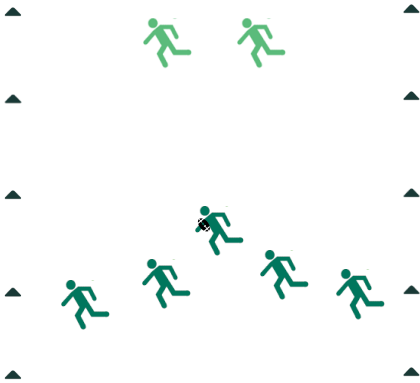
Objectives:

1. Sharing information and helping others
2. Listening and learning from others
3. Developing your knowledge and skills to be optimistic about outcomes and the future

LIFE-FIT COACHES CHECK-IN

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Learning Space: 20m x 20m
Recommended Time: 20 mins
Max Players Per Group: 6-7 per group

Objectives

Working with other team mates

Being physical active

Learning to find and focus on positive features to increase optimistic outlook

Coach instructions:

1. In a 20m x 20m Grid have 5 attackers and 2 defenders get set.
2. Before starting the game, instruct defenders to find 3 good things in the situation to focus on and share with the group and instruct attackers to find 3 good things in the situation to focus on and share with the group.
3. Play the 5 v 2 game. (3 plays to score with a pass to restart play)
4. After, instruct defenders and attackers to find 3 good things about their own play and share with the group.
5. Next, ask the other players who were watching to share what they noticed were the good things in the game play.
6. Then have another group play the 5 v 2 game while others watch and listen to the good things players identify as well as share what the good things were that they observed.
7. After all players have played the 5 v 2 game, ask the group to share their answers to how they can apply the 'look for good' strategy in other areas of their life.

Tips

It can be difficult to find good things to focus on, especially if the situation is difficult e.g., defending 2 v 5 attackers. However remind players that being optimistic means being hopeful and confident a good outcome can occur no matter what. Therefore finding good things helps to be more optimistic and positive about the future and potential outcomes.

Examples of good things include playing with a good mate, knowing you're fast off the mark, the grass is long and soft if you get tackled, you have good grip on your shoes, the opposing player is smaller than you, you have plenty of room to move around.

+ Challenge

Play the game several times and keep encouraging the players to find good things.



Learning Space: N/A
Recommended Time: 8-10mins
Max Players Per Group: All

Objectives

Sharing information and helping others

Listening and learning from others

Developing your knowledge and skills to be optimistic about outcomes and the future

Coach instructions:

1. Ask the players to stand together in one large group.
2. Give the ball to a player and ask them to say out loud one thing they have learnt during the Life-Fit session about one of the below questions and then pass the ball to another person in the group. Keep going until everyone has received the ball:
 1. A good thing you found and focused on
 2. What you noticed happened when you focused on positive things
 3. What you learnt when others focused on good things

Tips

Remind players to listen while others are talking.
Remind players to respect different views and experiences.
Remind players to be respectful and well mannered when introducing their team mate and their experiences.

KEEP CALM



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KEEP CALM

KEY MESSAGES

- Strong emotions can make it hard to perform at our best and can influence our actions.
- Being under pressure, having to sustain a high level of performance, and when situations are uncertain can cause strong emotions.
- We can become more aware of our emotions by paying attention to our thoughts and body signals.
- There are some strategies that we can use to keep cool.

Under 13:

**On the Spot Breathing
Move your Muscles**

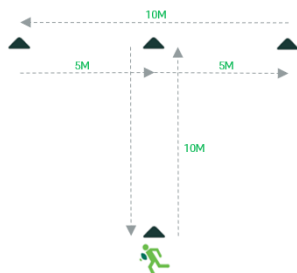
Under 14+:

**Strong Self-Talk
Smile – Keep it Simple**



UNDER 14+ : SLEEP & ENERGY DRINKS

1. SLEEP MEDICINE BALL CHALLENGE



Objectives:

1. Working together in a small group
2. Being physically active
3. Enhancing knowledge of healthy sleep habits and consumption of sports drinks

2. SPORTS DRINK PASSING CHALLENGE



Objectives:

1. Working together in a small group
2. Being physically active
3. Improving knowledge of sleep and energy drink consumption

3. LIFE-FIT LEARNING TOGETHER



Objectives:

1. Working together in a small group
2. Being physically active
3. Checking knowledge of sleep and energy drink consumption

LIFE-FIT COACHES CHECK-IN

Scan the QR code and complete the quick online check-in. This will help us know how you're finding the on-field life-fit workshops and if we can assist you.

