



Gearing Up For Winter

The weather can have a huge impact on sporting performance. As winter draws in the cold temperatures can make outdoor activities harder to endure!

Rugby is an example of a sport played throughout winter.

As a rugby coach, what advice would you give to your squad in order to encourage them to be prepared to train better in winter?



Extension: Think about a sport that you regularly take part in. What are the ideal weather conditions for maximum performance and why?