

U8-U9 SESSION PLAN – 6

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

TIME: 1 HOUR SESSION

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



CONNECT A PASS

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

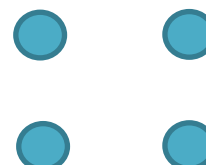
TIME: 12 MINS

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. IT IS IMPORTANT TO ASSURE EACH PLAYER IS CLOSELY MARKED BY AN OPPONENT FOR THIS GAME SEE SET UP AND VIDEO.

[CONNECT A PASS VIDEO](#)

SET UP



COVER TACKLES

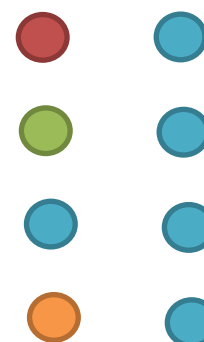
CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS GETTING THEMSELVES INTO THE BEST POSITION TO PERFORM A COVER TACKLE IN A LIVE ENVIRONMENT. THIS ACTIVITY IS SET UP TO ALLOW MULTIPLE 1V1 TACKLES. MAKE SURE THAT ONCE YOU HAVE WATCHED THE VIDEO YOU SET THE ACTIVITY UP WITH MULTIPLE COLOURED CONES. SEE SET UP IN ADJUST BOX AND CLICK THE VIDEO BELOW. [COVER TACKLE VIDEO](#)

SET UP



REMOVE THAT THREAT

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 PAD HOLDERS PRE-SET. THIS WILL NEGATE MUCH CONFUSION AND ALLOW PLAYERS MORE REPETITIONS ON EACH ROLE.

[REMOVE THAT THREAT 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.