

# YOUTH 13-18 SESSION PLAN - 1

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

**TIME: 1 HOUR SESSION**

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



## CATCH & PASS RACES

**CUES: EYES UP, TAKE EARLY, SQUARE UP, HANDS TO HANDS**

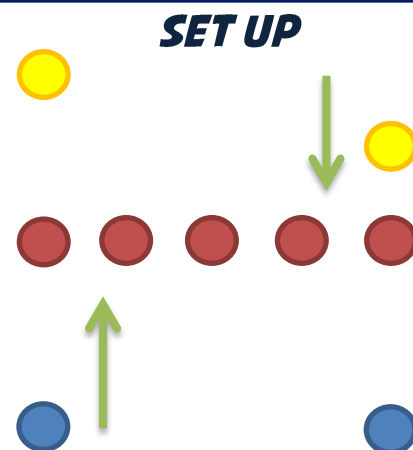
**TIME: 10 MINS**

**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY:**

**KIDS ARE TO DIVIDE THEMSELVES INTO TWO EQUAL TEAMS WITH THE AIM TO COMPETE IN A CATCH PASS RACE AGAINST EACH OTHER. ASSURE THAT TEAMS START FROM A HALF BACK PASS FROM THE GROUND EACH TIME THE BALL REACHES THE END OF THE LINE IN ENSURE YOUR KIDS A RELOADING. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.**

**[RUGBY.COM.AU](http://RUGBY.COM.AU) CLICK ON ATTACK PASSING RACE VIDEO**



## 4 COLOUR CONE TACKLE

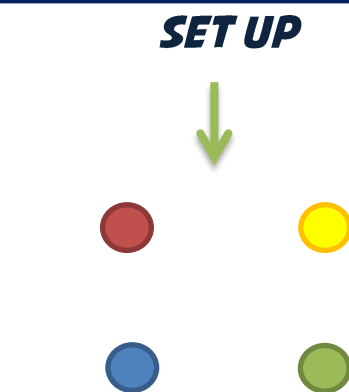
**CUES: LOAD, LOCK, LEG DRIVE, RELEASE AND REACT**

**TIME: 10 MINS**

**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS GETTING THEMSELVES INTO THE BEST POSITIONING TO PERFORM A TACKLE IN A LIVE ENVIRONMENT. IT IS IMPORTANT TO EMPHASISE THE TACKLERS TAKE SPACE AND KEEP FEET ACTIVE. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.**

**[RUGBY.COM.AU](http://RUGBY.COM.AU) CLICK ON 4 COLOUR TACKLE VIDEO**



## 3 EFFORT CLEAN OUT

**CUES: RACE, SPACE CHASE**

**TIME: 10 MINS**

**EQUIPMENT: CONES, PADS, BAGS**

**ACTIVITY: THIS IS A ROTATIONAL ACTIVITY FOCUSING ON CLEAN OUT TECHNIQUE. THE CLEANER WILL BE CONFRONTED 3 DIFFERENT CLEAN OUT SCENARIOS. ON A WHISTLE THE CLEANER USES RACE, SPACE CHASE PRINCIPALS TO REMOVE OPPONENT THREATENING THE BALL. SEE SET UP IN ADJUST BOX AND CLICK BELOW VIDEO LINK.**

**[3 EFFORT CLEAN OUT VIDEO](#)**



## SET PIECE SESSION

**CUES: SCRUM, LINE OUT, ATTACK**

**TIME: 15 MINS**

**EQUIPMENT: CONES, PADS, BAGS**

**ACTIVITY:**

**PLEASE FOLLOW THE BELOW LINKS FOR VIDEOS**

**[LINE OUT VIDEO](#)**

**[RUGBY.COM.AU](#) CLICK 1V1 COMMON CORRECTION VIDEO**

**[ATTACK FROM SET PIECE VIDEO](#)**

## PLAY OPPOSE GAME

**CUES: USED THROUGH THE NIGHT**

**TIME: 15 MINS**

**EQUIPMENT: CONES, BALL**

**ACTIVITY: THIS SESSION HAD A EMPHASIS ON PLAYERS ROLES IN CONTACT. MAKE SURE YOUR FIELD SPACE REFLECTS THE OUTCOME YOU WANT TO ACHIEVE WITH THE GAME.**