

YOUTH 13-18 SESSION PLAN - 6

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

TIME: 1 HOUR SESSION

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



SHORT PASSING

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. [SHORT PASSING VIDEO](#)

SET UP



DRIFT AND BLITZ DEFENCE

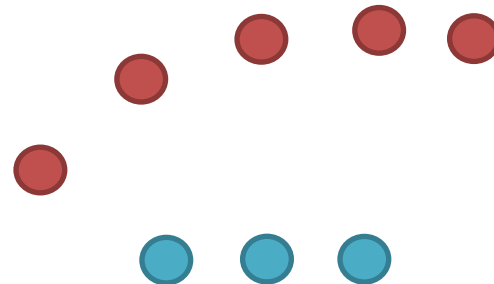
CUES: COMMUNICATE, KEEP CONNECTION

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY FOCUSES ON THE DEFENDERS ABILITY TO REACT TO THE ATTACKERS AND WHATS COMING AT THEM. OUR KIDS SHOULD NOW BE STARTING TO UNDERSTAND THAT WE CAN DEFEND IN DIFFERENT WAYS. THE FOCUS OF THIS ACTIVITY IS TO DETAIL WHAT PLAYERS ROLES ARE WHEN DEFENDING IN A DRIFT OR BLITZ DEFENCE. SEE SET UP & SEE VIDEO. [DRIFT AND BLITZ DEFENCE VIDEO](#)

SET UP



SAVE YOURSELF A PENALTY

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 REMOVING PLAYERS WITHOUT USING HANDS. [SAVE YOURSELF A PENALTY 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 2](#)
[PLAYING 10 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.