

**U11/U12s Session - Week 1**

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| **ACTIVITY** | **NOTES** |
| **WARM UP GAME WITH MOVEMENT SKILLS**    **(10 MINUTES)** | **KEEP BALL:**  **8v8, 8v5 - TEAM MAKES AS MANY PASSES AS POSSIBLE, COUNT PASSES, DROP OR INTERCEPTION IS TURNOVER**  **MOVEMENT SKILLS + ANIMAL MOVEMENTS:**   * **ANIMAL MOVEMENT RELAYS:** * **BEAR CRAWL / FROG JUMPS / GORILLA WALKS** * **RATS AND RABBITS** * **STICK IN THE MUD** |
| **A picture containing animal  Description automatically generated FRANCE GAME**  **(15 MINUTES)** | **GAME**   * **Start with equal numbers. 1 team constantly attacks for 1 - 3 minutes. Every time there is a touch, the toucher leaves the field!** * **PLAYERS APPROX 8v8** * **GRID SIZE 30 BY 30** |
| **SKILL DEVELOPMENT – CATCH/PASS**  **(10 MINUTES)** | **Short to Long Passing – Groups of 4 start in narrow**  **“blue” square, passing in channels then on coaches call of “yellow” spread out and pass with more width, red and back to yellow, blue.**  **Focus on “early catch” and “point and shoot at target”** |
| **GAME**  **A picture containing mug, people, room, shirt  Description automatically generated**  **(15 MINUTES)** | **GAME (Continuity)** **Passing/offloading: Before, during and post contact activity**   * **5 touches = Turnover** * **1 handed touch offload – 2 handed touch must fall and lift ball from floor** * **Defence get turnover if they can stop attack within 2 passes** * **Players - max 8v8** * **Grid size 40 By 40** |

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**U11/U12s Session - Week 2**

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| **ACTIVITY** | **NOTES** |
| **WARM UP GAME WITH MOVEMENT SKILLS**  **(10 MINUTES)** | **BALL FAMILIARISATION + ANIMAL MOVEMENTS:**   * **BALL-F RELAYS / NUMBERS – ROUND THE WORLD – ROUND LEGS – UP AND CATCH** * **ANIMAL MOVEMENT RELAYS:** * **SWIM AND SURF – WORM WALK – ANGRY GORILLA** * **REACTION RACES** * **SUPER HERO THEMES – SPIDERMAN / WOMEN** |
| **GAME**  **A picture containing mug, people, room, shirt  Description automatically generated**  **(15 MINUTES)** | **Theme: Continuity - Passing/offloading: Before, during and post “contact” activity**  **•5 touches = Turnover**  **•1 handed touch offload – 2 handed touch must fall and lift ball from floor**  **•Defence get turnover if they can stop attack within 2 passes**  **•Players Max 8v8**  **•Grid size 30 by 30** |
| **BREAKOUT SKILLS – EVASION/CATCH/PASS**  **(10 MINUTES)** |  |
| **GAME**  **A picture containing drawing, bird  Description automatically generated**  **(10 MINUTES)** | **Theme – Score within time limit**   * **Attack has to score try within a limited amount of time 1 to 3 minutes or within as little amount of phases (touch)** * **Coach can drop 2 defenders back as “sweepers”** * **Reward team that scores within quickest time or least phases** * **Players Max 8v8** * **Grid size 30 by 30** |

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**U11/U12s Session - Week 3**

