

# U6-U7 SESSION PLAN - 7

**FOCUS:** CATCH-PASS, TAGGING, DEFENCE

**TIME:** 1 HOUR SESSION

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



## RUGBY BASEBALL

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

**TIME:** 20 MINS

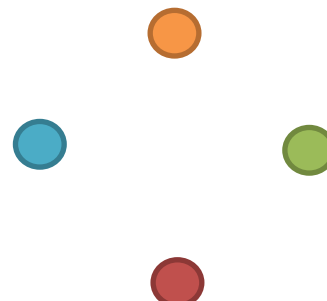
**EQUIPMENT:** CONES, RUGBY BALLS, ADD MORE BALLS LATER

**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. DIVIDE THE KIDS INTO 2 EVEN TEAMS, WHEN PERFORMING AT TRAINING YOU MUST REPLACE THE HIT WITH A KICK AND ALSO ASSURE YOU FIELDING TEAM STAND IN A LINE AND PASS ALONG AND BACK ASAP. SEE VIDEO

[RUGBY BASEBALL VIDEO](#)

### SET UP



## TAH MAN TAGGERS

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

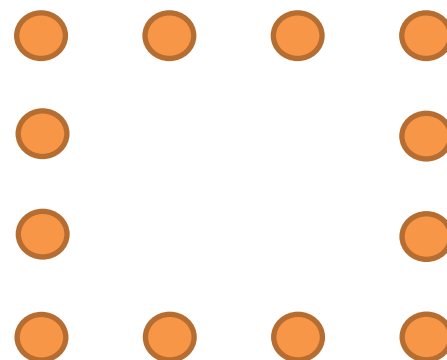
**TIME:** 15 MINS

**EQUIPMENT:** CONES, RUGBY BALLS

**ACTIVITY:** THE AIM OF THESE GAMES IS TO ALLOW YOUR PLAYERS TO MAKE A TAG IN A LIVE ENVIRONMENT. MAKE SURE DURING THIS ACTIVITY THAT YOU AS THE COACH IS FOCUSED ON THE TAGGERS MAKING POSITIVE TAGS ON THE ATTACKERS. MAKE A SLIGHT ADJUSTMENT TO THE VIDEO BE ASKING KIDS TO DO THEIR BEST TAH MAN INTERPRETATION. SEE VIDEO AND SET UP.

[TAH MAN TAGGERS VIDEO](#)

### SET UP



## DEFENCE REACTIONS DRILL

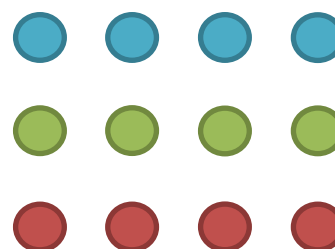
**CUES:** BUILD A WALL, HANDS UP, EYES UP

**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 BE FACING THE COACH IN LINES OF 5. THE KEY HERE IS UNDERSTANDING SPACE AND MAINTAIN A DEFENSIVE LINE. HANDS SHOULD REMAIN UP AND THE TAGGER SHOULD HAVE EYES ON THE ATTACKERS ACTIONS. SEE VIDEO AND SET UP. [DEFENCE REACTION 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.