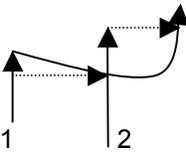


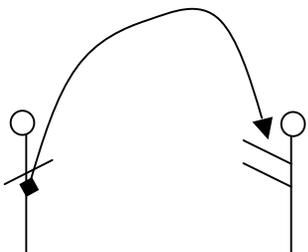
## Coaching Session Plan

Coach		Date	
Aim of Session	To introduce & develop catching a high ball	Duration	5 minutes
Equipment Required	Rugby Balls & Cones	No. of Participants	3 or 4
Session Plan			
Aim / Activity	Key Factors	Organisation / Equipment / Time	
<ul style="list-style-type: none"> <li>Introduce the catch &amp; movement</li> </ul>	<ul style="list-style-type: none"> <li>Receiver call for the ball</li> <li>Move so that the receiver is under the ball</li> <li>Keep looking at the ball</li> </ul>	<ul style="list-style-type: none"> <li>In pairs, 5 metres apart</li> <li>1 ball between 2</li> <li>Throw the ball high in the air, to your partner</li> <li>Repeat 4 or 5 times each until Key Factors are correct</li> </ul>	2 mins
<ul style="list-style-type: none"> <li>Positioning &amp; stance</li> </ul>	<ul style="list-style-type: none"> <li>Establish a wide base – feet wider than shoulder width apart</li> <li>Turn body sideways on to attackers</li> </ul>	<ul style="list-style-type: none"> <li>As above, better players may move further apart</li> <li>Throw the ball high in the air, to your partner</li> <li>Repeat 4 or 5 times each until Key Factors are correct</li> </ul>	1 min
<ul style="list-style-type: none"> <li>Hands &amp; Arms</li> </ul>	<ul style="list-style-type: none"> <li>Raise arms above head, spread fingers apart</li> <li>Palms facing upwards</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> </ul>	1 min
<ul style="list-style-type: none"> <li>Catch the ball safely</li> </ul>	<ul style="list-style-type: none"> <li>Catch the ball</li> <li>Bring into arms &amp; Chest</li>   <li>Tuck elbows in</li> <li>Sink into stable position</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> <li>Development – throw ball higher</li>   <li>Development throw ball 1 or 2 metres to the side of the receiver</li> <li>Check for movement of feet</li> <li>Development- thrower chases ball to add pressure</li> </ul>	3-4 mins

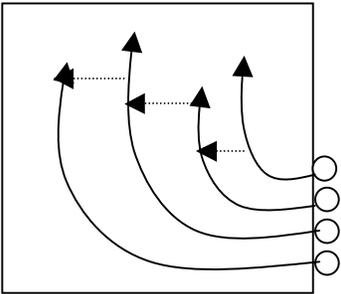
## Coaching Session Plan

Coach		Date	
Aim of Session	To introduce & develop the loop pass	Duration	5 minutes
Equipment Required	Rugby Balls & Cones	No. of Participants	3 or 4
Session Plan			
Aim / Activity	Key Factors	Organisation / Equipment / Time	
<ul style="list-style-type: none"> <li>Introduce the movement pattern</li> </ul>	<ul style="list-style-type: none"> <li>Ball in 2 hands</li> <li>1 runs 3 steps, and passes to 2</li> <li>2 runs ahead</li> <li>1 follows pass and runs outside of 2 and receives pass back from 2.</li> </ul>	<ul style="list-style-type: none"> <li>In pairs, in a grid, 1 person on a cone each.</li> </ul> 	
<ul style="list-style-type: none"> <li>Develop the pass &amp; timing of run</li> </ul>	<ul style="list-style-type: none"> <li>1 makes a 'quick' flat pass to 2</li> <li>2 takes a step forward to 'get in front' of 1</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> <li>Repeat 4 or 5 times each until Key Factors are correct</li> </ul> <p>2 min</p>	
<ul style="list-style-type: none"> <li>Develop running lines</li> </ul>	<ul style="list-style-type: none"> <li>Ensure 1 doesn't drift before passing</li> <li>2 Steps inside before passing</li> <li>No.2 runs at his defender and steps inside to where the pass came from to make space for No. 1</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> </ul> <p>2 min</p> <p>Development – add defender against No. 2</p> <p>If defender stays put – carry on run</p>	

## Coaching Session Plan

Coach		Date	
Aim of Session	To introduce & develop the punt kick	Duration	5 minutes
Equipment Required	Rugby Balls & Cones	No. of Participants	3 or 4
Session Plan			
Aim / Activity	Key Factors	Organisation / Equipment / Time	
<ul style="list-style-type: none"> <li>Introduce the movement pattern</li> </ul>	<ul style="list-style-type: none"> <li>Kicker holds the ball in 2 hands</li> <li>Point the toes of the kicking foot towards the target</li> </ul>	<ul style="list-style-type: none"> <li>In pairs, 5 metres apart (marked by two lines of cones)</li> <li>5 / 6 kicks to each other</li> <li>Pattern is to 'lob' the ball in to the receivers hands</li> </ul> 	
<ul style="list-style-type: none"> <li>Develop body position</li> </ul>	<ul style="list-style-type: none"> <li>Kicker keeps head &amp; shoulders still</li> <li>Eyes on the ball</li> <li>Head over the ball (leaning forward into the kick)</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> <li>Repeat 4 or 5 times each until Key Factors are correct</li> </ul>	2 min
<ul style="list-style-type: none"> <li>Develop the strike</li> </ul>	<ul style="list-style-type: none"> <li>Strike the ball on the lace part of the boot</li> <li>Strike the widest part of the ball</li> <li>Swing the leg straight through</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> </ul>	2 min  Development – move the distance apart gradually (when successful) to 10, 15, 20, 25 metres.

