

YOUTH 13-18 SESSION PLAN – 3

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

TIME: 1 HOUR SESSION

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



PASSING TO ATTACK

CUES: TAKE THE BALL EARLY, HANDS TO HANDS

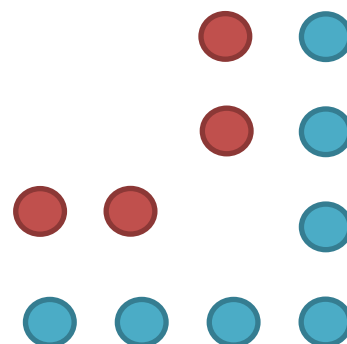
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY:

THE AIM OF THIS ACTIVITY IS TO LET YOUR KIDS WORK ON THEIR PASSING ON BOTH SIDES UNDER REAL PRESSURE. ONCE YOU HAVE DIVIDED UP YOUR GROUP, EACH LINE OF ATTACK IS AIMING TO SHIFT THE BALL TO THE EDGE USING FAST HANDS. THE ATTACK SHOULD BE SUCCESSFUL ON EVERY OCCASION WHEN PASSES ARE EXECUTED CORRECTLY. SEE SET UP AND VIDEO. [PASSING TO ATTACK VIDEO](#)

SET UP



2V1 TACKLE AND TAKE SPACE

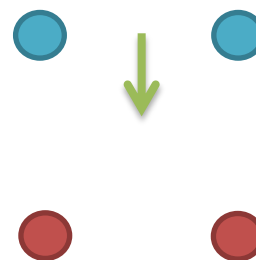
CUES: LOAD, LOCK, LEG DRIVE, RELEASE AND REACT

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS UNDERSTANDING THE CONCEPT OF COMPLETING TACKLES AND TAKING SPACE. WHEN TWO PLAYERS ARE IN THIS DOMINANT TACKLE THE FIRST OBJECTIVE IS TO TAKE SPACE WHILST BOTH DEFENDERS ARE IN CONTACT WITH THE BALL CARRIER. ONCE DRIVEN TO THE GROUND THE EMPHASIS CHANGES TO REMOVE THE SUPPORTER. [2V1 TACKLE AND TAKE SPACE](#)

SET UP



PAD BREAKDOWN DRILLS

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

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: IN THIS ACTIVITY WE ARE TEACHING OUR KIDS THE IMPORTANCE OF GREAT TECHNIQUE AT THE BREAK DOWN. THE VIDEOS SHOW EXAMPLES OF HOW YOU CAN USE HIT SHIELDS AT YOUR CLUB TO GREAT USE. SETTING HEIGHT AT THE TACKLE CONTEST AND PROVIDING ARRIVING PLAYERS WITH TARGETS THAT THEY SHOULD LOOK TO HIT AND REMOVE WITH CORRECT TECHNIQUE [BREAKDOWN 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 JUMPING ACTIVITY](#)

[1V1 SCRUM VIDEO](#)

[COUNTER ATTACKING 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.