

Session Plan 1.

1. Ball in Hand Race.
2. Round the Body.
3. Throw and Catch.
4. Hand to Hand Circle.
5. Circle Passing.
6. Passing Circle Chase.
7. 3 v 1 No Run Game.
8. 1 v 1 Walla.

Session Plan 2.

1. Around the Body.
2. Ball in Hand Race.
3. Circle Passing.
4. Passing Circle Chase.
5. Apples and Oranges.
6. Tag Ball.
7. Reds Rush 3 v 1.
8. 4 v 2 Stuck in the Mud.

Session Plan 3.

1. Round the Body.
2. Pick and Run Race
3. 4 v 2 Stuck in the Mud.
4. 3 v 2 Ball Take Channel.
5. 4 v 2 Ball Take Channel.
6. Ball Take Stuck in the Mud.
7. 3 v 3 Walla.

Session Plan 4.

1. Pat the Ball.
2. Pick and Run Race.
3. Ball Take Stuck in the Mud.
4. Lineout Piggy in the Middle.
5. Lineout Leader Ball.
6. Lineout Captain Ball.
7. Year 7 Invasion Game.

Session Plan 5.

1. Pat the Ball.
2. Turn and Run Race.
3. Lineout Captain Ball.
4. Angry Cat Scrum Body Position.
5. Unders and Overs.
6. Scrum Clusters.
7. Ball Take Walla.

Session Plan 6.

1. Pat the Ball.
2. Turn and Run Race.
3. Scrum Clusters.

5. Year 7 Invasion Game.
6. Ball Take Walla.
7. 50% Walla.
8. Throw, Turn and Catch.

Session Plan 7.

1. Start on Ground Race.
2. Pitter Patter Race.
3. Working the Man.
4. Lineout Captain Ball.
5. Unders and Overs.
6. London Bridge.
7. 1 v 1 Walla.

Session Plan 8.

1. Start on Ground Race.
2. Pitter Patter Race.
3. London Bridge.
4. Lineout Captain Ball.
5. 51% 1 v 1
6. Avoid Front on Tag.
7. 1 v 1 Walla.
8. Circle Passing.

Session Plan 9.

1. Ball in Hand Shuttle.
2. Pick and Place Shuttle.
3. 51% 1 v 1
4. Avoid Front on Tag.
5. 51% Funnel.
6. 1 v 1 Walla.
7. Passing Circle Chase.

Session Plan 10.

1. Ball in Hand Shuttle.
2. Pick and Place Shuttle.
3. 51% 1 v 1
4. Avoid Front on Tag.
5. 51% Funnel.
6. 50% Walla.
7. Around the Body.

Session Plan 11.

1. Ball in Hand Relay.
2. Walla Tag Shuttle.
3. 50% Walla.
4. Lineout Captain Ball.
5. Scrum Clusters.
6. 3 v 2 Ball Take Channel.
7. 4 v 2 Ball Take Channel.
8. Ball Take Walla.

Session Plan 12.

1. Pick and Place Relay.
2. Walla Tag Shuttle.
3. London Bridge.
4. 3 v 2 Ball Take Channel.
5. Circle Passing.
6. Passing Circle Chase.
7. Rugby Rounders.
8. Tag Ball.
9. Bugs and Spiders.
10. 50% Walla.

Session Plan 13.

1. Tactile Pressure Relay 1.
2. All One Way.
3. 51% Funnel.
4. Hand to Hand Line.
5. Standing Passing Chain.
6. Walking Passing Chain.
7. 1 Person Passing Shuttle.
8. Ball Take Stuck in the Mud.
9. 50% Ball Take Walla.

Session Plan 14.

1. Tactile Pressure Relay 1.
2. All One Way.
3. Reds Rush 3 v 1.
4. Rugby Rounders.
5. 1 Person Passing Shuttle.
6. Jogging Passing Chain.
7. 4 v 2 Invasion Game.
8. Ball Take Walla.

Session Plan 15.

1. Tactile Pressure Relay 2.
2. Coaches' Call.
3. Unders and Overs.
4. London Bridge.
5. 3 v 1 No Run Game.
6. Continuous 3 Person Relay.
7. 2 v 1 Lateral Support.
8. 3 v 1 Lateral Support.
9. Jogging Passing Chain.

Session Plan 16.

1. Tactile Pressure Relay 2.
2. Coaches' Call.
3. 1 Person Passing Shuttle.
4. 2 Person Place and Pick.
5. 3 Person Ball Take.

6. Primary Support Walla
7. 51% Funnel.

Session Plan 17.

1. Appropriate Force Relay 1.
2. First In.
3. 51% Funnel.
4. 51% 1 v 1
5. 2 v 1 Lateral Support.
6. 3 v 1 Lateral Support.
7. 3 v 2 Lateral Support.
8. 1 Pass Primary Walla.
9. Rugby Rounders.

Session Plan 18.

1. Appropriate Force Relay 1.
2. First In.
3. Pace Passing.
4. 3 v 2 Ball Take Channel.
5. 4 v 2 Ball Take Channel.
6. 4 v 2 Ball Take Channel with Pass Option.
7. 1 Pass Primary Walla.
8. Throw, Turn and Catch.

Session Plan 19.

1. Appropriate Force Relay 2.
2. Opposed Direction Change.
3. Ball Between Legs.
4. Front and Back Ball.
5. Ground Contact.
6. Ruck Walla.
7. Push Tagging.
8. Ball Between Legs.

Session Plan 20.

1. Appropriate Force Relay 2.
2. Opposed Direction Change.
3. Ball Between Legs.
4. Front and Back Ball.
5. Ruck Walla.
6. Push Tagging.
7. 2 Pass Ruck Walla.
8. Front and Back Ball.

A U S T R A L I A N R U G B Y P A T H W A Y

Date

Venue

Attendance

Main objective of the week

Main objectives of the session

To introduce running acceleration

To introduce basic handling skills

To introduce basic lateral passing skills

Activity outline. Skills, drills and conditioning.

1. Ball in Hand Race.
2. Round the Body.
3. Throw and Catch.
4. Hand to Hand Circle.
5. Circle Passing.
6. Passing Circle Chase.
7. 3 v 1 No Run Game.
8. 1 v 1 Walla.

Don't forget

Injuries/other com-

Session evaluation

SESSION PLAN 1

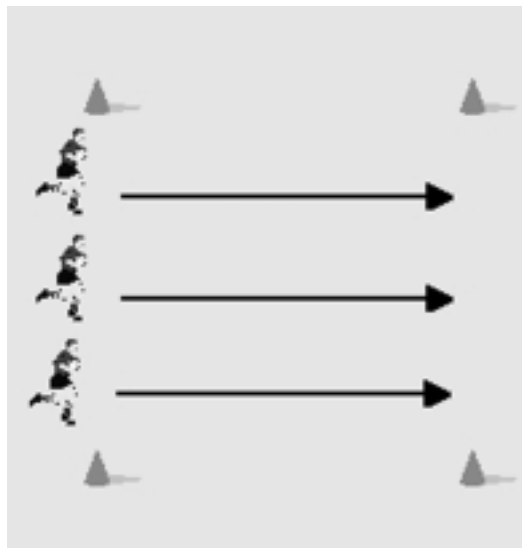
Ball in Hand Race

Overview

In a 10m x 10m grid all players commence on one side of the grid. When instructed players run across the grid. The race finishes by the player scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Carry the ball in two hands when running.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Use two hands when placing the ball.



Round the Body

Overview

Players with a ball are positioned in their own space within a grid.

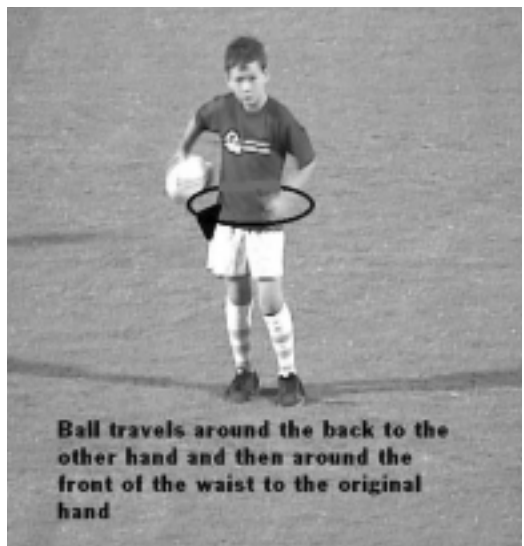
When instructed the player begins to move the ball around the body. After a set number of rotations the direction is reversed for an equivalent number of rotations.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Only the pads of the fingers and thumbs should touch the ball.
- Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- The palms should not touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Players should perfect the skill then increase the speed of performance.



Throw and Catch

Overview.

Overview Players are positioned in their own space within a grid. When instructed the player throws the ball in the air and catches it without moving. After each successful completion the player progressively throws the ball higher. If the throw is unsuccessful the player should start again.

Coaching Points.

- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Hand to Hand Circle

Overview.

In a 10m x 10m grid 5 to 7 players stand in a circle double arms distance between players, one player with a ball.

When instructed the player in possession reaches with the ball in 2 hands towards the next player on the left who reaches and takes the ball from the grasp.

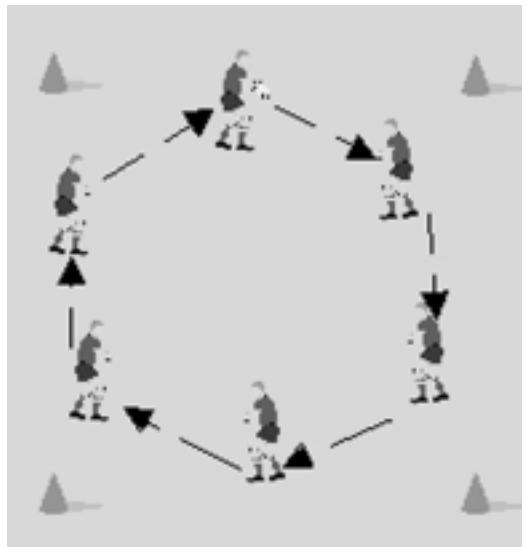
This action is continued for a number of rotations or period of time with success measured by the number of transfers.

Variations:

- Reverse the direction.

Coaching Points.

- Turn the shoulders towards the target.
- Extend both arms towards the target.
- Release the ball only when taken.
- Receivers must reach to take the ball.
- Arms and hands should be held at chest height.



Circle Passing

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball.

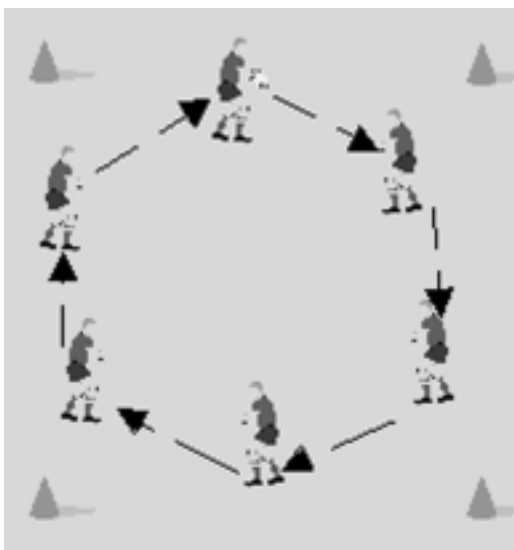
When instructed the player in possession passes the ball to the next player on the left. This action is continued for a number of rotations or period of time with success measured by the number of transfers.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Passing Circle Chase

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball. When instructed the player passes the ball to the next player on the left. This action is continued around the circle.

After passing the original passer starts to run around the passing circle to the left.

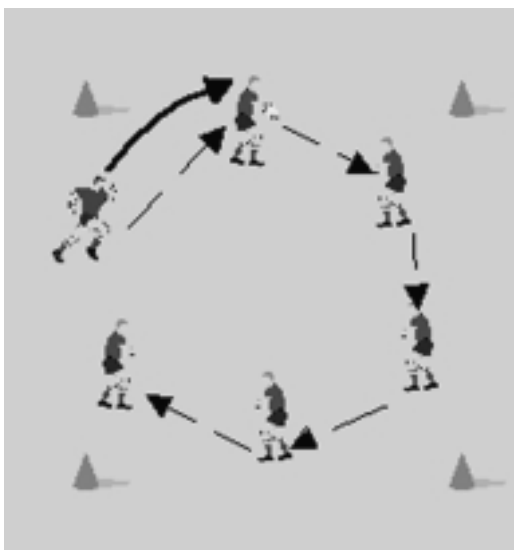
Success is measured by whether the runner or the ball completes the circle first.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



3v1 No Run Game

Overview

In a 10m x 10m grid 3 attackers in possession commence at one end and 1 defender at the other. A player in possession beyond the grid line at the opposite end is a score. Players in possession can not run but can pass in any direction.

Variations:

- Possession and roles turns over when a player is tagged.

Coaching Points

- Players should position as a pass option in space within the passing range of the ball carrier.
- Once in position they should communicate their desire to receive the ball verbally and non-verbally by reaching to receive.
- As the attack have an overlap the ball carrier should seek to identify the player in space and only pass to a player in space.

Questioning:

- Where you in a position to receive the ball?
- Was the player you were passing to unmarked?



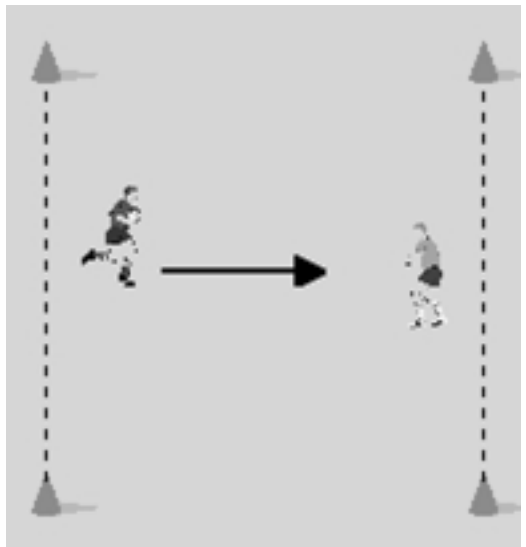
1v1 Walla

Overview

In a 10m x 10m grid an attacker and a defender oppose each other as in a game of Walla. The attacker will attempt to score a try within a set number of tags or possession goes to the defender. After making a Walla tag the defender retires 2m to an 'onside' position. Play restarts with a tap kick after each tag or turnover.

Coaching Points

- ▶ The attacker should quickly accelerate to go forward as far towards the try line as possible.
- ▶ After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- ▶ The defender should track the attacker from one side to limit their attacking options.



A U S T R A L I A N R U G B Y P A T H W A Y

Date

Venue

Attendance

Main objective of the week

Main objectives of the session

To introduce the Walla Tag
To revise running, handling and passing skills

Activity outline. Skills, drills and conditioning.

1. Round the Body.
2. Ball in Hand Race.
3. Circle Passing.
4. Passing Circle Chase.
5. Apples and Oranges.
6. Tag Ball.
7. Reds Rush 3 v 1.
8. 4 v 2 Stuck in the Mud.
9. 2 v 2 Walla.

Don't forget

Injuries/other com-

Session evaluation

SESSION PLAN 2

Round the Body

Overview.

Players with a ball are positioned in their own space within a grid.

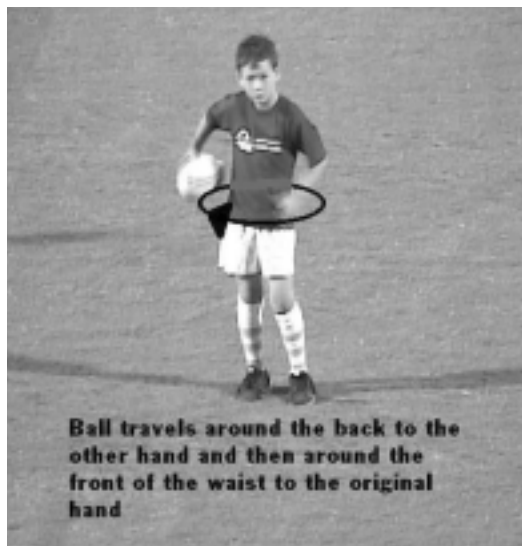
When instructed the player begins to move the ball around the body. After a set number of rotations the direction is reversed for an equivalent number of rotations.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Only the pads of the fingers and thumbs should touch the ball.
- Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- The palms should not touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Players should perfect the skill then increase the speed of performance.



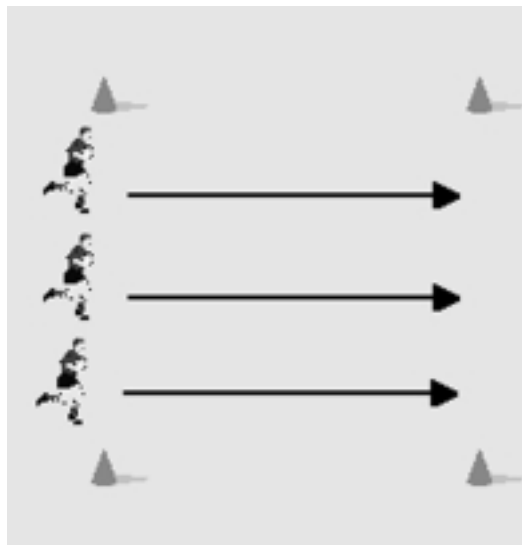
Ball in Hand Race

Overview.

In a 10m x 10m grid all players commence on one side of the grid. When instructed players run across the grid. The race finishes by the player scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points.

- Carry the ball in two hands when running.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Use two hands when placing the ball.



Circle Passing

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball.

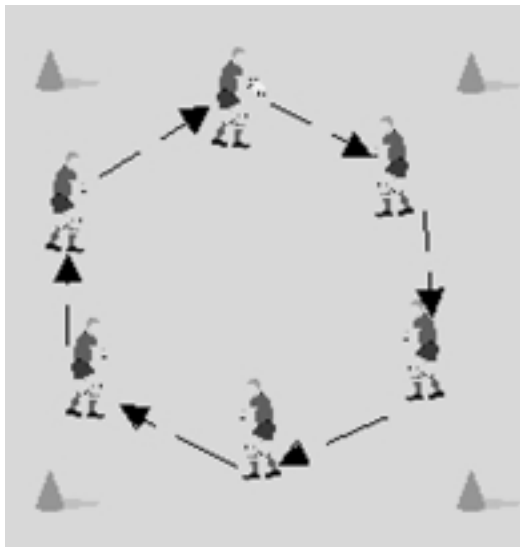
When instructed the player in possession passes the ball to the next player on the left. This action is continued for a number of rotations or period of time with success measured by the number of transfers.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Passing Circle Chase

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball. When instructed the player passes the ball to the next player on the left. This action is continued around the circle.

After passing the original passer starts to run around the passing circle to the left.

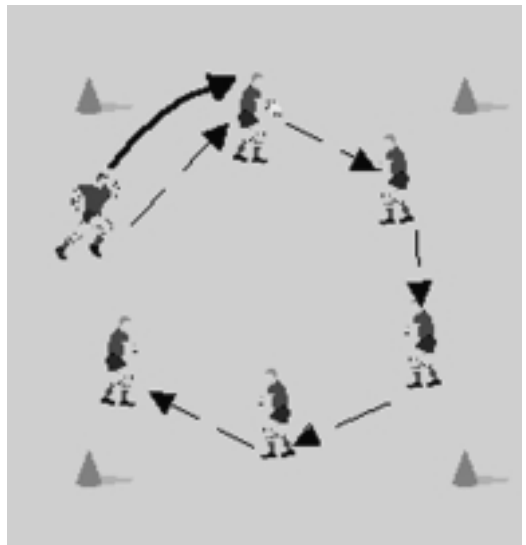
Success is measured by whether the runner or the ball completes the circle first.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Apples and Oranges

Overview

In 2 x 10m x 10m grids two teams form back to back lines on a shared edge of both grids, one team known as 'apples', the other as 'oranges'.

The coach calls either apples or oranges and that team must try and get to 'home', at the end of the grid they are facing, without being tagged by the other team.

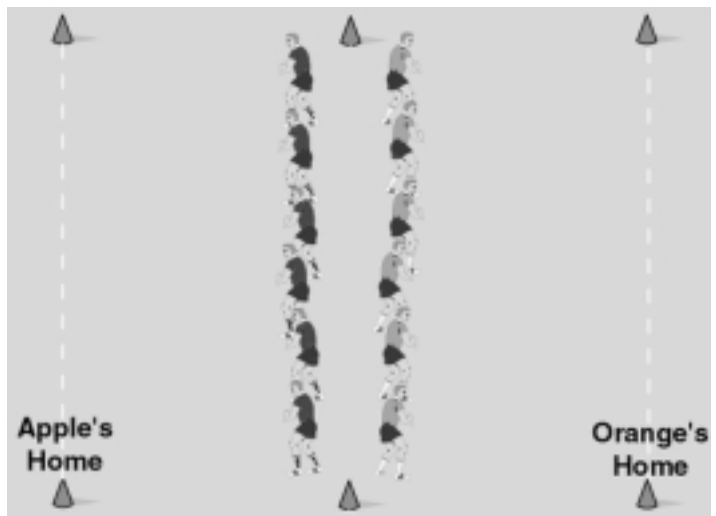
The coach should call teams out in a random order.

