



SCRUMHALF SESSION PLAN

DATE: March 2021

VENUE: Home

SESSION THEME: SKILLS – SH passing from the deck

Key Points				EQUIPMENT
<p>Speed to breakdown Chop feet on approach into the ball Back foot close to the ball Low Body Position Load the back leg Transfer weight down the line of the pass Hands to target Get into the game quicker</p>				<p>Cones – 1 rack Balls – 1 - 10 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 (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 Correct hand placement 	20 Reps Left x2 20 Reps Right x2
B 10 min	<ul style="list-style-type: none"> Accuracy sweep pass one handed (On 1 knee, ball placed inside the knee, hips open outside leg pointing at the target, 1 handed pass at target, opposite hand starts pointed at the target, both hands finish pointing at target 5m – 7m away. https://youtu.be/5L_NSw5eITs 		<ol style="list-style-type: none"> Stay low Correct hand placement to generate spin – hand at the bottom at the back of the ball Punch and point Stay low 	20 Reps Left x2 20 Reps Right x2
C 10 min	<ul style="list-style-type: none"> Accuracy sweep pass (On 1 knee, ball placed inside the knee, hips open outside leg pointing at the target, 2 handed pass at target, both hands finish pointing at target 5m – 7m – 10m away. https://youtu.be/5L_NSw5eITs 		<ol style="list-style-type: none"> Stay low Correct hand placement to generate spin – hand at the bottom at the back of the ball Punch and point Stay low 	20 Reps Left x2 20 Reps Right x2
D 10 min	<ul style="list-style-type: none"> Movement sweep pass (Approach ball chopping feet and complete a sweep pass at target 5m – 7m – 10m etc.) https://youtu.be/5L_NSw5eITs 		<ol style="list-style-type: none"> Chop feet on approach Back foot close to the ball Low body position Load the weight on the back leg Transfer weight down the line of the pass Punch and point at target 	20 Reps Left x2 20 Reps Right x2
Session 2: Complete the 45° Passing Skill Test and use the work-on video to review		45° Skill Test Click Here 45° Skill Work-Ons Click Here		

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

