

**Mini 1- Week 1**

**Sample Session Theme: Return to Rugby**

**Session Focus – Ball Familiarisation**

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| **ACTIVITY** | **NOTES** |
| **Warm Up Game with Movement Skills**  **(10 Minutes)** | **Movement Skills:**   * **Number Freeze plus animal movements** * **Stuck in the Mud**   **Warm Up Game:**     * **Bugs and Spiders 5x5 grid and 10x10m grid** |
| **Game**  **(10 minutes)** | **Any Direction Touch**   * **4v4** * **Run and pass in any direction** * **Play until a mistake is made or after 5 touches** * **Pass within 3 secs** * **Score with 4 coloured zones** |
| **SKILL DEVELOPMENT**  **Catch & Pass**  **(10 minutes)** | **Keep Ball**   * **10 x 10m grid** * **5 v 5** * **Aim to get 3 passes without interception** * **Pass in any direction but cannot move with ball** * **If intercepted or ball hits ground turnover** * **1 point for 3 completed passes, reset same team**.   **Passing Races**     * **1 Player start on red x facing each other** * **One ball per group, coach calls sequence, eg green, blue, yellow.** * **Player must move to colours and complete one pass** * **Set up other groups and build in time or races.** |
| **Game**  **(15 Minutes)**  **A close up of a logo  Description automatically generated** | **Fiji Game**   * **4 v 4** * **20 x 20m grid** * **Attack has 5 touches to score on 6th touch turnover.** |

