

U8-U9 SESSION PLAN – 2

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

TIME: 1 HOUR SESSION

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



KEEP THE BALL

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

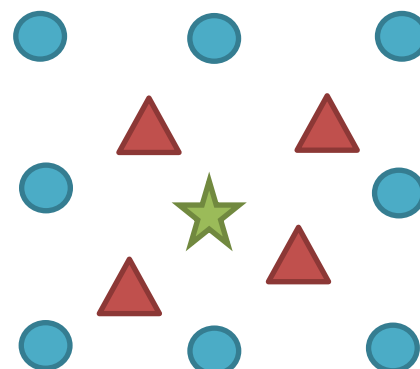
TIME: 12 MINS

EQUIPMENT: CONES, RUGBY BALLS, BIBS

ACTIVITY: THIS GAME WORKS BEST IN SMALLER GROUPS OF UP TO 5. MEANING, YOU MAY HAVE TO SET UP A NUMBER OF SMALL SQUARES WITH THE RATIO IN EACH SQUARE 1 DEFENDER TO 4 ATTACKERS. THE ATTACKING TEAM IS TRYING TO KEEP THE BALL BY PASSING IT AROUND, THE DEFENDER IS TRYING TO PRESSURE AND DISRUPT THE PASS. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.

[KEEP THE BALL VIDEO](#)

SET UP



1V1 TRACK TO TACKLE

CUES: TRACK, HIT, STICK, SQUEEZE, CHASE FEET

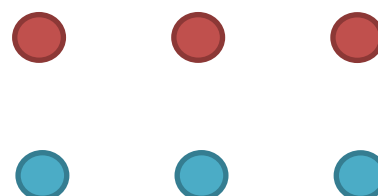
TIME: 15 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THE AIM HERE IS TO TEACH OUR KIDS HOW TO TRACK THEMSELVES INTO SAFE POSITION FOR TACKLING WHILST ON THEIR FEET. START THIS ACTIVITY WITH TAGGING AND BUILD UP TO CONTACT. ENSURE THAT AS A COACH YOU PROVIDE LOTS OF FEEDBACK ABOUT HEAD POSITIONING ON THE OUTSIDE IN CONTACT. SEE SET UP IN ADJUST BOX.

[TRACKING VIDEO](#) [TACKLING VIDEO](#)

SET UP



RACE TO SPACE - SQUARE UP

CUES: RACE, SPACE CHASE

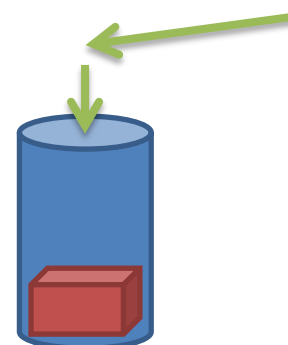
TIME: 12 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: THIS IS AN EXTENSION ON LAST WEEKS ACTIVITY FOCUSING ON THE GATE. THE CLEANER LIES ON THE GROUND AWAY FROM THE TACKLE BAG, REPRESENTING PLAYERS ON THE GROUND. ON A WHISTLE THE CLEANER USES RACE, SPACE CHASE PRINCIPLES TO REMOVE OPPONENT WITH THE PAD. SEE SET UP IN ADJUST BOX AND CLICK VIDEO LINK BELOW.

[SKIM AND WIN EXTENSION 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 PIGGY IN THE MIDDLE VIDEO](#)

[SCRUM VIDEO](#)

[ATTACK VIDEO 4V1](#)

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.