Insert
QR
Code

UNDER 13 : BREATH & MOVE

1. ON THE SPOT BREATHING



Objectives:

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm
3. Putting strategies into practice

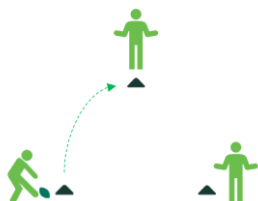
2. MOVE YOUR MUSCLES



Objectives:

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm
3. Putting strategies into practice

3. RELAX AND KICK



Objectives:

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm under pressure
3. Putting strategies into practice

4. LIFE-FIT LEARNING TOGETHER



Objectives:

1. Sharing information and helping others
2. Listening and learning from others
3. Developing your knowledge and skills to manage strong emotions

LIFE-FIT COACHES CHECK-IN

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Learning Space: N/A

Recommended Time: 5 mins

Max Players Per Group: All

Objectives

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm
3. Putting strategies into practice

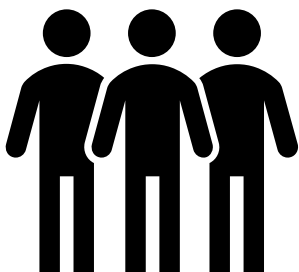
Coach instructions:

1. Click on the QR code to watch the demonstration of On the Spot Breathing.
2. Ask players to stand in a circle and place one hand on their chest and one on their stomach.
3. Remind players that it can feel like strong emotions such as anger and feeling nervous can seem like they come out of nowhere. Paying attention to our thoughts and body signals are important ways to tell that emotions are building.
4. Remind players that On the Spot Breathing can help reduce strong feels and get back in control.
5. Let's practice On the Spot Breathing. You can use this anywhere at any time and no-one needs to know you're doing it. Having your hand on your chest and on your stomach just shows you that when On the Spot Breathing, your hand on your stomach should rise up and down, not the hand on your chest.
6. Complete the On the Spot Breathing exercise below for 1 minute.

On the Spot Breathing

- When we experience strong emotions, our breathing becomes more rapid, and our heart rate increases – breathing deeply helps those symptoms to fade away.
 - This is something that you can practice any time, any where!
1. Place one hand on your stomach, and one hand on your chest. Imagine that there is a balloon in your stomach, and you need to blow it up as big possible (this means you need to push the air that you breathe into your stomach).
 2. Slowly breathe in through your nose, counting to 3, to blow up the balloon in your stomach. Your chest should not move. Watch to make sure that only the hand on your stomach moves.
 3. Hold your breath while you keep the balloon filled with air, and say RELAX to yourself.
 4. Slowly breathe out through your nose while counting to 3. The balloon in your stomach will slowly deflate, and the hand on your stomach will go down.
 5. Hold your breath and say RELAX to yourself.
 6. Try to do this 5 times.

RISE MOVE YOUR MUSCLES



Learning Space: N/A
Recommended Time: 5 mins
Max Players Per Group: All

Objectives

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm
3. Putting strategies into practice

Coach instructions:

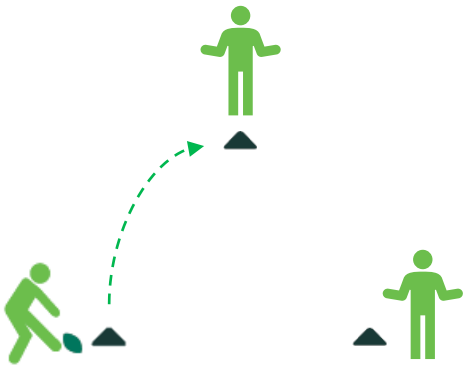
1. Click on the QR code to watch the demonstration of Move Your Muscles.
2. Ask players to remain standing in a circle with arms by their side.
3. Remind players that it can feel like strong emotions such as anger and feeling nervous can seem like they come out of nowhere. Paying attention to our thoughts and body signals are important ways to tell that emotions are building.
4. Remind players that Move Your Muscles can help reduce strong feels and get back in control.
5. Let's practice Move Your Muscles. You can use this anywhere at any time and no-one needs to know you're doing it. You don't have to do the full routine. You might want to relax only the main muscle groups where you feel tension. You can see players doing this at the start of a game or when they feel under pressure.
6. Complete the Move Your Muscles exercise below for 1 minute.

