

U6-U7 SESSION PLAN – 10

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



HAND EYE SKILLS & SCORE IT

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

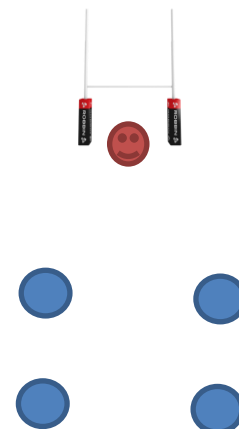
TIME: 20 MINS

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](#)



TAGGING TRIANGLES

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

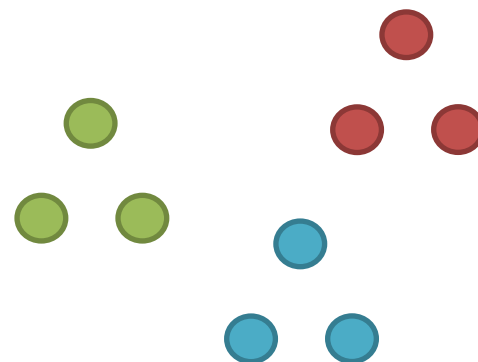
TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THE AIM OF THESE GAMES IS TO ALLOW YOUR PLAYERS TO MAKE A TAG IN A LIVE ENVIRONMENT. MAKE SURE DURING THIS ACTIVITY THAT YOU AS THE COACH ARE FOCUSED ON THE TAGGERS MAKING POSITIVE TAGS ON THE ATTACKERS. THIS ACTIVITY WORK TOGETHER TO ENSURE THE TAGGER HAS TO WORK VERY HARD AND USE LOTS OF FOOTWORK. SEE VIDEO AND SET UP.

[CROSS OVER TAG VIDEO](#)

SET UP



STATIC PASSING BULL RUSH

CUES: BUILD A WALL, HANDS UP, EYES UP

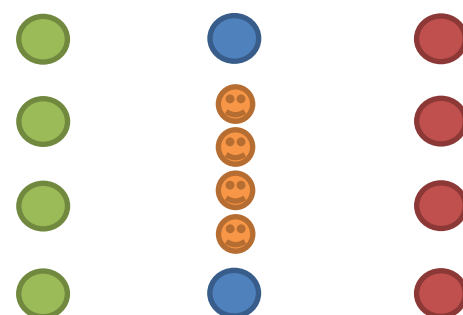
TIME: 15 MINS

EQUIPMENT: CONES,

ACTIVITY: THE AIM OF THIS DRILL IS TO TEACH OUR KIDS THEIR ROLES AND RESPONSIBILITIES WHEN ON THE DEFENSIVE LINE. THE DEFENDERS SHOULD BE WORKING AS A DEFENSIVE LINE, WHILST STILL ATTACKING BASICALLY WITH THE BALL. TO PROGRESS THE GAME GET THE TAGGED PLAYERS TO JOIN THE DEFENSIVE LINE ONCE TAGGED. SEE VIDEO AND SET UP.

[STATIC PASSING BULL RUSH VIDEO](#)

SET UP



PLAY THE GAME

CUES: SAME AS USED THROUGH THE NIGHT

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY:

THIS SESSION HAS A REAL EMPHASIS ON WHAT PLAYERS 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

USE VOLUNTEER PARENTS TO ASSIST YOU WITH THE RUNNING OF THE SESSION. BE PREPARED IN WHAT YOU ARE GOING TO PRESENT AND HOW YOU ARE GOING TO EXPLAIN IT TO THE KIDS. SEE [VIDEO](#) FOR MORE ADVICE.