



Rodney's Word Match

THEME: PRE-SEASON

Can you draw a line between the words and match them up for me?

- | | | |
|---|-----------|-----------|
| 1 | Gym | Rest |
| 2 | Endurance | Tactics |
| 3 | Nutrition | Sprinting |
| 4 | Strategy | Skills |
| 5 | Speed | Tackling |
| 6 | Recovery | Weights |
| 7 | Contact | Hydration |
| 8 | Drills | Running |

**FOUNDED IN STEEL
FORGED IN FLAMES**

#BRINGYOURFIRE

DRAGONSRUGBY.WALES
@DRAGONSRUGBY   
@DRA_COMMUNITY 

