

U10-U12 SESSION PLAN – 8

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

TIME: 1 HOUR SESSION

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



4V3 HANDLING

CUES: TAKE BALL EARLY, HANDS TO HANDS

TIME: 12 MINS

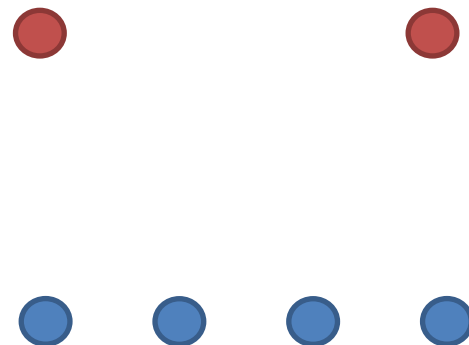
EQUIPMENT: CONES, RUGBY BALLS, BIBS

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. THE PASSING TEAM WILL BE UNDER MODERATE DEFENSIVE PRESSURE THAT SHOULD INCREASE AS THE ACTIVITY PROGRESSES.

SEE SET UP AND VIDEO.

[4V3 HANDLING VIDEO](#)

SET UP



5 POINT TACKLE

CUES: COMMUNICATE, KEEP CONNECTION

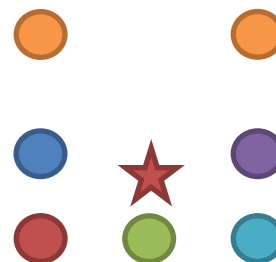
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

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

[5 POINT TACKLE VIDEO](#)

SET UP



3 EFFORT CLEAN

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 AIM HERE IS FOR THE 2 CLEANING PLAYERS TO REMOVE BOTH THREATS TO THE BALL. THE THREATS WILL BE AT DIFFERENT HEIGHTS AND WILL REQUIRE DIFFERENT CLEAN OUT METHODS. ASSURE YOU PLAYERS ARE EXECUTING THE CORRECT CLEAN.

[3 EFFORT CLEAN 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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