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| **ACTIVITY** | **NOTES** |
| **WARM UP GAME WITH MOVEMENT SKILLS**    **(10 MINUTES)** | **End Ball (5 mins)**   * **Attackers score a try at opposite end of pitch, encourage player to run forward with ball, once attacker is touched- he/she can pass any direction.** * **Players up to 8v8 or overload attack** * **Grid size 20 by 10**   **Stretches and repeat game** |
| **BALL CARRY/EVASION SKILLS**    **(10 MINUTES)** | * **Attacker runs forward to receive pass from feeder or starts with ball (throw up/catch) and then attacks** * **Once the defender is checked, the attacker side-steps and accelerates into the space to score on the far side of the grid.** * **Rotate players regularly** * **Space players out** * **Progress to grab and then standing tackle** * **Ball in 2 hands** |
| **CONTACT SKILLS**        **(10 MIN**  **(10 MINUTES)** | **1v1 Tackling (start on knees , walk to jog)**   * **Defender passes the ball to attacker and follows his/her pass in attempt to tackle attacker.** * **Attacker enters the grid and once the defender is checked, he/she side-steps and accelerates into the space outside the defender to achieve ‘soft shoulder’ contact.** * **5 by 5m grids** |
| **GAME**    **(15 MINUTES)** | * **5 touches/Grabs/Tackles = Turnover** * **1 handed touch offload – 2 handed touch must fall present** * **Defence get turnover if they can stop attack within 2 passes** * **Players up to 8v8 or overload attack** * **Grid size 30 by 30** |

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**Sample Session Focus: Return to Rugby Week 4**

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| **ACTIVITY** | **NOTES** |
| **WARM UP GAME WITH MOVEMENT SKILLS**  **(10 MINUTES)** | **KEEP BALL:**  **8v8, 8v5 - TEAM MAKES AS MANY PASSES AS POSSIBLE, COUNT PASSES, DROP OR INTERCEPTION IS TURNOVER**  **MOVEMENT SKILLS + ANIMAL MOVEMENTS:**  **• ANIMAL MOVEMENT RELAYS:**  **• BEAR CRAWL / FROG JUMPS / GORILLA WALKS**  **• RATS AND RABBITS**  **• STICK IN THE MUD** |
| **GAME**    **(10 MINUTES)** | **GAME**   * **Start with equal numbers.** * **1 team constantly attacks for 1 - 3 minutes.** * **Every time there is a touch, the toucher leaves the field!** * **PLAYERS APPROX 8v8** * **GRID SIZE 30 BY 30** |
| **BREAKOUT SKILLS – BALL CARRY AND SUPPORT**  **(10 MINUTES)** |  |
| **GAME**  **(15 MINUTES)** | **GAME**   * **Full game of Rugby** * **Coaches adapt game where applicable** * **If players don’t carry in 2 hands, pass twice or run forward – turn ball over to opposition!** * **8 v 8 , 10 v 10** |

Additional activities

**Warm-ups / Fun Games**

- Rugby Tig

- Relay Races

- Clusters - Kids randomly run around a grid, coach shouts a number and the kids must get into a group size of that number. Shout a colour and they must run to a cone of that colour.

- Toilet Tag – Ball carriers touch free players to stop them, get on one knee.

- Number Freeze – Moving around grid, when coach calls number kids must touch ground with number of body parts ie feet, knee, elbow.

- Tag Ball 1v1 – Players are paired off and each pair is given a ball. The ball carrier then attempts to tag the second member of the pair.

- Shadow Your Partner. Players are paired off. One player A the other B. Player A runs forwards, backwards, left, right etc and player B must attempt to shadow what player A does. Players then switch roles.

- Keep Ball – 2 teams with equal numbers. One team with bibs have possession of the ball. Aim is to keep ball as long as possible without dropping or an interception which results in a turnover. Most passes wins.

- Rats and Rabbits

- Chain Gang – 2/3 players hold hands and try to catch free players, making the chain bigger. Game over when all players within the grid have been caught.

- Press-up wrestle – 2 players in a press up position face each other. Aim is to knock partner’s hands away.

- Rip Ball – Groups of 2/3. Player holds on to ball lying on the ground or standing up and aim is to attempt to rip ball off ball carrier in set time limit eg 30 secs. Players rotate roles

**Ball handling / skills / Decision Making**

- Ball Familiarisation – 1 ball per 3/4 kids in grids eg 7/8 grids with 3/4 kids with 1 ball per group. Any direction passing at chest height. Hands up with clear call. Add lots of variations eg 1 handed pass, ball in air, roll ball, score try and next player pick and pop etc.

- Continuous Lateral Passing – Groups of 3/4/5 passing the ball in lateral direction. Last person in group 1 passes to first person in next group and drill continues. Add loops / switches / miss passes / trail runners etc. Depending on ability/experience of group switches etc may need to be broken down into individual drills before being applied to continuous lateral passing drill.