Variations:

- Vary the starting positions of the players.

Coaching Points

- The head should be positioned safely to the side of the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



Tag Ball

Overview

In a 10m x 10m grid a team of players is evading a team of chasers to avoid being tagged with the ball (4:1 ratio of evaders to chasers). All players must remain inside the grid at all times. When a player is tagged, they sit on the outside of the grid.

Rolls are rotated when all players are tagged or after a set time period.

Variations:

- Only provide one ball so chasers must pass.

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



Reds Rush 3v1

Overview

In a 10m x 10m grid 3 runners start on one side of the grid opposing 1 defender. When instructed the runners attempt to cross the grid without being tagged. Tagged players to sit out.

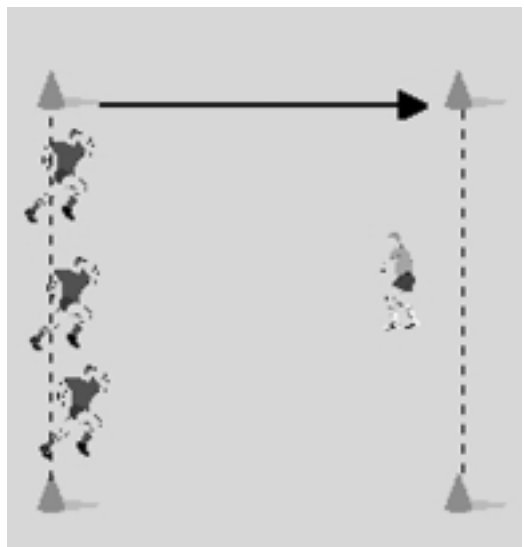
The last player left becomes the next defender.

Variations:

- Tagged players become additional defenders.

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



4v2 Stuck in the Mud

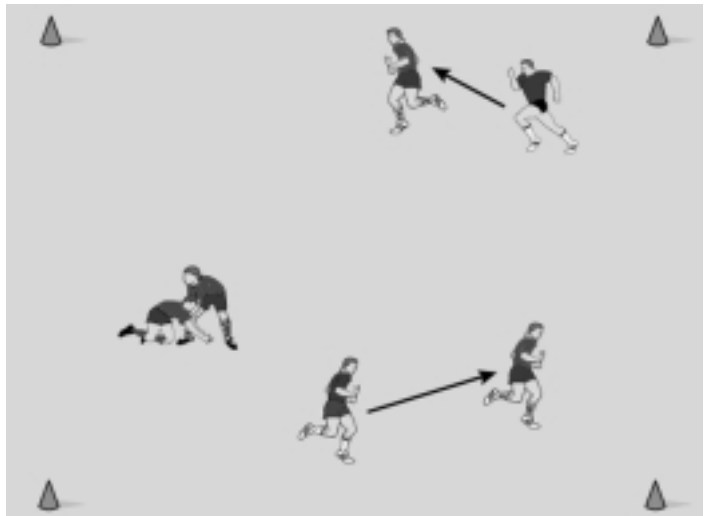
Overview

In a 10m x 10m confinement grid 4 runners evade 2 defenders. When a runner is tagged they must remain stationary (stuck) with legs astride. Stuck players can be released by another runner crawling between their legs.

The game continues for 2 minutes or until all runners are stuck then roles rotate.

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



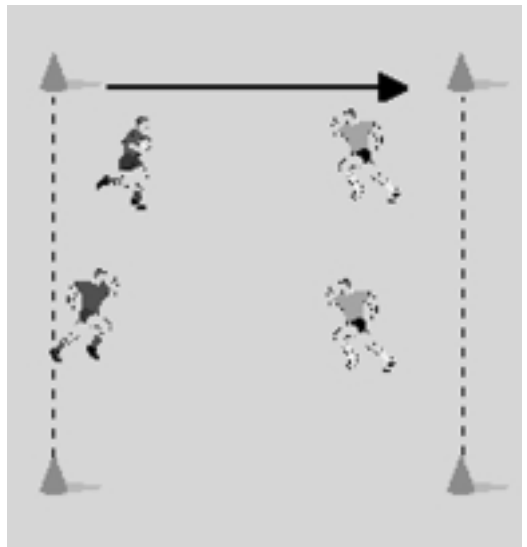
2v2 Walla

Overview

In a 10m x 10m grid 2 attackers and 2 defenders oppose each other as in a game of Walla. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders. Play starts with a tap kick but continues with a pass after each tag.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.



Date	Venue	Attendance
<p>Main objective of the week</p>		<p>Main objectives of the session</p> <p>To introduce the Ball Take.</p> <p>To revise the Walla Tag.</p> <p>To integrate running, handling and passing into a game.</p>

Activity outline. Skills, drills and conditioning.

1. Round the Body.
2. Pick and Run Race.
3. 4 v 2 Stuck in the Mud.
4. 3 v 2 Ball Take Channel.
5. 4 v 2 Ball Take Channel.
6. Ball Take Stuck in the Mud.
7. 3 v 3 Walla.

Don't forget	Injuries/other com-	Session evaluation

SESSION PLAN 3

Round the Body

Overview

Players with a ball are positioned in their own space within a grid.

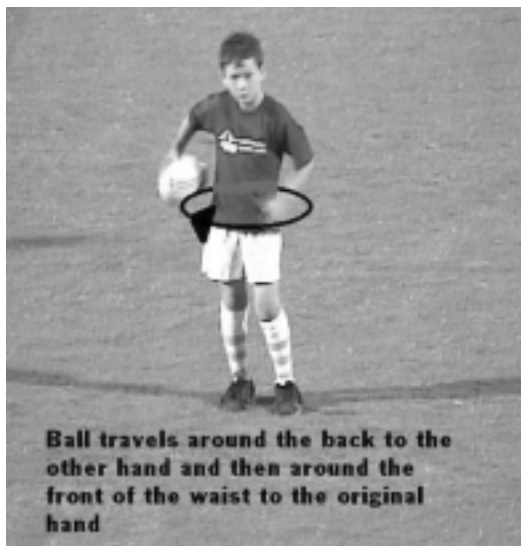
When instructed the player begins to move the ball around the body. After a set number of rotations the direction is reversed for an equivalent number of rotations.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Only the pads of the fingers and thumbs should touch the ball.
- Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- The palms should not touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Players should perfect the skill then increase the speed of performance.



Ball travels around the back to the other hand and then around the front of the waist to the original hand

Pick and Run Race

Overview

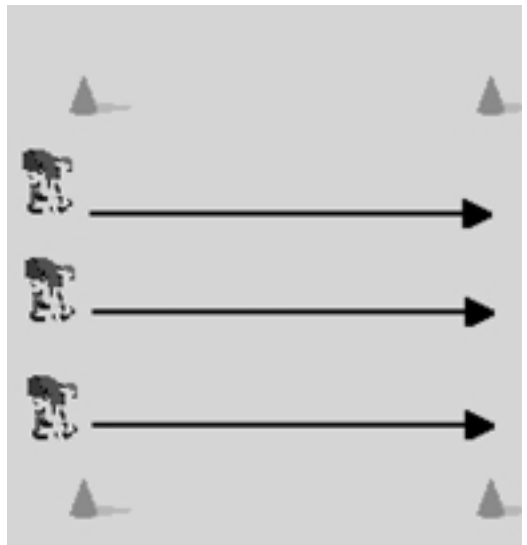
In a 10m x 10m grid all players commence on one side of the grid.

When instructed players pick up the ball and run across the grid.

Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



4v2 Stuck in the Mud

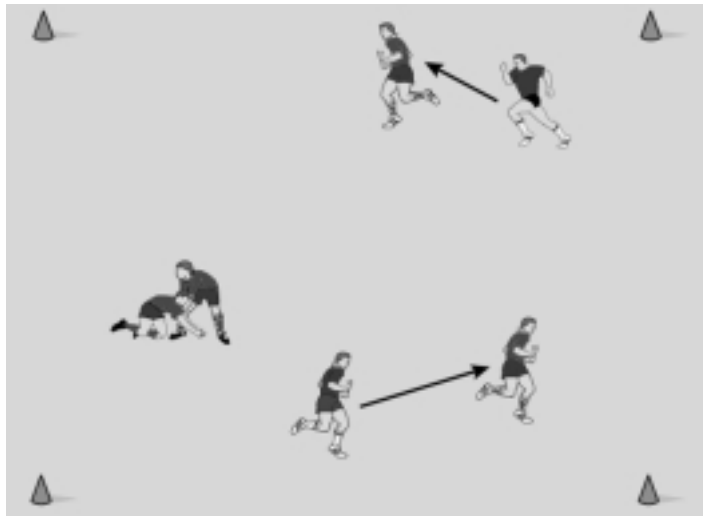
Overview

In a 10m x 10m confinement grid 4 runners evade 2 defenders. When a runner is tagged they must remain stationary (stuck) with legs astride. Stuck players can be released by another runner crawling between their legs.

The game continues for 2 minutes or until all runners are stuck then roles rotate.

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



3v2 Ball Take Channel

Overview

In a 10m x 10m grid 3 attackers attempt to score against 2 defenders.

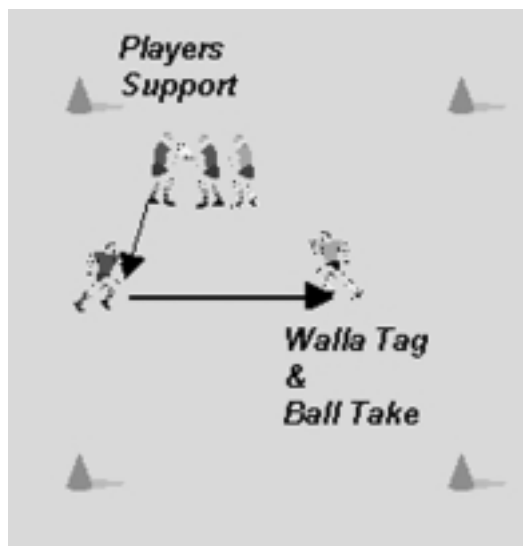
Defenders tag the player in possession, who then turns for a ball take.

The defender marks the ball take by placing their hands on the ball carrier's shoulders.

One supporting player completes the ball take and passes to the other who continues the attack.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.



4v2 Ball Take Channel

Overview

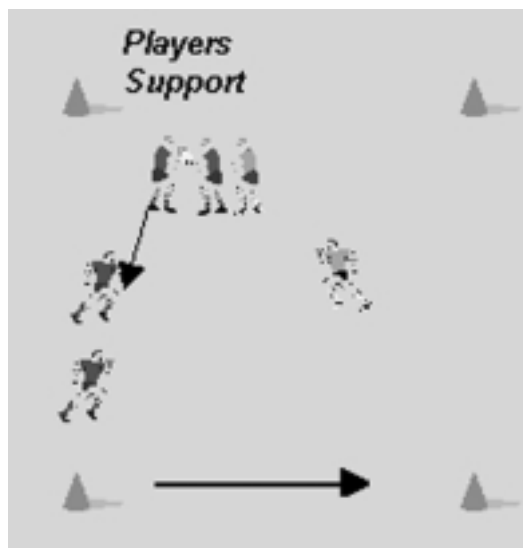
In a 10m x 10m grid 4 attackers attempt to score against 2 defenders.

Defenders tag the player in possession, who then turns for a ball take. The defender marks the ball take by placing their hands on the ball carrier's shoulders.

One supporting player completes the ball take and passes to another who continues the attack by running or passing.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.
- When an overlap exists the ball carrier should attempt to run at a defender (face) and pass to a supporter in space.



Ball Take Stuck in the Mud

Overview

In a 10m x 10m confinement grid 6 runners with 2 balls attempt to evade 2 defenders. Only ball carriers can be tagged. They then must remain stationary (stuck). Another player performing a ball take and passing to another runner can release stuck players. The game continues for 2 minutes or until all ball carriers are stuck then roles rotate.

Coaching Points

- Turn to face your supporting players.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.



3v3 Walla

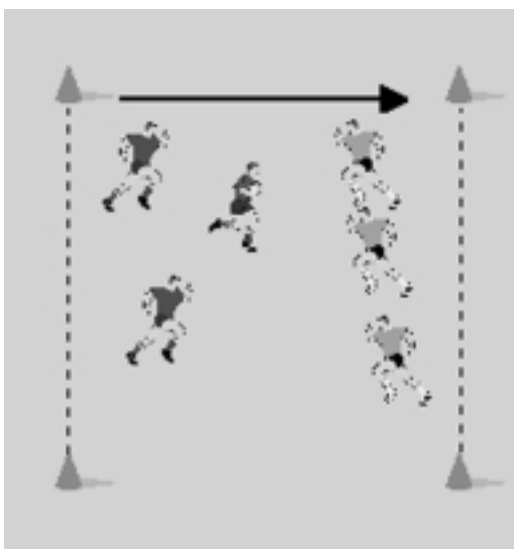
Overview

In a 10m x 10m grid 3 attackers and 3 defenders oppose each other as in a game of Walla. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders.

Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

Coaching Points

- ▶ The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- ▶ After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- ▶ Support players should remain close to the ball carrier and also run or position in space as a passing option.
- ▶ The defenders should nominate the attacker they are tracking.
- ▶ They should then track them from one side to limit their attacking options.



Date

Venue

Attendance

Main objective of the week

Main objectives of the session

To introduce the Lineout

To revise the Ball Take

To integrate previously learnt skills and elements

Activity outline. Skills, drills and conditioning.

1. Pat the Ball.
2. Pick and Run Race.
3. Ball Take Stuck in the Mud.
4. Lineout Piggy in the Middle.
5. Lineout Leader Ball.
6. Lineout Captain Ball.
7. Year 7 Invasion game.

Don't forget

Injuries/other com-

Session evaluation

SESSION PLAN 4

Pat the Ball

Overview

Players are positioned in their own space within a grid.

When instructed the player pushes the ball from one hand to the other.

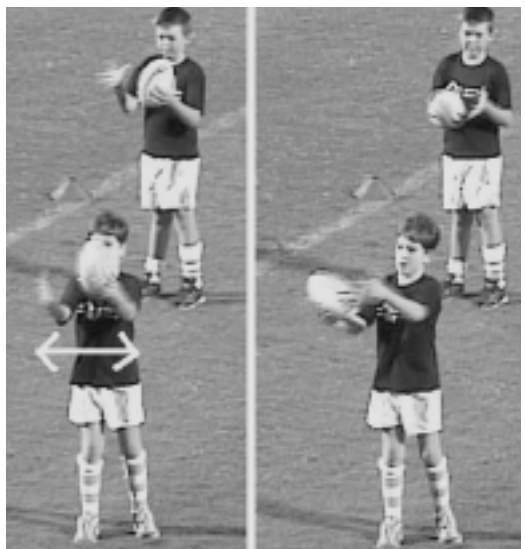
The hand immediately repels the ball pushing it back. This continues for a set number of transfers or a set period of time.

Variations:

- Above the Head
- Below the Knees
- Circling Combination
- Eyes Closed

Coaching Points

- Players should work with the arms extended away from the body.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Utilise the existing momentum of the ball.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Pick and Run Race

Overview

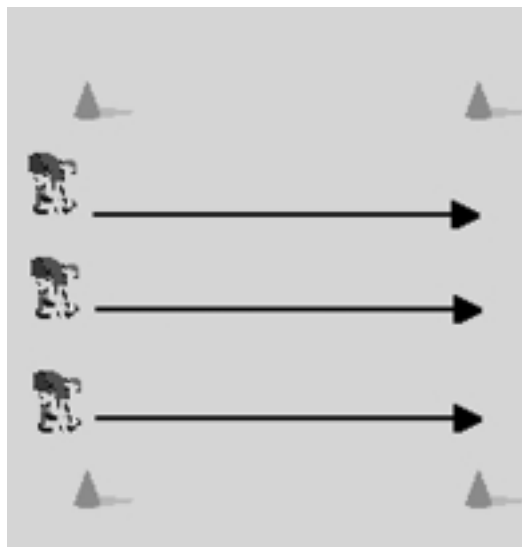
In a 10m x 10m grid all players commence on one side of the grid.

When instructed players pick up the ball and run across the grid.

Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



Ball Take Stuck in the Mud

Overview

In a 10m x 10m confinement grid 6 runners with 2 balls attempt to evade 2 defenders. Only ball carriers can be tagged. They then must remain stationary (stuck). Another player performing a ball take and passing to another runner can release stuck players. The game continues for 2 minutes or until all ball carriers are stuck then roles rotate.

Coaching Points

- Turn to face your supporting players.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.



Lineout Piggy in the Middle

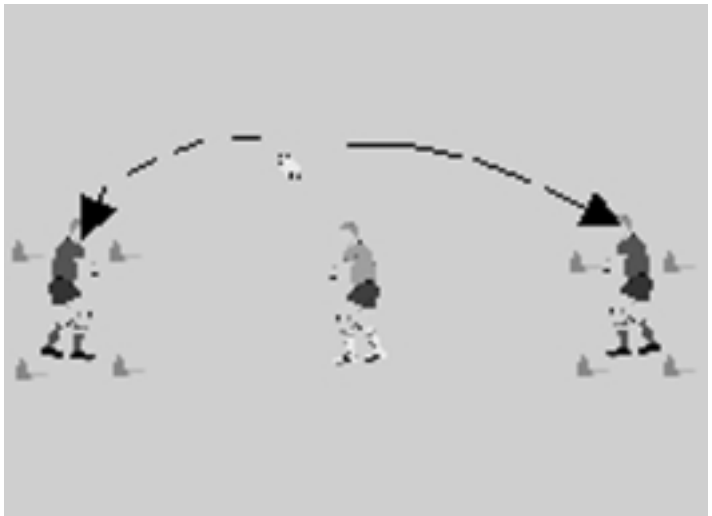
Overview

2 players stand opposite each other across a channel a minimum of 3m wide, one with a ball. An opposing player roams the channel.

The 2 players throw the ball to each other avoiding interference by the piggy in the middle. The piggy is restricted to the channel. If the piggy gains possession the thrower becomes the piggy. Increase the channel as players improve.

Coaching Points

- Tactically the thrower must identify and aim at the other player. However the ball must be thrown high enough to clear the piggy.
- Stand in a balanced position.
- Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- Step forward with the throw.
- The thrower should follow through at the target with their arms. They should also step forward after the throw.



Lineout Leader Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other.

When instructed the leader throws the ball to the first player in line.

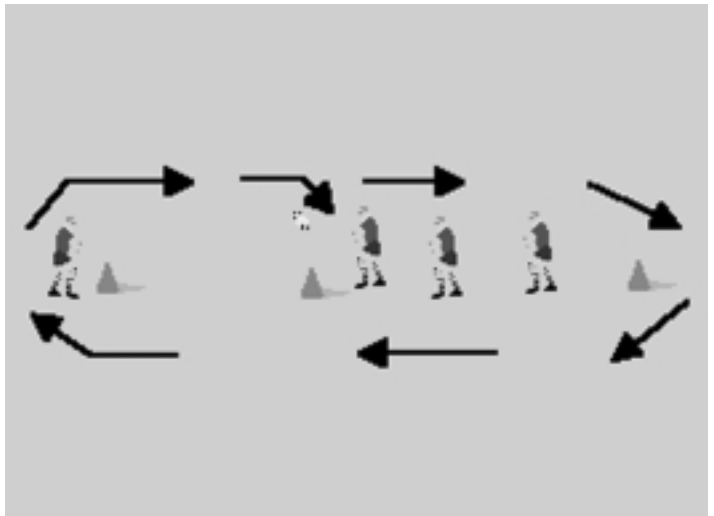
This player runs around the back of the line of players, forward around the leader, and back to their original position. The ball is then thrown back to the leader who throws to the next person in line.

This process is repeated until all players have run.

This activity works best as a race among teams.

Coaching Points

- ▶ Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- ▶ Stand in a balanced position.
- ▶ Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- ▶ Step forward with the throw.
- ▶ The thrower should follow through at the target with their arms. They should also step forward after the throw.
- ▶ Catchers should jump to receive the ball early.



Lineout Captain Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

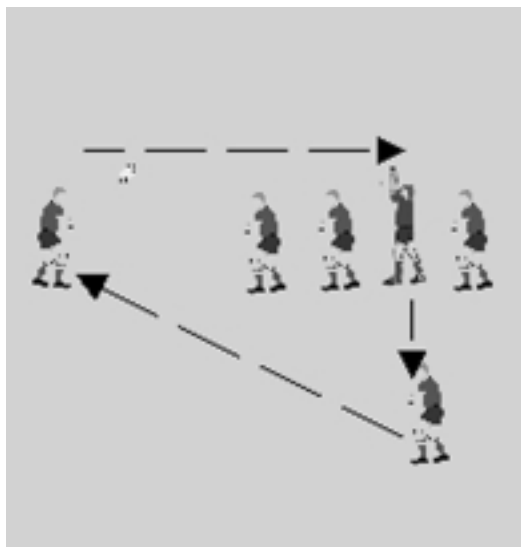
When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- Stand in a balanced position.
- Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- Step forward with the throw.
- The thrower should follow through at the target with their arms. They should also step forward after the throw.
- Catchers should jump to receive the ball early.



