

U6-U7 SESSION PLAN – 9

FOCUS: CATCH-PASS, TAGGING, DEFENCE

TIME: 1 HOUR SESSION

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



CATCH THAT

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

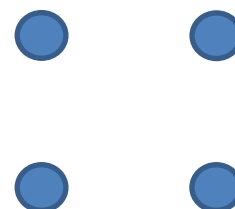
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS, ADD MORE BALLS LATER

ACTIVITY: THE AIM OF THE DRILL IS TO IMPROVE YOUR KIDS ABILITY TO CATCH AND PASS ACCURATELY UNDER PRESSURE. THIS ACTIVITY CAN BE COMPLETED IN GROUPS OF 2 INITIALLY AND 3 ONCE PLAYING THE GAME. WHEN PERFORMING ACTIVITY ENSURE THAT THE PASSER IS CORRECTLY ALTERING THEIR PASSES WITH THE AIM OF MAKING EACH CATCH DIFFICULT. SEE VIDEO

[CATCH THAT VIDEO](#)

SET UP



SHARKS AND CASTAWAYS

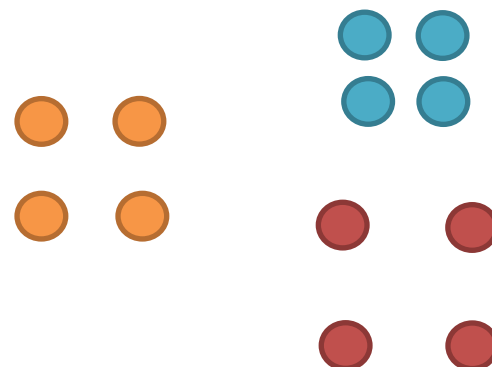
CUES: TRACK, FOOT IN THE HOOP, TAG ON HIPS, CHASE FEET

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 ARE FOCUSED ON THE TAGGERS MAKING POSITIVE TAGS ON THE ATTACKERS. THIS ACTIVITY SHOULD BE SET UP TO MAKE IT HARD FOR MULTIPLE KIDS TO STAND ON 1 ISLAND AT A TIME. WHEN A KID FALLS OFF AN ISLAND THEY BECOME SHARK BAIT. SEE VIDEO AND SET UP. [CROSS OVER TAG VIDEO](#)

SET UP



BULL RUSH

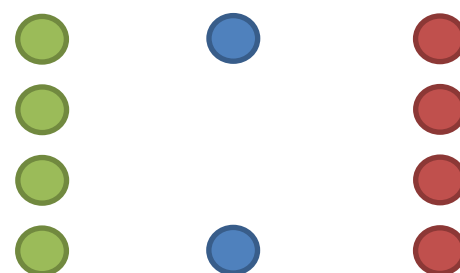
CUES: BUILD A WALL, HANDS UP, EYES UP

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 WORKING IN SMALL GROUPS OF 2 IN THIS GAME FOCUSING ON COMMUNICATING BETWEEN THEMSELVES. HANDS SHOULD REMAIN UP AND THE TAGGER SHOULD HAVE EYES ON THE ATTACKERS ACTIONS. SEE VIDEO AND SET UP. [BULL RUSH 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 PLAYERS 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

USE VOLUNTEER PARENTS TO ASSIST YOU WITH THE RUNNING OF THE SESSION. 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.