

U10-U12 SESSION PLAN – 6

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

TIME: 1 HOUR SESSION

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



PASSING SKILLS AND GAMES

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. THERE ARE MULTIPLE DRILLS IN THE ATTACHED VIDEO, MAKE SURE YOU CHECK IT OUT IN ORDER TO GET YOUR SET UPS CORRECT. SEE SET UP AND VIDEO.

[PASSING SKILLS AND GAMES VIDEO](#)

SET UP



DRIFT AND BLITZ DEFENCE

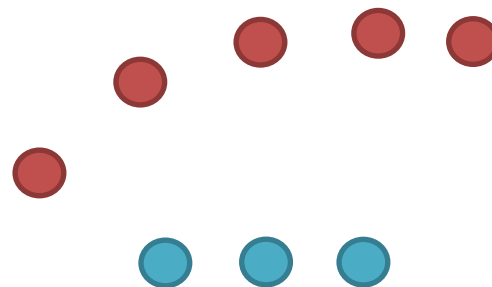
CUES: COMMUNICATE, KEEP CONNECTION

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY FOCUSES ON THE DEFENDERS ABILITY TO REACT TO THE ATTACKERS AND WHATS COMING AT THEM. OUR KIDS SHOULD NOW BE STARTING TO UNDERSTAND THAT WE CAN DEFEND IN DIFFERENT WAYS. THE FOCUS OF THIS ACTIVITY IS TO DETAIL WHAT PLAYERS ROLES ARE WHEN DEFENDING IN A DRIFT OR BLITZ DEFENCE. SEE SET UP & SEE VIDEO. [DRIFT AND BLITZ DEFENCE VIDEO](#)

SET UP



REMOVE THAT THREAT

CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO REMOVE A NUMBER OF DIFFERENT THREATS TO THE FOOTBALL. AFTER WATCHING THE VIDEO I WOULD SUGGEST THAT YOU HAVE EACH OF THE DIFFERENT PAD HOLDERS PRE-SET. THIS WILL NEGATE MUCH CONFUSION AND ALLOW PLAYERS MORE REPETITIONS ON EACH ROLE.

[REMOVE THAT THREAT 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.