Year 7 Invasion Game

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field.

The game is played as a game of touch with all Walla Tags resulting in a pass restart. The defence must return to an on-side position at each tag. The attack is allowed a maximum of 6 tags before possession rotates.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.



Date	Venue	Attendance
<p>Main objective of the week</p>		<p>Main objectives of the session</p> <p>To introduce the Scrum</p> <p>To revise the Lineout</p> <p>To integrate previously learnt skills and elements</p>

Activity outline. Skills, drills and conditioning.

1. Pat the Ball.
2. Turn and Run Race.
3. Lineout Captain Ball.
4. Angry Cat Scrum Body Position.
5. Unders and Overs.
6. Scrum Clusters.
7. Ball Take Walla.

Don't forget	Injuries/other	Session evaluation

Pat the Ball

Overview

Players are positioned in their own space within a grid.

When instructed the player pushes the ball from one hand to the other.

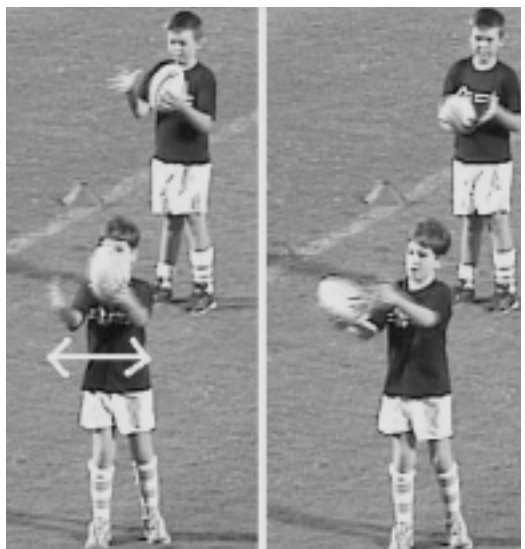
The hand immediately repels the ball pushing it back. This continues for a set number of transfers or a set period of time.

Variations:

- Above the Head
- Below the Knees
- Circling Combination
- Eyes Closed

Coaching Points

- Players should work with the arms extended away from the body.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Utilise the existing momentum of the ball.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Turn and Run Race

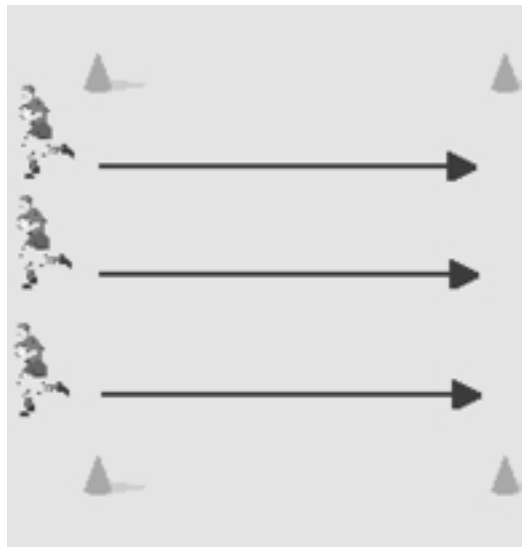
Overview

In a 10m x 10m grid all players commence on one side of the grid with their back to the finish line. When instructed players turn and run across the grid.

Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- When running carry the ball in 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Place the ball with 2 hands.



Lineout Captain Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

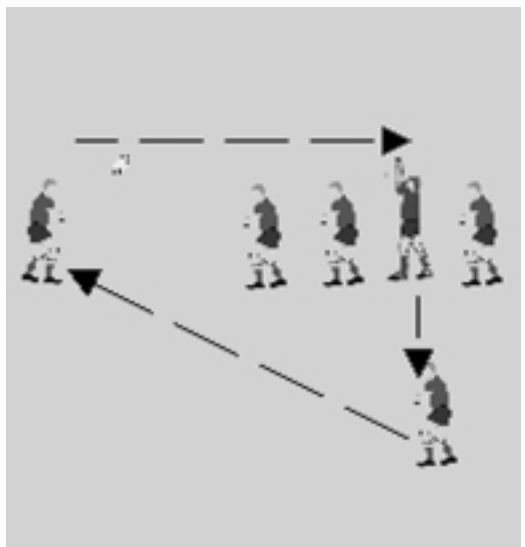
When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- Stand in a balanced position.
- Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- Step forward with the throw.
- The thrower should follow through at the target with their arms. They should also step forward after the throw.
- Catchers should jump to receive the ball early.



Angry Cat

Overview

Players position on their hands and knees in scrum position in their own space within a grid. When directed they will change from a good scrum body position to that of an 'angry cat' altering the control of the trunk and pelvis muscles.

They will hold this position until the coach calls for release.

Coaching Points

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- The feet should be shoulder width plus 15 cm apart.



Unders and Overs

Overview

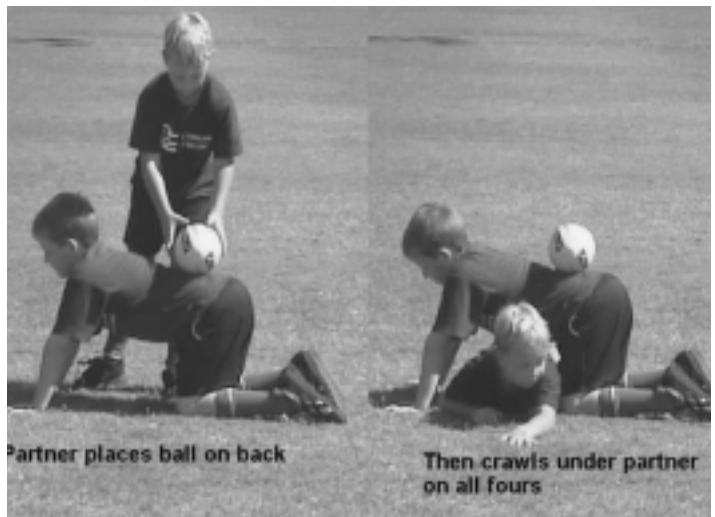
In a 10m x 10m grid, groups of players align behind a leader at one end, 1 ball per team. When directed the first player assumes a scrum position on all fours.

The next player places the ball on the lower back.

They then crawl under the player followed by other player. The ball must be maintained on the back. Roles are then rotated for a new race.

Coaching Points

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- The feet should be shoulder width plus 15 cm apart.



Scrum Clusters

Overview

In a 10m x 10m grid around 6 players engage in activity such as 'Tagball'. The coach will randomly call a number between 1 and 3. Players will stop the activity and assemble a scrum as follows:

- **1.** Hooker in crouch position.
- **2.** Loosehead and Hooker bound in crouch position.
- **3.** Front row bound for engagement in crouch position.

Coaching Points

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The feet should be shoulder width plus 15 cm apart.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.



Ball Take Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags will result in an immediate and compulsory ball take.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



A U S T R A L I A N R U G B Y P A T H W A Y

Date

Venue

Attendance

Main objective of the week

Main objectives of the session

To revise the Scrum

To participate in a Walla Rugby game

Activity outline. Skills, drills and conditioning.

1. Pat the Ball.
2. Turn and Run Race.
3. Scrum Clusters.
4. 3 v 3 Walla.
5. Year 7 Invasion Game.
6. Ball Take Walla.
7. 50% Walla.
8. Throw, Turn and Catch.

Don't forget

Injuries/other

Session evaluation

SESSION PLAN 6

Pat the Ball

Overview

Players are positioned in their own space within a grid.

When instructed the player pushes the ball from one hand to the other.

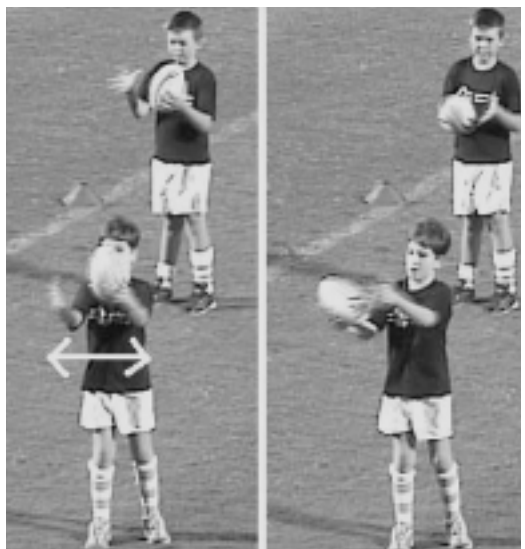
The hand immediately repels the ball pushing it back. This continues for a set number of transfers or a set period of time.

Variations:

- Above the Head
- Below the Knees
- Circling Combination
- Eyes Closed

Coaching Points

- Players should work with the arms extended away from the body.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Utilise the existing momentum of the ball.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Turn and Run Race

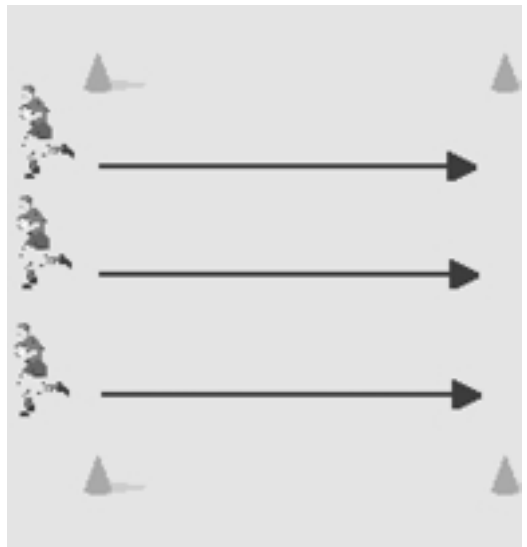
Overview

In a 10m x 10m grid all players commence on one side of the grid with their back to the finish line. When instructed players turn and run across the grid.

Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- When running carry the ball in 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Place the ball with 2 hands.



Scrum Clusters

Overview

In a 10m x 10m grid around 6 players engage in activity such as 'Tagball'.

The coach will randomly call a number between 1 and 3. Players will stop the activity and assemble a scrum as follows:

- **1.** Hooker in crouch position.
- **2.** Loosehead and Hooker bound in crouch position.
- **3.** Front row bound for engagement in crouch position.

Coaching Points

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The feet should be shoulder width plus 15 cm apart.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.



3v3 Walla

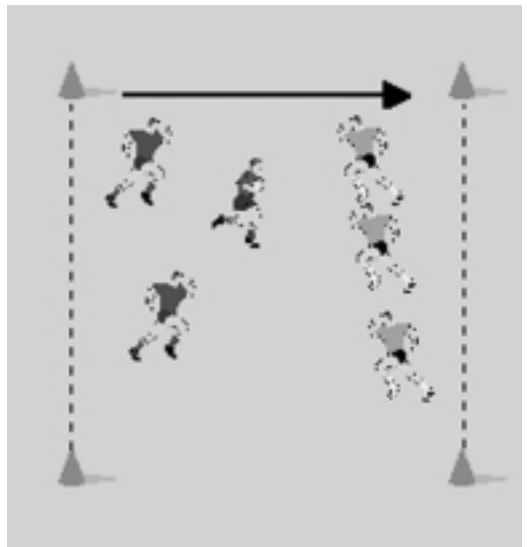
Overview

In a 10m x 10m grid 3 attackers and 3 defenders oppose each other as in a game of Walla. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders.

Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

Coaching Points

- ▶ The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- ▶ After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- ▶ Support players should remain close to the ball carrier and also run or position in space as a passing option.
- ▶ The defenders should nominate the attacker they are tracking.
- ▶ They should then track them from one side to limit their attacking options.



Year 7 Invasion Game

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field.

The game is played as a game of touch with all Walla Tags resulting in a pass restart. The defence must return to an on-side position at each tag. The attack is allowed a maximum of 6 tags before possession rotates.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.



Ball Take Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags will result in an immediate and compulsory ball take.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



50% Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Throw Turn and Catch

Overview

Players are positioned in their own space within a grid. When instructed the player throws the ball in the air. While the ball is in the air the player performs a 180-degree rotation before catching the ball.

Variations:

- 270-degrees rotation.
- 360-degrees rotation.

Coaching Points

- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Date

Venue

Attendance

Main objective of the week

Main objectives of the session

To develop the principles of Go Forward

To develop lateral passing and catching

To develop the Walla Tag

To become familiar with forming
Scrum and Lineouts

Activity outline. Skills, drills and conditioning.

1. Start on Ground Race.
2. Pitter Patter Race.
3. Working the Man.
4. Lineout Captain Ball.
5. Unders and Overs.
6. London Bridge.
7. 1 v 1 Walla.

Don't forget

Injuries/other

Session evaluation

Start on Ground Race

Overview

In a 10m x 10m grid all players commence lying on the ground on one side of the grid.

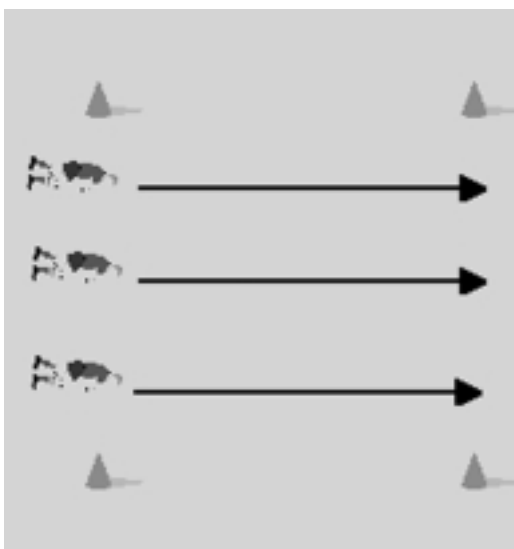
When instructed players get to their feet, pick up the ball and run across the grid.

Players finish by scoring a try at the opposite side of the grid.

Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



Pitter Patter Race

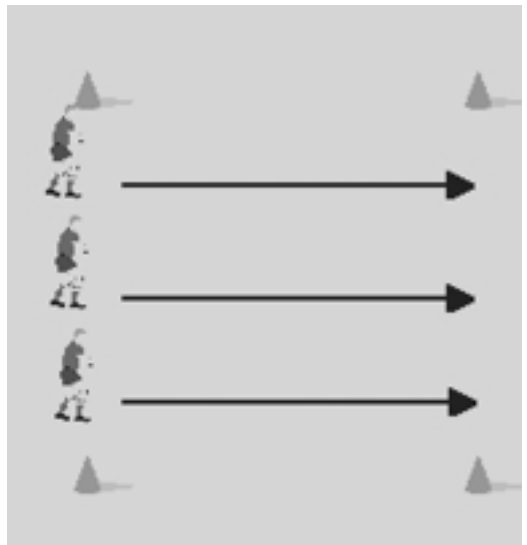
Overview

In a 10m x 10m grid all players commence on one side of the grid.

Players run on the spot with small, fast steps (pitter-patter). When instructed players run across the grid. They finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



Working the Man

Overview

In a 10m x 10m grid where one side represents a sideline, an attacker with a ball and a defender begin at opposite ends. The attacker must attempt to score.

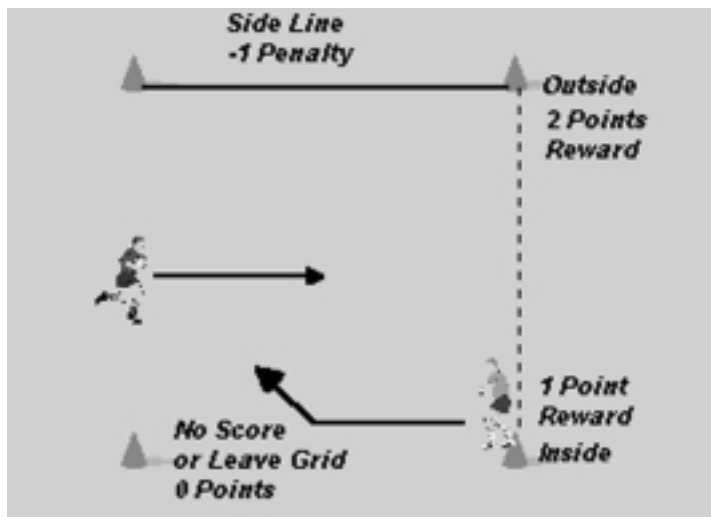
The defender must Walla Tag the attacker or force them across the sideline. Points are accumulated or lost depending on the result of the tackle or try.

The attacker gets:

- 2 point for a try scored between the sideline and the defender
- 1 points for a try scored on the inside of the defender
- -1 point deduction for being forced across the side line
- 0 points for being tagged in play

Coaching Points

- The attacker should accelerate quickly and initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space'.
- Carrying the ball in 2 hands will improve evasion.
- The defender should attempt to stay on the 'inside' of the attacker and 'track' the attacker from this side to reduce their options.



Lineout Captain Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

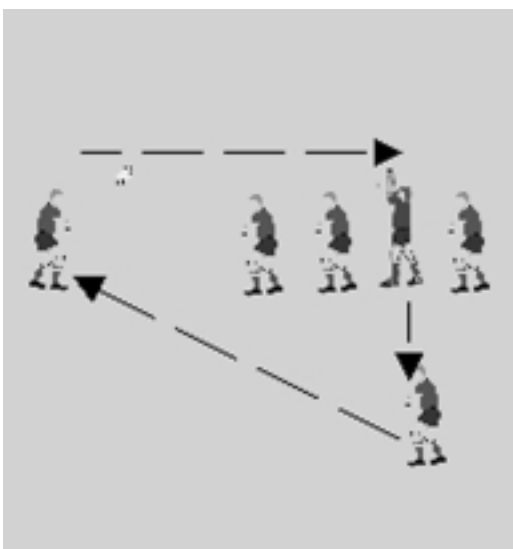
When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- Stand in a balanced position.
- Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- Step forward with the throw.
- The thrower should follow through at the target with their arms. They should also step forward after the throw.
- Catchers should jump to receive the ball early.



London Bridge

Overview

At one edge of a 10m x 10m grid teams of 4 players form a single file line.

When instructed the first 2 players move forward and complete a scrum engagement.

The other members of the team crawl under the engagement before completing another scrum engagement. The original engagement breaks up and the process continues.

Coaching Points

All players should maintain a strong body position.

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.
- Both players should call the engagement sequence in unison:

Crouch, Touch, Hold, Engage.



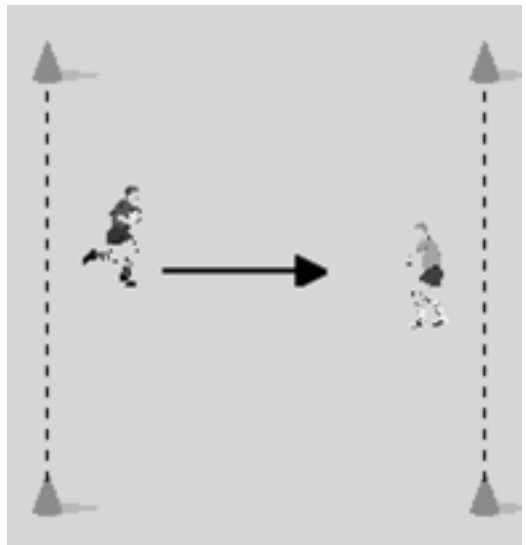
1v1 Walla

Overview

In a 10m x 10m grid an attacker and a defender oppose each other as in a game of Walla. The attacker will attempt to score a try within a set number of tags or possession goes to the defender. After making a Walla tag the defender retires 2m to an 'onside' position. Play restarts with a tap kick after each tag or turnover.

Coaching Points

- ▶ The attacker should quickly accelerate to go forward as far towards the try line as possible.
- ▶ After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- ▶ The defender should track the attacker from one side to limit their attacking options.



A U S T R A L I A N R U G B Y P A T H W A Y

Date	Venue	Attendance
Main objective of the week		Main objectives of the session To develop the principle of Go Forward To develop lateral passing and catching To develop the Walla Tag To become familiar with forming Scrums and Lineouts

Activity outline. Skills, drills and conditioning.

1. Start on Ground Race.
2. Pitter Patter Race.
3. London Bridge.
4. Lineout Captain Ball.
5. 51% 1 v 1.
6. Avoid Front on Tag.
7. 1 v 1 Walla.
8. Circle Passing.

