

# U8-U9 SESSION PLAN – 7

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

**TIME:** 1 HOUR SESSION

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



## PASSING CIRCLE

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

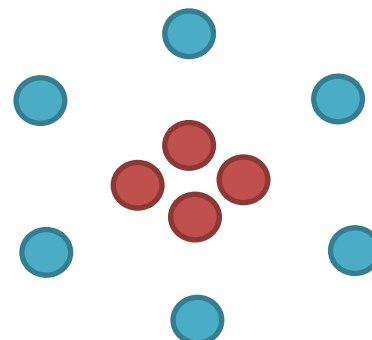
**TIME:** 12 MINS

**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. ASSURE THAT PLAYERS REPLACE EVERY ACTION TO REFLECT BALL HANDLING INSTEAD OF FEET. SEE SET UP AND VIDEO.

[PASSING CIRCLE VIDEO](#)

### SET UP



## 1V1 TACKLE SKILL

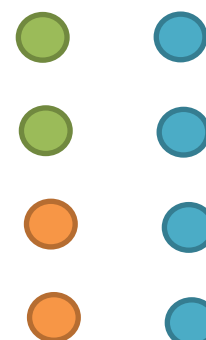
**CUES:** LOAD, LOCK, LEG DRIVE, RE-LOAD

**TIME:** 10 MINS

**EQUIPMENT:** CONES, RUGBY BALLS

**ACTIVITY:** THIS ACTIVITY IS AIMED AT KIDS GETTING THEMSELVES INTO THE BEST POSITION TO PERFORM A 1V1 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. [1V1 TACKLE VIDEO](#)

### SET UP



## LEG DRIVE DRILL

**CUES:** RACE, SPACE CHASE

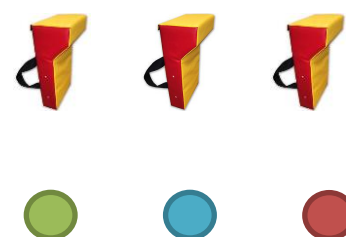
**TIME:** 10 MINS

**EQUIPMENT:** CONES

**ACTIVITY:** THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO REMOVE A LIVE THREAT. THE MAIN AIN HERE IS FOR THE BALL CARRIER TO USE STRONG LEG DRIVE THROUGH CONTACT AND REACT TO THE CLEAN OUT PLAYERS INSTRUCTION TO DROP. THE FOLLOWING SUPPORTER SHOULD LOOK TO REMOVE THIS THREAT AND TAKE SPACE.

[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.