

U8-U9 SESSION PLAN - 4

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

TIME: 1 HOUR SESSION

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



NETBALL SKILLS

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

TIME: 12 MINS

EQUIPMENT: CONES, RUGBY BALLS, BIBS

ACTIVITY: THE AIM OF THIS ACTIVITY IS TO IMPROVE YOUR KIDS BALL HANDLING ABILITY. THIS ACTIVITY HELPS WITH HAND EYE CO-ORDINATION AS WELL AS IMPROVING THE KEY ELEMENTS OF THE RUGBY PASS. ENSURE YOU ADJUST THIS ACTIVITY TO REFLECT THE RUGBY PASS. HAVE PLENTY OF BALLS ON HAND TO GET AS MANY REPS IN AS POSSIBLE. SEE SET UP AND VIDEO.

[NETBALL SKILLS VIDEO](#)

SET UP



KING OF THE RING

CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD

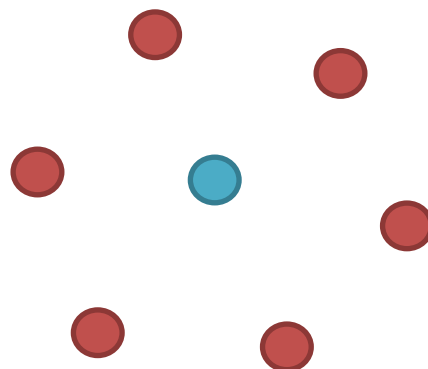
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS GETTING THEMSELVES INTO THE BEST POSITION TO PERFORM A TACKLE IN A LIVE ENVIRONMENT WITH ANOTHER DEFENDER ASSISTING. ENSURE ATTACKERS ARE TARGETING SPACE BETWEEN THE 2 DEFENDERS EACH ATTEMPT. SEE SET UP IN ADJUST BOX AND CLICK THE VIDEO BELOW.

[KING OF THE RING VIDEO](#)

SET UP



FLIP IT OR GET FLIPPED

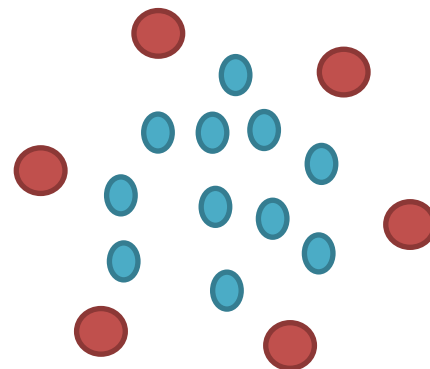
CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE GAMES AIM IS DEVELOPING BODY HEIGHT WHEN STEALING A BALL AND WHEN CLEANING OUT. DIVIDE YOUR KIDS INTO 2 TEAMS. LAY LOTS OF CONES ON THE GROUND INSIDE THE CIRCLE. SELECT 1 ATTACKING TEAM WHO WILL TRY AND FLIP THE CONES OVER. THE DEFENSIVE TEAMS WILL PROTECT THEIR CONES BY CLEANING OUT PLAYERS WHO ARE TRYING TO FLIP CONES. [FLIP IT OR GET FLIPPED 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.