

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