

U6-U7 SESSION PLAN – 2

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

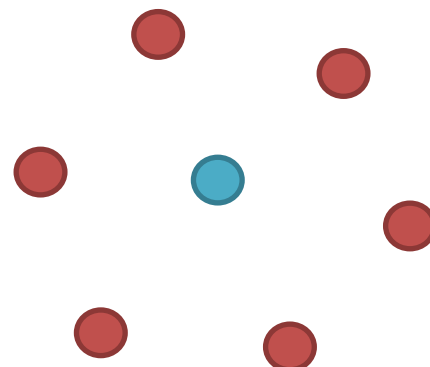
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS AIMED AT GETTING OUR KIDS PASSING BACKWARDS WHILST MOVING FORWARDS. THIS ACTIVITY HAS PLENTY OF LIFE IN IT. START WITH YOUR KIDS WALKING TO UNDERSTAND THE CONCEPT, BUILD IT TO INCORPORATE RUNNING AND REACH AN END POINT WHERE TEAMS ARE RACING EACH OTHER. SEE THE ATTACHED VIDEO AND TRY TO IMPROVE EACH WEEK.

[CATCH & PASS VIDEO](#)

SET UP



TURNED TO STONE

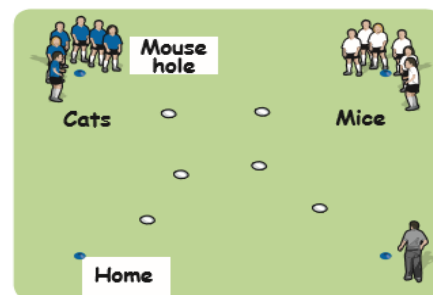
CUES: TRACK, FOOT IN THE HOOP, TAG ON HIPS, CHASE FEET

TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: DIVIDE THE PLAYERS INTO FOUR TEAMS, ONE TEAM OF CATS AND THREE TEAMS OF MICE. EACH MOUSE GROUP TAKES IT IN TURNS. SET UP THE FIRST MOUSE GROUP ON THE CORNER DIAGONALLY OPPOSITE THE SCORING ZONE HOME, WITH THE CATS ON ANOTHER CORNER. PLACE ONE BALL PER MOUSE THROUGHOUT THE PLAYING AREA. THE MICE HAVE TO PICK UP A BALL AND GET IT HOME. THE CATS HAVE TO TAG THE MICE TO CAPTURE THEM.

SET UP



The mice want to eat the cheese.

MIRRORS

CUES: BUILD A WALL, HANDS UP, EYES UP

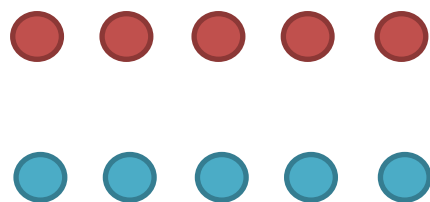
TIME: 15 MINS

EQUIPMENT: CONES, BALLS

ACTIVITY: SPLIT YOUR TEAM INTO TWO GROUPS FOR THIS ACTIVITY AND HAVE 1 TEAM DEFENDING AGAINST THE OTHER. ASSURE THAT THE TEAM WITH THE BALLS ARE WATCHING YOU STANDING BEHIND THE DEFENSIVE WALL TO SEE WHICH DIRECTION THEY SHOULD BE SLIDING. ON YOUR WHILST THE ATTACKERS TRY TO BEAT OPPONENT. SEE VIDEO

[MIRRORS](#)

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 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

THE WORDS THAT COME OUT OF YOUR MOUTH AS A COACH STICK TO YOUR KIDS. 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.