

U8-U9 SESSION PLAN – 5

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

TIME: 1 HOUR SESSION

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



PASSING SKILLS

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

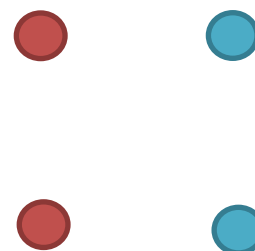
TIME: 12 MINS

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.

[PASSING SKILLS VIDEO](#)

SET UP



1V1 CONTINUOUS TACKLE

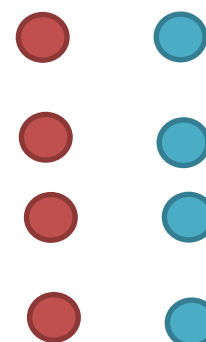
CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD

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. THIS ACTIVITY IS SET UP TOO ALLOW MULTIPLE 1V1 TACKLES. MAKE SURE THAT ONCE YOU HAVE WATCHED THE VIDEO YOU SET THE ACTIVITY UP WITH MULTIPLE GRIDS. SEE SET UP IN ADJUST BOX AND CLICK THE VIDEO BELOW. [1V1 TACKLE VIDEO](#)

SET UP



TACKLE CONTEST 1V1

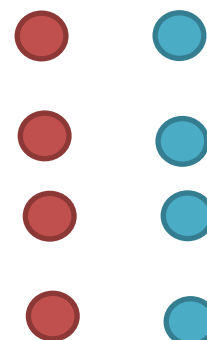
CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO REMOVE A NUMBER OF DIFFERENT THREATS TO THE FOOTBALL. AFTER WATCHING THE VIDEO I WOULD SUGGEST THAT YOU HAVE EACH OF THE DIFFERENT PLAYERS OVER THE BALL PRE-SET. THIS WILL NEGATE MUCH CONFUSION AND ALLOW PLAYERS MORE REPETITIONS ON EACH ROLE. [TACKLE CONTEST 1V1 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.