

**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** |
| **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.** |
| **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** |
| **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.** |