

# U6-U7 SESSION PLAN – 11

**FOCUS:** CATCH-PASS, TAGGING, DEFENCE

**TIME:** 1 HOUR SESSION

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



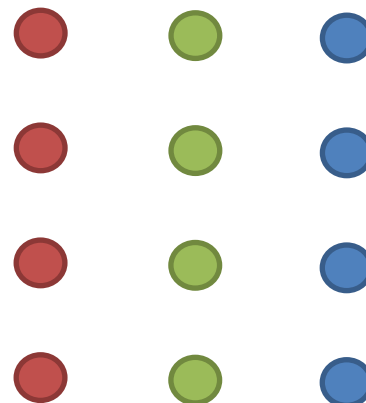
## HALF BACK RACES

**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. PLAYERS SHOULD PARTNER UP WITH PLAYERS IN SIMILAR POSITIONS. THEY MUST START ON THE SAME WHISTLE AND COMPLETE 5 HALF BACK PASSES UP THE FIELD WITH THE SAME BALL. THE CATCHER SHOULD SCORE THE TRY IN FRONT EACH TIME TO ALLOW FOR THE NEXT PASS OFF THE GROUND. SEE VIDEOS [HALF BACK RACES VIDEO](#)



## COPS AND ROBBERS

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

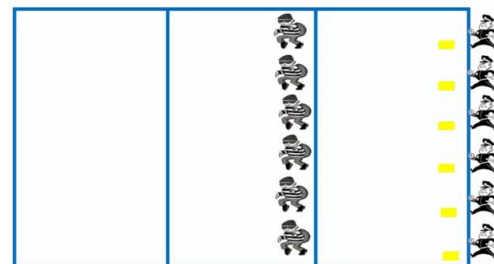
**TIME:** 15 MINS

**EQUIPMENT:** CONES, RUGBY BALLS

**ACTIVITY:** THE AIM OF THIS GAME 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 SHOULD FOCUS ON THE TAGGERS HAVING TO WORK VERY HARD AND USE LOTS OF FOOTWORK. SEE VIDEO AND SET UP.

SEE VIDEO AND SET UP. [COPS AND ROBBERS VIDEO](#)

### SET UP



## DEFENSIVE PAIRS

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

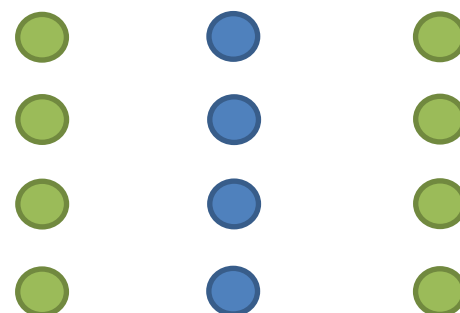
**TIME:** 15 MINS

**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 WITH THE BALL. TO PROGRESS THE GAME GET THE TAGGED PLAYERS TO JOIN THE DEFENSIVE LINE ONCE TAGGED. SEE VIDEO AND SET UP.

[DEFENSIVE PAIRS 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.