## Coaching Session Plan

Coach		Date	
Aim of Session	To introduce & develop running from depth	Duration	5 minutes
Equipment Required	Rugby Balls & Cones	No. of Participants	3 or 4
Session Plan			
Aim / Activity	Key Factors	Organisation / Equipment / Time	
<ul style="list-style-type: none"> <li>Introduce the movement pattern</li> </ul>	<ul style="list-style-type: none"> <li>Get on to a straight running line before you pass (parallel to the touch line)</li> <li>No passing forwards</li> </ul>	<ul style="list-style-type: none"> <li>In 4s in a 10 x 10m grid</li> <li>1 starts with ball, runs laterally, and then in a straight line towards the try line.</li> <li>Ball is passed from 1-2, 2-3, 3-4.</li> </ul> <div style="text-align: center;">  </div> <p style="text-align: center;">Repeat 3 – 4 times each</p>	
<ul style="list-style-type: none"> <li>Develop the depth</li> </ul>	<ul style="list-style-type: none"> <li>Ensure that the runners go laterally first, and then straighten up towards the Try line.</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> <li>Repeat 4 or 5 times each until Key Factors are correct</li> </ul> <p style="text-align: center;">2 min</p>	
<ul style="list-style-type: none"> <li>Develop the strike</li> </ul>	<ul style="list-style-type: none"> <li>Step in-side slightly before passing the ball outwards to the next player</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> </ul> <p style="text-align: center;">2 min</p> <p>Development – use defenders to mark against runner 1, then add a defender against 1 &amp; 2, and then against 1,2,3 when group is successful</p> <p>The aim is for the support runners to be deep enough to receive a pass.</p>	

## Coaching Session Plan

Coach		Date	
Aim of Session	To introduce & develop the scrum half pass	Duration	5 minutes
Equipment Required	Rugby Balls & Cones	No. of Participants	3 or 4
Session Plan			
Aim / Activity	Key Factors	Organisation / Equipment / Time	
<ul style="list-style-type: none"> <li>• Introduce the movement</li> <li>• One Handed passing</li> </ul>	<ul style="list-style-type: none"> <li>• Ball on floor</li> <li>• Place the back foot next to the ball</li> <li>• Right hand around widest part of ball – sweep towards receiver</li> <li>• Feet twice shoulder width apart &amp; crouch low</li> </ul> <p><i>Back foot is foot furthest away from receiver</i></p>	<ul style="list-style-type: none"> <li>• In pairs, 5 metres apart</li> <li>• 1 ball between 2</li> <li>• Passer places 'back hand' on the ball &amp; sweeps ball towards receiver</li> <li>• Repeat 4 or 5 times each until Key Factors are correct</li> </ul> <p>2 mins</p>	
<ul style="list-style-type: none"> <li>• Passing action and transfer of weight</li> </ul>	<ul style="list-style-type: none"> <li>• No back lift – sweep ball towards receiver</li> <li>• Point front foot towards receiver</li> <li>• Transfer weight from back foot to front foot with the sweep</li> </ul>	<ul style="list-style-type: none"> <li>• As above</li> <li>• Repeat 4 or 5 times each until Key Factors are correct</li> <li>• Accurate players may move further apart</li> <li>• Swap hands</li> </ul> <p>2 min</p>	
<ul style="list-style-type: none"> <li>• Two hands &amp; follow through</li> </ul>	<ul style="list-style-type: none"> <li>• Use front hand to guide ball towards receiver</li> <li>• Step through on sweep towards receiver</li> <li>• Keep low</li> </ul>	<ul style="list-style-type: none"> <li>• As above</li> <li>• Development – Further distance apart</li> <li>• Development Player runs rfrom ball, around a cone and to the ball to pass</li> <li>• Development – opposition player tries to prevent pass by blocking back arm.</li> </ul> <p>2 min</p>	

## Coaching Session Plan

Coach		Date	
Aim of Session	To introduce & develop the switch pass	Duration	5 minutes
Equipment Required	Rugby Balls & Cones	No. of Participants	3 or 4
Session Plan			
Aim / Activity	Key Factors	Organisation / Equipment / Time	
<ul style="list-style-type: none"> <li>Introduce the movement pattern</li> </ul>	<ul style="list-style-type: none"> <li>Ball in 2 hands</li> <li>2 run behind 1 so 1 turns towards 2</li> <li>Give Pass</li> </ul>	<ul style="list-style-type: none"> <li>In pairs, in a grid, 1 person on a cone each.</li> <li>1 runs out diagonally opposite to other cone</li> <li>2 runs out to opposite cone</li> </ul>	2 mins
<ul style="list-style-type: none"> <li>Develop the pass &amp; timing of run</li> </ul>	<ul style="list-style-type: none"> <li>Runner 2 delays run to arrive at the pass after No.1</li> <li>No. 1 gives a soft / pop pass</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> <li>Repeat 4 or 5 times each until Key Factors are correct</li> </ul>	2 min
<ul style="list-style-type: none"> <li>Develop running lines</li> </ul>	<ul style="list-style-type: none"> <li>1 runs straight first of all then cuts across diagonally</li> <li>2 runs straight and runs diagonally on cue from No.1</li> <li>2Straightens up run after receiving ball</li> <li>No.1 runs at his defender and then runs diagonally to take defender with him.</li> </ul>	<ul style="list-style-type: none"> <li>As above</li> </ul>	2 min  Development – add defender on 1 If defender stays put – carry on run