

## U10-U12 SESSION PLAN – 2

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

**TIME: 1 HOUR SESSION**

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



### ATTACK VS DEFENCE

**CUES: TAKE THE BALL EARLY, HANDS TO HANDS**

**TIME: 10 MINS**

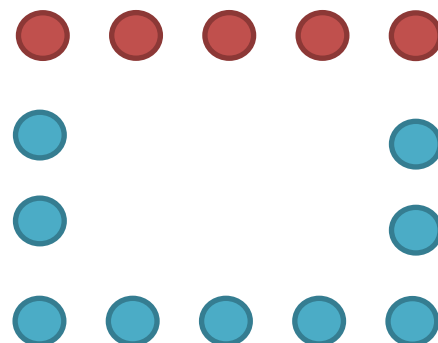
**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY:**

**KIDS ARE TO DIVIDE THEMSELVES INTO TWO EQUAL TEAMS WITH THE AIM TO SCORE AS MANY TRIES AS POSSIBLE IN THEIR ATTACKING TIME. EACH RESET THE ATTACKING TEAM IS ONLY ALLOWED 1 PHASE TO SCORE, MEANING PASSING AND KEEPING THE BALL ALIVE IS THE KEY. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.**

[ATTACK VS DEFENCE VIDEO](#)

#### SET UP



### KING OF THE RING

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

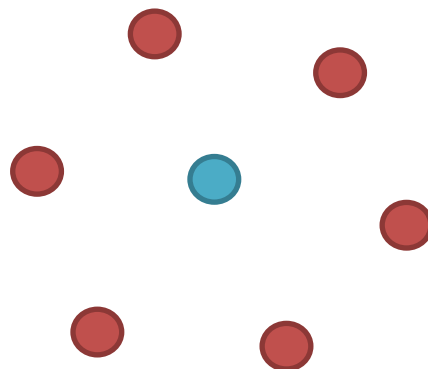
**TIME: 10 MINS**

**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS GETTING THEMSELVES INTO THE BEST POSITION TO PERFORM A TACKLE IN A LIVE ENVIRONMENT WITH ANOTHER DEFENDER ASSISTING. ENSURE ATTACKERS ARE TARGETING SPACE BETWEEN THE 2 DEFENDERS EACH ATTEMPT. SEE SET UP IN ADJUST BOX AND CLICK THE VIDEO BELOW.**

[KING OF THE RING VIDEO](#)

#### SET UP



### RACE TO TAKE SPACE

**CUES: RACE, SPACE CHASE**

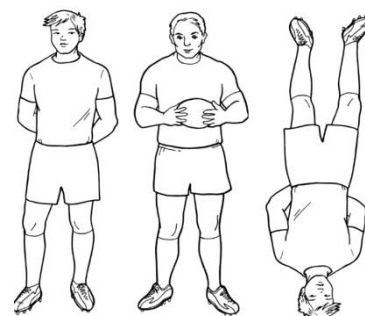
**TIME: 10 MINS**

**EQUIPMENT: CONES, BAGS**

**ACTIVITY: THIS IS A 1V1 ROTATIONAL ACTIVITY FOCUSING ON CLEAN OUT TECHNIQUE. THE CLEANERS LAY ON THE GROUND EITHER SIDE OF THE BALL PLACER. ON A WHISTLE THE CLEANERS USES RACE, SPACE CHASE PRINCIPLES TO REMOVE OPPONENT PAST THE BALL. SEE SET UP IN ADJUST BOX AND CLICK VIDEO LINK BELOW.**

[RACE TO TAKE SPACE 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**

[LINE OUT PIGGY IN THE MIDDLE VIDEO](#)

[SCRUM VIDEO](#)

[ATTACK VIDEO 4V1](#)

### 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.**

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