

 **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**
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| **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**

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