

U6-U7 SESSION PLAN – 6

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



PASSING TO SPACE

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

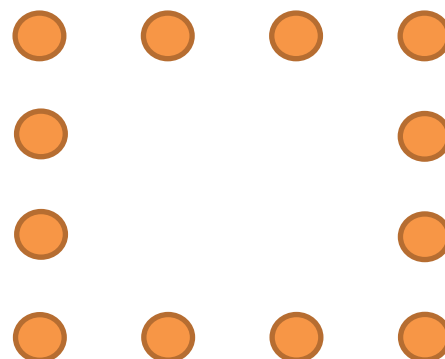
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS, ADD MORE BALLS LATER

ACTIVITY: THE AIM OF THE GAME IS TO IMPROVE YOUR KIDS ABILITY TO CATCH AND PASS ACCURATELY UNDER PRESSURE. THIS ACTIVITY CAN BE COMPLETED IN GROUPS OF 4-15 PLAYERS. WITH THE ATTACHED VIDEOS PLEASE REPLACE THE THROWS WITH RUGBY PASSES WHEN COMPLETING THESE GAMES AT YOUR SESSION. SEE VIDEO AND SET UP.

[PASSING TO SPACE VIDEO](#)

SET UP



TAG THAT PASSER

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

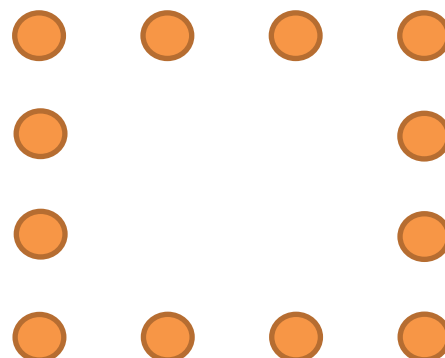
TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THE AIM OF THESE GAMES IS TO ALLOW YOUR PLAYERS TO MAKE A TAG IN A LIVE ENVIRONMENT. THIS GAME ALLOWS FOR OUR KIDS TO ALSO CONTINUE PASSING PROGRESSION THROUGHOUT. MAKE SURE DURING THIS ACTIVITY THAT YOU AS THE COACH IS FOCUSED ON THE TAGGERS MAKING POSITIVE TAGS ON THE PASSERS BEFORE THEY GET A PASS AWAY SEE VIDEO AND SET UP.

[TAG THAT PASSER VIDEO](#)

SET UP



DEFENCE REACTIONS

CUES: BUILD A WALL, HANDS UP, EYES UP

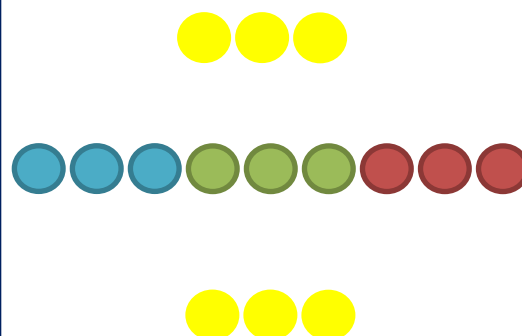
TIME: 15 MINS

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.

[DEFENCE REACTION 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.