

## U10-U12 SESSION PLAN – 5

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

**TIME: 1 HOUR SESSION**

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



### PASSING SKILLS

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

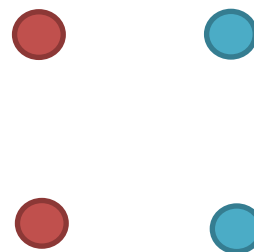
**TIME: 12 MINS**

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

**ACTIVITY: THE AIM OF THIS ACTIVITY IS TO IMPROVE YOUR KIDS BALL HANDLING ABILITY. THIS ACTIVITY HELPS WITH HAND EYE CO-ORDINATION AS WELL AS IMPROVING THE KEY ELEMENTS OF THE RUGBY PASS. ENSURE YOU ADJUST THIS ACTIVITY TO REFLECT THE RUGBY PASS. HAVE PLENTY OF BALLS ON HAND TO GET AS MANY REPS IN AS POSSIBLE. SEE SET UP AND VIDEO.**

[PASSING SKILLS VIDEO](#)

#### SET UP



### 1V1 CLOSE CONTACT TACKLE

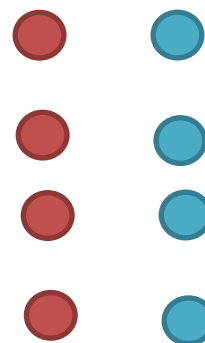
**CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD**

**TIME: 10 MINS**

**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY: THIS ACTIVITY FOCUSES ON THE DEFENDERS ABILITY TO REACT TO THE ATTACKERS AND SET BODY HEIGHT DIPPING LATE INTO CONTACT. WHEN SETTING UP THIS ACTIVITY PLACE A BIB OR SMALL TOWEL BETWEEN THE DEFENDER AND ATTACKER. THE ITEM SHOULD BE PLACED CLOSER TO THE DEFENDER CALLING THEM TO PICK UP THE TOWEL PRE TACKLE. SEE SET UP & SEE VIDEO. [1V1 VIDEO](#)**

#### SET UP



### PLUG THE HOLE

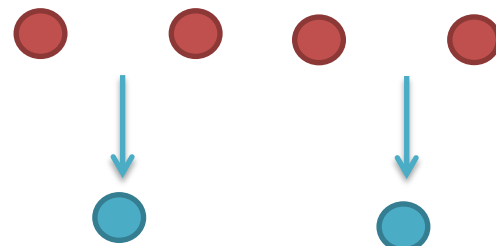
**CUES: RACE, SPACE CHASE**

**TIME: 10 MINS**

**EQUIPMENT: CONES, BAGS**

**ACTIVITY: THE AIM OF THIS ACTIVITY IS TO FOCUS ON THE 1<sup>ST</sup> AND 2<sup>ND</sup> ARRIVING PLAYERS AT THE BREAK DOWN. THE 1<sup>ST</sup> ARRIVING PLAYER IS LOOKING TO USE RACE, SPACE, CHASE PRINCIPLE TO REMOVE THE PLAYER PROTECTING THE BALL. WHEN THIS PLAYER IS INEFFECTIVE THE 2<sup>ND</sup> ARRIVING PLAYER MUST PLUG THE HOLE TO REMOVE THE PLAYER STILL ON THE BALL. SEE VIDEO AND SET UP. [PLUG THE HOLE 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](#) ADJUST FOR SHORT LIFTING IF REQUIRED

[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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