

U10-U12 SESSION PLAN – 3

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

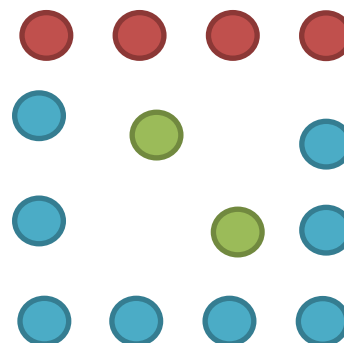
EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY:

THE AIM OF THIS ACTIVITY IS PASSING UNDER PRESSURE WHILST SUPPORTING IN ATTACK. THE ACTIVITY REQUIRES THE BALL CARRIER TO TAKE SPACE, EXECUTE A PASS TO A SUPPORTING PLAYER WHILST UNDER DEFENSIVE PRESSURE. THIS IS GREAT FOR PLAYERS LEARNING ROLES IN SUPPORT. SEE SET UP AND VIDEO.

[ATTACK VIDEO](#)

SET UP



KING OF THE RING

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

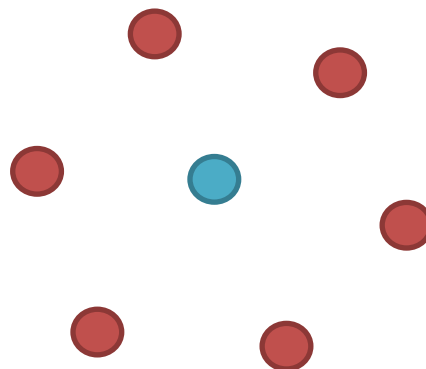
TIME: 10 MINS

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



RE-LOAD AND TAKE SPACE

CUES: RACE, SPACE CHASE

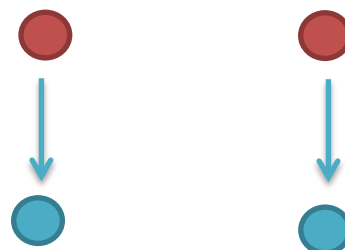
TIME: 10 MINS

EQUIPMENT: CONES, BAGS

ACTIVITY: THE AIM OF THIS ACTIVITY IS TO FOCUS ON THE ABILITY OF THE TACKLER TO RETURN TO THEIR FEET AND TAKE OUT THE FIRST ARRIVING PLAYER. THE BENEFIT OF TAKING THE SPACE IN THIS SCENARIO IS THAT IT ALLOWS FOR PLAYERS FROM YOUR TEAM TO TAKE THE BALL WITHOUT A THREAT TRYING TO REMOVE THEM. SEE VIDEO AND SET UP.

[RELOAD 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 JUMPING](#)

[SCRUM VIDEO](#)

[ATTACK VIDEO](#)

PLAY THE GAME

CUES: USED THROUGH THE NIGHT

TIME: 15 MINS

EQUIPMENT: CONES, BALL

ACTIVITY: THIS SESSION HAS 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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