



OUTHALF SESSION PLAN

DATE: March 2021

VENUE: Home

SESSION THEME: SKILLS – OH CATCH-PASS

Key Points				EQUIPMENT
<p>Catch early with neutral “W” Catch as you mean to pass. Load to inside hip Outside leg up Hands to target</p>				<p>Cones – 0 Balls – 1 round, 1 rugby Bibs – 0 Poles – 0 Pads – 0 Target - 1</p>
TIMING	DRILL/SKILL	STAFF	COACHING POINTS/DETAIL	PASSES
A 6 min	<ul style="list-style-type: none"> Reaction drills, round ball first followed by rugby. (3-5m away throw a ball off the wall and react to catch and shape to pass) https://youtu.be/7d1X5nfHrXQ 		<ol style="list-style-type: none"> Stay on the balls of your feet. Eyes on the ball - W Catch as you want to pass. Load to inside hip you catch on and outside foot up. Use all 3 progressions here 	<p>20 Reps Left x2 20 Reps Right x2</p>
B 10 min	<ul style="list-style-type: none"> 45 Passing Test. Video will explain. https://youtu.be/lr8rCrrlgL0 		<p>Video will explain coaching que’s..... write down and study before taking test</p>	<p>20 Reps Left x2 20 Reps Right x2</p>
C 10 min	<p>Progression from reaction drill</p> <p>Get someone to kick ball (round first) square on to the target you make with your hands from 5 meters away.</p> <p>Repeat with rugby ball.</p> <p>https://youtu.be/7d1X5nfHrXQ</p>		<ol style="list-style-type: none"> Stay on balls of feet. Hands in neutral W Catch early with soft hands. Go towards ball, don’t react by going onto heels. If your hearing ball hit hands adjust Shape to pass after loading to inside hip as above. Hands to finish pointing at target. Use 2nd and 3rd progression from video here here 	<p>20 Reps Left x2 20 Reps Right x2</p>
Session 2: Complete the 45° Passing Skill Test and use the work-on video to review		<p style="text-align: center;">45° Skill Test Click Here</p> <p style="text-align: center;">45° Skill Work-Ons Click Here</p>		

Week 8 Conditioning:

Running - Fartlek

Warm up with light jog, and dynamic exercises, Squat, Lunge, Hamstring Bridge, etc.,
Jog @ 70% for 3 mins
50m stride through @ 85%
Jog @ 70% for 2 mins
100m Sprint @ 95-100%
Repeat 4 times

Speed and Agility

Warm Up incl Dynamic Stretches	3mins	Sample Video Here
Walk easy for 5m then 10m acceleration	10m x 2	Rest for 1 min in between Sprints
10m static start & sprint	10m x 2	2 feet together start & then sprint
10m hard accelerations (chest on the ground)	10m x 2	Pop off ground fast and sprint (rest 1min in between sprints)
10m Hill sprint	10m x 2	Rest 1min in between sprints
Lateral shuffle into 20m sprint	20m x 2	Don't let your feet touch in shuffle (Rest 1min in between sprints)
Jog easy for 5m then 30m sprint	30m x 2	Rest 1min between sprints
Weaving Sprints	30m x 2	Weaving like a snake (Rest between sprints and cool down)

Speed Tech – “A” March Drills



Body Weight Exercises:

X10 reps

