



## SVENSKA RUGBY DOMARFÖRENINGEN SÄSONG 2021

### BULLETIN 2

#### 1. SUMMARY FROM LAST WEEK MEETING

Analysis and discussion of the video **about Players Managements** done by Elin Person:

- Clip 1: Manage the guys on the ground to make sure they know you saw them
- Clip 2: Referee facial expressions and body language very aggressive early on
- Clip 3: Talks only to one player for the reset
- Clip 4: Referee moves away too early. PK should have been against Sweden for diving in to stop the jackal. Doesn't address the slapping hand.
- Clip 5: Sweden all off feet - not managed.
- Clip 6: Julian's belly used as a towel - should we allow this? (HELL YEAH!)
- Clip 7: Fight club - how long did it take to separate the teams. What was the result (3 YCs)

Video [link](#).

#### 2. NEXT WEEK MEETING

Next week's meeting will be conducted by Julian Bevan on Wednesday, **Feb17<sup>th</sup> at 1900** (CET) through the messenger room in the event of the SFDR facebook group.

This session will cover **scrum management**.

#### 3. INFORMATION REGARDING COVID-19 AND SEASON

There is not an official date for the kick-off of the season and the regulations regarding COVID-19 change very often, however there is a possibility that the season can start in April. We need to get ready for this and in order to help with it, Rami Aro has prepared a training example:

To prepare well for a season needs a long term plan but to explain it in short:

- 3 months before the season starts: you start off with low intensity (for example: 400 meter intervals, 3km runs, 3 sets of 10 repetitions, weight lifting etc.).
- 2 months before: you do intermediate intensity (for example: 200 meter intervals, 3 sets of 1km runs, 4 sets of 8 repetitions, weight lifting etc.).
- 1 month before: you do high intensity (for example: 20, 40, 60, 80 and/or 100 meter sprint interwalls, shuttle runs, jumps, 3 sets of 6 repetitions weight lifting or tabata workouts etc.).

A week can look like this:

Monday	Weight lifting
Tuesday	Running
Wednesday	Yoga/stretch
Thursday	Weight lifting
Friday	Running
Saturday	Running
Sunday	Yoga/stretch

If you need any help or ideas, feel free to ask Rami Aro.

#### **4. TRAINING BY WATCHING RUGBY**

There are many places we can watch videos from, here is some links courtesy of Cormac O'Brien:

- <https://www.youtube.com/.../UC-4uelKAWWhQCuktowofw4aA/videos>  
Good for Heineken Cup and the odd Six Nation game too
- <https://www.youtube.com/user/Nandrewpandrew/videos>  
This fellah shows all the Munster games (boo!)
- [https://www.youtube.com/.../UC-ZdhTErOgy\\_hBQMsLEyEIA/videos](https://www.youtube.com/.../UC-ZdhTErOgy_hBQMsLEyEIA/videos)  
Lots of pro14 games with a bit of a focus on Leinster (yay!)

Any of the situations in the games can be brought up in the biweekly meetings to discuss it. If you need help making a clip ask Bea Nestares for help.

If you have any questions or concerns, please do not hesitate to contact us.

Best Regards,

Elin Persson & Beatriz Nestares Nieto