Don't forget	Injuries/other	Session evaluation

SESSION PLAN 8

Start on Ground Race

Overview

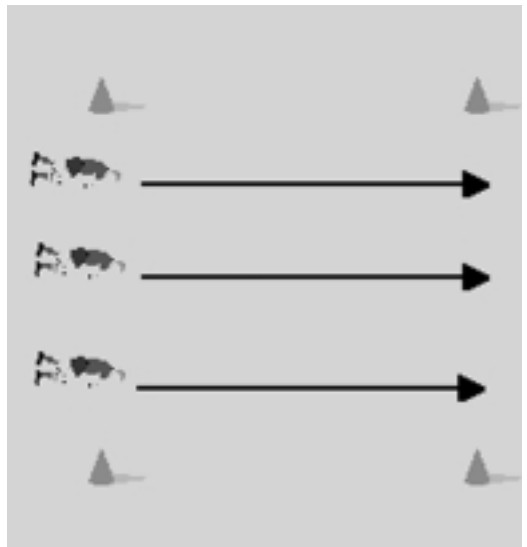
In a 10m x 10m grid all players commence lying on the ground on one side of the grid. When instructed players get to their feet, pick up the ball and run across the grid.

Players finish by scoring a try at the opposite side of the grid.

Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



Pitter Patter Race

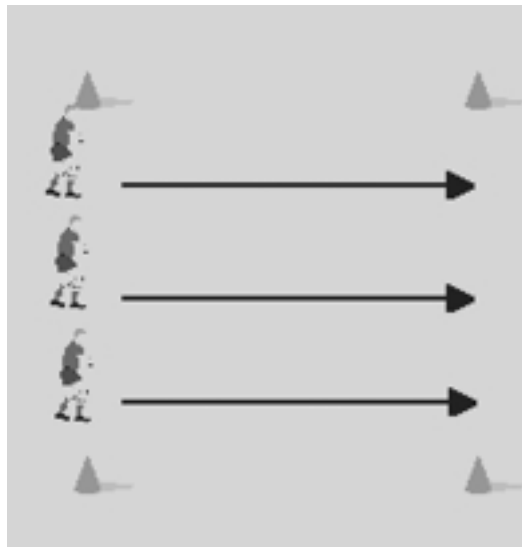
Overview

In a 10m x 10m grid all players commence on one side of the grid.

Players run on the spot with small, fast steps (pitter-patter). When instructed players run across the grid. They finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



London Bridge

Overview

At one edge of a 10m x 10m grid teams of 4 players form a single file line.

When instructed the first 2 players move forward and complete a scrum engagement.

The other members of the team crawl under the engagement before completing another scrum engagement. The original engagement breaks up and the process continues.

Coaching Points

All players should maintain a strong body position.

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.
- Both players should call the engagement sequence in unison:

Crouch, Touch, Hold, Engage.



Lineout Captain Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

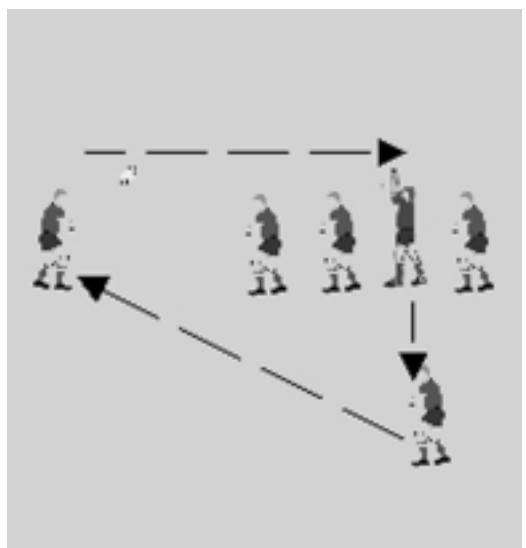
When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- Stand in a balanced position.
- Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- Step forward with the throw.
- The thrower should follow through at the target with their arms. They should also step forward after the throw.
- Catchers should jump to receive the ball early.



51% 1v1

Overview

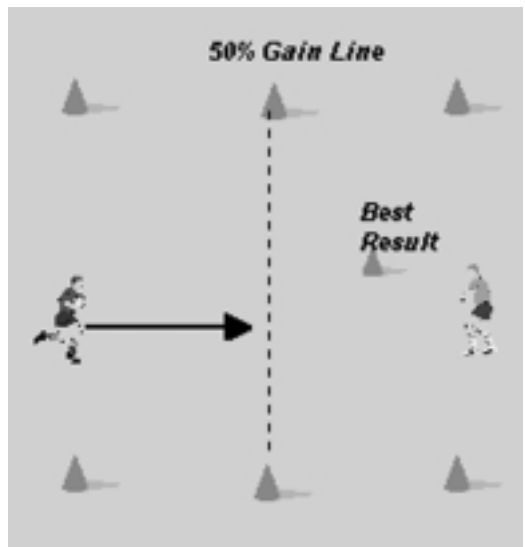
In a 10m x 10m grid an attacker begins at one end and a defender begins at the opposite end. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Coach to question players:

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them allowing the attacker to continue to go forward.
- Questioning the players on their choice of tactics will develop decision-making.



Avoid Front on Tag

Overview

In a 10m x 10m grid an attacker begins on one side and a defender begins on the opposite side of the grid. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

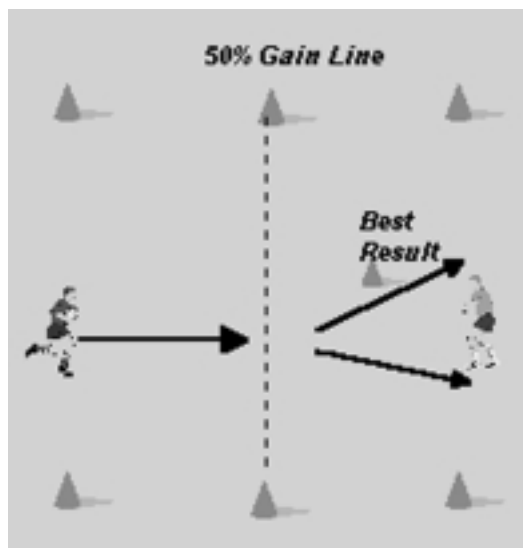
Attempts where the tag was made from the front do not count.

Coach to question players:

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.
- Questioning the players on their choice of tactics will develop decision-making.



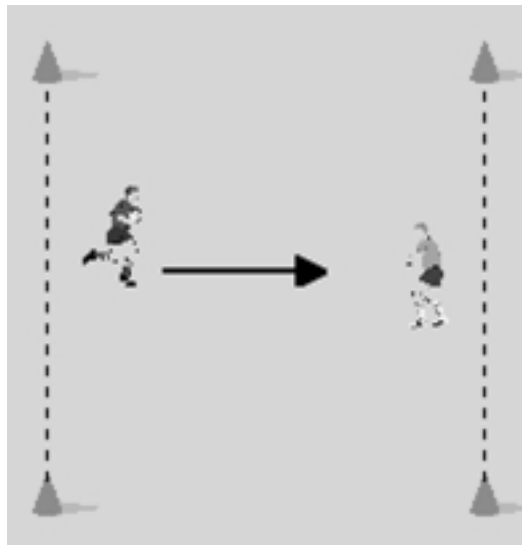
1v1 Walla

Overview

In a 10m x 10m grid an attacker and a defender oppose each other as in a game of Walla. The attacker will attempt to score a try within a set number of tags or possession goes to the defender. After making a Walla tag the defender retires 2m to an 'onside' position. Play restarts with a tap kick after each tag or turnover.

Coaching Points

- ▶ The attacker should quickly accelerate to go forward as far towards the try line as possible.
- ▶ After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- ▶ The defender should track the attacker from one side to limit their attacking options.



Circle Passing

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball.

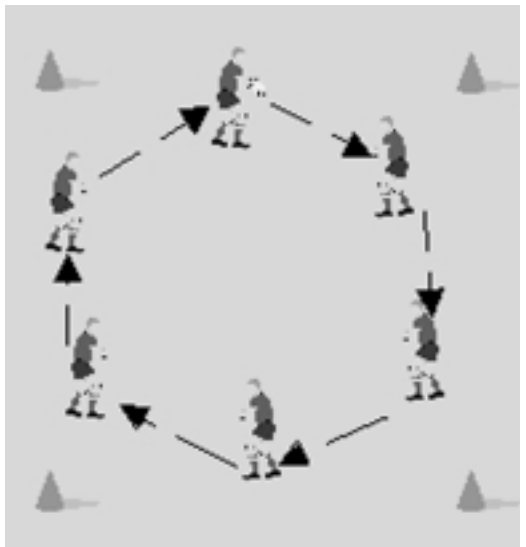
When instructed the player in possession passes the ball to the next player on the left. This action is continued for a number of rotations or period of time with success measured by the number of transfers.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



A U S T R A L I A N R U G B Y P A T H W A Y

Date	Venue	Attendance
Main objective of the week		Main objectives of the session To develop the principle of Go Forward To develop lateral passing and catching To develop the Walla Tag To become familiar with forming Scrums and Lineouts

Activity outline. Skills, drills and conditioning.

1. Ball in Hand Shuttle.
2. Pick and Place Shuttle.
3. 51% 1 v 1.
4. Avoid Front on Tag.
5. 51% Funnel.
6. 1 v 1 Walla.
7. Passing Circle Chase.

Don't forget	Injuries/other	Session evaluation

SESSION PLAN 9

Ball in Hand Shuttle

Overview

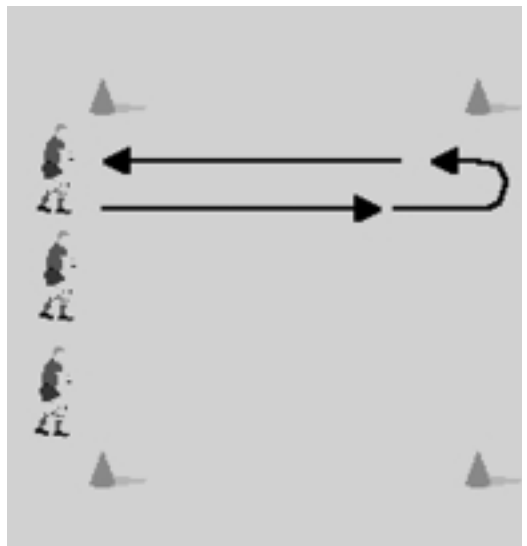
In a 10m x 10m grid all players commence on one side of the grid.

When instructed players run across the grid. Players touch the ball on the ground at the turning point on the other side of the grid, and return carrying the ball.

Players finish by scoring a try at the starting side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Carry the ball in 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Place the ball with 2 hands.



Pick and Place Shuttle

Overview

In a 10m x 10m grid all players commence on one side of the grid.

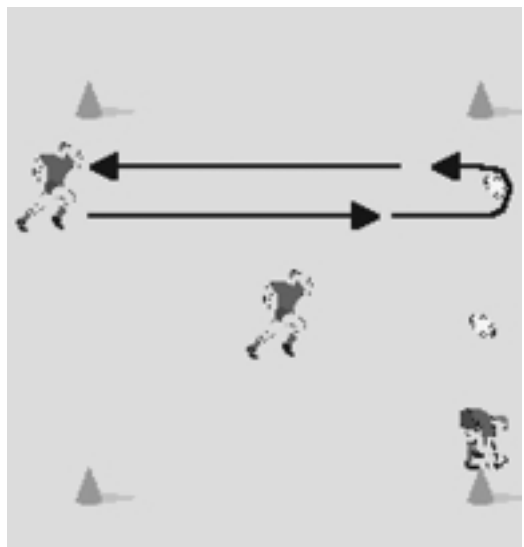
When instructed players run across the grid picking up a ball at the turning point on the other side of the grid. Players return carrying the ball and finish by scoring a try at the starting side of the grid.

When completed players return the ball to the turning point for next shuttle race.

Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



51% 1v1

Overview

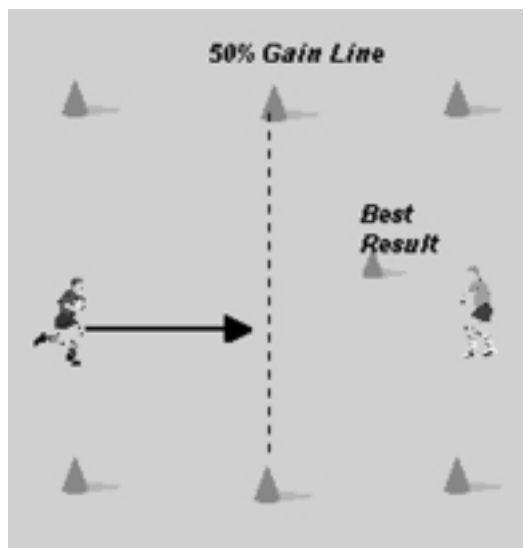
In a 10m x 10m grid an attacker begins at one end and a defender begins at the opposite end. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Coach to question players:

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them allowing the attacker to continue to go forward.
- Questioning the players on their choice of tactics will develop decision-making.



Avoid Front on Tag

Overview

In a 10m x 10m grid an attacker begins on one side and a defender begins on the opposite side of the grid. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

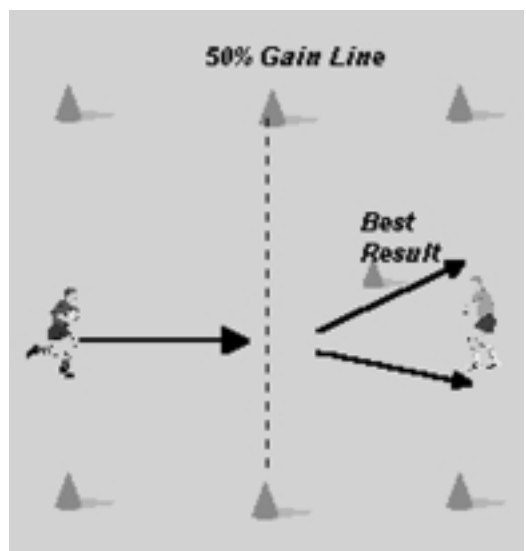
Attempts where the tag was made from the front do not count.

Coach to question players.

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.
- Questioning the players on their choice of tactics will develop decision-making.



51% Funnel

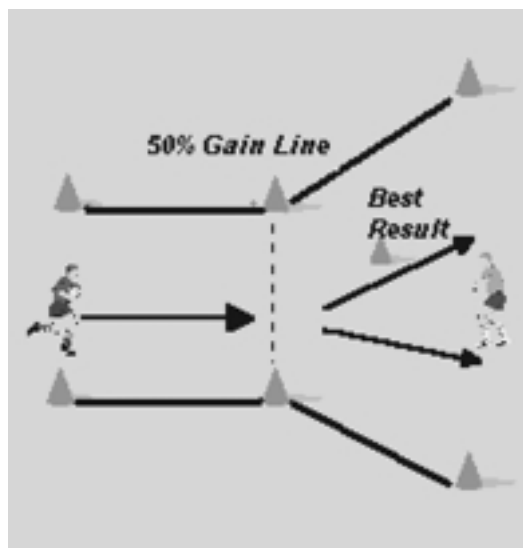
Overview

A 5m x 5m grid opens to 10m wide over the next 5m. An attacker begins at the narrow end and a defender begins at the wide end of the grid.

Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players mark their greatest territory gain with a coloured marker.

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



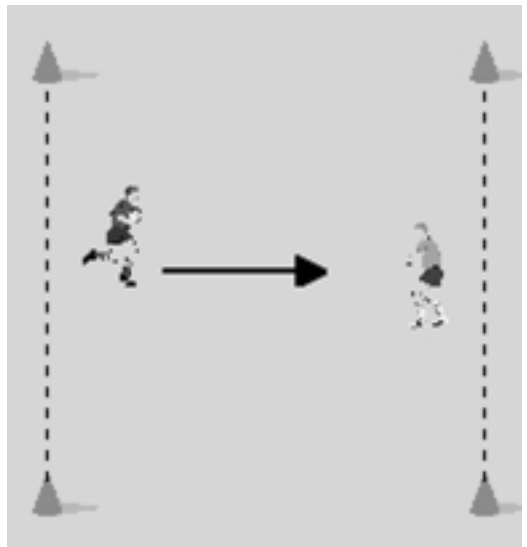
1v1 Walla

Overview

In a 10m x 10m grid an attacker and a defender oppose each other as in a game of Walla. The attacker will attempt to score a try within a set number of tags or possession goes to the defender. After making a Walla tag the defender retires 2m to an 'onside' position. Play restarts with a tap kick after each tag or turnover.

Coaching Points

- ▶ The attacker should quickly accelerate to go forward as far towards the try line as possible.
- ▶ After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- ▶ The defender should track the attacker from one side to limit their attacking options.



Passing Circle Chase

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball.

When instructed the player passes the ball to the next player on the left. This action is continued around the circle.

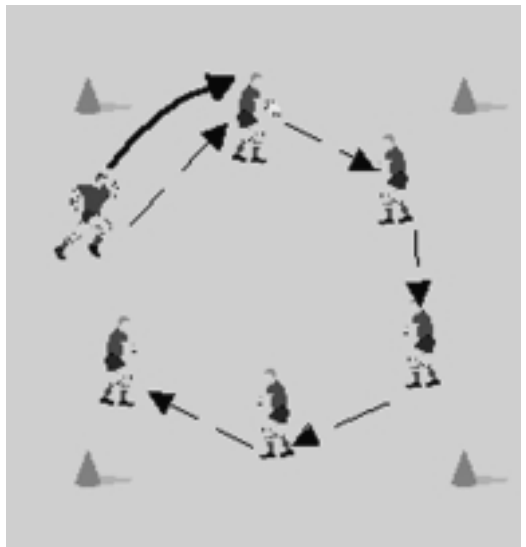
After passing the original passer starts to run around the passing circle to the left. Success is measured by whether the runner or the ball completes the circle first.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



A U S T R A L I A N R U G B Y P A T H W A Y

Date	Venue	Attendance
Main objective of the week		Main objectives of the session To develop the principle of Go Forward To develop lateral passing and catching To develop the Walla Tag To become familiar with forming Scrums and Lineouts

Activity outline. Skills, drills and conditioning.

1. Ball in Hand Shuttle.
2. Pick and Place Shuttle.
3. 51% 1 v 1.
4. Avoid Front on Tag.
5. 51% Funnel.
6. 50% Walla.
7. Round the Body.

Don't forget	Injuries/other com-	Session evaluation

SESSION PLAN 10

Ball in Hand Shuttle

Overview

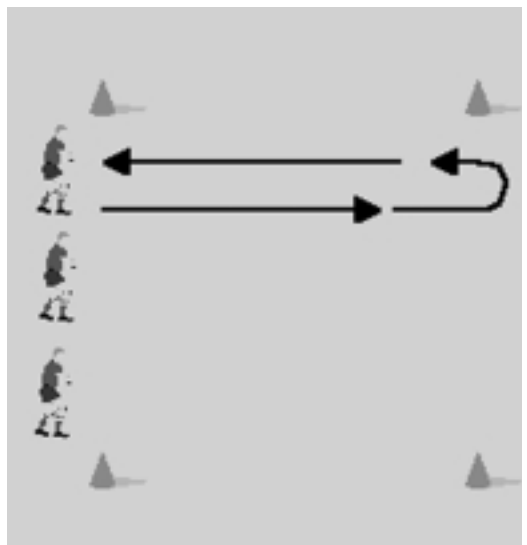
In a 10m x 10m grid all players commence on one side of the grid.

When instructed players run across the grid. Players touch the ball on the ground at the turning point on the other side of the grid, and return carrying the ball.

Players finish by scoring a try at the starting side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Carry the ball in 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Place the ball with 2 hands.



Pick and Place Shuttle

Overview

In a 10m x 10m grid all players commence on one side of the grid.

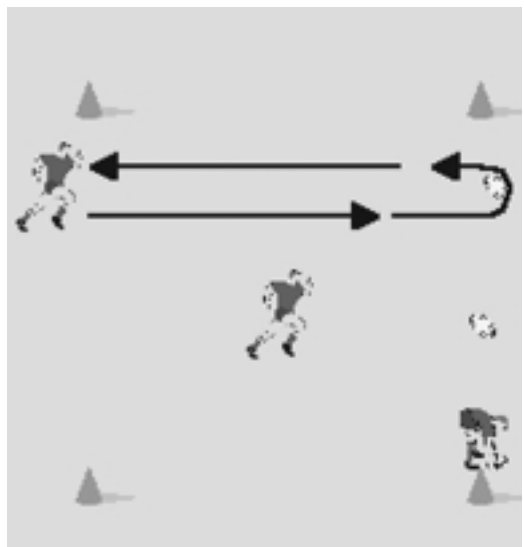
When instructed players run across the grid picking up a ball at the turning point on the other side of the grid. Players return carrying the ball and finish by scoring a try at the starting side of the grid.

When completed players return the ball to the turning point for next shuttle race.

Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- Carry the ball in 2 hands.
- Place the ball with 2 hands.



