

# U10-U12 SESSION PLAN – 13

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

**TIME:** 1 HOUR SESSION

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



## PASSING SKILLS

**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. THERE ARE HALF BACK PASSING ACTIVITIES FOR ALL PLAYERS TO LEARN TO CLEAR A BALL FROM THE RUCK. THERE ARE ALSO 3 HANDS BASED DRILLS. SEE VIDEOS BELOW.

BACK PASSING VIDEO [1V1 PASSING VIDEO](#)

HANDS VIDEOS [VIDEO 1](#) [VIDEO 2](#) [VIDEO 3](#)

## SET UP



DISTANCE DEPENDANT ON ABILITY, START AT 2 M

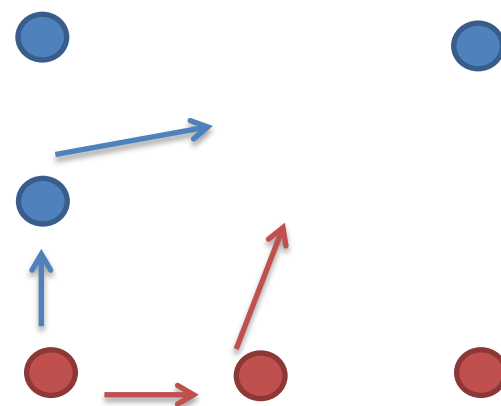
## 1V1 COVER TACKLE

**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 AN OPEN ENVIRONMENT. 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 COVER TACKLE VIDEO](#)



## WIN THE SHOULDER BATTLE

**CUES:** RACE, SPACE CHASE

**TIME:** 10 MINS

**EQUIPMENT:** CONES

**ACTIVITY:** THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO SUCCESSFULLY WIN THE SPACE OVER THE BALL, UNDER THE OPPOSITIONS SHOULDERS. BOTH PLAYERS WILL HAVE EQUAL RIGHTS IN THIS CONTEST. ENSURE THAT PLAYERS ARE TRYING TO HOOK A LEG FOR THE WHOLE ACTIVITY. THE KEY HERE IS FOR BOTH PLAYERS TO FOCUS ON THEIR FEET BEING ACTIVE.

[RUCK CONDITIONING 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.