

U8-U9 SESSION PLAN – 13

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

TIME: 1 HOUR SESSION

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



CLEAR THE RUCK

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

TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS,

ACTIVITY: THE AIM OF THIS ACTIVITY IS TO IMPROVE ALL OUR PLAYERS ABILITY TO PASS THE BALL OFF THE GROUND. AT ANY STAGE OF THE GAME PLAYERS MAY BE REQUIRED TO CLEAR THE RUCK WITH A PASS. THIS PARTICULAR ACTIVITY DESCRIBES THE MAIN ELEMENTS REQUIRED TO COMPLETE THIS SKILL. COACHES CAN PROGRESS THIS ACTIVITY TO TOUCH RUGBY WITH PASSES OFF THE GROUND ONLY. SEE VIDEO AND SET UP. [1V1 PASSING VIDEO](#)

SET UP



START AT 2 M

TACKLE CHANNEL

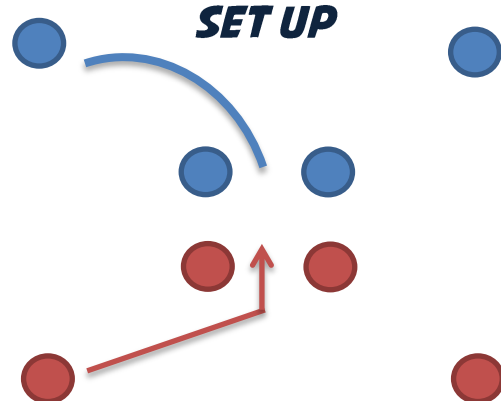
CUES: BUILD A WALL, HANDS UP, EYES UP

TIME: 15 MINS

EQUIPMENT: CONES,

ACTIVITY: THE AIM OF THIS DRILL IS TO TEST YOUR PLAYERS ABILITY TO COMPLETE A TACKLE IN A CONFINED SPACE. PLAYER WILL BE REQUIRED TO TAKE SPACE ON AN ANGLE, SQUARE UP AT THE GATE OF THE CHANNEL AND USE LIGHT FEET GOING INTO CONTACT AREA. LOCK YOUR HEAD ONTO THE CORRECT SIDE OF THE ATTACKERS BODY, LOCK ARMS, LEG DRIVE FOR FIVE. SEE VIDEO. [TACKLE CHANNEL VIDEO](#)

SET UP



WIN THE SHOULDER BATTLE

CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO SUCCESSFULLY WIN THE SPACE OVER THE BALL, UNDER THE OPPOSITIONS SHOULDERS. BOTH PLAYERS WILL HAVE EQUAL RIGHTS IN THIS CONTEST. ENSURE THAT PLAYERS ARE TRYING TO 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.