

YOUTH 13-18 SESSION PLAN - 10

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

TIME: 1 HOUR SESSION

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



HAND EYE SKILLS & SCORE IT

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS,

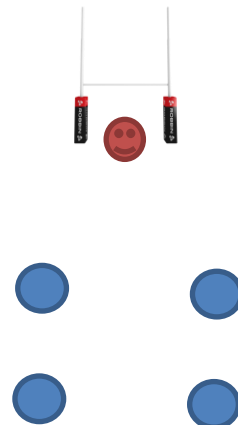
ACTIVITY: THE AIM OF THE FIRST ACTIVITY IS TO IMPROVE OUR KIDS REACTION SPEED AND HANDLING UNDER PRESSURE.

SCORE IT IS A SOCCER GAME WE ARE GOING TO CONVERT.

THE PASSING TEAM HAS TO EXECUTE 10 SUCCESSFUL PASSES AND THE PLAYER WHO ENDS UP WITH THE BALL WILL LEAVE

THE SQUARE AND ATTEMPT TO USE FOOTWORK TO BEAT THE LAST DEFENDER AND SCORE UNDER THE POSTS. SEE VIDEOS

[REACTION GAME VIDEO](#) [SCORE IT VIDEO](#)



RUCK TACKLE DRILL TO 3V3

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 FROM THE 1ST DEFENSIVE

POSITION NEXT TO A RUCK. DEFENDERS SHOULD LOOK TO PUSH THEMSELVES UP OFF THE DEFENSIVE LINE AND MAKE A

GOOD CHOP TACKLE BEFORE THE GAIN LINE. ENSURE THAT YOU PROGRESS THIS ACTIVITY TO A 3V3 LIVE LINE DEFENCE.

[RUCK TACKLE VIDEO](#)

SET UP



BREAKDOWN CONDITIONING

CUES: LOAD, LOCK, MAINTAIN FEET

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: THIS ACTIVITY FOCUSES ON PLAYERS ABILITY TO BE EFFECTIVE AT THE TACKLE CONTEST EVEN WHEN UNDER

FATIGUE. THIS BATTERY OF ACTIVITY SHOULD BE COMPLETED IN ORDER TO ACHIEVE THE SET OUTCOME. COACHES SHOULD

LOOK TO COMPENSATE IF THERE IS GEAR IN THESE ACTIVITIES THAT YOU DO NOT HAVE AT YOUR CLUB.

[TURN IT OVER VIDEO](#)

SET UP



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 THROWING](#)

[SCRUM AND BREAK PRESSURE](#)

[ATTACKING FROM 10 VIDEO](#)

PLAY OPPOSE GAME

CUES: USED THROUGH THE NIGHT

TIME: 15 MINS

EQUIPMENT: CONES, BALL

ACTIVITY: THIS SESSION HAS AN EMPHASIS ON PLAYERS ROLES IN

CONTACT. ENSURE YOUR FIELD SPACE REFLECTS THE OUTCOME

YOU WANT TO ACHIEVE WITH THE GAME.