

U10-U12 SESSION PLAN – 4

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

TIME: 1 HOUR SESSION

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



SCORING ZONES

CUES: TAKE THE BALL EARLY, HANDS TO HANDS

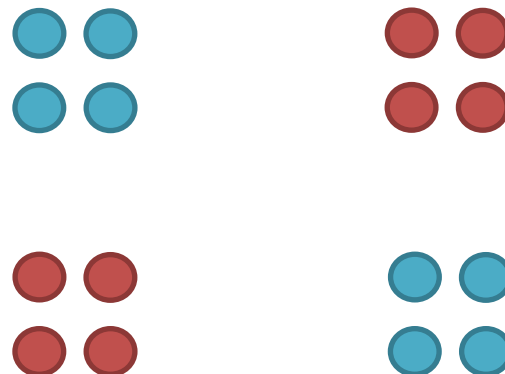
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY:

THE AIM OF THIS ACTIVITY IS PASSING UNDER PRESSURE WHILST SUPPORTING IN ATTACK. ATTACKERS ARE TO PASS THE BALL IN BETWEEN THE SCORING ZONES WITH THE AIM OF THE CATCHERS IN THE SCORING ZONES MAKING A CATCH TO SECURE A POINT. THE DEFENSIVE TEAM IS TO APPLY PRESSURE TO THE PASSERS AND CATCHER DURING THE GAME. SEE SET UP AND VIDEO. [SCORING ZONES VIDEO](#)

SET UP



REACT, CONNECT AND DIP

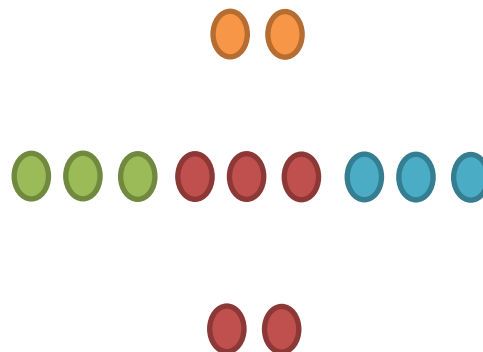
CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY FOCUSES ON THE DEFENDERS ABILITY TO REACT TO THE ATTACKERS WITH PADS AND MAINTAIN SPACING BETWEEN THE DEFENDER BESIDE YOU. ONCE DEFENDERS HAVE REACHED THE CONTACT AREA YOU ARE WANTING YOUR PLAYER TO DIP LATE, HIT THE PAD AND STAY CONNECTED TO THE PAD MAN. SEE SET UP & SEE VIDEO. [REACT, CONNECT AND DIP VIDEO](#)

SET UP



TAKE SPACE & SECURE BALL

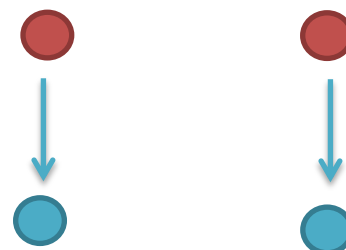
CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES, BAGS

ACTIVITY: THE AIM OF THIS ACTIVITY IS TO FOCUS ON THE 1ST AND 2ND ARRIVING PLAYERS AT THE BREAK DOWN. THE 1ST ARRIVING PLAYER IS LOOKING TO USE RACE, SPACE, CHASE PRINCIPLE TO REMOVE THE PLAYER PROTECTING THE BALL. THE 2ND ARRIVING PLAYER IS LOOKING TO SECURE THE BALL BY SETTING A GOOD BODY POSITION OVER THE BALL. SEE VIDEO AND SET UP. [TAKE SPACE & SECURE BALL 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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