

YOUTH 13-18 SESSION PLAN – 12

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

TIME: 1 HOUR SESSION

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



SPEED HANDLING

CUES: WARATAHS HANDS MEET & REACH FINGERS TO TARGET

TIME: 20 MINS

EQUIPMENT: CONES, RUGBY BALLS,

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR PLAYERS TO TAKE THE BALL EARLY. THE FIRST ACTIVITY FOCUSES ON PLAYERS ABILITY TO CATCH AND PASS WITH SPEED AND WITH HANDS OFF CHEST. THE 2ND ACTIVITY FOCUSES ON HANDS BEING ACTIVE AND SHIFTING THE BALL ACCURATELY, UNDER CLOSE DEFENSIVE PRESSURE. SEE VIDEOS

[VIDEO 1](#) [VIDEO 2](#)



KEEP THE BALL

CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO CONTEST WITH SHOULDER HEIGHT AS LOW AS POSSIBLE. THE PRIMARY GOAL IS FOR THE 1ST ARRIVING PLAYER FROM THE ATTACKING TEAM TO BEAT THE TACKLER INTO THE SPACE PAST THE BALL. THIS WILL FORCE THE TACKLER TO HAVE TO CONTEST THROUGH THE GATE.

[KEEP THE BALL VIDEO](#)

SET UP



DEFENSIVE TURN OVERS

CUES: LOAD, LOCK, MAINTAIN FEET

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: THIS ACTIVITY FOCUSES ON PLAYERS ABILITY TO REACT TO A LOOSE BALL AFTER A TACKLE TURNOVER. THIS ACTIVITY CAN BE COMPLETED WITH TACKLE BAGS OR WITH A PLAYER HOLDING THE BALL. ONCE A GOOD UNDER BALL TACKLE IS ACHIEVED, THE BALL BECOMES LOOSE AND THE 1ST ARRIVING ATTACKER SHOULD LOOK TO PICK UP AND PLAY INTO THE 1ST PHASE. SEE VIDEO [TURN OVERS 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

[READ THE LINE OUT](#)

[SCRUMMING WITH THE PUMAS](#)

[ATTACKING BATTERY 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.