

U6-U7 SESSION PLAN – 5

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



PASSING GAMES

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

TIME: 20 MINS

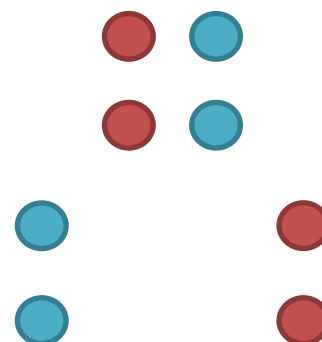
EQUIPMENT: CONES, RUGBY BALLS, ADD MORE BALLS LATER

ACTIVITY: THE AIM OF THE GAME IS TO IMPROVE YOUR KIDS ABILITY TO PICK UP THE BOUNCING BALL AND PASS ACCURATELY UNDER PRESSURE. BOTH ACTIVATES CAN BE COMPLETED IN GROUPS OF 2-3 PLAYERS. WITH THE ATTACHED VIDEOS PLEASE REPLACE THE THROWS WITH RUGBY PASSES WHEN COMPLETING THESE GAMES AT YOUR SESSION. SEE VIDEO AND SET UP.

[PICK UP VIDEO](#)

[PRESSURE PASS VIDEO](#)

SET UP



EVASION TAG GAMES

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

TIME: 15 MINS

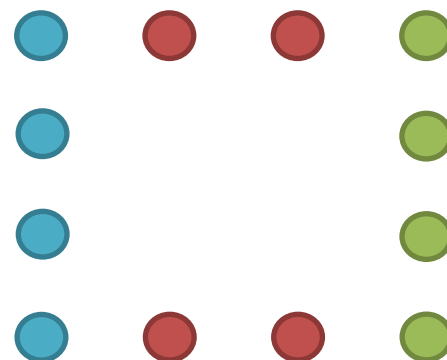
EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THE AIM OF THESE GAMES IS TO ALLOW YOUR PLAYERS TO MAKE A TAG IN A LIVE ENVIRONMENT. BOTH GAMES YOU SHOULD DIVIDE YOUR PLAYERS INTO 2 TEAMS, IMPORTANTLY HOWEVER YOU MUST ASSIGN EACH PLAYER A PARTNER WHO THEY WILL HAVE TO MARK DURING THE TAGGING GAMES. THIS WILL ENSURE THAT ALL PLAYERS ARE RUNNING DURING THE ACTIVITY. SEE VIDEO AND SET UP.

[PARTNER TAG VIDEO](#)

[PASS RELEASE VIDEO](#)

SET UP



MIRROR DEFENCE

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 REMAIN ON THE BALLS OF THEIR FEET AND MAINTAIN FOOT SPEED ON THE GROUND. HANDS SHOULD REMAIN UP AND THE TAGGER SHOULD HAVE EYES ON THE ATTACKERS HIPS. SEE VIDEO AND SET UP.

[MIRROR DRILL 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.