- Short to Long Passing – Groups of 4/5 run out passing in narrow channel, then turn spread out and pass back down the wider channel. Can also be done as Long to Short Passing with channels set out.

- Sweep passing off ground in groups of 2/3/4

- Static Lateral Passing – Players start close together and move further apart as they master the basic skill elements.

- Passing Drills with Feeders – Groups of 6-8 players working in a grid. 2 feeders stand at each side of the grid and the ball is passed to a player coming through the middle of the grid. Process is repeated and drill is continuous. Grid can be made bigger and number of players coming through the middle of grid can be increased.

- Montpellier Grids – Decision making 2v1, 3v2, 5v3.

- U Shaped Colour Grids – 9 defenders line up on 9 coloured cones. 3 defenders attack inside the U. Coach shouts a colour and only the defenders on that coloured cone can defend.

- 4 v 1 in channels – 4 attacking players must beat 3 defenders in a channel standing 4/5 meters apart in single file. Defenders may move from side to side with limited opposition to start with. Pressure on attacking players should gradually increase.

**Tackling (Front / Rear / Side)**

- Falling In the Tackle (Knee, Hip, Shoulder). Players in a grid, when coach blows whistle players fall as if tackle has been made (Technique before actual contact)

- Working in pairs A+B, player A jogs at player B (who may be down on 1 knee) and front tackle is made (same process for side and rear tackle). Focus is on technique. Build up momentum as players technique improves.

- Circle tackle – Players form a circle and are given a number. Tackler stands in the middle and coach calls a number. When number called the player must run towards tackler and be tackled. Change tackler every so often.

- Tackle bags / hit shields can be used to improve technique using various drills.

- Tackling in grids – players stand opposite each other. When coach blows whistle ball carrier runs to one side of the grid and defender runs to the other side. Defender must stop the ball carrier from scoring a try.

- Reduced / controlled contact game eg 6v6, 7v7, 8v8 to allow players to practice tackling in match situation.

**Continuity (Before / During / After Tackle)**

- Ball presentation – Groups of 4/5. Ball carrier drives into pad maintaining leg drive, hips square and protecting ball from defender. Player should fall to the ground using correct technique and ball should be placed on the ground at least an arms length away. Can be built up so 4 players are holding hit shields in a channel and ball carrier either places the ball or offloads the ball.

- In groups of 4 or 5, working in channels ball carrier runs with the ball and then falls (knee, hip, shoulder) deciding weather or not to place the ball or pop the ball to a support player who must react to what the ball carrier does( give ball carrier option to place / pop / roll the ball). Drill should be worked up and down channels with enough time between each group.

- In groups of 3 with 1 defender and 2 attacking players, the ball carrier tries to beat the defender without going outside the grid. If the defender successfully tackles the ball carrier then the ball carrier must try and off load the ball to the support player. Encourage ball carrier to use evasion skills to beat defender and try and stay on feet, staying square with strong leg drive protecting the ball at all times in 2 hands. Roles should be reversed within the group.

- Offload Touch – 6v6, 7v7, 8v8 etc. when ball carrier is touched the ball should be offloaded immediately to a support player within 2 meters. Ball carrier should be encouraged to pass and support.

- Controlled game – 6v6, 7v7, 8v8. If player is tackled and goes to ground with the ball then it’s a turnover and the other team start with a tap off. Aim is to keep the ball alive.

**Ruck / Maul**

- Introduce the Ruck.

- Clean Out – 1v1 technique, defender has hands on the ball ready to poach the ball, attacking player should get into a good position and drive the defending player off the ball.

- Various rucking drills may be used with hit shields to encourage good technique.

- Options for players arriving at a ruck should clearly be explained eg when best to pick and go, when to drive the defending player(s) off the ball and when to bridge over the ball and practice so that players are encouraged to make the best decisions.

- Ruck Touch

- Introduce the Maul

- Maul Technique – 1v1 driving into player (controlled), progress on to 2 attacking players v 1 defending player with the support player latching on yo the ball side of team mate. Eventually build up to 4v4 in a controlled way explaining the role of players at the maul.

