

## YOUTH 13-18 SESSION PLAN - 9

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

**TIME: 1 HOUR SESSION**

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



### BALL HANDLING SKILLS

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

**TIME: 12 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 CATCH. THE CATCHER SHOULD REMAIN UNDER PRESSURE THROUGHOUT TO MAINTAIN SOFT HANDS. SEE SET UP AND VIDEO.**

[DON'T DROP THE BABY VIDEO](#)  
[CATCH THAT 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



### TURN IT OVER

**CUES: LOAD, LOCK, MAINTAIN FEET**

**TIME: 10 MINS**

**EQUIPMENT: CONES, PADS, BAGS**

**ACTIVITY: THIS ACTIVITY FOCUSES ON HOW TO IMPACT AN INITIAL CHOKE TACKLE. THE DEFENDER SHOULD LOOK TO HIT UNDER THE BALL, CONNECT HIPS TOGETHER AND LOCK THEMSELVES INTO THE ATTACKER. THE 1<sup>ST</sup> ARRIVING SUPPORTER FOR THE ATTACKER SHOULD LOOK TO HIT HIS OWN PLAYER EVEN FIRST BEFORE CONNECTING TO THE CHOKE TACKLER TO REMOVE THEM. [TURN IT OVER 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 5](#)

[1V1 AND GROUP EVASION VIDEO](#)

### PLAY OPPOSE GAME

**CUES: USED THROUGH THE NIGHT**

**TIME: 15 MINS**

**EQUIPMENT: CONES, BALL**

**ACTIVITY: THIS SESSION HAS AN EMPHASIS ON PLAYERS ROLES IN CONTACT. ENSURE YOUR FIELD SPACE REFLECTS THE OUTCOME YOU WANT TO ACHIEVE WITH THE GAME.**