Move Your Muscles

1. Screw up your face and count to 3. Then say RELAX to yourself and relax your face.
2. Shrug your shoulders upwards and try to make them touch your ears and count to 3. Then say RELAX to yourself and relax your shoulders.
3. Squeeze your fingers together like you are squeezing a ball and count to 3. Then say RELAX to yourself and relax your fingers.
4. Pull your stomach in and pretend that you are trying to squeeze through a very small space and count to 3. Then say RELAX to yourself and push your stomach out again.
5. Make your legs really straight and tighten all the muscles in your legs and count to 3. Then say RELAX to yourself and relax your legs.
6. Clench and point your toes towards the floor and count to 3. Then say RELAX to yourself and roll your feet in circles and relax your toes.

+Challenge

- ☐ Practice the muscle groups that most relate to each player's emotions – shaking out arms and hands can be helpful for anger; neck and shoulders can be helpful for feeling nervous.



Learning Space: Behind goal area

Recommended Time: 15 min

Max Players Per Group: 3

Objectives

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm under pressure
3. Putting strategies into practice

Coach instructions:

1. Ask players to form groups of 3 in a triangle about 5 m apart.
2. Instruct that the goal is to kick the ball around the group as fast and accurately as possible without stopping for 2 min.
3. Ask one player in each group to count the number of kicks. Any group that drops the ball does 20 push ups. They must go as fast as possible to win.
4. After the drill, ask each group how many kicks were completed, and groups with dropped balls do 20 push ups
5. Now ask the groups to do 1 min of **On the Spot Breathing** and Move Your Muscles in their time.
6. Then ask the groups to repeat the kicking exercise again, this time to remain relaxed and focus on keeping calm between kicks by using breathing and moving muscles.
7. Remind them the goal is to make as many successful kicks as possible.
8. After the drill, ask each group how many kicks were completed, and groups with dropped balls do 20 push ups.

Tips

If some players become disruptive, laugh or find it hard to concentrate and do the breathing and moving in front of others, instruct them to face away from the group so they can concentrate better.

+Challenge

- ☐ Move the groups to 6 m apart if too easy.



Learning Space: N/A
Recommended Time: 5 min
Max Players Per Group: All

Objectives

1. Sharing information and helping others
2. Listening and learning from others
3. Developing your knowledge and skills to manage strong emotions

Coach instructions:

1. Ask the players to stand together in one large group.
2. Give the ball to a player and ask them to say out loud one thing they have learnt during the Life-Fit session about one of the below questions and then pass the ball to another person in the group. Keep going until everyone has received the ball:

1. What have you learnt?
2. When else in the game can breathing or moving muscles be helpful?
3. When can you use breathing and moving in other areas of your life?

Tips

Remind players to listen while others are talking.
Remind players to respect different views and experiences.
Remind players to be respectful and well mannered when introducing their team mate and their experiences.

UNDER 14+ : SMILE – KEEP IT SIMPLE

1. KEEP CALM UNDER PRESSURE: STRONG SELF-TALK



Objectives:

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm under pressure
3. Putting strategies into practice

2. KEEP GOING: SUSTAINED EFFORT & UNPREDICTABILITY



Objectives:

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm when the situation is unpredictable and sustained
3. Putting strategies into practice

3. LIFE-FIT LEARNING TOGETHER



Objectives:

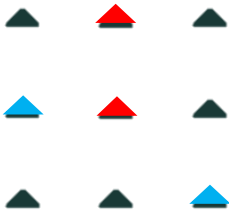
1. Sharing information and helping others
2. Listening and learning from others
3. Developing your knowledge and skills to manage strong emotions

LIFE-FIT COACHES CHECK-IN

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KEEP CALM UNDER PRESSURE: STRONG SELF-TALK



Learning Space: 20x20m space

Recommended Time: 10 min

Max Players Per Group: Groups of 3-6

Objectives

1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm under pressure
3. Putting strategies into practice

Coach instructions:

1. Place markers in a 3 x 3 grid about 2m apart using the same coloured markers (ideally white)
2. Form teams of 3-6 and give each team 3 coloured markers (i.e. blue and red) and have them line up on the start line about 10 m from the grid.
3. Instruct that the goal is to play a game of 'noughts and crosses' and the losing team does 20 burpees.
4. One player from each team will run out, place their colour on a marker, then run back. Then a the next player will run out, place another colour on a marker and run back. Players take turns until the game has finished.
5. If nobody has won, and all three coloured markers have been placed on the grid, the players can then pick up and move one of their colours to a different free marker.
6. Keep going until the game is won by the team that gets 3 of their balls in a row.
7. Ask the groups how they felt playing the game?
8. Now remind the groups about Self-Talk and Smile; "Stay focused"; "I've got this", "Keep it simple". And Smile as you go! You love playing footy. This is a game. Smile and enjoy it!
9. Then ask the groups to repeat the game again, this time saying their Self-Talk out loud and to smile as they run up and back and decide where to place the ball.
10. After the drill, ask the groups how they felt this time playing the game?

