

# U6-U7 SESSION PLAN – 12

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

**TIME:** 1 HOUR SESSION

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



## TAKE IT EARLY

**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 ABILITY TO CATCH THE BALL EARLY OUT IN FRONT OF THEIR CHESTS. THERE ARE 3 VIDEOS HERE TO WATCH THAT ARE FOCUSED ON A 1 ON 1 ACTIVITY. YOU DONT REQUIRE THE BANDS, THESE WILL ASSIST HOWEVER IF YOUR TEAM CAN USE THEM. SEE VIDEOS AND SETUP.

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

## SET UP



DISTANCE DEPENDANT ON ABILITY, START AT 2 M

## TRACK TO TAG SKILLS

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

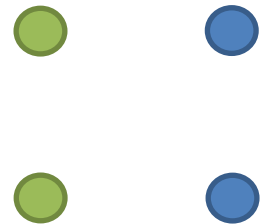
**TIME:** 15 MINS

**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 USING LOTS OF FOOTWORK. SEE VIDEO AND SET UP.

[TRACK TO TAG VIDEO](#)

## SET UP



## 3V3 D-LINE DRILL

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

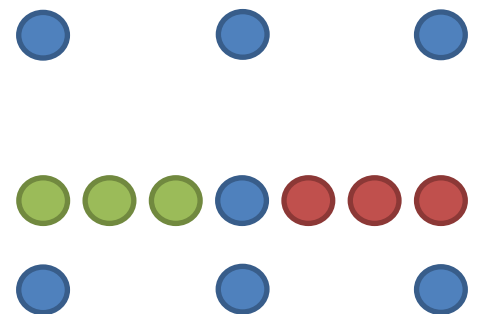
**TIME:** 15 MINS

**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.

[3V3 D-LINE 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.