

U8-U9 SESSION PLAN – 9

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

TIME: 1 HOUR SESSION

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



CATCH THAT

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

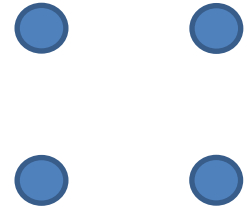
TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS, ADD MORE BALLS LATER

ACTIVITY: THE AIM OF THE DRILL IS TO IMPROVE YOUR KIDS ABILITY TO CATCH AND PASS ACCURATELY UNDER PRESSURE. THIS ACTIVITY CAN BE COMPLETED IN GROUPS OF 2 INITIALLY AND 3 ONCE PLAYING THE GAME. WHEN PERFORMING ACTIVITY ENSURE THAT THE PASSER IS CORRECTLY ALTERING THEIR PASSES WITH THE AIM OF MAKING EACH CATCH DIFFICULT. SEE VIDEO

[CATCH THAT VIDEO](#)

SET UP



1V1 REACTION TACKLE

CUES: BUILD A WALL, HANDS UP, EYES UP

TIME: 15 MINS

EQUIPMENT: CONES,

ACTIVITY: THE AIM OF THIS DRILL IS TO TEST YOUR PLAYERS ABILITY TO COMPLETE A TACKLE AFTER RE LOADING BACK ONTO THEIR FEET. PLAYERS WILL NOT KNOW WHO IS GETTING THE BALL UNTIL IT DROPS, THE PLAYERS REACT WITH THE ATTACKER TRYING TO SCORE AND THE DEFENDER TRYING TO STOP WITH A CHOP TACKLE. SEE VIDEO AND SET UP.

[1V1 REACTION TACKLE VIDEO](#)

SET UP



1V1 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 AIM HERE IS FOR THE ARRIVING PLAYERS TO TRY AND WIN THE SPACE JUST OVER THE BALL PLACER ON THE GROUND. THE PLAYER CLEANING OUT SHOULD LOOK TO WIN THE SHOULDER BATTLE BEFORE COMPLETING SPACE AND CHASE PRINCIPAL.

[1V1 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 HAS A REAL EMPHASIS ON WHAT PLAYER SHOULD DO IN CONTACT. ENSURE YOUR FIELD SPACE IS NARROW FOR YOUR GAME TO ENCOURAGE CONTACT.