

U10-U12 SESSION PLAN – 1

FOCUS: CATCH-PASS, TACKLE, TACKLE CONTEST, SET PIECE

TIME: 1 HOUR SESSION

EQUIPMENT: CONES, RUGBY BALLS, PADS, BAGS, BIBS



CATCH & PASS RACES

CUES: TAKE THE BALL EARLY, HANDS TO HANDS

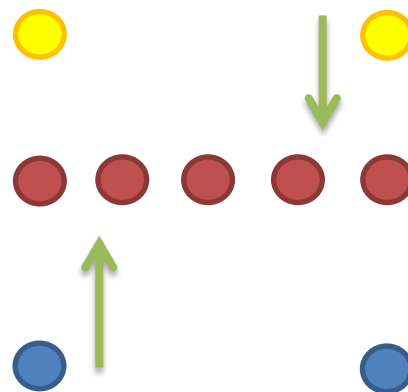
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY:

KIDS ARE TO DIVIDE THEMSELVES INTO TWO EQUAL TEAMS WITH THE AIM TO COMPETE IN A CATCH PASS RACE AGAINST EACH OTHER. ASSURE THAT TEAMS START FROM A HALF BACK PASS FROM THE GROUND EACH TIME THE BALL REACHES THE END OF THE LINE IN ENSURE YOUR KIDS A RELOADING. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO. RUGBY.COM.AU CLICK ON ATTACK PASSING RACE VIDEO

SET UP



1V1 TRACK TO TACKLE

CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD

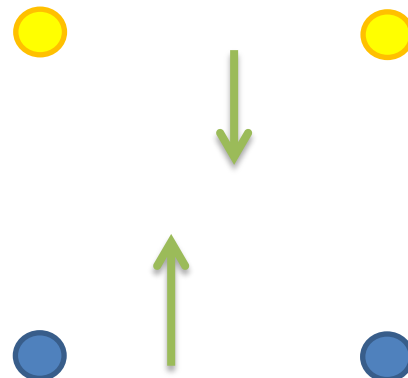
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS GETTING THEMSELVES INTO THE BEST POSITIONING TO PERFORM A TACKLE IN A LIVE ENVIRONMENT. IT IS IMPORTANT TO START THIS ACTIVITY WITH TRACK TO TAG BEFORE PROGRESSING TO LIVE TRACK TO TACKLE. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.

RUGBY.COM.AU CLICK ON 1V1 TRACK TACKLE VIDEO

SET UP



RACE TO SPACE

CUES: RACE, SPACE CHASE

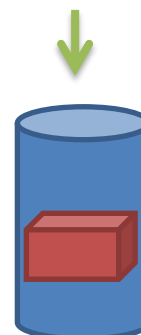
TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: THIS IS A 1V1 ROTATIONAL ACTIVITY FOCUSING ON CLEAN OUT TECHNIQUE. THE CLEANER LIES ON THE GROUND IN FRONT OF A TACKLE BAG, REPRESENTING PLAYERS ON THE GROUND. ON A WHISTLE THE CLEANER USES RACE, SPACE CHASE PRINCIPALS TO REMOVE OPPONENT WITH THE PAD. SEE SET UP IN ADJUST BOX AND CLICK BELOW VIDEO LINK.

RUGBY.COM.AU CLICK ON SKIM AND WIN ACTIVITY VIDEO

SET UP



SET PIECE SESSION

CUES: SCRUM, LINE OUT, ATTACK

TIME: 15 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY:

PLEASE FOLLOW THE BELOW LINKS FOR VIDEOS

RUGBY.COM.AU CLICK ON LINE OUT VIDEO

RUGBY.COM.AU CLICK SCRUM VIDEO

RUGBY.COM.AU CLICK ON ATTACK DRAW PASS VIDEO

PLAY THE GAME

CUES: USED THROUGH THE NIGHT

TIME: 15 MINS

EQUIPMENT: CONES, BALL

ACTIVITY: THIS SESSION HAD A REAL EMPHASIS ON WHAT PLAYER SHOULD DO IN CONTACT. MAKE SURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.