

U10-U12 SESSION PLAN – 7

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

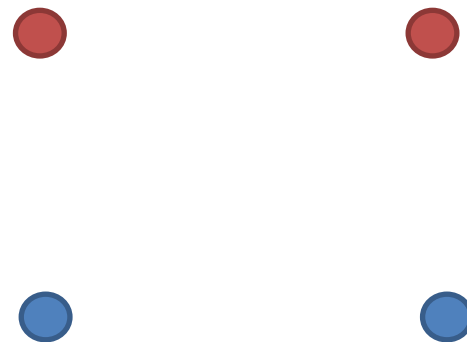
TIME: 12 MINS

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. 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 VIDEO](#)

SET UP



1V1 SIDE ON REACTION TACKLE

CUES: COMMUNICATE, KEEP CONNECTION

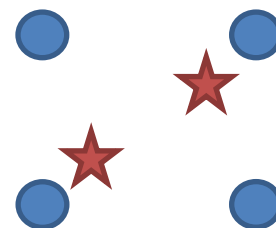
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY FOCUSES ON THE DEFENDERS ABILITY TO REACT AND COMPLETE AN EFFECTIVE SIDE ON TACKLE IN A LIVE ENVIRONMENT. AS THE COACH HERE YOU MUCH ENSURE THAT YOU ARE ENCOURAGING THE ATTACKERS TO TRY AND SCORE ON THE TRY LINE OPPOSITE ON EACH OCCASION. SEE SET UP & SEE VIDEO.

[1V1 SIDE ON REACTION TACKLE VIDEO](#)

SET UP



LEG DRIVE DRILL

CUES: RACE, SPACE CHASE

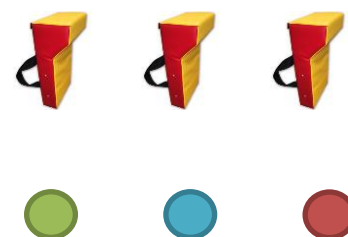
TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO REMOVE A LIVE THREAT. THE MAIN AIN HERE IS FOR THE BALL CARRIER TO USE STRONG LEG DRIVE THROUGH CONTACT AND REACT TO THE CLEAN OUT PLAYERS INSTRUCTION TO DROP. THE FOLLOWING SUPPORTER SHOULD LOOK TO REMOVE THIS THREAT AND TAKE SPACE.

[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.

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