

U8-U9 SESSION PLAN – 12

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

TIME: 1 HOUR SESSION

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



TAKE IT EARLY

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 ABILITY TO CATCH THE BALL EARLY OUT IN FRONT OF THEIR CHESTS. THERE ARE 3 VIDEOS HERE TO WATCH THAT ARE FOCUSED ON A 1 ON 1 ACTIVITY. YOU DONT REQUIRE THE BANDS, THESE WILL ASSIST HOWEVER IF YOUR TEAM CAN USE THEM. SEE VIDEOS AND SETUP.

[VIDEO 1](#) [VIDEO 2](#) [VIDEO 3](#)

SET UP



DISTANCE DEPENDANT ON ABILITY, START AT 2 M

RUCK DEFENCE

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 STATIONARY POSITION NEXT TO THE RUCK. DEFENDERS WILL LEARN IN THIS ACTIVITY HOW TO TAKE SPACE BY MOVING OFF THE LINE WHILST ALSO HAVING A FOCUS ON WHICH PLAYER THEY ARE MEANT TO BE DEFENDING. SEE VIDEO.

[RUCK DEFENCE VIDEO](#)

SET UP



RUCK CONDITIONING

CUES: RACE, SPACE CHASE

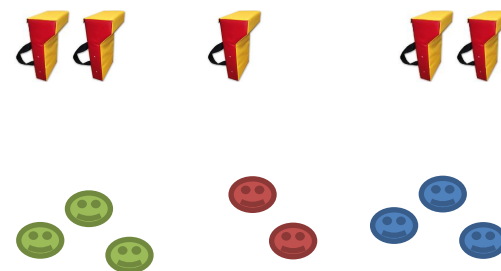
TIME: 10 MINS

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.

[RUCK CONDITIONING 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

[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 A PLAYER SHOULD DO IN CONTACT. ENSURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.