

## YOUTH 13-18 SESSION PLAN - 4

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

**TIME: 1 HOUR SESSION**

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



### SCORING ZONES

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

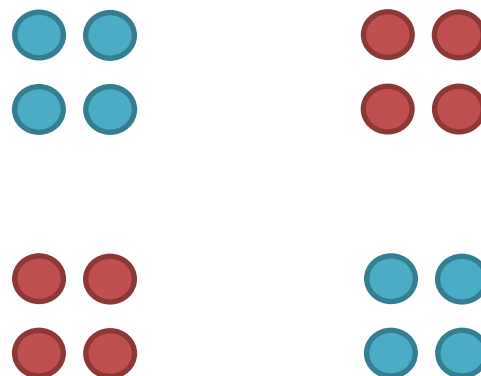
**TIME: 10 MINS**

**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY:**

**THE AIM OF THIS ACTIVITY IS PASSING UNDER PRESSURE WHILST SUPPORTING IN ATTACK. ATTACKERS ARE TO PASS THE BALL IN BETWEEN THE SCORING ZONES WITH THE AIM OF THE CATCHERS IN THE SCORING ZONES MAKING A CATCH TO SECURE A POINT. THE DEFENSIVE TEAM IS TO APPLY PRESSURE TO THE PASSERS AND CATCHER DURING THE GAME. SEE SET UP AND VIDEO. [SCORING ZONES VIDEO](#)**

#### SET UP



### 2V3 TACKLE RE-LOAD

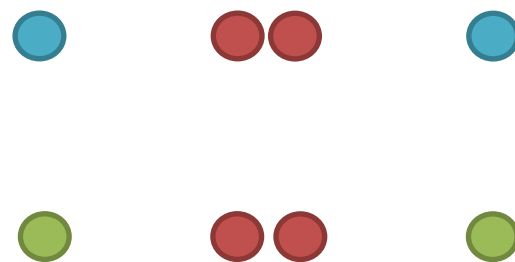
**CUES: LOAD, LOCK, LEG DRIVE, RELEASE AND REACT**

**TIME: 10 MINS**

**EQUIPMENT: CONES, RUGBY BALLS**

**ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS UNDERSTANDING THE CONCEPT OF COMPLETING TACKLES AND RE-LOADING. DEFENDERS WILL BE WORKING HARD TO STAY CONNECTED IN A 10 AND 20 DEFENSIVE POSITION. DEFENDERS WILL NEED TO COMPLETE 1<sup>ST</sup> UP TACKLES AND WORK VERY HARD TO RE-LOAD AND BE THERE TO DEFEND THE NEXT PHASE ATTACK AROUND THE CORNER. [2V3 TACKLE RE-LOAD VIDEO](#)**

#### SET UP



### PAD BREAKDOWN D 2<sup>ND</sup> ARRIVING

**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. SETTING HEIGHT AT THE TACKLE CONTEST AND PROVIDING ARRIVING PLAYERS WITH TARGETS THAT THEY SHOULD LOOK TO HIT AND REMOVE WITH CORRECT TECHNIQUE. THE 2<sup>ND</sup> VIDEO TOUCHES ON THE 2<sup>ND</sup> ARRIVING PLAYER AND THEIR ROLE IN THE CONTEST. [BREAKDOWN VIDEO 2<sup>ND</sup> ARRIVING VID](#)**

#### 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.**