

U8-U9 SESSION PLAN – 8

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

TIME: 1 HOUR SESSION

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



PAIRS BALL CONTROL

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.

[PAIRS BALL CONTROL VIDEO](#)

SET UP



SLIDE TACKLE

CUES: BUILD A WALL, HANDS UP, EYES UP

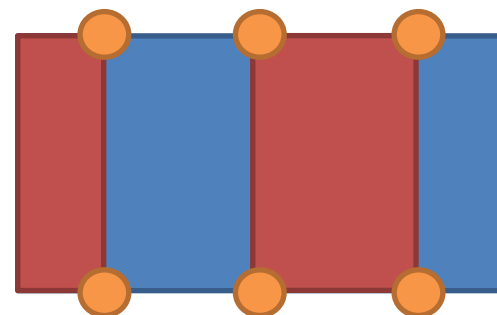
TIME: 15 MINS

EQUIPMENT: CONES,

ACTIVITY: THE AIM OF THIS DRILL IS TO TEACH OUR KIDS THEIR ROLES AND RESPONSIBILITIES WHEN ON THE DEFENSIVE LINE. THE DEFENDERS SHOULD BE WORKING IN SMALL GROUPS OF 2 IN THIS GAME FOCUSING ON COMMUNICATING BETWEEN THEMSELVES. HANDS SHOULD REMAIN UP AND THE TAGGER SHOULD HAVE EYES ON THE ATTACKERS ACTIONS.

SEE VIDEO AND SET UP. [SLIDE TACKLE VIDEO](#)

SET UP



2 MAN POD CLEAN OUT

CUES: RACE, SPACE CHASE

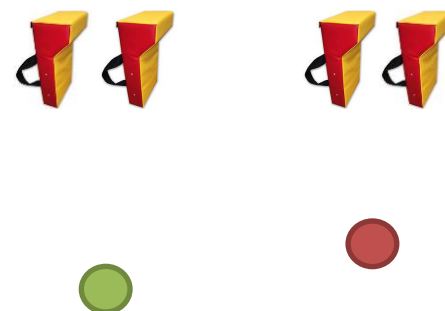
TIME: 10 MINS

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 SUPPORTERS SHOULD LOOK TO REMOVE THIS THREAT AND TAKE SPACE.

[2 MAN POD CLEAN OUT 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.