

# U8-U9 SESSION PLAN – 3

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

**TIME:** 1 HOUR SESSION

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



## SPEED PASSING ACTIVITY

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

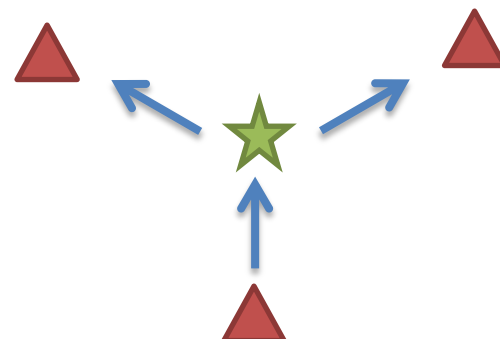
**TIME:** 12 MINS

**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.

[SPEED PASSING VIDEO](#)

### SET UP



## 1V1 MIRRORS

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

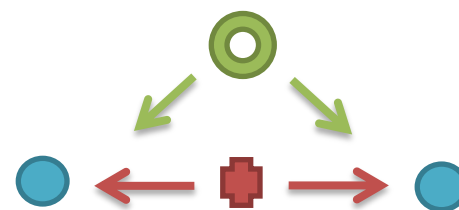
**TIME:** 15 MINS

**EQUIPMENT:** CONES, BALLS

**ACTIVITY:** THE AIM OF THIS DRILL IS TO IMPROVE YOUR KIDS ABILITY TO USE FOOT WORK TO KEEP TRACK OF A DANGEROUS ATTACKER. KEEP THE SAME SMALL SIDED SET UP FROM THE LAST ACTIVITY AND PLACE 2 KIDS ON EACH END OF EACH GRID. FOCUS ON BODY POSITION WHILST MOVING FEET AND TRACKING THE ATTACKER. SEE VIDEO AND SET UP.

[1V1 MIRRORS](#)

### SET UP



## RACE TO TAKE SPACE

**CUES:** RACE, SPACE CHASE

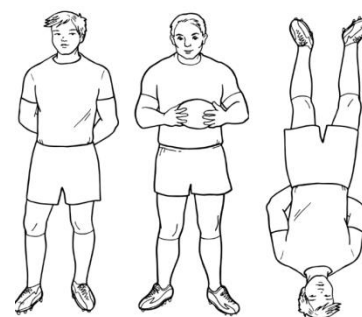
**TIME:** 10 MINS

**EQUIPMENT:** CONES, BAGS

**ACTIVITY:** THIS IS A 1V1 ROTATIONAL ACTIVITY FOCUSING ON CLEAN OUT TECHNIQUE. THE CLEANERS LAY ON THE GROUND EITHER SIDE OF THE BALL PLACER. ON A WHISTLE THE CLEANERS USES RACE, SPACE CHASE PRINCIPLES TO REMOVE OPPONENT PAST THE BALL. SEE SET UP IN ADJUST BOX AND CLICK VIDEO LINK BELOW.

[RACE TO TAKE SPACE 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 HAD A REAL EMPHASIS ON WHAT PLAYER SHOULD DO IN CONTACT. MAKE SURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.