Tips

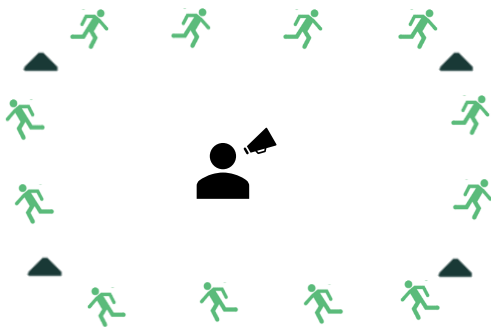
If players find this difficult, have them work in pairs to make each move.

If players show frustration, remind them to use their Keep Calm strategies – breathe, move, self-talk, smile

Challenge

- ☐ Make the distance 15 m or 20 m to the grid.

KEEP GOING: **RISE** **SUSTAINED EFFORT** **AND UNPREDICTABILITY**



Learning Space: 20m x 15m
Recommended Time: 10 min
Max Players Per Group: All

Objectives

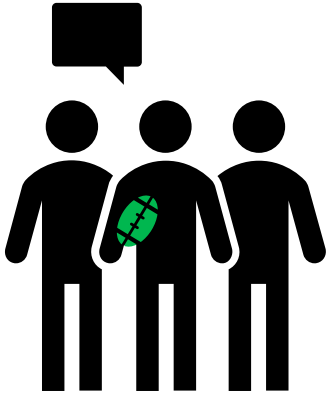
1. Learning to identify strong emotions
2. Learning how to use strategies to keep calm when the situation is unpredictable and sustained
3. Putting strategies into practice

Coach instructions:

1. Place 4 markers in a rectangle 20 m long x 15 m wide.
2. Instruct that the goal is run around the outside of the rectangle and listen out for instructions as they go, to follow that instruction, and then get up and keep running in the same direction.
3. First 5 min: start the group running –spread out around the rectangle- then every 15 sec, give the next instruction below (model each activity as you go):
 1. **10 burpees**
 2. **5 star jumps**
 3. **3 push ups**
 4. **Clapping hands 20 times**
 5. **20 high knees**
 6. **Your best dance moves for 10 sec then running again**
 7. **Stand still and perfectly silent for 10 sec (repeat above until 5 min)**
4. After 5 min – instruct the group to change direction.
5. Remind the group to use Self-Talk and Smile as this gets harder; e.g., “Stay focused”; “I’ve got this”, “Keep it simple”. And Smile as you go! You love playing footy. This is a game. Smile and enjoy it! I want to see you all smiling!!
6. Repeat the tasks above for another 5 min – this time also throw a footy to players and have them throw it back as they run.
7. Remind the group to use their Self-Talk and Smile.
8. After 5 min, stop the activity, ask the group to gather in and ask how the group:
What did you learn about how to manage your feelings?

Tips

If players find this difficult, suggest they walk instead of run, but they must keep going.
If players show frustration, remind them to use their Keep Calm strategies – breathe, move, self-talk, smile! That is the point of the exercise.



Learning Space: Behind goal area
Recommended Time: 8-10mins
Max Players Per Group: All

Objectives

1. Sharing experiences about grit
2. Learning from others
3. Learning ways to improve grit

Coach instructions:

1. Ask the players to sit together in a group.
2. Ask each pair to stand up, introduce their team mate, and tell the group one thing they learnt from their team mate about their grit story:
 1. Who was their gritty person
 2. What made them be gritty
 3. What your team mate has learnt from that person

Tips

Remind players to listen while others are talking.
Remind players to respect different views and experiences.
Remind players to be respectful and well mannered when introducing their team mate and their experiences.

