

**Sample Session Focus: Return to Rugby Week 1**

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| **ACTIVITY** | **NOTES** |
| **WARM UP GAME WITH MOVEMENT SKILLS** **(10 MINUTES)** | **MOVEMENT SKILLS + ANIMAL MOVEMENTS:*** **CHOCOLATE CHIP COOKIE – REACTION GAME**
* **ANIMAL MOVEMENT RELAYS:**
* **BEAR CRAWL / FROG JUMPS / GORILLA WALKS**
* **RATS AND RABBITS**
* **STICK IN THE MUD**
 |
| **FIJI GAME****GAME (APPROX. 4V4)****(10 MINUTES)****A close up of a logo  Description automatically generated** | **GAME*** **4v4**
* **DOUBLE TOUCH – TOUCH 1 KEEP GOING FORWARD**
* **TOUCH 2 MUCH PASS**
* **GRID SIZE 10 BY 10**
 |
| **BREAKOUT SKILLS – PASSING + MNI GAME** **(10 MINUTES)** | **PASSING CONE RELAY** * **PLAYER ON EACH CONE**
* **PLAYERS PASSES ALONG THE LINE TO THE END AND BACK AGAIN TO THE START (RACES)**
* **\*\*CHANGE TYPE OF PASSING\*\***

**MINI GAME (KEEP BALL)*** **TEAMS OF 3V3 – PASS BALL IN ANY DIRECTION**
* **10M BY 10M PITCH**
* **3 PASSES = 1 POINT**
* **KEEP CHANGING PASSES**
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| **FIJI GAME****(APPROX. 4V4)****A close up of a logo  Description automatically generated10 MINUTES)** | **GAME*** **4V4**
* **DOUBLE TOUCH – TOUCH 1 KEEP GOING FORWARD**
* **TOUCH 2 MUCH PASS**
* **GRID SIZE 10 BY 10**
 |



**Sample Session Focus: Return to Rugby 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**
 |
| **FIJI GAME****GAME (APPROX. 4V4)****(10 MINUTES)****A close up of a logo  Description automatically generated** | **GAME*** **4V4**
* **DOUBLE TOUCH – TOUCH 1 KEEP GOING FORWARD**
* **TOUCH 2 MUCH PASS**

**GRID SIZE 10 BY 10**  |
| **BREAKOUT SKILLS – PASSING + MOVEMENT** **(10 MINUTES)** | **PASSING COURSE** * **TWO PLAYERS START ON THE BLUE CONE WITH ONE BALL**
* **AT EACH CONE THEY HAVE TO DO A NUMBER OF A CERTAIN PASS ONCE COMPLETE MOVE TO NEXT CONE - YELLOW**
* **AT YELLOW CONE IT COULD BE DIFFERENT WIDE OR DIFFERENT TYPE OF PASS ONCE COMPETE MOVE ONTO RED – DIFFERENT WIDE / PASS.**

**SHARK ATTACK – MOVEMENT GAME*** **PLAYERS ON DIFFERENT CONES 3 OR 4 ON EACH CONE AREA**
* **CATCHERS (SHARKS) IN THE MIDDLE**
* **CALL KIDS TO GO TO OTHER COLOUR CONE**
* **CATCHERS HAVE TO GET BIB / TAGS**
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| **FRANCE GAME****(APPROX. 4V4)****A picture containing animal  Description automatically generated(10 MINUTES)** | **GAME*** **4V4**
* **THE ATTACK MUST MAKE 3 PASSES BEFORE SCORING + EVERY PLAYER HAS TO TOUCH THE BALL.**
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**Sample Session Focus: Return to Rugby Week 3**

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| **ACTIVITY** | **NOTES** |
| **WARM UP GAME WITH MOVEMENT SKILLS****(10 MINUTES)** | **MOVEMENT SKILLS + ANIMAL MOVEMENTS:*** **BALL FAMILIARISATION – SET DOWN, PICK UP, FALL + POP – WHISTLE OR NUMBERS**
* **RACING CARS**
* **CATCHERS + TAILS**
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| **FRANCE GAME****GAME (APPROX. 4V4)****(10 MINUTES)****A picture containing animal  Description automatically generated** | **FRANCE GAME*** **4V4**
* **THE ATTACK MUST MAKE 3 PASSES BEFORE SCORING + EVERY PLAYER HAS TO TOUCH THE BALL**
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| **BREAKOUT SKILLS – PASSING** **(10 MINUTES)** | **Passing Cones** * **PLAYERS ON EACH BLUE CONE HAVE A TARGET (BALL) ON THE YELLOW CONE**
* **EACH PLAYER HAS A RACE WHO CAN HIT THE BALL OFF YELLOW CONE**
* **BEST OUT OF THREE**
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| **ULSTER GAME****(APPROX. 4V4)****(10 MINUTES)****A picture containing drawing  Description automatically generated** | **ULSTER GAME** * **NORMAL GAME OF RUGBY**
* **COACHES ADAPTATIONS WHERE FIT**
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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)** | **MOVEMENT SKILLS + ANIMAL MOVEMENTS:*** **AIRPLANES**
* **JUGGLE BALL**
* **STICK IN THE MUD – PASSING TAGS**
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| **SAMOA GAME****GAME (APPROX. 4V4)****(10 MINUTES)****A picture containing mug, people, room, shirt  Description automatically generated** | **SAMOA*** **UNMILTED TOUCHES**
* **U5-U6 – EVERY PLAYER MUST TAKE 3 STEPS BEFORE PASSING ONCE TOUCHED**
* **U7 GAME - EVERY TOUCHED PLAYER MUST GO TO GROUND AND POP TO SUPPORT PLAYER.**
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| **BREAKOUT SKILLS – PASSING + MOVEMENT** **(10 MINUTES)** | **MANY TRIES*** **TEAMS OF 2 – PLAYERS HAVE TO SCORE AS MANY TRIES BETWEEN COLOUR CONES**
* **TEAMS OF 2 HAVE TO MAKE X NUMBER OF PASSES BEFORE SCORING.**
* **\*\* CAN ADD CATCHERS IN TO CHALLENGE THE PLAYERS\*\***

**CHASE AND RETURN** * **1V1 – COACH ROLLS THE BALL IN 2 PLAYERS HAVE ONE V ONE TO SCORE – USE TAGS / BIBS / NUMBER OF TOUCHES**
* **2V1 – 2V2 – ETC**
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| **ALL BLACKS GAME****(APPROX. 8V8)****(10 MINUTES)****A picture containing drawing, bird  Description automatically generated** | **GAME*** **ATTACK HAS UNLIMITED TOUCHES BUT HAVE**

**2 MINTUES TO SCORE. THEN OTHER TEAMS’ BALL** |

ADDITIONAL RESOURCES