

## YOUTH 13-18 SESSION PLAN – 2

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

**TIME: 1 HOUR SESSION**

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



### ATTACK VS DEFENCE

**CUES: TAKE THE BALL EARLY, HANDS TO HANDS**

**TIME: 10 MINS**

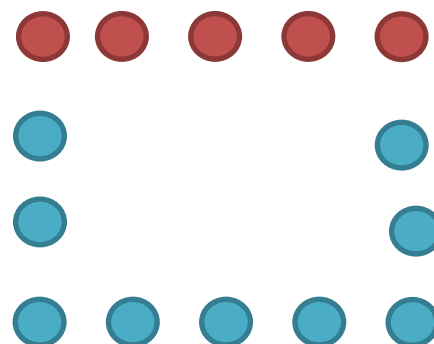
**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY:**

**KIDS ARE TO DIVIDE THEMSELVES INTO TWO EQUAL TEAMS WITH THE AIM TO SCORE AS MANY TRIES AS POSSIBLE IN THEIR ATTACKING TIME. EACH RESET THE ATTACKING TEAM IS ONLY ALLOWED 1 PHASE TO SCORE, MEANING PASSING AND KEEPING THE BALL ALIVE IS THE KEY. SEE SET UP IN ADJUST BOX AND CLICK THE LINK BELOW FOR A VIDEO.**

[ATTACK VS DEFENCE VIDEO](#)

#### SET UP



### 2V2 TACKLE

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

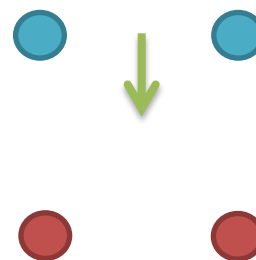
**TIME: 10 MINS**

**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 WITH ANOTHER DEFENDER ASSISTING. 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.**

[2V2 TACKLE VIDEO](#)

#### SET UP



### MAN ON FIRE

**CUES: DRIVE, DROP, ROLL, RACE, SPACE CHASE**

**TIME: 10 MINS**

**EQUIPMENT: CONES, PADS, BAGS**

**ACTIVITY: IN THIS ACTIVITY WE ARE TEACHING OUR KIDS HOW TO USE LEG DRIVE IN CONTACT AND HOW WE CAN USE A MAN ON FIRE ROLL ON THE GROUND TO RESULT IN A LONG PLANK BALL PLACE FOR OUR TEAM. I WOULD DO AN EXTENSION ON THIS ACTIVITY THAT HAD 1 ARRIVING PLAYER REMOVING THE PAD MAN AFTER THE MAN ON FIRE. SEE SET UP IN ADJUST BOX AND CLICK [MAN ON FIRE 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 LIFTING DRILL VIDEO](#)

[SCAP EXERCISE BEFORE LV1 SCRUMS VIDEO](#)

[ATTACK PASSING AND RE ALIGNMENT VIDEO](#)

### PLAY OPPOSE GAME

**CUES: USED THROUGH THE NIGHT**

**TIME: 15 MINS**

**EQUIPMENT: CONES, BALL**

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