

 **Mini 1- Week 3**

**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*** **Ball Familiarisation**
* **Ball Tag**
* **Rats and Rabbits**
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| **Game** **(10 minutes)** | **France Game*** **4 v 4**
* **20 x 20m grid**
* **Attack has 5 phases to score**
* **Once touched defender must retreat off pitch before then can come back into the game.**
* **Attackers to try and make use of space created**
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|  **SKILL DEVELOPMENT**  **Catch & Pass****(15 minutes)** | **Feed Attack*** **2 feeders on either side with 3 players in middle**
* **Ball fed from one side**
* **Players to run forward & return ball to other feeder**
* **Pop ball up to next group**
* **Change Feeder**

**Rats & Rabbits (2v1)*** **3 players per group, 1 rat, 1 rabbit stand back to back and one feeder in between.**
* **Coach will call out rat or rabbit, name called out will receive pass from feeder run around red cone.**
* **Feeder will join attacker (2v1) and attempt to beat defender & score along green try zone.**
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| **Game**  **(15 Minutes)****A picture containing mug, people, room, shirt  Description automatically generated** | **Samoa Game*** **4 v 4**
* **20 x 20m grid**
* **One touch play on, 2nd touch go ground and pop off ground to team mate.**
* **Can progress to grab tackle if appropriate.**
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