

U10-U12 SESSION PLAN – 11

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

TIME: 1 HOUR SESSION

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



PASS IT AND SUPPORT IT

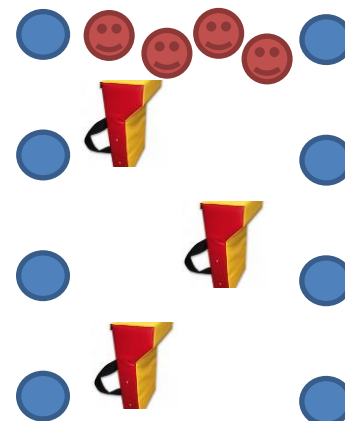
CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS,

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR PLAYERS TO EXECUTE A PASS UNDER PRESSURE. ONCE THE PASS IS EXECUTED, THE PASSER SHOULD RE ALIGN AND TURN THEMSELVES INTO A SUPPORT RUNNER. MAKE SURE THE PAD PLAYERS ARE LIVE AS POSSIBLE WHEN PLACING THE PASS UNDER PRESSURE. SEE VIDEOS

[PASS IT AND SUPPORT IT VIDEO](#)



2V2 TACKLE

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. DEFENDERS SHOULD LOOK TO PUSH THEMSELVES UP OFF THE DEFENSIVE LINE AND MAKE A GOOD CHOP TACKLE BEFORE THE GAIN LINE. ENSURE THAT BOTH THE TACKLER AND 2ND TACKLER ARE FOCUSED ON GETTING ONTO THE BALL POST TACKLE. SEE VIDEO. [2V2 TACKLE VIDEO](#)

SET UP



CONTINUOUS 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. BOTH PLAYERS WILL HAVE EQUAL RIGHTS IN THIS CONTEST. ENSURE THAT PLAYERS ARE TRYING TO WIN THE SHOULDER BATTLE AND HOOK A LEG FOR THE WHOLE ACTIVITY. THE KEY HERE IS FOR BOTH PLAYERS TO FOCUS ON THEIR FEET BEING ACTIVE.

[CONTINUOUS CLEAN OUTS 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 A PLAYER SHOULD DO IN CONTACT. ENSURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.