

U6-U7 SESSION PLAN – 3

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



PASSING MADNESS

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

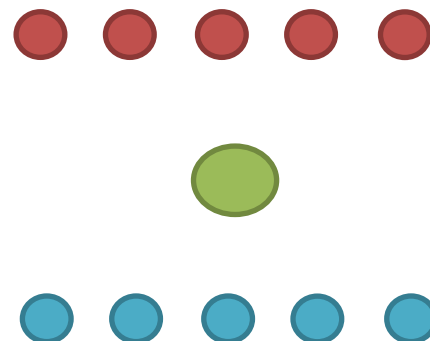
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS, BIG BALL

ACTIVITY: THE AIM OF THIS GAME IS TO IMPROVE YOUR KIDS ABILITY TO PASS ACCURATELY AND PICK UP A ROLLING BALL. DIVIDE YOUR KIDS INTO 2 SMALLER TEAMS. EACH TEAM WILL AIM TO HIT THE BIG BALL IN THE MIDDLE OF THE TWO TEAMS. THE AIM IS TO HIT THE BALL ACROSS THE LINE OF THE OPPOSITIONS END. ENSURE YOUR KIDS ARE RUGBY PASSING. SEE THE VIDEO AND SET UP.

[PASSING MADNESS VIDEO](#)

SET UP



1V1 EVASION TAG

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

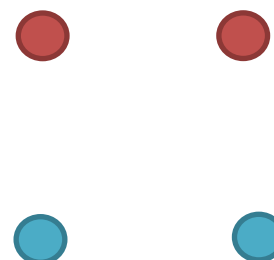
TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THE AIM OF THIS DRILL IS TO ALLOW YOUR PLAYERS TO MAKE A TAG IN A LIVE ENVIRONMENT. WHEN SETTING UP, ENSURE YOUR GRIDS ARE SMALLER THAN THE VIDEO EXAMPLES. I WOULD SET UP MULTIPLE GRIDS TO ALLOW FOR MAXIMUM INVOLVEMENT. MAKE SURE PLAYERS UNDERSTAND THAT IT IS LIVE AND THE ATTACKERS MUST BE TRYING TO EVADE TAGGERS AND SCORE A TRY. SEE VIDEO.

[1V1 EVASION TAG VIDEO](#)

SET UP



1V1 MIRRORS

CUES: BUILD A WALL, HANDS UP, EYES UP

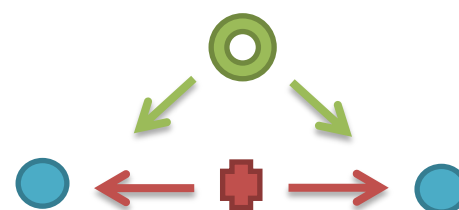
TIME: 15 MINS

EQUIPMENT: CONES, BALLS

ACTIVITY: THE AIM OF THIS DRILL IS TO IMPROVE YOUR KIDS ABILITY TO USE FOOT WORK TO KEEP TRACK OF A DANGEROUS ATTACKER. KEEP THE SAME SMALL SIDED SET UP FROM THE LAST ACTIVITY AND PLACE 2 KIDS ON EACH END OF EACH GRID. FOCUS ON BODY POSITION WHILST MOVING FEET AND TRACKING THE ATTACKER. SEE VIDEO AND SET UP.

[1V1 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.