

# U8-U9 SESSION PLAN – 11

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

**TIME:** 1 HOUR SESSION

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



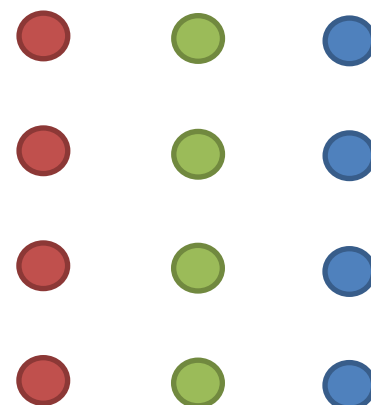
## HALF BACK RACES

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

**TIME:** 20 MINS

**EQUIPMENT:** CONES, RUGBY BALLS,

**ACTIVITY:** THE AIM OF THE FIRST ACTIVITY IS TO IMPROVE OUR KIDS REACTION SPEED AND HANDLING UNDER PRESSURE. PLAYERS SHOULD PARTNER UP WITH PLAYERS IN SIMILAR POSITIONS. THEY MUST START ON THE SAME WHISTLE AND COMPLETE 5 HALF BACK PASSES UP THE FIELD WITH THE SAME BALL. THE CATCHER SHOULD SCORE THE TRY IN FRONT EACH TIME TO ALLOW FOR THE NEXT PASS OFF THE GROUND. SEE VIDEOS [HALF BACK RACES VIDEO](#)



## STEP INTO THAT TACKLE

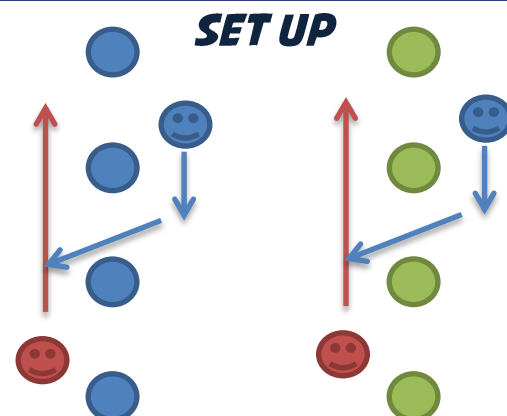
**CUES:** BUILD A WALL, HANDS UP, EYES UP

**TIME:** 15 MINS

**EQUIPMENT:** CONES,

**ACTIVITY:** THE AIM OF THIS DRILL IS TO TEST YOUR PLAYERS ABILITY TO COMPLETE A TACKLE FROM A SIDE ON POSITION WITH GOOD FOOT WORK. DEFENDERS SHOULD LOOK TO PUSH THEMSELVES UP OFF THE DEFENSIVE LINE AND MAKE A GOOD STEP THROUGH THE POLES OR CONES TO APPROACH THE TACKLE WITH A STRONG LEADING LEG. SEE VIDEO.

**STEP INTO THAT TACKLE VIDEO**



## CONTINUOUS CLEAN OUT

**CUES:** RACE, SPACE CHASE

**TIME:** 10 MINS

**EQUIPMENT:** CONES

**ACTIVITY:** THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO SUCCESSFULLY REMOVE A LIVE THREAT. BOTH PLAYERS WILL HAVE EQUAL RIGHTS IN THIS CONTEST. ENSURE THAT PLAYERS ARE TRYING TO WIN THE SHOULDER BATTLE AND HOOK A LEG FOR THE WHOLE ACTIVITY. THE KEY HERE IS FOR BOTH PLAYERS TO FOCUS ON THEIR FEET BEING ACTIVE.

**CONTINUOUS CLEAN OUTS VIDEO**



## SET PIECE SESSION

**CUES:** SCRUM, LINE OUT, ATTACK

**TIME:** 6 MINS

**EQUIPMENT:** CONES, PADS, BAGS

**ACTIVITY:**

PLEASE FOLLOW THE BELOW LINKS FOR VIDEOS

[LINE OUT JUMPING](#)

[SCRUM VIDEO](#)

[ATTACK VIDEO](#)

## PLAY THE GAME

**CUES:** USED THROUGH THE NIGHT

**TIME:** 15 MINS

**EQUIPMENT:** CONES, BALL

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