

YOUTH 13-18 SESSION PLAN - 7

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

TIME: 1 HOUR SESSION

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



PASSING SKILLS

CUES: TAKE THE BALL EARLY, HANDS TO HANDS

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS, BIBS

ACTIVITY: THE AIM OF THIS ACTIVITY IS TO IMPROVE YOUR KIDS BALL HANDLING ABILITY. THIS ACTIVITY HELPS WITH HAND EYE CO-ORDINATION AS WELL AS IMPROVING THE KEY ELEMENTS OF THE RUGBY PASS. THERE ARE MULTIPLE DRILLS IN THE ATTACHED VIDEO, MAKE SURE YOU CHECK IT OUT IN ORDER TO GET YOUR SET UPS CORRECT. SEE SET UP AND VIDEO.

[PASSING SKILLS VIDEO](#)

SET UP



LINE SPEED DEFENCE

CUES: COMMUNICATE, KEEP CONNECTION

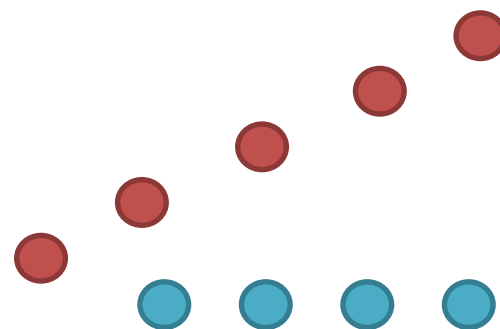
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY FOCUSES ON THE DEFENDERS ABILITY TO PERFORM A TYPE OF DEFENCE THAT WILL CREATE A DIFFICULT ENVIRONMENT FOR OUR ATTACKERS TO CREATE OPPORTUNITY. THE AIM OF GOOD LINE SPEED IS TO LIMIT THE AMOUNT OF WIDTH A TEAM IS ALLOWED TO PLAY WITH AND ALSO CUT DOWN THE TIME ALLOWED FOR DECISION MAKING.

SEE SET UP & SEE VIDEO. [LINE SPEED DEFENCE VIDEO](#)

SET UP



WINNING THE SHOULDER

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. [WINNING THE SHOULDER 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 3](#)

[KICKING 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.