

U8-U9 SESSION PLAN – 1

FOCUS: CATCH-PASS, TACKLE, TACKLE CONTEST, SET PIECE

TIME: 1 HOUR SESSION

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



CATCH & PASS RACES

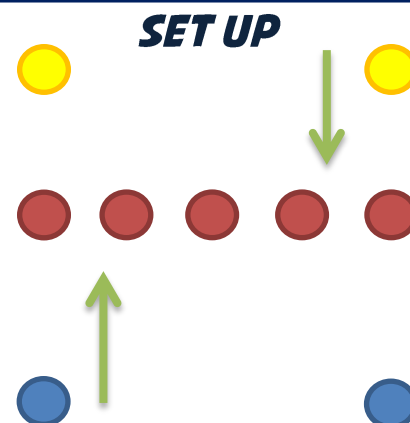
CUES: WARATAHS HANDS, MEET & REACH, FINGERS TO TARGET

TIME: 12 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: KIDS ARE TO DIVIDE THEMSELVES INTO TWO EQUAL TEAMS WITH THE AIM TO COMPETE IN A CATCH PASS RACE AGAINST EACH OTHER. ASSURE THAT TEAMS START FROM A HALF BACK PASS FROM THE GROUND EACH TIME THE BALL REACHES THE END OF THE LINE IN ENSURE YOUR KIDS A RELOADING. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.

RUGBY.COM.AU CLICK ON ATTACK PASSING RACE VIDEO



1V1 STATIC TACKLER

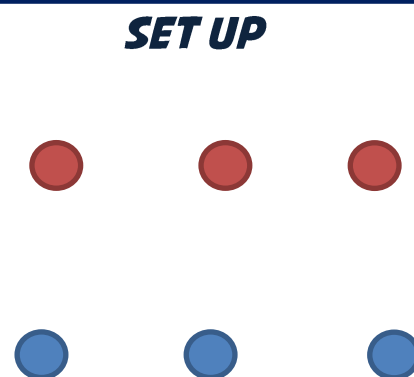
CUES: HIT, STICK, SQUEEZE

TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS FOCUSING ON THE TACKLERS ABILITY TO HIT, STICK AND SQUEEZE WHEN IN THE CONTACT AREA OF THE TACKLE. THE VIDEOS SHOW THE ACTIVITY PROGRESSING FROM THE ATTACKER BEING STATIC TO MOVING INTO CONTACT WITH SAFE BALL PLACEMENT. SEE SET UP IN ADJUST BOX.

[YOUTUBE](#) [YOUTUBE 2](#)



RACE TO SPACE

CUES: RACE, SPACE CHASE

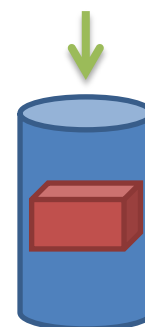
TIME: 12 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: THIS IS A 1V1 ROTATIONAL ACTIVITY FOCUSING ON CLEAN OUT TECHNIQUE. THE CLEANER LIES ON THE GROUND IN FRONT OF A TACKLE BAG, REPRESENTING PLAYERS ON THE GROUND. ON A WHISTLE THE CLEANER USES RACE, SPACE CHASE PRINCIPALS TO REMOVE OPPONENT WITH THE PAD. SEE SET UP IN ADJUST BOX AND CLICK BELOW VIDEO LINK.

RUGBY.COM.AU CLICK ON SKIM AND WIN ACTIVITY VIDEO

SET UP



SET PIECE SESSION

CUES: SCRUM, LINE OUT, ATTACK

TIME: 6 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY:

PLEASE FOLLOW THE BELOW LINKS FOR VIDEOS

RUGBY.COM.AU CLICK ON LINE OUT VIDEO

RUGBY.COM.AU CLICK CRAB CRAWL VIDEO

RUGBY.COM.AU CLICK ON ATTACK DRAW PASS VIDEO

PLAY THE GAME

CUES: USED THROUGH THE NIGHT

TIME: 15 MINS

EQUIPMENT: CONES, BALL

ACTIVITY: THIS SESSION HAD A REAL EMPHASIS ON WHAT PLAYER SHOULD DO IN CONTACT. MAKE SURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.