

U6-U7 SESSION PLAN - 4

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



PASSING PRESSURE

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

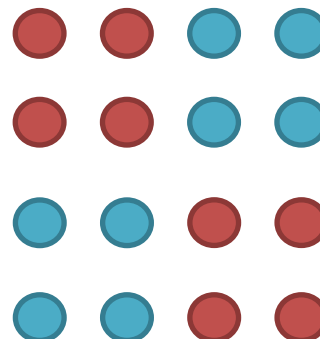
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS, ADD MORE BALLS LATER

ACTIVITY: THE AIM OF THIS GAME IS TO IMPROVE YOUR KIDS ABILITY TO PASS ACCURATELY UNDER PRESSURE. DIVIDE YOUR KIDS INTO PAIRS AND SET UP A SMALL SQUARE FOR EACH PAIR. EACH GRID WILL THEN CONTAIN 1 PASSER AND 1 DEFENDER. THE PASSING TEAM IS AIMING TO GET THE BALL AROUND THE GRID WITH AS MANY SUCCESSFUL PASSES AS POSSIBLE. DEFENDERS WILL DISRUPT. SEE VIDEO AND SET UP.

[PASSING PRESSURE VIDEO](#)

SET UP



EVASION TAG GAMES

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

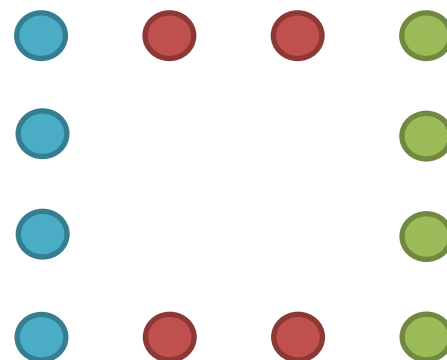
TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THE AIM OF THESE GAMES IS TO ALLOW YOUR PLAYERS TO MAKE A TAG IN A LIVE ENVIRONMENT. WHEN RUNNING THESE GAMES MAKE SURE THAT THE TAGGERS ARE TAGGING USING A FOOTBALL THAT THEY ARE CARRYING IN TWO HANDS. WHEN PLAYERS ARE RELEASING FROZEN PLAYERS THEY MUST SCORE A TRY BETWEEN THEIR LEGS. SEE VIDEO AND SET UP.

[EVASION TAG GAMES VIDEO](#)

SET UP



FISH IN THE NET

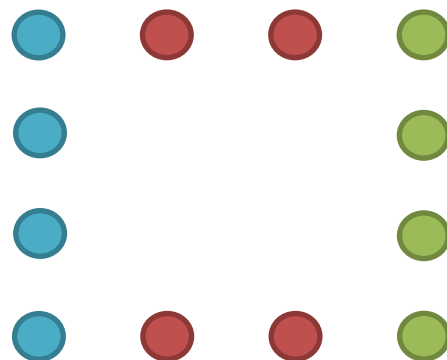
CUES: BUILD A WALL, HANDS UP, EYES UP

TIME: 15 MINS

EQUIPMENT: CONES,

ACTIVITY: THE AIM OF THIS DRILL IS TO TEACH OUR KIDS THE VALUE IN DEFENDING IN A DEFENSIVE LINE. THE GAME STARTS WITH 2 TAGGERS JOINED TOGETHER BY 1 HAND EACH AND TAGGING ON THE HIPS WITH THE OTHER. SOON AS AN ATTACKER IS TAGGED ON THE HIP THEY WILL JOIN THE NET, MAKING IT EASIER FOR THE DEFENDERS TO MAKE THE FINAL TAGS. SEE VIDEO AND SET UP. [FISH IN THE NET 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 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.