51% 1v1

Overview

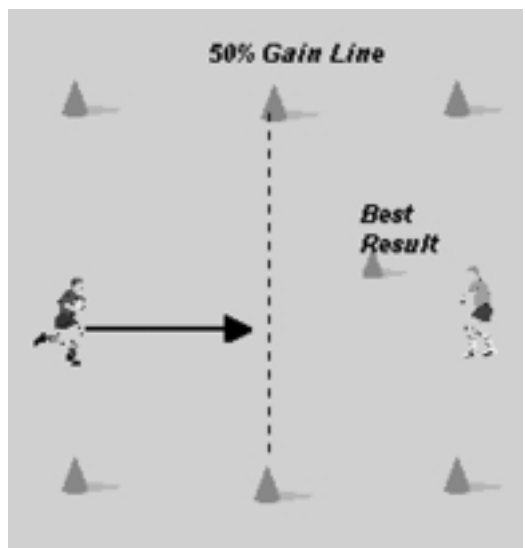
In a 10m x 10m grid an attacker begins at one end and a defender begins at the opposite end. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Coach to question players:

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them allowing the attacker to continue to go forward.
- Questioning the players on their choice of tactics will develop decision-making.



Avoid Front on Tag

Overview

In a 10m x 10m grid an attacker begins on one side and a defender begins on the opposite side of the grid. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

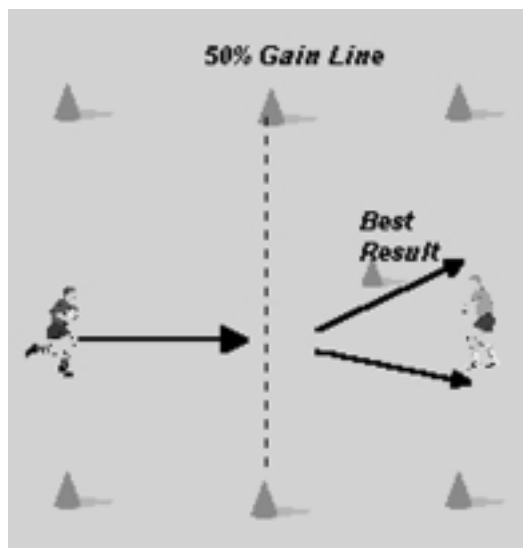
Attempts where the tag was made from the front do not count.

Coach to question players:

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.
- Questioning the players on their choice of tactics will develop decision-making.



51% Funnel

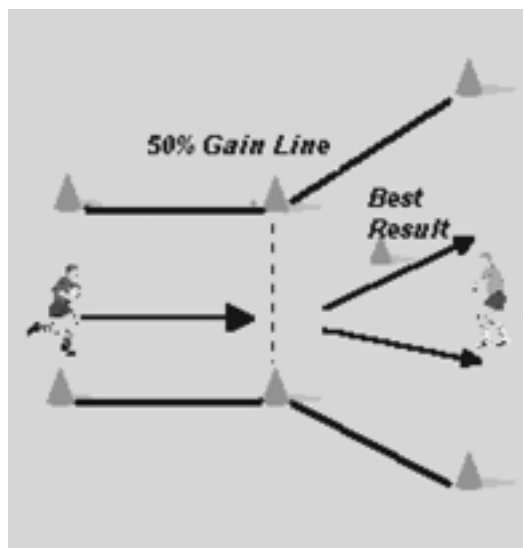
Overview

A 5m x 5m grid opens to 10m wide over the next 5m. An attacker begins at the narrow end and a defender begins at the wide end of the grid.

Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players mark their greatest territory gain with a coloured marker.

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



50% Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Round the Body

Overview.

Players with a ball are positioned in their own space within a grid.

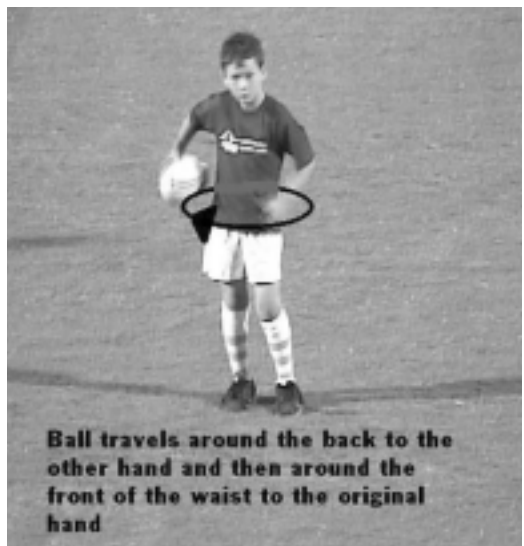
When instructed the player begins to move the ball around the body. After a set number of rotations the direction is reversed for an equivalent number of rotations.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Only the pads of the fingers and thumbs should touch the ball.
- Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- The palms should not touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Players should perfect the skill then increase the speed of performance.



Ball travels around the back to the other hand and then around the front of the waist to the original hand

A U S T R A L I A N R U G B Y P A T H W A Y

Date	Venue	Attendance
Main objective of the week		Main objectives of the session To refine the skills of passing and catching To apply defensive pressure through tracking To become familiar with forming a Ball Take

Activity outline. Skills, drills and conditioning.

1. Ball in Hand Relay.
2. Walla Tag Shuttle.
3. 50% Walla.
4. Lineout Captain Ball.
5. Scrum Clusters.
6. 3 v 2 Ball Take Channel.
7. 4 v 2 Ball Take Channel.
8. Ball Take Walla.

Don't forget	Injuries/other	Session evaluation

SESSION PLAN 11

Ball in Hand Relay

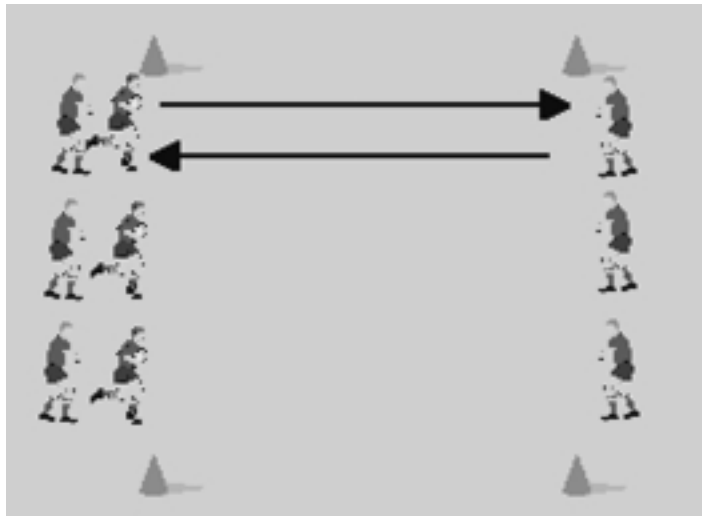
Overview

In a 10m x 10m grid a minimum of 2 players must commence on the starting side of the grid. When instructed the first player runs across the grid.

Players transfer the ball to the next player at the opposite side of the grid and the process is repeated. Relay teams should consist of a minimum of 3 or a maximum of 4 players to allow for recovery.

Coaching Points

- Carry the ball in 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Limit the amount of force on the ball when passing.



Walla Tag Shuttle

Overview

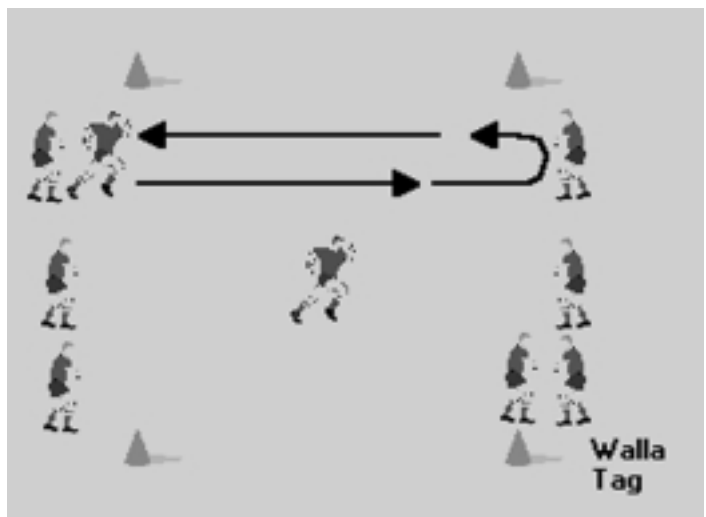
In a 10m x 10m grid all players commence on one side of the grid.

When instructed players run across the grid and perform a Walla Tag on the stationary player at the turning point on the other side of the grid.

Players return and finish by performing another Walla Tag on a stationary player at the starting side of the grid. Rotate the 3 players to allow for recovery.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Bend at the knees and hips to position at the correct height to Walla Tag.
- Keeping the neck extended place the head to one side of the player being tagged.
- Tag the hips with both hands.



50% Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Lineout Captain Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

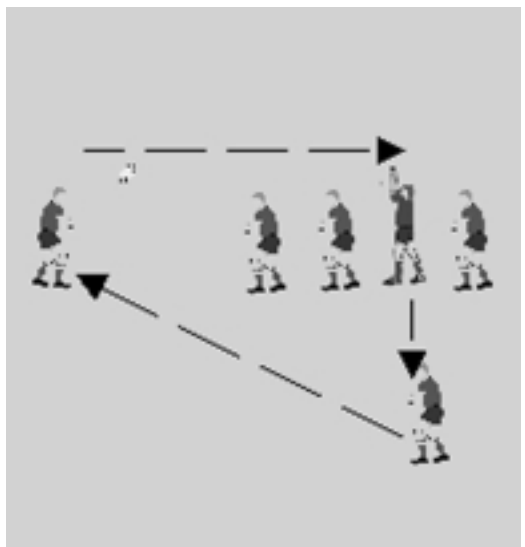
When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- Stand in a balanced position.
- Holding the ball in 2 hands allows for greater power and control with younger players. Underarm throws are often the preferred option.
- Step forward with the throw.
- The thrower should follow through at the target with their arms. They should also step forward after the throw.
- Catchers should jump to receive the ball early.



Scrum Clusters

Overview

In a 10m x 10m grid around 6 players engage in activity such as 'Tagball'. The coach will randomly call a number between 1 and 3. Players will stop the activity and assemble a scrum as follows:

- **1.** Hooker in crouch position.
- **2.** Loosehead & Hooker bound in crouch position.
- **3.** Front row bound for engagement in crouch position.

Coaching Points

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The feet should be shoulder width plus 15 cm apart.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.



3v2 Ball Take Channel

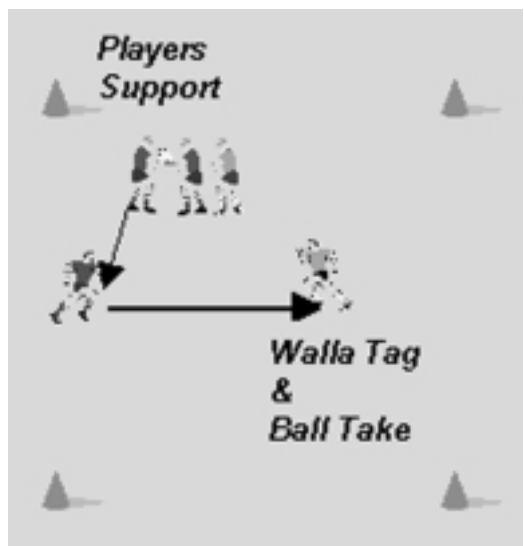
Overview

In a 10m x 10m grid 3 attackers attempt to score against 2 defenders. Defenders tag the player in possession, who then turns for a ball take.

The defender marks the ball take by placing their hands on the ball carrier's shoulders. One supporting player completes the ball take and passes to the other who continues the attack.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.



4v2 Ball Take Channel

Overview

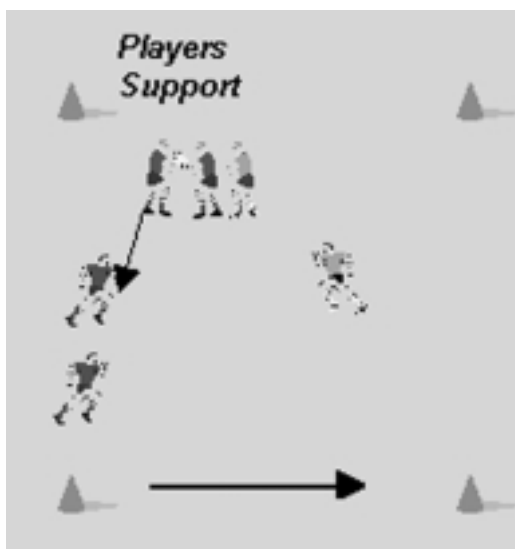
In a 10m x 10m grid 4 attackers attempt to score against 2 defenders.

Defenders tag the player in possession, who then turns for a ball take. The defender marks the ball take by placing their hands on the ball carrier's shoulders.

One supporting player completes the ball take and passes to another who continues the attack by running or passing.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.
- When an overlap exists the ball carrier should attempt to run at a defender (face) and pass to a supporter in space.



Ball Take Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags will result in an immediate and compulsory ball take.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Date	Venue	Attendance
<p>Main objective of the week</p>		<p>Main objectives of the session</p> <p>To refine the skills of passing and catching</p> <p>To apply defensive pressure through tracking</p> <p>To become familiar with forming a Ball Take</p>

Activity outline. Skills, drills and conditioning.

1. Pick and Place Relay.
2. Walla Tag Shuttle.
3. London Bridge.
4. 3 v 2 Ball Take Channel.
5. Circle Passing.
6. Passing Circle Chase.
7. Rugby Rounders.
8. Tag Ball.
9. Bugs and Spiders.
10. 50% Walla.

Don't forget	Injuries/other com-	Session evaluation

Pick and Place Relay

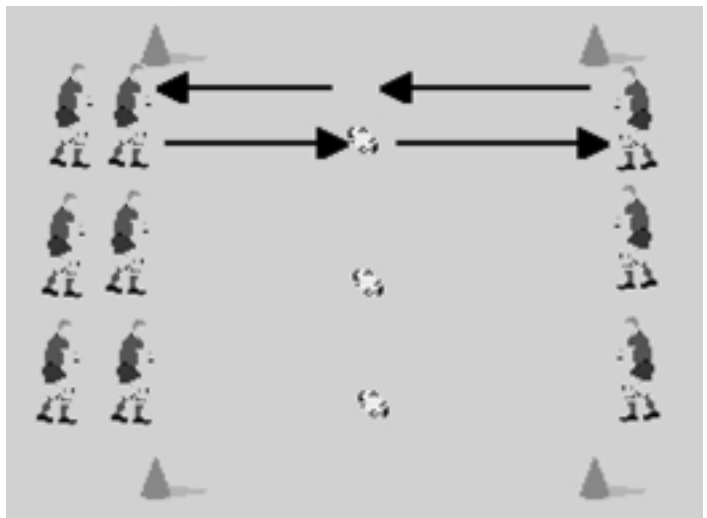
Overview

In a 10m x 10m grid a minimum of 2 players must commence on the starting side of the grid. When instructed the first player runs across the grid picking up the ball at the mid-point of the race then passing the ball to the next player on the opposite side of the grid. The player receiving the pass runs and places the ball at the mid-point.

Relay teams should consist of a minimum of 3 or a maximum of 4 players to allow for recovery.

Coaching Points

- Carry the ball in 2 hands.
- Initiate running speed with short, quick steps.
- Lean forward when running.
- Limit the amount of force on the ball when passing



Walla Tag Shuttle

Overview

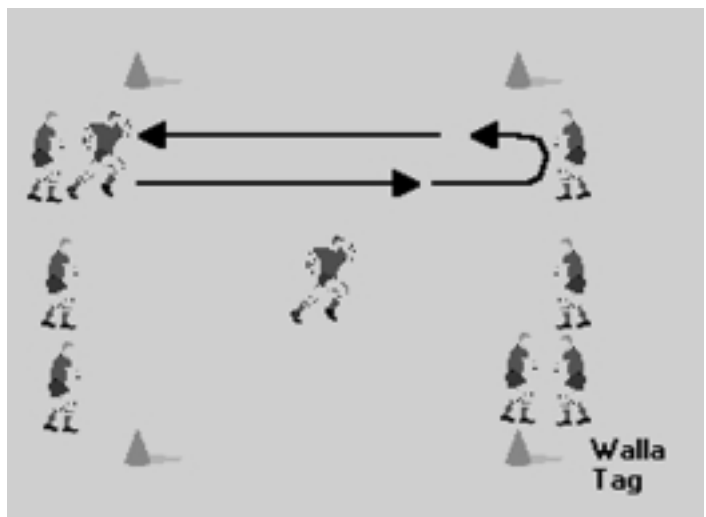
In a 10m x 10m grid all players commence on one side of the grid.

When instructed players run across the grid and perform a Walla Tag on the stationary player at the turning point on the other side of the grid.

Players return and finish by performing another Walla Tag on a stationary player at the starting side of the grid. Rotate the 3 players to allow for recovery.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Bend at the knees and hips to position at the correct height to Walla Tag.
- Keeping the neck extended place the head to one side of the player being tagged.
- Tag the hips with both hands.



London Bridge

Overview

At one edge of a 10m x 10m grid teams of 4 players form a single file line.

When instructed the first 2 players move forward and complete a scrum engagement.

The other members of the team crawl under the engagement before completing another scrum engagement. The original engagement breaks up and the process continues.

Coaching Points

All players should maintain a strong body position.

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.
- Both players should call the engagement sequence in unison:

Crouch, Touch, Hold, Engage.



3v2 Ball Take Channel

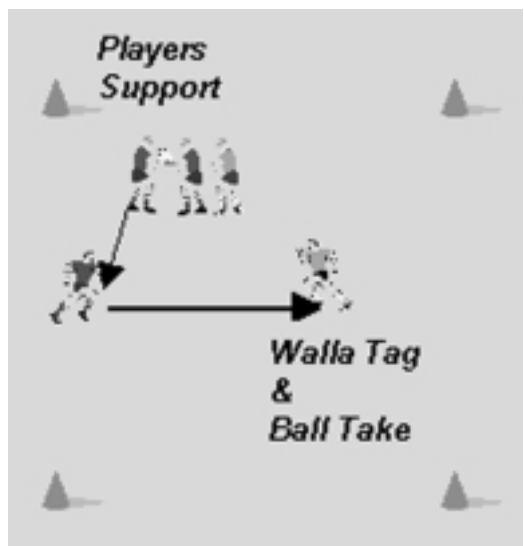
Overview

In a 10m x 10m grid 3 attackers attempt to score against 2 defenders. Defenders tag the player in possession, who then turns for a ball take.

The defender marks the ball take by placing their hands on the ball carrier's shoulders. One supporting player completes the ball take and passes to the other who continues the attack.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.



Circle Passing

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball.

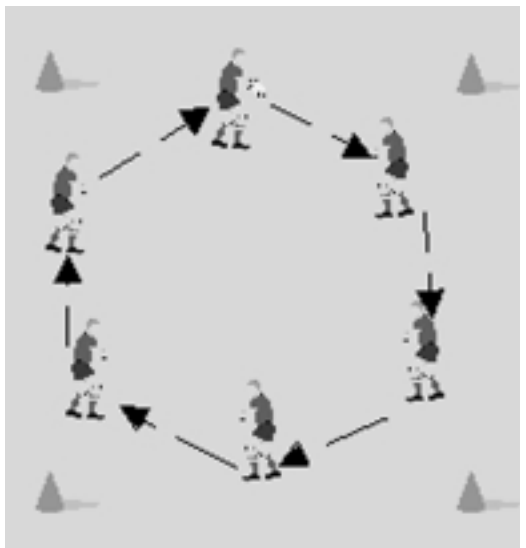
When instructed the player in possession passes the ball to the next player on the left. This action is continued for a number of rotations or period of time with success measured by the number of transfers.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Passing Circle Chase

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball. When instructed the player passes the ball to the next player on the left. This action is continued around the circle.

After passing the original passer starts to run around the passing circle to the left.

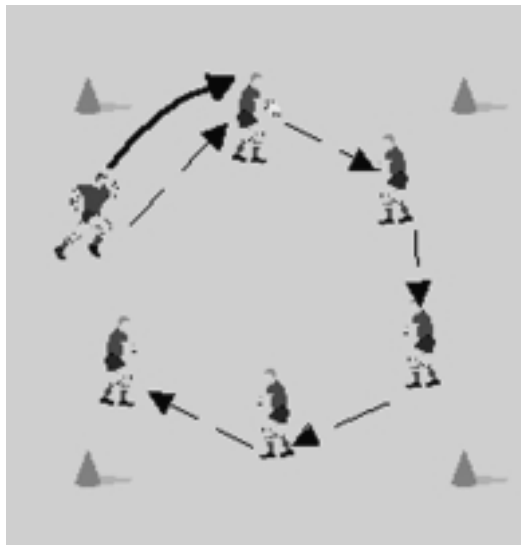
Success is measured by whether the runner or the ball completes the circle first.

Variations:

- Reverse the direction.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Rugby Rounders

Overview

In 2 x 10m x 10m adjacent grids two teams of 5 to 7 players form, one team in a circle the other a line. Each team has a ball. When instructed the players in the circle pass around the circle, with each pass counting as a score.

