

YOUTH 13-18 SESSION PLAN – 13

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

TIME: 1 HOUR SESSION

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



PASSING SKILLS

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 EXECUTE A PASS UNDER PRESSURE. THERE ARE HALF BACK PASSING ACTIVITIES FOR ALL PLAYERS TO LEARN TO CLEAR A BALL FROM THE RUCK. THERE ARE ALSO 3 HANDS BASED DRILLS. SEE VIDEOS BELOW.

BACK PASSING VIDEO [1V1 PASSING VIDEO](#)

HANDS VIDEOS [VIDEO 1](#) [VIDEO 2](#) [VIDEO 3](#)

SET UP



DISTANCE DEPENDANT ON ABILITY, START AT 2 M

BROKEN DEFENCE

CUES: RACE, SPACE CHASE

TIME: 10 MINS

EQUIPMENT: CONES

ACTIVITY: THE AIM OF THIS ACTIVITY IS FOR OUR PLAYERS TO BE ABLE TO COMPLETE COVER TACKLES WHEN STARTING IN A BROKEN DEFENSIVE SET UP. DEFENDERS WILL HAVE TO WORK ON COMMUNICATION, CONNECTION WITH EACH OTHER AND FOOT SPEED IN COVER SPACE. ENSURE THAT YOUR DEFENDERS ARE PRESSURING EITHER THE PASS OR THE SPACE ON EVERY ATTEMPT. [BROKEN DEFENCE VIDEO](#)

SET UP



BALL PLACE & CLEAN OUT

CUES: LOAD, LOCK, MAINTAIN FEET

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: THIS ACTIVITY FOCUSES ON PLAYERS ABILITY TO REACT AND EXECUTE AN ACCURATE BALL PLACEMENT POST TACKLE AND ARRIVING PLAYERS ABILITY TO EFFECT AN ACCURATE CLEAN OUT. SEE VIDEO BELOW FROM WARREN GATLAND DISCUSSING THESE AREAS TO THE RUGBY SITE.

WARREN GATLAND 1 [CLEAN OUT VIDEO](#)

WARREN GATLAND 2 [BALL PLACEMENT 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 SKILLS](#)

[SCRUMMING WITH THE PUMAS](#)

[3V2 ATTACK 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.