

U10-U12 SESSION PLAN – 9

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

TIME: 1 HOUR SESSION

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



DON'T DROP THE BABY

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 CATCH. THE CATCHER SHOULD REMAIN UNDER PRESSURE THROUGHOUT TO MAINTAIN SOFT HANDS. SEE SET UP AND VIDEO.

[DON'T DROP THE BABY VIDEO](#)

SET UP



STOP THAT TRY

CUES: TAKE SPACE, LOAD, LOCK, LEG DRIVE

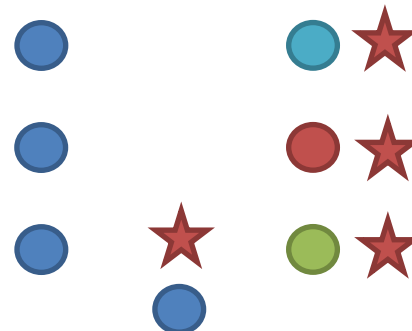
TIME: 10 MINS

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.

[STOP THAT TRY VIDEO](#)

SET UP



1V1 CLEAN OUT

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 ARRIVING PLAYERS TO TRY AND WIN THE SPACE JUST OVER THE BALL PLACER ON THE GROUND. THE PLAYER CLEANING OUT SHOULD LOOK TO WIN THE SHOULDER BATTLE BEFORE COMPLETE SPACE AND CHASE PRINCIPAL.

[1V1 CLEAN OUT 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 FOOTWORK EVASION 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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