

YOUTH 13-18 SESSION PLAN - 8

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

TIME: 1 HOUR SESSION

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



CHANNEL SUPPORT PASSING

CUES: TAKE THE BALL EARLY, HANDS TO HANDS

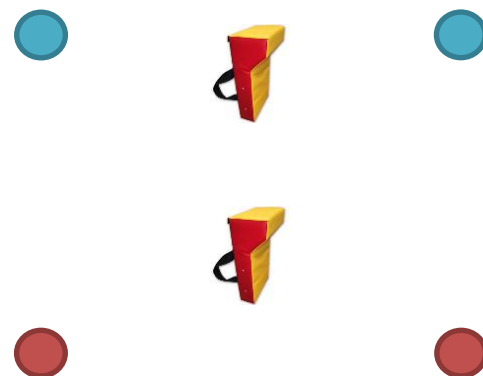
TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS, BIBS

ACTIVITY: THE AIM OF THIS ACTIVITY IS TO IMPROVE YOUR KIDS BALL HANDLING ABILITY. THIS ACTIVITY IS AIMED AT IMPROVING YOUR KIDS ABILITY TO COMPLETE PASSES UNDER LIVE DEFENSIVE PRESSURE. IT IS EQUALLY IMPORTANT THE ROLES OF THE SUPPORT RUNNERS AND COACHES SHOULD BE PLACING FOCUS ON A HAND OFF CHEST CATCH ON EACH OCCASION. SEE SET UP AND VIDEO.

[CHANNEL SUPPORT PASSING VIDEO](#)

SET UP



TACKLE TO RE-LOAD

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

TIME: 10 MINS

EQUIPMENT: CONES, RUGBY BALLS

ACTIVITY: THIS ACTIVITY FOCUSES ON THE OUTCOME OF A QUALITY CHOP TACKLE. THE TACKLER IS AIMING TO OPEN UP AN AUTOMATIC OPPORTUNITY ON THE BALL FOR THE FIRST ARRIVING PLAYER FROM THEIR OWN TEAM. THE TACKLER SHOULD ALSO BE LOOKING TO GET THEMSELVES BACK UP AND INTO THE CONTEST BEFORE ARRIVING ATTACKERS.

[TACKLE TO RE-LOAD VIDEO](#)

SET UP



2V1 STOP THE CHOKE

CUES: LOAD, LOCK, MAINTAIN FEET

TIME: 10 MINS

EQUIPMENT: CONES, PADS, BAGS

ACTIVITY: IN THIS ACTIVITY FOCUSES ON HOW TO EFFECT AN INITIAL CHOKE TACKLE. THE DEFENDER SHOULD LOOK TO HIT UNDER THE BALL, CONNECT HIPS TOGETHER AND LOCK THEMSELVES INTO THE ATTACKER. THE 1ST ARRIVING SUPPORTER FOR THE ATTACKER SHOULD LOOK TO HIT HIS OWN PLAYER EVEN FIRST BEFORE CONNECTING TO THE CHOKE TACKLER TO REMOVE THEM. [2V1 STOP THE CHOKE 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](#)

[ANDREW BLADES SCRUM VIDEO 4](#)

[KICKING TO ATTACK 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.