

# U10-U12 SESSION PLAN – 12

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

**TIME:** 1 HOUR SESSION

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



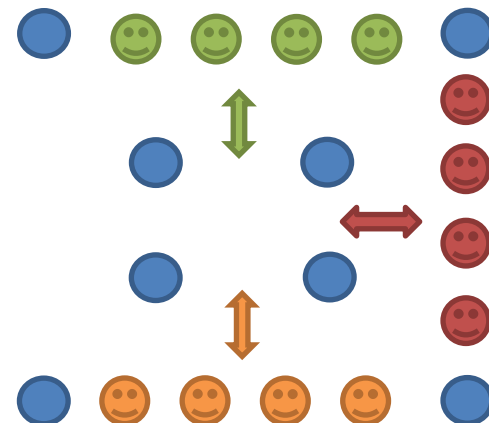
## PASSING SKILLS SQUARE

**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 AS THE COACH HERE YOU ARE CONTROLLING THE MOVEMENT BETWEEN SQUARES AND PROMOTING IT AS A COMPETITION. SEE VIDEOS [PASSING SKILLS VIDEO](#)



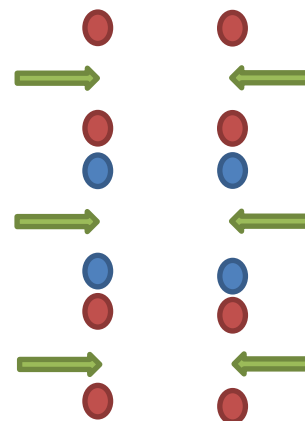
## 1V1 TACKLE DRILL

**CUES:** BUILD A WALL, HANDS UP, EYES UP

**TIME:** 15 MINS

**EQUIPMENT:** CONES, BALLS

**ACTIVITY:** THE AIM OF THIS DRILL IS TO TEST YOUR PLAYERS ABILITY TO COMPLETE A 1 ON 1 LIVE TACKLE IN A SMALL TRACKING GRID. IN THE EXAMPLE YOU WILL SEE PLAYERS ONLY MAKING A SINGLE TACKLE. PLEASE MAKE SURE THAT WHEN YOU RUN THIS ACTIVITY YOU SET UP MULTIPLE GRIDS ALLOWING FOR MULTIPLE TACKLES TO BE MADE. SEE SET-UP AND VIDEO. [1V1 TACKLE VIDEO](#)



## KEEP THE BALL

**CUES:** RACE, SPACE CHASE

**TIME:** 10 MINS

**EQUIPMENT:** CONES

**ACTIVITY:** THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO CONTEST WITH SHOULDER HEIGHT AS LOW AS POSSIBLE. THE PRIMARY GOAL IS FOR THE 1<sup>ST</sup> ARRIVING PLAYER FROM THE ATTACKING TEAM TO BEAT THE TACKLER INTO THE SPACE PAST THE BALL. THIS WILL FORCE THE TACKLER TO HAVE TO CONTEST THROUGH THE GATE. [KEEP THE BALL 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.