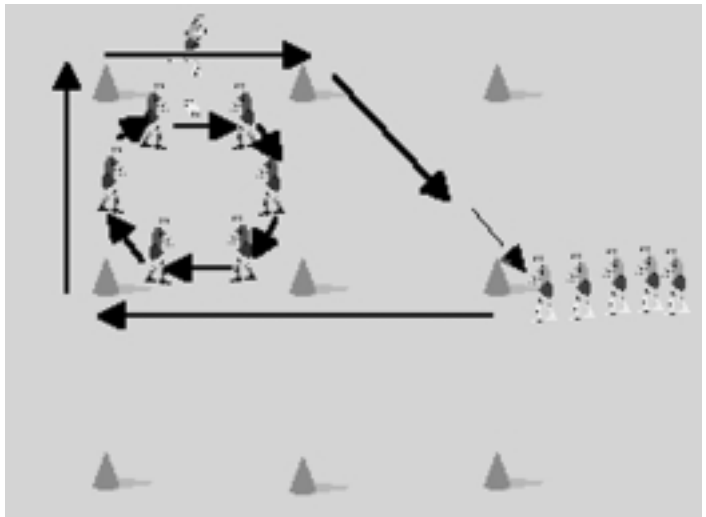
At the same time the opposition run a relay around the grid markers with the ball.

After the last player completes their relay run the team shout 'Stop' and the activity ceases.

Team roles are then swapped and scores are compared.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Tag Ball

Overview

In a 10m x 10m grid a team of players is evading a team of chasers to avoid being tagged with the ball (4:1 ratio of evaders to chasers). All players must remain inside the grid at all times. When a player is tagged, they sit on the outside of the grid. Rolls are rotated when all players are tagged or after a set time period.

Variations:

- Only provide one ball so chasers must pass.

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



Bugs and Spiders

Overview

A smaller grid is centred within a larger grid at a ratio of 1:3.

The centre grid is a 'safe' grid for one team of players (bugs). Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders.

Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid and continue until all bugs are tagged.

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.



50% Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session To refine the skills of passing and catching To apply defensive pressure through tracking To become familiar with forming a Ball Take

Activity outline. Skills, drills and conditioning.

1. Tactile Pressure Relay 1.
2. All One Way.
3. 51% Funnel.
4. Hand to Hand Line.
5. Standing Passing Chain.
6. Walking Passing Chain.
7. 1 Person Passing Shuttle.
8. Ball Take Stuck in the Mud.
9. 50% Ball Take Walla.

Don't forget	Injuries/other	Session evaluation

Tactile Pressure Relay 1

Overview

In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid.

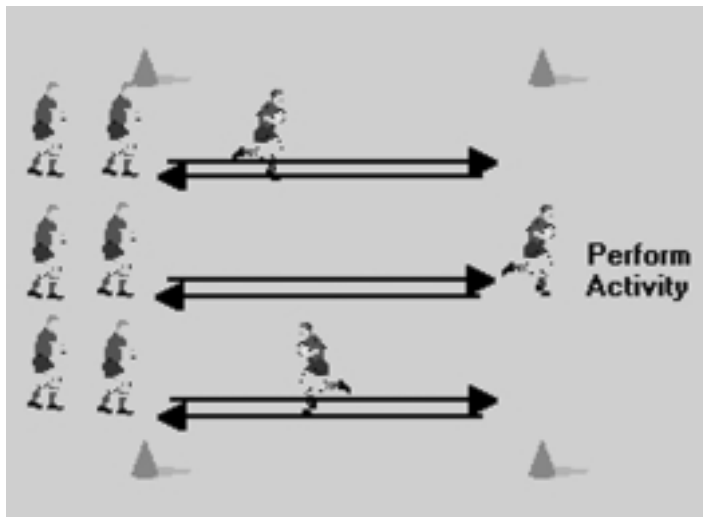
When they reach the other side of the grid the player stops and performs an activity a predetermined number of times then run back to the original side of the grid where they pass the ball to the next player.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Carry the ball in 2 hands.
- Initiate speed with short, quick steps.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Do not use unnecessary force when passing the ball.



All One Way

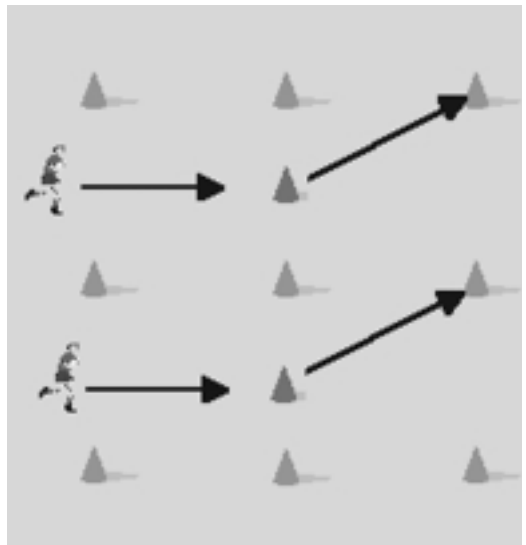
Overview

In 2 x 10m x 10m adjacent grids players commence in the centre of one end of the grid. When instructed players run down the grid length. When the player reaches a marker at the end of the first grid section they will change direction to run to a designated corner marker at the end of the final grid section (left/right).

Players finish by scoring a try at the designated marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



51% Funnel

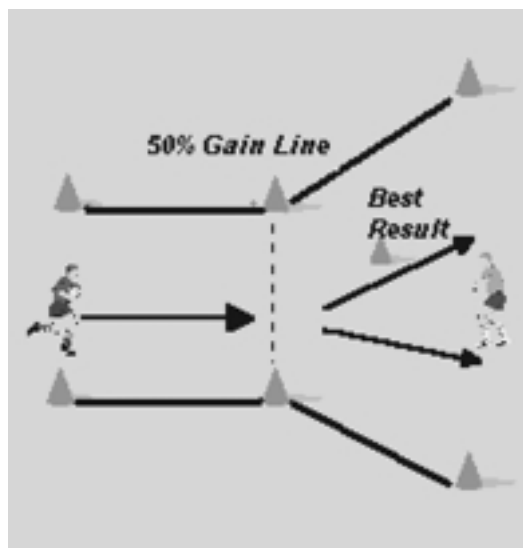
Overview

A 5m x 5m grid opens to 10m wide over the next 5m. An attacker begins at the narrow end and a defender begins at the wide end of the grid.

Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players mark their greatest territory gain with a coloured marker.

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



Hand to Hand Line

Overview

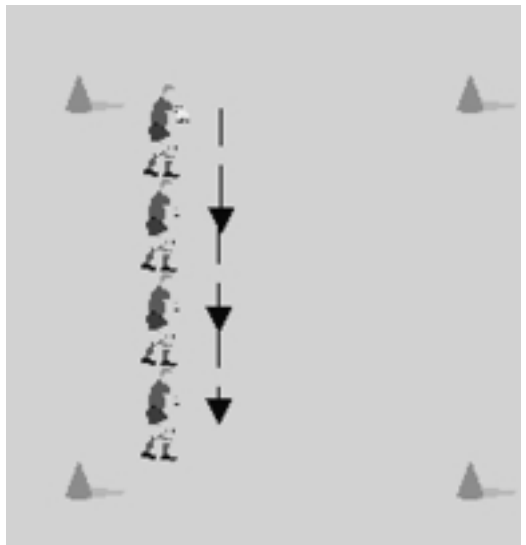
In a 10m x 10m grid 4 players stand in a line double arms distance between players, one player with a ball. When instructed, the player in possession reaches with the ball in 2 hands towards the next player on the left. This player reaches and takes the ball from the grasp of the player.

This action is continued to the left end, and then continued to the right.

The measure is the number of transfers against time or how quickly a number of transfers can be performed.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Standing Passing Chain

Overview

In a 10m x 10m grid 4 players in a line spaced more than double arms distance between players, one player with a ball. When instructed the player in possession passes the ball to the next player on the left.

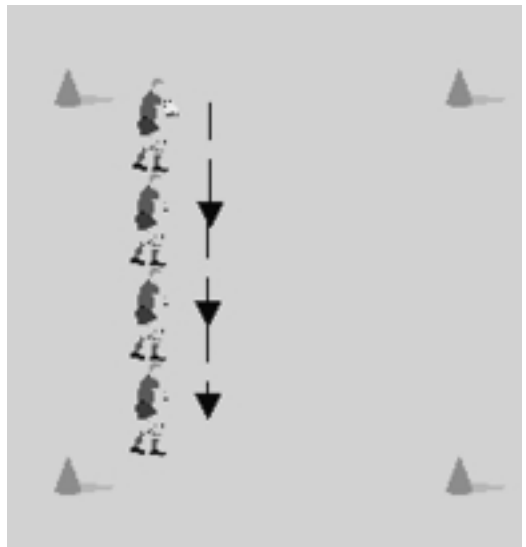
This action is continued to the left end, then continued to the right. The measure is the number of transfers against time or how quickly a number of transfers can be performed.

Variations:

- Multiple lines race against each other.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a "push" with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Walking Passing Chain

Overview

On one side of a 10m x 10m grid 4 players stand in a line greater than double arms distance between players, the player on the extreme left with a ball. When instructed the players walk and begin passing the ball to the next player on the left.

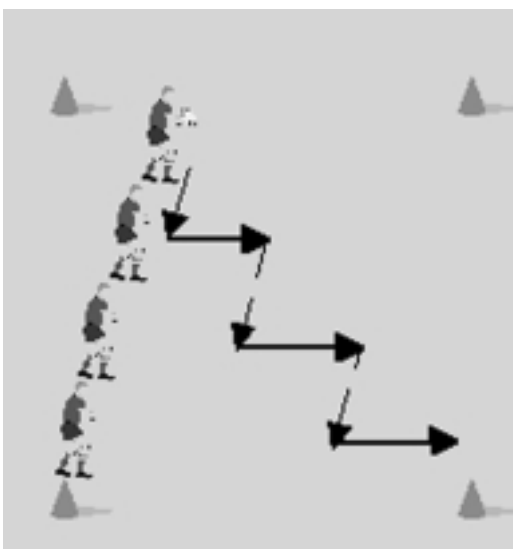
This action is continued to the left end. The players then realign at the other end before repeating the action.

Variations:

- Reverse the passing direction.
- Set up a relay.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



1 Person Passing Shuttle

Overview

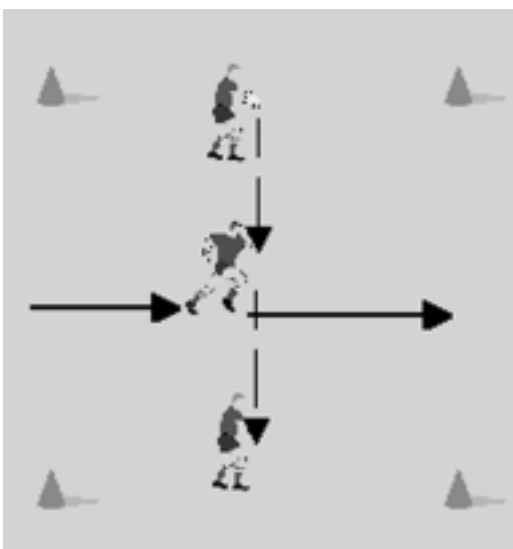
In a 5m x 2.5m grid 2 players stand opposite each other at the mid-point of the grid, one with a ball. A third player stands at the end of the grid so they can run between the two players. When instructed the player shuttle runs receiving a pass from the player with the ball and then performing a pass to the player on the opposite side.

The shuttle continues with the passing for a number of runs or period of time.

The measure of success is passes against time or how quickly a number of transfers can be performed.

Coaching Points

- The receiver should reach to catch the ball before it reaches their body.
- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.



Ball Take Stuck in the Mud

Overview

In a 10m x 10m confinement grid 6 runners with 2 balls attempt to evade 2 defenders. Only ball carriers can be tagged. They then must remain stationary (stuck). Another player performing a ball take and passing to another runner can release stuck players. The game continues for 2 minutes or until all ball carriers are stuck then roles rotate.

Coaching Points

- Turn to face your supporting players.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.



50% Ball Take Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variations that all Walla Tags will result in an immediate and compulsory ball take and that all Walla Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Date

Venue

Attendance

Main objective of the week

Main objectives of the session

To introduce running acceleration

To introduce basic handling skills

To introduce basic lateral passing skills

Activity outline. Skills, drills and conditioning.

1. Tactile Pressure Relay 1.
2. All One Way.
3. Reds Rush 3 v 1.
4. Rugby Rounders.
5. 1 Person Passing Shuttle.
6. Jogging Passing Chain.
7. 4 v 2 Invasion Game.
8. Ball Take Walla.

Don't forget

Injuries/other com-

Session evaluation

Tactile Pressure Relay 1

Overview

In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid.

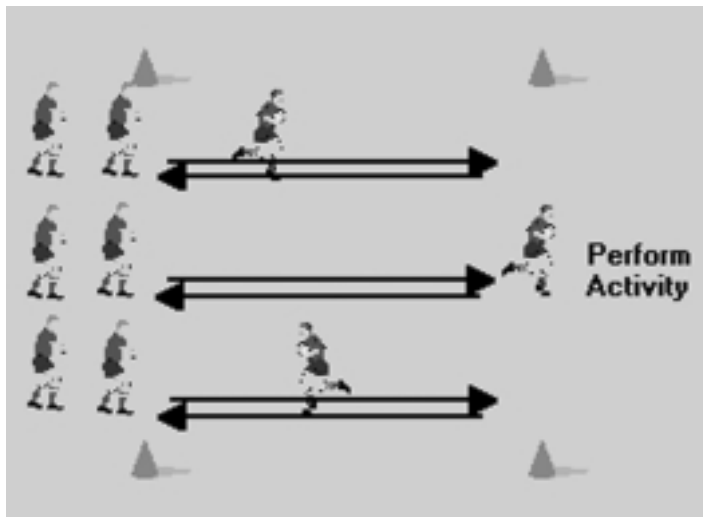
When they reach the other side of the grid the player stops and performs an activity a predetermined number of times then run back to the original side of the grid where they pass the ball to the next player.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Carry the ball in 2 hands.
- Initiate speed with short, quick steps.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Do not use unnecessary force when passing the ball.



All One Way

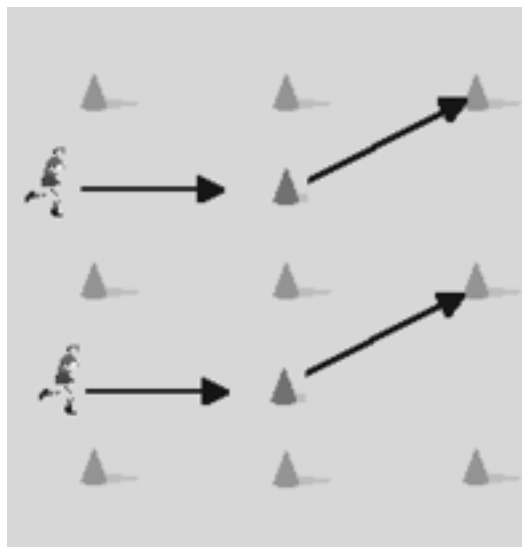
Overview

In 2 x 10m x 10m adjacent grids players commence in the centre of one end of the grid. When instructed players run down the grid length. When the player reaches a marker at the end of the first grid section they will change direction to run to a designated corner marker at the end of the final grid section (left/right).

Players finish by scoring a try at the designated marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



Reds Rush 3v1

Overview

In a 10m x 10m grid 3 runners start on one side of the grid opposing 1 defender. When instructed the runners attempt to cross the grid without being tagged.

Tagged players to sit out.

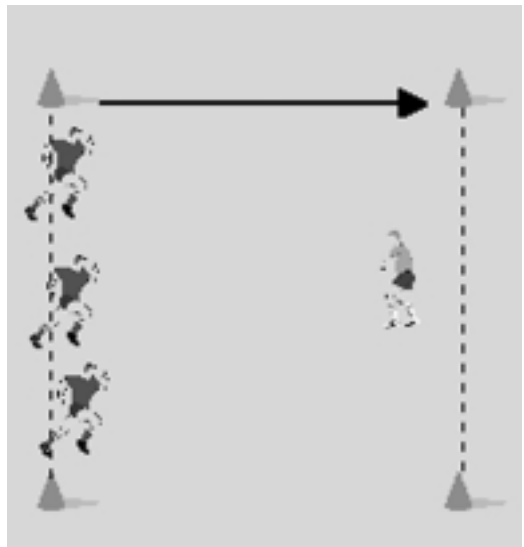
The last player left becomes the next defender.

Variations:

- Tagged players become additional defenders

Coaching Points

- Taggers should track evaders from one side to reduce their options.
- Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- The head should be positioned safely to the side or behind the player to be tagged.
- The arms should reach in front to make the tag.
- The player should aim for 2 handed contact simultaneously on shorts.



Rugby Rounders

Overview

In 2 x 10m x 10m adjacent grids two teams of 5 to 7 players form, one team in a circle the other a line. Each team has a ball. When instructed the players in the circle pass around the circle, with each pass counting as a score.

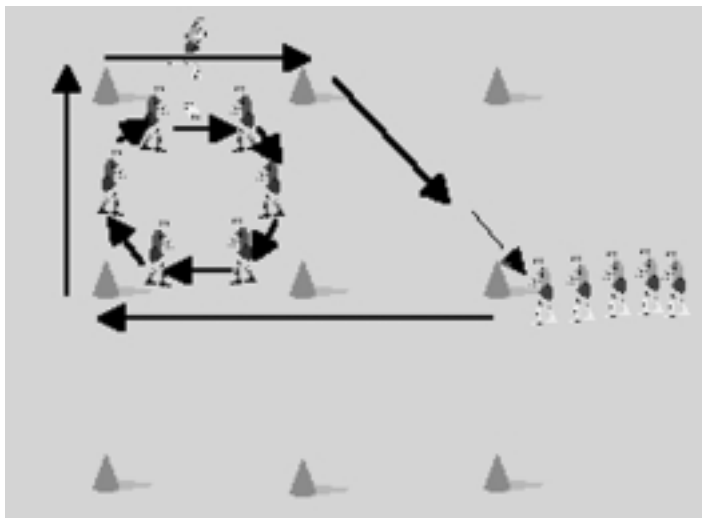
At the same time the opposition run a relay around the grid markers with the ball.

After the last player completes their relay run the team shout 'Stop' and the activity ceases.

Team roles are then swapped and scores are compared.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



1 Person Passing Shuttle

Overview

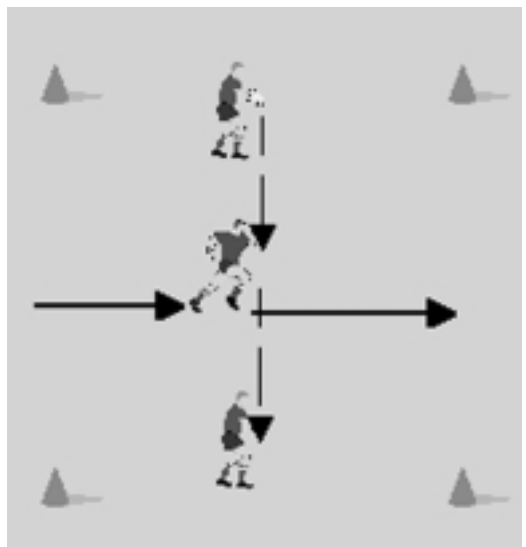
In a 5m x 2.5m grid 2 players stand opposite each other at the mid-point of the grid, one with a ball. A third player stands at the end of the grid so they can run between the two players. When instructed the player shuttle runs receiving a pass from the player with the ball and then performing a pass to the player on the opposite side.

The shuttle continues with the passing for a number of runs or period of time.

The measure of success is passes against time or how quickly a number of transfers can be performed.

Coaching Points

- The receiver should reach to catch the ball before it reaches their body.
- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.



Jogging Passing Chain

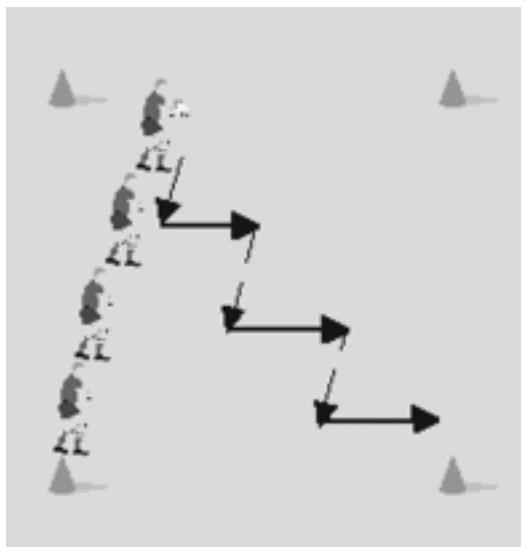
Overview

On one side of a 10m x 10m grid 4 players stand in a line greater than double arms distance between players, the player on the extreme left with a ball.

When instructed the players jog and begin passing the ball to the next player on the left. This action is continued to the left end. The players then realign at the other end before repeating the action.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



4x2 Invasion Game

Overview

In a 10m x 10m grid 4 attackers in possession commence at one grid end against 2 defenders at the other. A score is made when an attacking player gains possession beyond the end line.

