

YOUTH 13-18 SESSION PLAN - 5

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

TIME: 1 HOUR SESSION

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



PASSING ALIGNMENT DRILL

CUES: TAKE THE BALL EARLY, HANDS TO HANDS

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY:

THE AIM OF THIS ACTIVITY IS TO FOCUS ON THE ATTACKERS ABILITY TO RE ALIGN WHEN PASSING. THIS IS A GREAT ACTIVITY FOR ATTACKING STRUCTURES LATER ON AND TEACHES KIDS THE VALUE OF A DIFFERENT STYLE AND TYPE OF PASS. THE KEY IN THIS ACTIVITY IS SOFT HANDS AND KEEPING HANDS LOADED UNTIL ATTACK IS FINISHED. SEE SET UP AND VIDEO. [PASSING ALIGNMENT VIDEO](#)

SET UP



DEFENCE ALIGNMENT DRILL

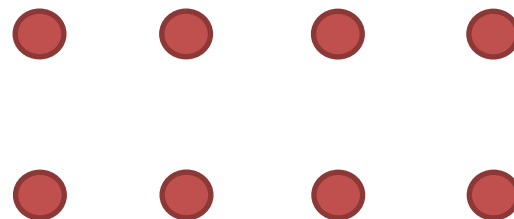
CUES: LOAD, LOCK, LEG DRIVE, RELEASE AND REACT

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY IS AIMED AT KIDS UNDERSTANDING THE CONCEPT OF COMPLETING THE DEFENSIVE LINE. THIS ACTIVITY FOCUSES ON A DEFENDER NOMINATING THEMSELVES TO LEAVE THE LINE AND PERFORM THE TACKLE. ONCE COMPLETED DEFENDERS MUST REACT AND RE BUILD THE DEFENSIVE LINE. DEFENDERS MUST COUNT NUMBERS IN OPPOSITION. [DEFENCE ALIGNMENT VIDEO](#)

SET UP



BALL OR THREAT ?

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. IN THE VIDEO YOU WILL SEE EXAMPLES OF THE DIFFERENCE BETWEEN BALL FOCUS AND THREAT FOCUS. [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](#) ADJUST FOR SHORT LIFTING IF REQUIRED

[ANDREW BLADES SCRUM VIDEO 1](#)

[SQUARE 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.