

 **Mini 1- Week 4**

**Sample Session Theme: Return to Rugby**

**Session Focus – Catch Pass/Decision Making**

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| **ACTIVITY** | **NOTES** |
| **Warm Up Game with Movement Skills****(10 Minutes)** | **Ball Movement/Animal Movements*** **Animal Movement Relays**
* **Ball tig**
* **Keep ball**
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| **Game** **(10 minutes)** | **Samoa Game*** **4 v 4**
* **20 x 20m grid**
* **One touch play on, 2nd touch do go ground and pop off floor to team mate.**
* **Can progress to grab tackle if appropriate.**
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|  **SKILL DEVELOPMENT**  **Catch & Pass****(15 minutes)** | **L Shape Passing*** **15 x 15m**
* **2 Groups of 4 players on each part of the L**
* **Ball starts at wide player**
* **Pop off at end to next group**
* **Progress with adding defender/s**
* **Switch sides to ensure passing off both hands**
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| **Game**  **(15 Minutes)****A picture containing drawing, bird  Description automatically generated** | **All Blacks*** **4 x 4**
* **20 x 20m grid**
* **Two teams, attack and defence.**
* **One team continuously attacks for a certain time period and one defends.**
* **Swap around after time limit reached.**
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