

**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** |
| **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** |

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Description automatically generated

**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** |
| **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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Description automatically generated

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