

U6-U7 SESSION PLAN – 1

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



CATCH & PASS STATIONS

CUES: WARATAHS HANDS, MEET & REACH, FINGERS TO TARGET

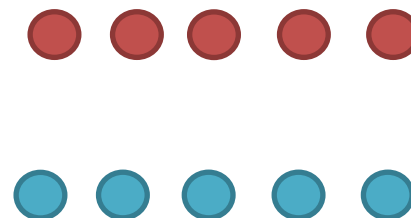
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: FOR THIS ACTIVITY I HAVE ATTACHED A VIDEO THAT HAS EXAMPLES OF A NUMBER OF DIFFERENT PASSING AND BALL HANDLING ACTIVITIES. I WOULD ATTEMPT TO GET THROUGH AS MANY OF THESE AS POSSIBLE BEFORE YOU RUN OUT OF TIME. WE ARE TRYING TO IMPROVE THIS SKILL YEARLONG SO SEE THE ATTACHED VIDEO AND TRY TO IMPROVE EACH WEEK.

[CATCH & PASS VIDEO](#)

SET UP



TURNED TO STONE

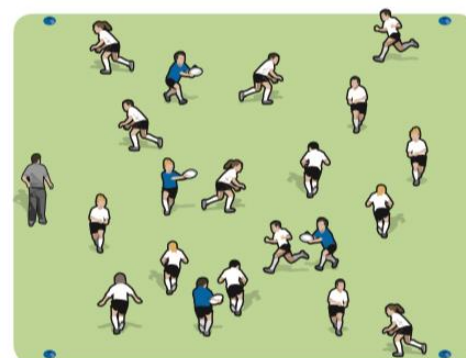
CUES: TRACK, FOOT IN THE HOOP, TAG ON HIPS, CHASE FEET

TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: CHOSE ABOUT ONE IN FOUR PLAYERS TO BE CHASERS CALLED THE SPOOKS. GIVE EACH SPOOK A BALL. THE SPOOKS TURN THE REST OF THE PLAYERS TO STONE BY TOUCHING THEM WITH THE BALL ON THE HIP. THEY CANNOT THROW THE BALL AND MUST HOLD IT IN TWO HANDS. IF TURNED TO STONE, THE PLAYER STANDS WITH THEIR LEGS WIDE APART. THEY CAN BE FREED BY ANOTHER PLAYER CRAWLING THROUGH THEIR LEGS, SEE SET UP IN BOX.

SET



BUILD THE WALL

CUES: BUILD A WALL, HANDS UP

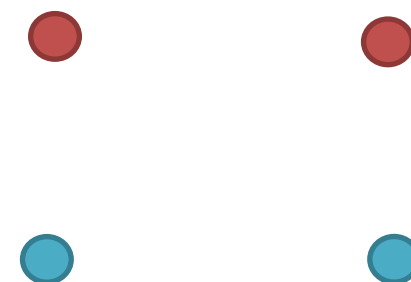
TIME: 15 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: I WOULD SPLIT MY TEAM INTO TWO GROUPS FOR THIS ACTIVITY AND HAVE 2 SEPARATE GAMES RUNNING AT THE SAME TIME. HAVE A RATIO OF 1 ATTACKER TO 4 DEFENDERS. THIS IS A GREAT ACTIVITY FOR NOT ONLY THE DEFENDER TO FILL HOLES IN THE WALL, BUT FOR DIRECTIONAL RUNNING OF THE ATTACKER ALSO. SEE VIDEO BELOW

[BUILD THE WALL VIDEO](#)

SET UP



PLAY THE GAME

CUES: SAME AS USED THROUGH THE NIGHT

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY:

THIS SESSION HAD A REAL EMPHASIS ON WHAT PLAYER SHOULD DO WHEN TAGGING, DEFENDING AND CATCHING AND PASSING THE BALL. MAKE SURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.

GROUP MANAGEMENT

BE ORGANISED AND SET UP YOUR SESSION AHEAD OF START TIME. IF YOU ARE PREPARED IT ALLOWS FOR VERY LITTLE DOWN TIME, MEANING YOUR KIDS WILL GET MAXIMUM TIME ON TASK. SEE [VIDEO](#) FOR MORE ADVICE.