STAY CONNECTED



REMEMBER TO CHECK-IN

Scan the QR code and complete the quick online check-in. This will help us know how you're finding the on-field



REMEMBER TO REVIEW THE MODULE

Log in to the NRL Learning Centre and complete the relevant LIFE-FIT Module

STAY CONNECTED

KEY MESSAGES

- Staying connected is important for our happiness and well-being
- We need connections with others to feel supported
- We can improve our connections by doing positive actions.

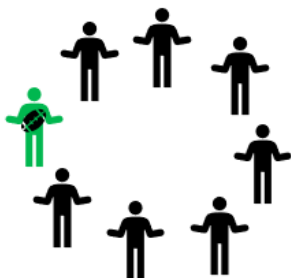
All age groups:

1. Acts of kindness
2. Good deeds
3. Show your gratitude!



POSITIVE ACTIONS

1. GRATITUDE AND POSITIVE ACTIONS



Objectives:

1. Sharing information and helping others
2. Listening and learning from others
3. Developing your knowledge and skills to stay connected to others and make friends

2. PUTTING YOUR LIFE-FIT PLAN INTO ACTION



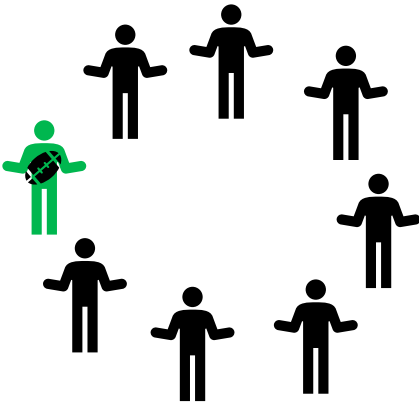
Objectives:

1. Sharing information and helping others
2. Listening and learning from others
3. Putting your plan into action and working together to achieve goals

LIFE-FIT COACHES CHECK-IN

Scan the QR code and complete the quick online check-in. This will help us know how you're finding the on-field life-fit workshops and if we can assist you.





Learning Space: N/A

Recommended Time: 10 min

Max Players Per Group: All

Objectives

1. Sharing information and helping others
2. Listening and learning from others
3. Developing your knowledge and skills to stay connected to others and make friends

Coach instructions:

1. Split the group into two even teams and give each player a number (i.e. 1, 2, 3) on both teams.
2. Ask the 2 x 1s to pair up, the 2 x 2s to pair up, the 2 x 3s to pair up etc.
3. Ask each pair to identify one thing they are grateful for about being in the RISE program.
4. Ask each pair to identify one positive thing they remember about their partner during the RISE program.
5. Ask the players to form one large group circle and everyone jogging on the spot.
6. Start with the football and share with the group one thing you are grateful for about the RISE program.
7. Then pass the ball to a player and ask them to share one thing they are grateful for and pass the ball back to you.
8. They then pass the ball to another player to share and continue until everyone has a turn.
9. Pick 5 players at random, throw them the football one at a time, and this time ask them to share their response to the positive feedback from their partner.
What is one thing you learnt from what they said?
10. Remind everyone that positive actions of gratitude and pointing out the things you like about important people around you helps to build positive connections with others.

Tips

Remind players to listen while others are talking.

Remind players to respect different views and experiences.

Remind players to be respectful and well mannered when introducing their team mate and their experiences.

PUTTING YOUR LIFE-FIT PLAN INTO ACTION



Learning Space: N/A
Recommended Time: 10 min
Max Players Per Group: All

Objectives

1. Sharing information and helping others
2. Listening and learning from others
3. Putting your plan into action and working together to achieve goals

Coach instructions:

1. Remind players that their fitness test is up next after the Life-Fit workshop.
2. Ask them to pull out their Life-Fit Plan from the online program for how they're going to handle the fitness test.
3. With their partner from the Gratitude and Positive Actions activity, ask each pair to take turns going through their plan with their partner. No longer than 5 min for this activity.
4. Bring the group back together, and in the last 5 min of the activity, randomly call upon 5 players (different ones from the previous activity), to share their Life-Fit Plan for the fitness test.
5. Remind players to:
 1. Have a Strong Mind: Use strong thoughts, be gritty, focus on good things around you.
 2. Keep Calm: Breathe, move and smile.
 3. Stay Connected: Use positive actions of praise and encouragement and help each other.

Tips

Remind players to listen while others are talking.
Remind players to respect different views and experiences.
Remind players to be respectful and well mannered when introducing their team mate and their experiences.



www.playrugbyleague.com/rise