- Maul Demons – 4v4 fast turnaround game in 5 meter grid working on body positions / technique either in defence or attack. Defence 2 meters back and coach pops ball to attack and maul forms. 5 seconds max time allowed. Turnaround and allow for reset

- In groups of 5, the 1st player runs out, places the ball and then becomes the defender. The next player then picks up the ball and attacks the defender. Players 3 and 4 will have to either ruck or maul depending on what area is being covered. Player 5 takes the ball and starts the process again.

- Maul Touch

**Scrum / Lineout**

- Introduce the Scrum

- Individual body position – Feet shoulder width apart, knees bent, lift hips and open chest, 10 sets for 10 seconds working on good scrummage position.

- Knee Slaps – Start by facing your partner and placing your right hand on each others shoulder. While maintaining a strong body position attempt to slap the back of your partner’s right knee. Change slapping arm.

- 1v1 scrummaging – With a partner (may want to start on your knees) work on the engage (must be in a controlled way) from a safe distance. Ensure a good body position and work on head position (look up) in the scrum. Work on bind between the players.

- Once technique is sound players may take the pressure and apply the pressure(in a safe manner)

- 2v1 scrummaging – Ease into engagement, assume strong body position and bind on to opposition player(s). Involve movement, sideways, forward and backwards.

- 3v3 scrummaging – Eventually build up to 3v3 scrum. Emphasis is on good technique and all players should be allowed to try all positions in the 3v3 scrum (may need to be uncontested and push should be limited).

- Introduce the Lineout

- Individual lineout skills – Jumper should have correct feet position, jump correctly and land correctly (all key factors outlined).

- Throwing the Ball – In pairs start close together on knees, gradually increase distance with players back on feet.

- Build up to 1v1, 2v2, 3v3 contests.

- Introduce catch and drive principles.

- Game of touch Rugby with scrums / lineouts introduced into the game.

**Evasion (Side-step / Swerve / Spin)**

- In pairs, 1 defender and 1 attacker. Defender stands still, attacking player attacks the static defender who either points to the left or to the right, attacking player goes the opposite way.

- In pairs, 1 defender and 1 attacker. Defender stands still, attacking player attacks the static defender who swings his arms in a circular motion. Attacking player must side step and avoid the swinging arm of the defending player.

- Line up a zig zag of cones, players must side step their way up the zig zag.

- In grid, players must side step the first defender, who may move towards attacking player, hit and spin at the next pad and then attempt to score a try by beating the last defender.

- Line up cones in a Y shape. Attacking player runs towards the middle. Coach shouts a colour and the player must attack that colour.

- 1v1 Montpellier grids. Attacking player must side step and avoid contact.

**Kicking and Catching**

- In pairs, kick the ball backwards and forward to each other. Use punt, grubber, drop kick etc. Gradually increase distance between the 2 players.

- In pairs, throw the ball backwards and forwards to each other. Increase the height that ball is thrown into the air. Also increase the distance between the players. Works on technique of catching the ball.

- In groups, 5v5, 6v6 etc in a large grid, players kick the ball backwards and forward to each other. Introduce competition.

**Modified games**

- Ruck Touch – Attacking player who is touched falls to the ground knee, hip, shoulder. 2 defending players must go down on the ground (usually on one knee). Game can be modified further building up the ruck further eg player bridging over the ball with more defenders going to ground.

- Maul Touch – Attacking player, who is touched turns towards team, stays big and a link player secures ball and pops to a feeder who moves play on.

- Attack overload – Number of attacking players is greater than the number of defending players. Coach must think of ways to get defending players out of the game so that attacking team has extra numbers. Encourages players to use space and make decisions.

- Modified game to encourage width – Attacking team must move the ball the same direction across the field until they reach the channel that the coach has marked out. Only then can the ball be moved in the opposite direction.

- End Ball variations – Ball must be worked in to a grid, If player is touched with the ball attacking team lose ball, no passes above head height, double whistle means both teams must run back to own try line and game starts again, ball is allowed to be kicked after a certain number of passes.

- Scrums and lineouts to restart the game.

**Other Games**

- Rugby Tennis

- Rugby Rounders

- Rugby Football

- Rugby Golf

- Cross Bar Challenge