

U10-U12 SESSION PLAN – 10

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

TIME: 1 HOUR SESSION

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



HAND EYE SKILLS & SCORE IT

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

TIME: 20 MINS

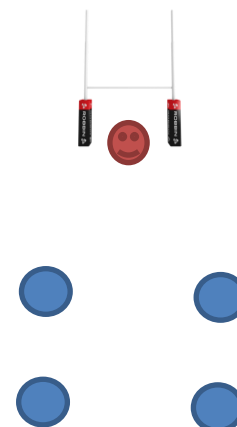
EQUIPMENT: CONES, RUGBY BALLS,

ACTIVITY: THE AIM OF THE FIRST ACTIVITY IS TO IMPROVE OUR KIDS REACTION SPEED AND HANDLING UNDER PRESSURE.

SCORE IT IS A SOCCER GAME WE ARE GOING TO CONVERT.

THE PASSING TEAM HAS TO EXECUTE 10 SUCCESSFUL PASSES AND THE PLAYER WHO ENDS UP WITH THE BALL WILL LEAVE THE SQUARE AND ATTEMPT TO USE FOOTWORK TO BEAT THE LAST DEFENDER AND SCORE UNDER THE POSTS. SEE VIDEOS

[REACTION GAME VIDEO](#) [SCORE IT VIDEO](#)



RUCK TACKLE DRILL

CUES: BUILD A WALL, HANDS UP, EYES UP

TIME: 15 MINS

EQUIPMENT: CONES,

ACTIVITY: THE AIM OF THIS DRILL IS TO TEST YOUR PLAYERS ABILITY TO COMPLETE A TACKLE FROM THE 1ST DEFENSIVE POSITION NEXT TO A RUCK. DEFENDERS SHOULD LOOK TO PUSH THEMSELVES UP OFF THE DEFENSIVE LINE AND MAKE A GOOD CHOP TACKLE BEFORE THE GAIN LINE. ENSURE THAT PLAYERS ROTATE AND CHANGE. SEE VIDEO AND SET UP.

[RUCK TACKLE VIDEO](#)

SET UP



3V3 GET CLEAN BALL

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. IN THIS ACTIVITY PLAYERS WILL BE CONFRONTED WITH 2 DIFFERENT 3V3 RUCK SCENARIOS. IT IS IMPORTANT THAT THE CLEANER FOCUSES ON THEIR CLEANING TECHNIQUE AND THAT THE 2 SUPPORTERS ARE FOCUSED ON REMOVING THE THREATS.

[1V1 SHOULDER BATTLE VIDEO](#)

SET UP



SET PIECE SESSION

CUES: SCRUM, LINE OUT, ATTACK

TIME: 6 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. ENSURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.