







SESSION THEME:  
**Catch & Pass**



TIMING	GAME/ACTIVITY	VIDEO (click on to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(5 mins)	<b>Intro to Big Rocks – Primers</b>  <b>PISTOL DRILL</b> 1. Front on single arm 2. Side on single arm		<b>Load to the hip</b> · Aim for bottom hand to be on the hip. · Elbow bent, bicep over ball <b>Punch and point</b> · Bottom hand Punch action with rotation of your torso. · Finish by pointing to your target
(10 mins)	<b>Warm-up Game – End Ball (aka Space Invaders)</b> <b>Stop Game briefly to include:</b> Squat – Lunges – Leg Swings etc. <b>Play while:</b> Hopping L/R- Skipping – Bounding etc.		<b>Constraints:</b> -All Passes below (or above head height) -Catch ball with 2 hands pass with only left (or right) hand Chip (or grubber) Kick pass only left leg (or right) Etc. use your imagination e.g. use tennis ball
(10 mins)	<b>GAME - Squeeze Ball</b> Equal numbers-on touch/tackle all D's must narrow in tight to ball area. <b>Challenge players how to see opportunity – communicate opportunity – execute opportunity against a drift defence</b>		<b>Set Early with Width (Workrate)</b>  <b>Hips square</b> · Towards oppositions try line. · Hands above hips. <b>“W” Catch early as you intend to pass it</b> · Connecting the thumbs & fingers point on the 45. · Allow for decision making during play
(10 mins)	<b>Activity - L Passing Drill</b> <b>Progression:</b> Ball Carrier +lines of 2 Ball Carrier +lines of 3 Ball Carrier +lines of 4		<b>Load to the hip</b> · Aim for bottom hand to be on the hip. · Elbow bent, bicep over ball <b>Punch and point</b> · Bottom hand Punch action with rotation of your torso. · Finish by pointing to your target
(10 mins)	<b>Activity – To the Line</b> <b>Progressions:</b> 3or4 v 0 3or4 v 1 3or4 v 2 Catch Pass Skills and Decision Making		<b>Finish square, go forward &amp; support</b>  <b>Clear Concise Communication</b> <b>Tell the ball carrier what to do:</b> “Hands Left” “Hands Right” “Draw and give” “Carry Hard”
(10 mins)	<b>Edge Ball (Scoring Zone)</b> 1 or 2 extra attackers in each wide channel/equal numbers in middle. Attack can only score in wide channel (inside 15m) D can only enter wide channel after ball. Can Play with Touch		As above plus player to be challenged how to get to wide space against Blitz Defence- 2 Lines of Attack as appropriate for Age level Attack Principles
(5 mins)	<b>Cooldown &amp; Stretch</b>		Check for learning & Understanding

# COACHING CORNERSTONE CUES

## CATCH PASS

### Hips square

- Towards oppositions try line.
- Hands above hips.

### “W” Catch early as you intend to pass it

- Connecting the thumbs & fingers point on the 45.
- Allow for decision making during placement of fingers.

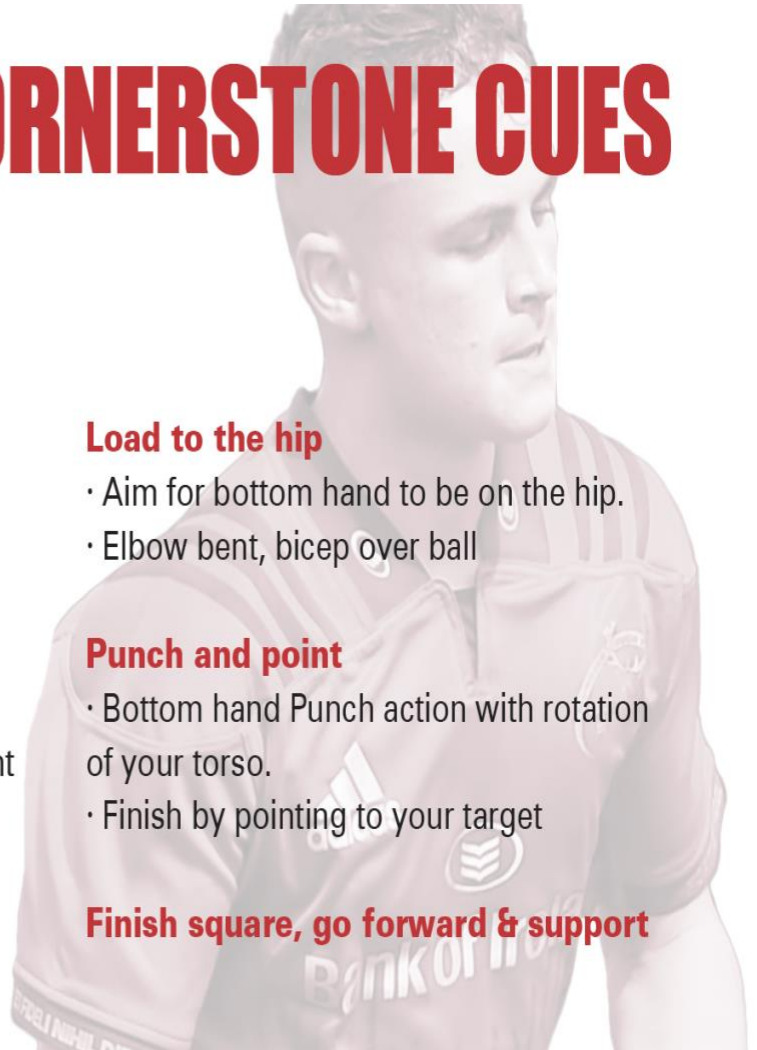
### Load to the hip

- Aim for bottom hand to be on the hip.
- Elbow bent, bicep over ball

### Punch and point

- Bottom hand Punch action with rotation of your torso.
- Finish by pointing to your target

### Finish square, go forward & support



Munster Rugby Coaching Resource Playlist:

<https://www.youtube.com/playlist?list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3>

Munster Rugby Coaching Children Playlist:

<https://www.youtube.com/playlist?list=PLvrRLf2epTtRrR5Upvajmn-jtOXXF8b2s>

Further details on events and resources: [www.munsterrugby.ie/domestic/coaching](http://www.munsterrugby.ie/domestic/coaching)