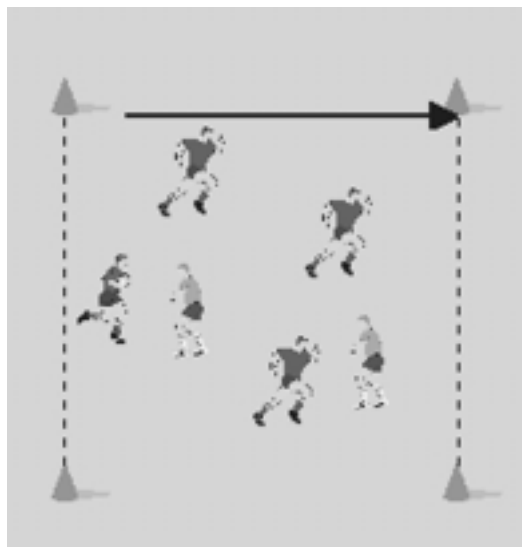
Players in possession can not run but can pass in any direction.

Variations:

- Possession and roles turns over when a player is tagged
- Players can run in possession

Coaching Points

- Taggers should track evaders from one side to reduce their options.
 - Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
 - The head should be positioned safely to the side or behind the player to be tagged.
 - The arms should reach in front to make the tag.
 - The player should aim for 2 handed contact simultaneously on shorts.
- the ball before it reaches their body.



Ball Take Walla

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags will result in an immediate and compulsory ball take.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Date

Venue

Attendance

Main objective of the week

Main objectives of the session

Provide primary support after transfer of the ball

Align in an 'on side' position to provide lateral support

Align to form a lateral passing chain

Decide when not to pass and elect to ball take

Use appropriate skills and make decisions (using the laws) to participate in a Walla game

Activity outline. Skills, drills and conditioning.

1. Tactile Pressure Relay 2.
2. Coach's Call.
3. Unders and Overs.
4. London Bridge.
5. 3 v 1 No Run Game.
6. Continuous 3 Person Relay.
7. 2 v 1 Lateral Support.
8. 3 v 1 Lateral Support.
9. Jogging Passing Chain.

Don't forget

Injuries/other com-

Session evaluation

Tactile Pressure Relay 2

Overview

In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid performing an activity for the duration of the run.

Players pass the ball to the next player at the opposite side of the grid.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Carry the ball in 2 hands.
- Initiate speed with short, quick steps.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- Do not use unnecessary force when passing the ball.



Coach's Call

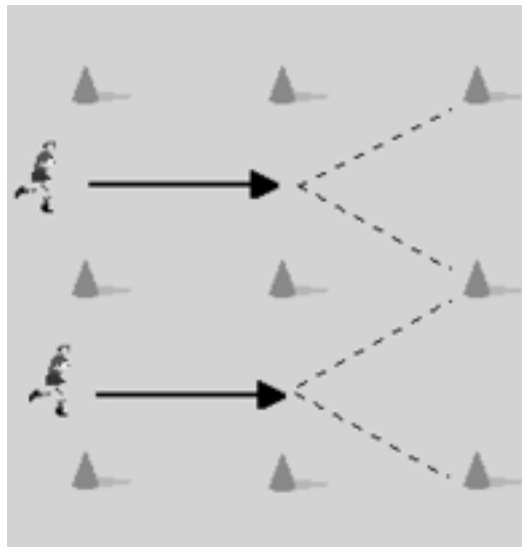
Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of a grid. When instructed players run down the grid length.

As the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). Players finish by scoring a try at the designated marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



Unders and Overs

Overview

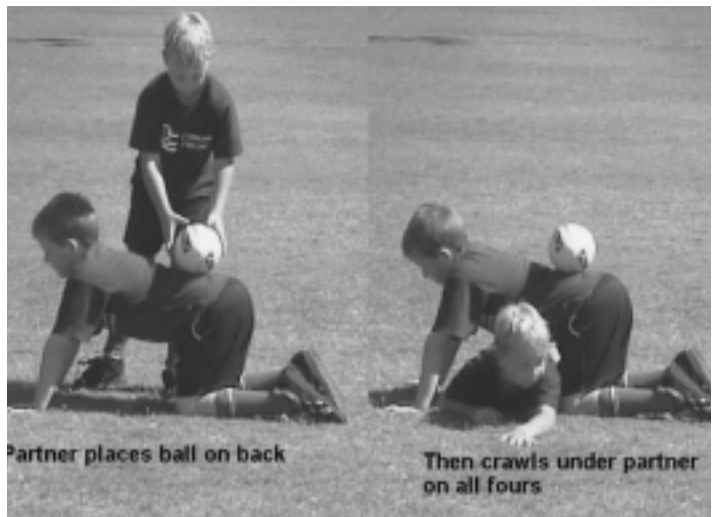
In a 10m x 10m grid, groups of players align behind a leader at one end, 1 ball per team. When directed the first player assumes a scrum position on all fours.

The next player places the ball on the lower back.

They then crawl under the player followed by other player. The ball must be maintained on the back. Roles are then rotated for a new race.

Coaching Points

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- The feet should be shoulder width plus 15 cm apart.



London Bridge

Overview

At one edge of a 10m x 10m grid teams of 4 players form a single file line. When instructed the first 2 players move forward and complete a scrum engagement. The other members of the team crawl under the engagement before completing another scrum engagement. The original engagement breaks up and the process continues.

Coaching Points

All players should maintain a strong body position.

- The head should be in a fully extended position with no rotation.
- The back should be in its 'natural' straight position.
- Shoulders and chest should be square.
- The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- The left prop (loosehead) binds on the hooker first.
- Both props bind around the hooker's waist.
- Both players should call the engagement sequence in unison:

Crouch, Touch, Hold, Engage.



3v1 No Run Game

Overview

In a 10m x 10m grid 3 attackers in possession commence at one end and 1 defender at the other. A player in possession beyond the grid line at the opposite end is a score. Players in possession can not run but can pass in any direction.

Variations:

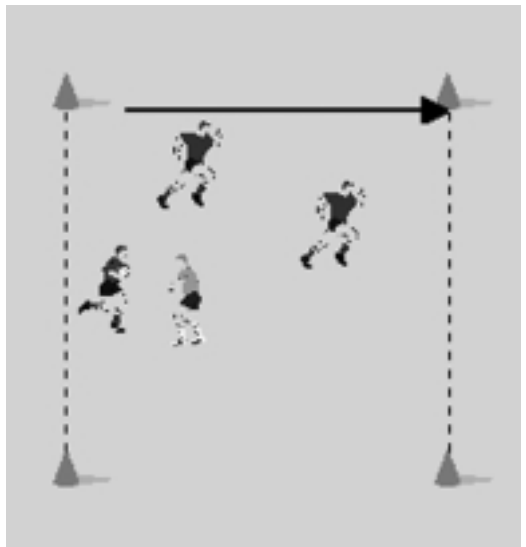
- Possession and roles turns over when a player is tagged.

Coaching Points

- Players should position as a pass option in space within the passing range of the ball carrier.
- Once in position they should communicate their desire to receive the ball verbally and non-verbally by reaching to receive.
- As the attack have an overlap the ball carrier should seek to identify the player in space and only pass to a player in space.

Questioning:

- Where you in a position to receive the ball?
- Was the player you were passing to unmarked?



Continuous 3 Person Relay

Overview

In a 20m x 10m channel grid 3 players with 1 ball form behind the end of the channel. Players cannot run while in possession. Support players move to make a passing chain to get the ball to the other end.

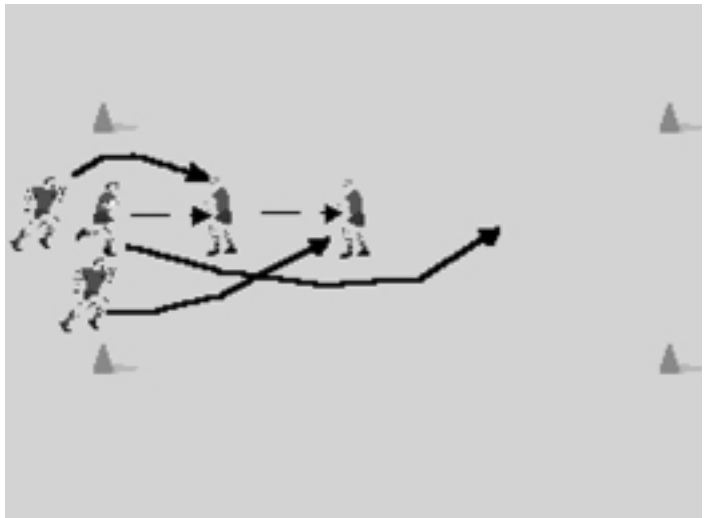
After passing players reposition to continue the passing chain.

Variations:

- Restart if the ball touches the ground.
- Teams race against each other.

Coaching Points

- Players should position as a pass option within the passing range of the ball carrier.
- Once in position they should communicate their desire to receive the ball verbally and non-verbally by reaching to receive.
- Players should not pass unless the receiver is ready.



2v1 Lateral Support

Overview

In a 10m x 10m grid. 2 attackers commencing on one side of the grid attacking 1 defender. They must score without being touched or making an error.

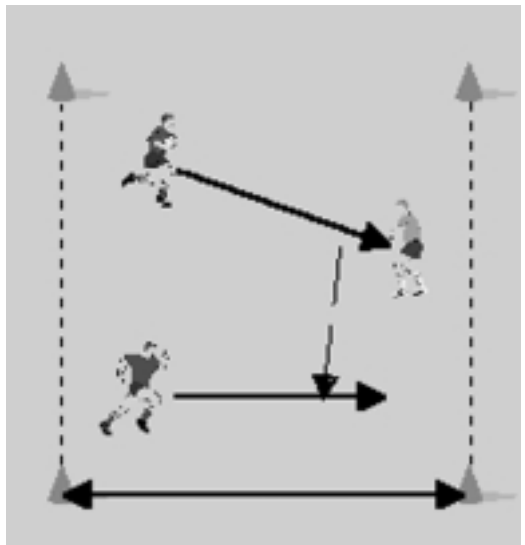
If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Question:

- What did you see? (face or space)

Coaching Points

- The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- The support player should run at 'space' but should run close enough that only a short pass is required from the ball carrier.
- If the defender commits to tag the ball carrier, then the ball carrier should pass.
- If the defender tries to remain on the outside shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with the option of a pass behind.
- If the defender drifts towards the support player then the ball carrier is in space and should continue to run through it.



3v1 Lateral Support

Overview

In a 10m x 10m grid 3 attackers commence on one side of the grid to attack 1 defender. The middle player should commence with possession.

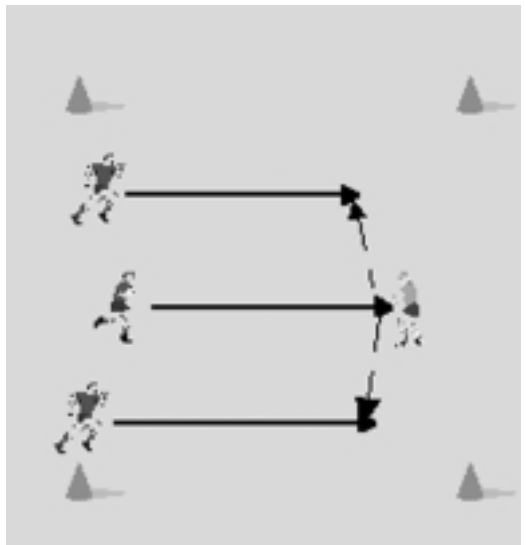
They must score without being touched or making an error. If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Question:

- What did you see? (face or space)

Coaching Points

- The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- The support players should run at 'space' but should run close enough that only a short pass is required from the ball carrier. It is important that they maintain their running channel.
- If the defender commits to tackle the ball carrier, then the ball carrier should pass to the appropriate supporter.
- If the defender tries to remain on either shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with option of a pass behind or pass inside if it exists.
- If the defender drifts towards the support player then the ball carrier is in space and should run himself.



Jogging Passing Chain

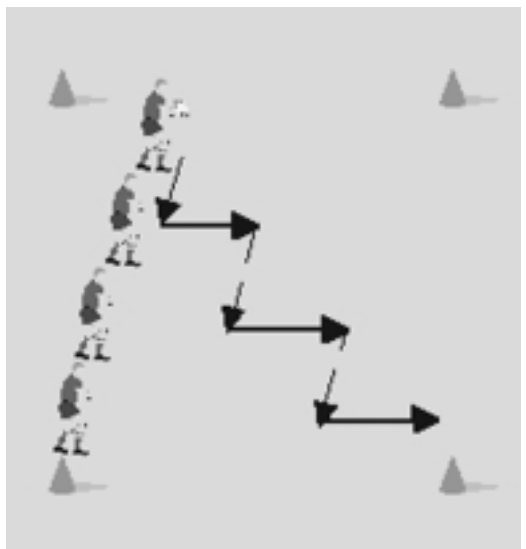
Overview

On one side of a 10m x 10m grid 4 players stand in a line greater than double arms distance between players, the player on the extreme left with a ball.

When instructed the players jog and begin passing the ball to the next player on the left. This action is continued to the left end. The players then realign at the other end before repeating the action.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Date	Venue	Attendance
<p>Main objective of the week</p>		<p>Main objectives of the session Provide primary support after each transfer of the ball Align in an 'on side' position to provide lateral support Align to form a lateral passing chain Decide when not to pass and elect to take ball Use appropriate skills and make decisions (using the laws) to participate in a Walla game</p>

Activity outline. Skills, drills and conditioning.

1. Tactile Pressure Relay 2.
2. Coach's Call.
3. 1 Person Passing Shuttle.
4. 2 Person Place and Pick.
5. 3 Person Ball Take.
6. Primary Support Walla.
7. 51% Funnel.

Don't forget	Injuries/other com-	Session evaluation

Tactile Pressure Relay

2

Overview

In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid performing an activity for the duration of the run.

Players pass the ball to the next player at the opposite side of the grid.

Variations:

- Around the Head
- Around the Ankles
- Figure 8 of Legs
- Combination

Coaching Points

- Carry the ball in 2 hands.
- Initiate speed with short, quick steps.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- Do not use unnecessary force when passing the ball.



Coach's Call

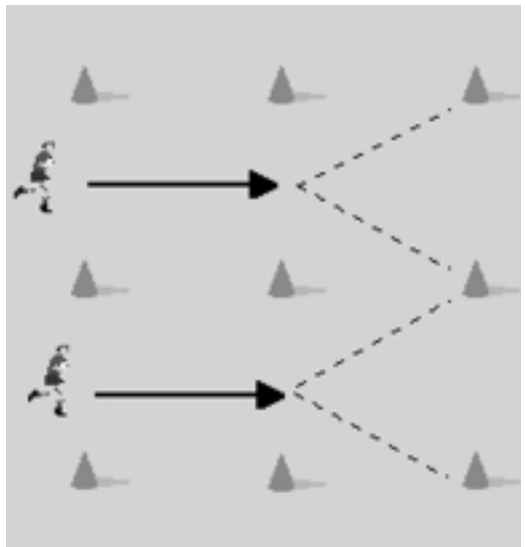
Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of a grid. When instructed players run down the grid length.

As the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). Players finish by scoring a try at the designated marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



1 Person Passing Shuttle

Overview

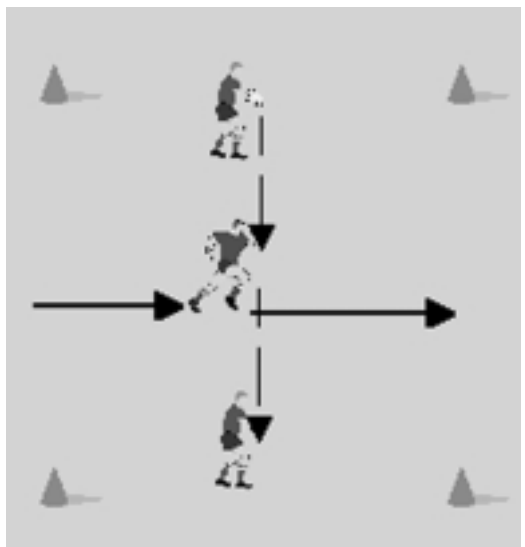
In a 5m x 2.5m grid 2 players stand opposite each other at the mid-point of the grid, one with a ball. A third player stands at the end of the grid so they can run between the two players. When instructed the player shuttle runs receiving a pass from the player with the ball and then performing a pass to the player on the opposite side.

The shuttle continues with the passing for a number of runs or period of time.

The measure of success is passes against time or how quickly a number of transfers can be performed.

Coaching Points

- The receiver should reach to catch the ball before it reaches their body.
- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.



2 Person Place and Pick

Overview

In a 10m x 10m grid with 2 players align on one side with a ball. The ball carrier passes and trails as primary support.

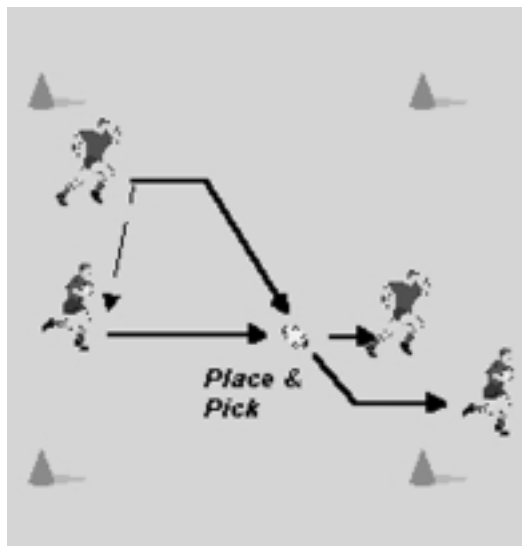
The receiving player runs at pace then places the ball. The primary supporter reacts by changing their running line to pick up the ball and continue running.

Variation:

- Convert the activity to a relay.

Coaching Points

- Only pass to players that can take the ball forward therefore placing the passer in an on-side position.
- The primary supporter should remain on the inside and in depth of the player they passed the ball to.
- A rough guide is to remain 1 pass inside and about 2 or 3 metres back.
- This position should only change as a reaction to the ball becoming available.
- The primary supporter should accelerate in reaction to the ball.



3 Person Ball Take

Overview

In a channel of 2 x 10m x 10m grids, 3 players align on one side with a ball. The ball carrier passes and trails as primary support.

The receiving player runs at pace then turns for a ball take at the end of the first grid.

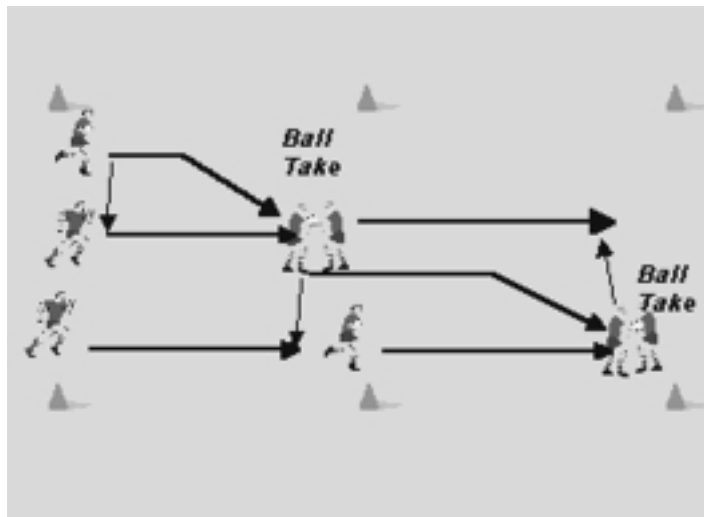
The primary supporter rips and passes and the activity is repeated in the next grid.

Variation:

- Can be converted to a relay.

Coaching Points

- Only pass to players that can take the ball forward therefore placing the passer in an on-side position.
- The primary supporter should remain on the inside and in depth of the player they passed the ball to.
- A rough guide is to remain 1 pass inside and about 2 or 3 metres back.
- This position should only change as a reaction to the ball becoming available.
- The primary supporter should accelerate in reaction to the ball.



Primary Support Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that after a tag only the 'Primary Supporter' can receive an immediate pass or complete a ball take.

The Primary Supporter is the player that passed the ball to the ball carrier.

A turnover is the penalty.

Coaching Points

- The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



51% Funnel

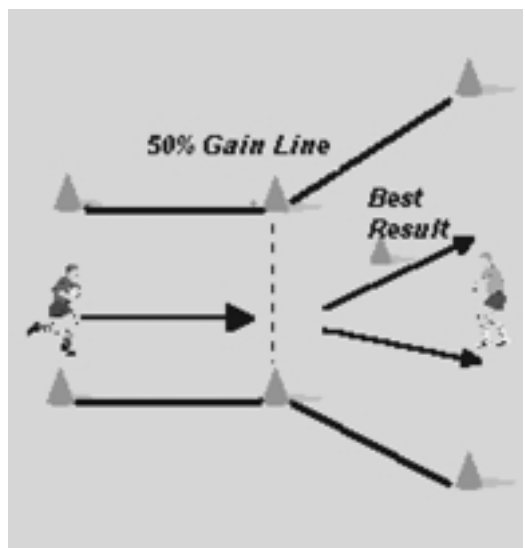
Overview

A 5m x 5m grid opens to 10m wide over the next 5m. An attacker begins at the narrow end and a defender begins at the wide end of the grid.

Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players mark their greatest territory gain with a coloured marker.

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



Date	Venue	Attendance
<p>Main objective of the week</p>	<p>Main objectives of the session Provide primary support after transfer of the ball Align in an 'on side' position to provide lateral support Align to form a lateral passing chain Decide when not to pass and elect to ball take Use appropriate skills and make decisions (using the laws) to participate in a Walla game</p>	

Activity outline. Skills, drills and conditioning.

1. Appropriate Force Relay 1.
2. First In.
3. 51% Funnel.
4. 51% 1 v 1.
5. 2 v 1 Lateral Support.
6. 3 v 1 Lateral Support.
7. 3 v 2 Lateral Support.
8. 1 Pass Primary Walla
9. Rugby Rounders.

Don't forget	Injuries/other com-	Session evaluation

Appropriate Force Relay

1

Overview

In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid.

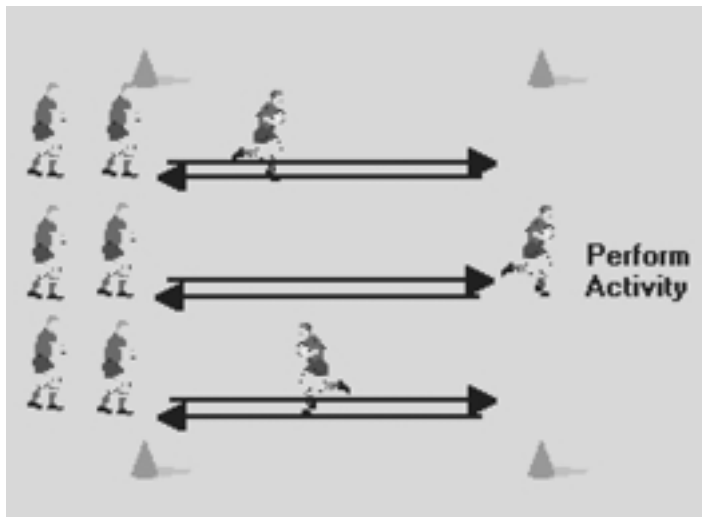
When they reach the other side of the grid the player stops and performs an activity a predetermined number of times and then runs back to the original side of the grid where they pass the ball to the next player.

Variations:

- Pat the Ball
- Throw and Catch
- Throw, Turn and Catch

Coaching Points

- Carry the ball in 2 hands.
- Initiate speed with short, quick steps.
- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



First In

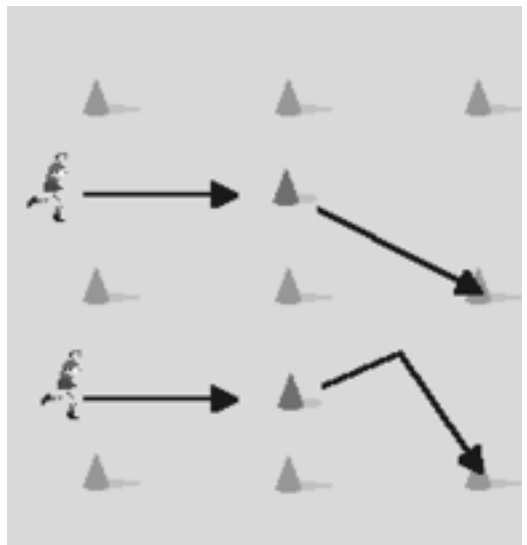
Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. When instructed players run down the grid length. When the player reaches the marker at the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



51% Funnel

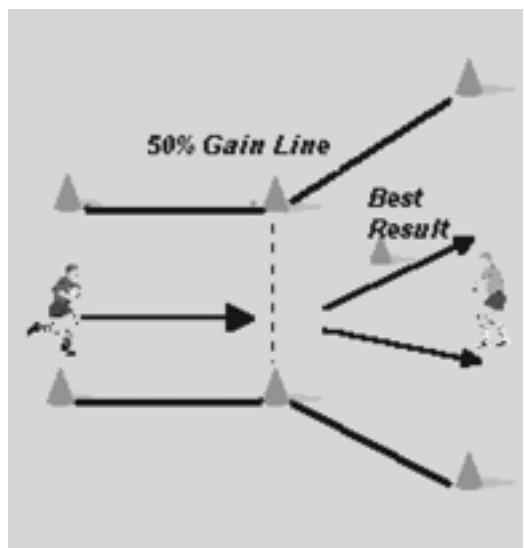
Overview

A 5m x 5m grid opens to 10m wide over the next 5m. An attacker begins at the narrow end and a defender begins at the wide end of the grid.

Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players mark their greatest territory gain with a coloured marker.

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them.
- Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- Carrying the ball in 2 hands will improve evasion.



51% 1v1

Overview

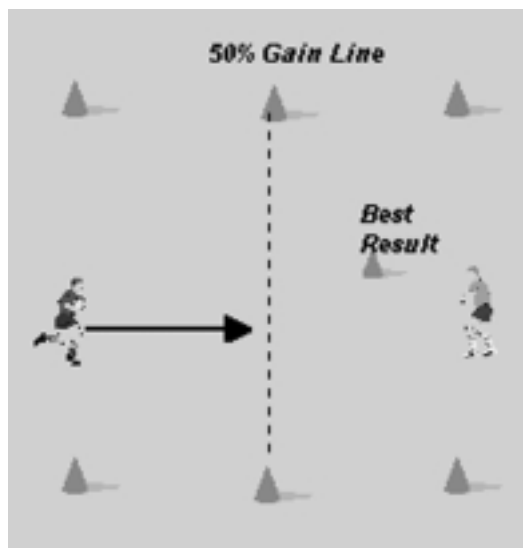
In a 10m x 10m grid an attacker begins at one end and a defender begins at the opposite end. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Coach to question players:

- 'What are you trying to do?'
- 'What did you do?'
- 'What was the result?'

Coaching Points

- The attacker should accelerate quickly to 'cross' gain line.
- The attacker should initially run at the defender attempting to 'fix' them allowing the attacker to continue to go forward.
- Questioning the players on their choice of tactics will develop decision-making.



2v1 Lateral Support

Overview

In a 10m x 10m grid. 2 attackers commencing on one side of the grid attacking 1 defender. They must score without being touched or making an error.

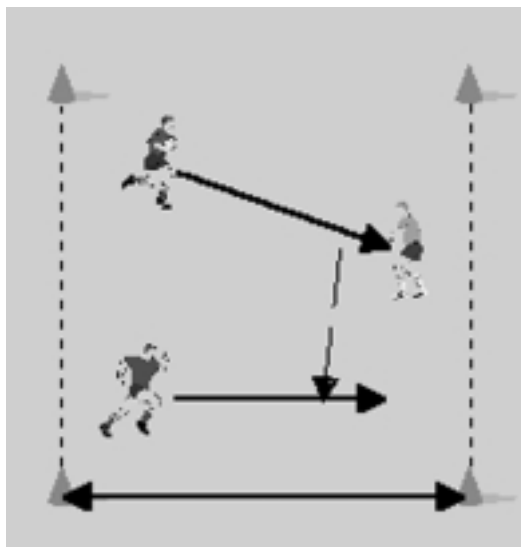
If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Question:

- What did you see? (face or space)

Coaching Points

- The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- The support player should run at 'space' but should run close enough that only a short pass is required from the ball carrier.
- If the defender commits to tag the ball carrier, then the ball carrier should pass.
- If the defender tries to remain on the outside shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with the option of a pass behind.
- If the defender drifts towards the support player then the ball carrier is in space and should continue to run through it.



3v1 Lateral Support

Overview

In a 10m x 10m grid 3 attackers commence on one side of the grid to attack 1 defender. The middle player should commence with possession.

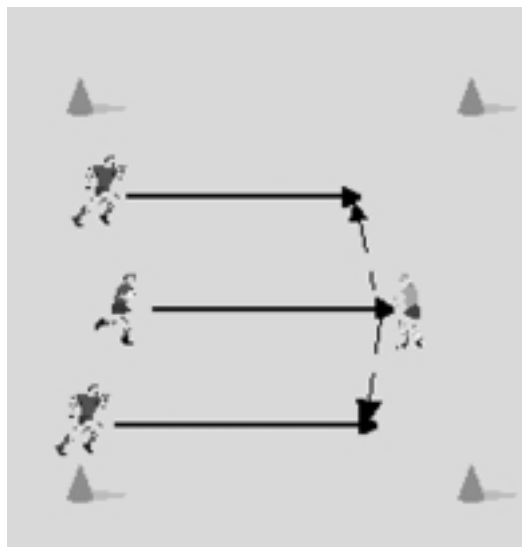
They must score without being touched or making an error. If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Question:

- What did you see? (face or space)

Coaching Points

- The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- The support players should run at 'space' but should run close enough that only a short pass is required from the ball carrier. It is important that they maintain their running channel.
- If the defender commits to tackle the ball carrier, then the ball carrier should pass to the appropriate supporter.
- If the defender tries to remain on either shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with option of a pass behind or pass inside if it exists.
- If the defender drifts towards the support player then the ball carrier is in space and should run himself.



3v2 Lateral Support

Overview

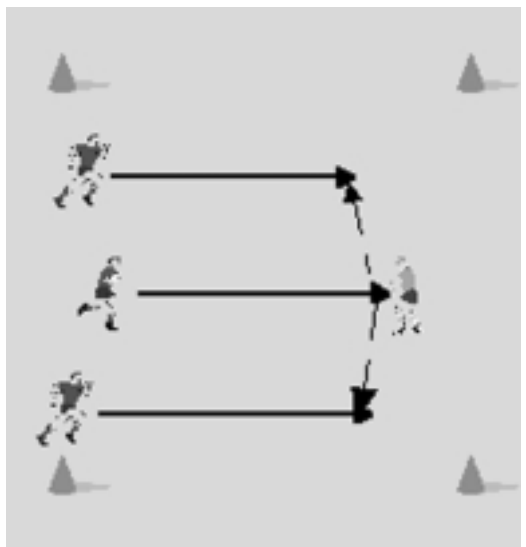
In a 10m x 10m grid 3 attackers commencing on one side of the grid attack 2 defenders. They must score without being touched or making an error. If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Questions:

- Who was in space?
- What did you see? (face or space)

Coaching Points

- The player in space should call for the ball.
- The ball carrier should attempt to run at the 'face' of the defender but pass early enough to allow the required number of passes to the player in space.
- The last passer should run at a 'face' in an attempt to make him commit to tag the ball carrier creating a 2 v 1 situation.
- The unmarked player should run at 'space' but should run close enough that only a short pass is required from the ball carrier.
- As the defender commits to tag the ball carrier, then the ball carrier should pass to the appropriate supporter.
- If the defender drifts towards the support player then the ball carrier is in space and should continue to run.



1 Pass Primary Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variations that after a tag only the 'Primary Supporter' can receive an immediate pass or complete a ball take and that at least 1 pass must be made not including the 'clearing' pass.

A turnover is the penalty.

Coaching Points

The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.

- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Rugby Rounders

Overview

In 2 x 10m x 10m adjacent grids two teams of 5 to 7 players form, one team in a circle the other a line. Each team has a ball. When instructed the players in the circle pass around the circle, with each pass counting as a score.

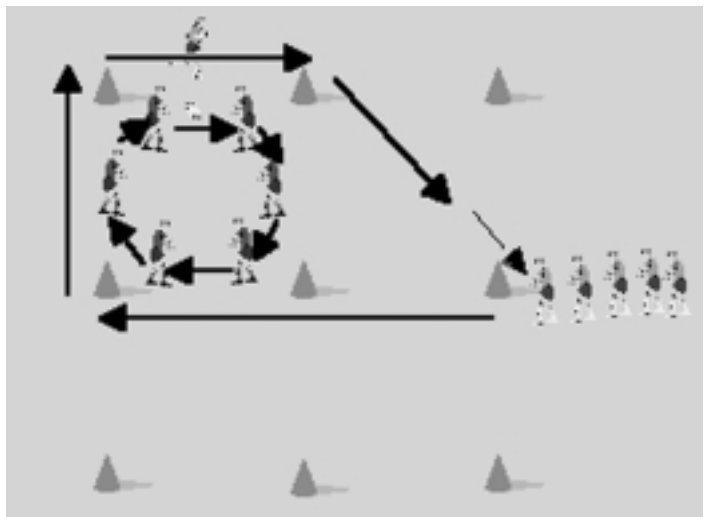
At the same time the opposition run a relay around the grid markers with the ball.

After the last player completes their relay run the team shout 'Stop' and the activity ceases.

Team roles are then swapped and scores are compared.

Coaching Points

- Turn the shoulders towards the target.
- Both arms provide the force for the pass equally as they swing or push towards the target.
- The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- The hands and arms should follow through pointing at the target.
- The receiver should reach to catch the ball before it reaches their body.



Date

Venue

Attendance

Main objective of the week

Main objectives of the session

Provide primary support after transfer of the ball

Align in an 'on side' position to provide lateral support

Align to form a lateral passing chain

Decide when not to pass and elect to ball take

Use appropriate skills and make decisions (using the laws) to participate in a Walla game

Activity outline. Skills, drills and conditioning.

1. Appropriate Force Relay 1.
2. First In.
3. Pace Passing.
4. 3 v 2 Ball Take Channel.
5. 4 v 2 Ball Take Channel.
6. 4 v 2 Ball Take Channel with Pass Option.
7. 1 Pass Primary Walla.
8. Throw, Turn and Catch.

Don't forget

Injuries/other com-

Session evaluation

Appropriate Force Relay 1

Overview

In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid.

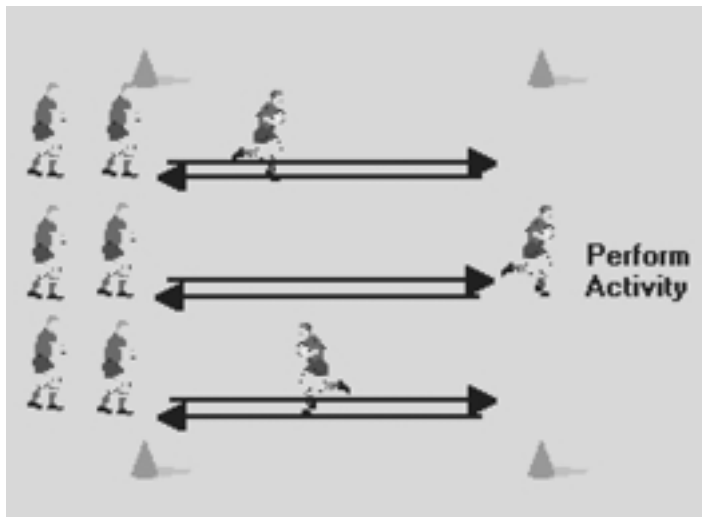
When they reach the other side of the grid the player stops and performs an activity a predetermined number of times and then runs back to the original side of the grid where they pass the ball to the next player.

Variations:

- Pat the Ball
- Throw and Catch
- Throw, Turn and Catch

Coaching Points

- Carry the ball in 2 hands.
- Initiate speed with short, quick steps.
- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



First In

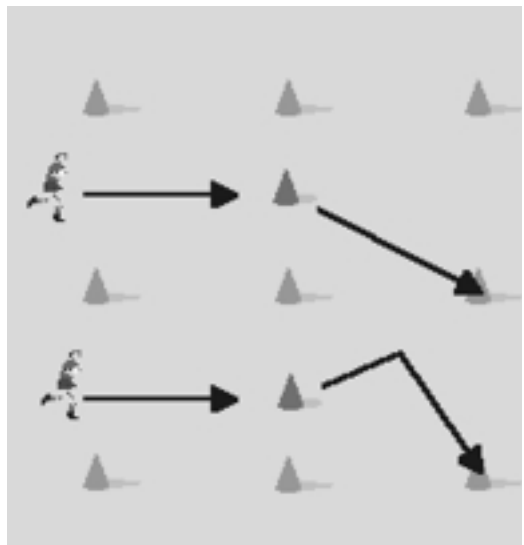
Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. When instructed players run down the grid length. When the player reaches the marker at the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



Pace Passing

Overview

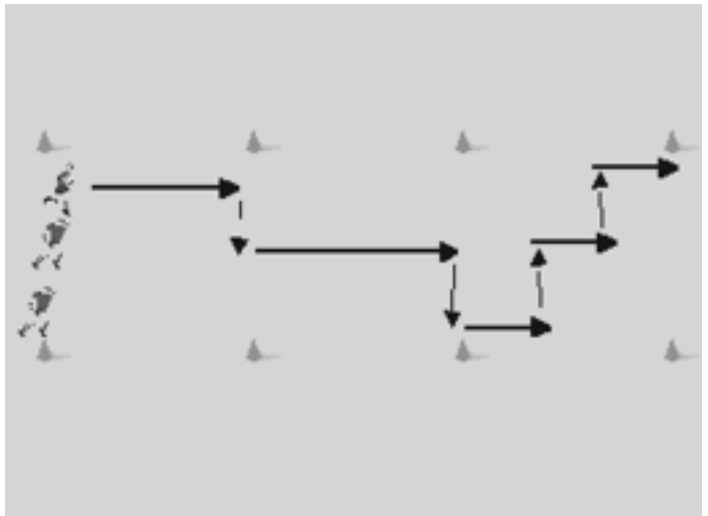
In a channel of 3 x 10m x 10m grids 3 players align with a ball at one end. Players run down the channel with the player in possession passing only at each grid border. The ball will reach the last player in the last grid zone. It is then passed back along the passing chain before the players reach the end of the last grid.

Variation:

- Can be turned into a relay by adding other groups.

Coaching Points

- The ball carrier must run at pace, as in open play, to stay in front of the support players.
- Supporters must stay behind the ball carrier.
- All players should run straight.
- When passing the passer should follow through with their arms at the target.
- Receivers should reach for reception.



3v2 Ball Take Channel

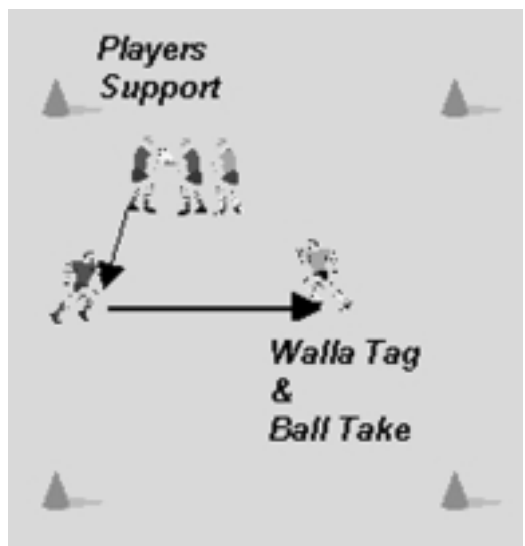
Overview

In a 10m x 10m grid 3 attackers attempt to score against 2 defenders. Defenders tag the player in possession, who then turns for a ball take.

The defender marks the ball take by placing their hands on the ball carrier's shoulders. One supporting player completes the ball take and passes to the other who continues the attack.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.



4v2 Ball Take Channel

Overview

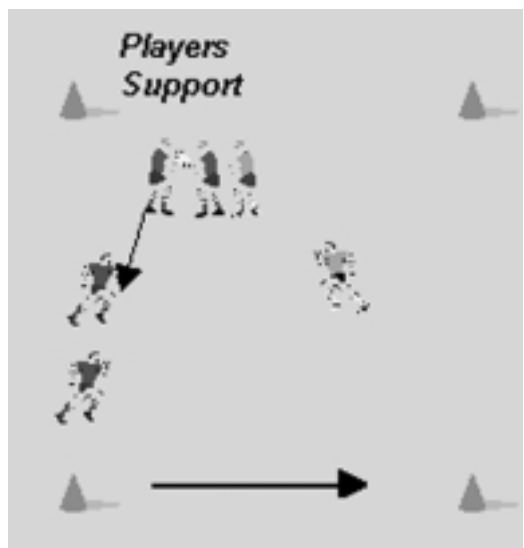
In a 10m x 10m grid 4 attackers attempt to score against 2 defenders.

Defenders tag the player in possession, who then turns for a ball take. The defender marks the ball take by placing their hands on the ball carrier's shoulders.

One supporting player completes the ball take and passes to another who continues the attack by running or passing.

Coaching Points

- Tagged players should turn inside towards their support to increase the speed of the ball take.
- Hold the ball out from the body at chest height.
- Do not release the ball until a support player has a 2 handed grip of the ball.
- Supporting players taking the ball must pass it to another player.
- Attacking players should seek to continue the attack in the direction where space exists.
- When an overlap exists the ball carrier should attempt to run at a defender (face) and pass to a supporter in space.



4v2 Ball Take Channel with Pass Option

Overview

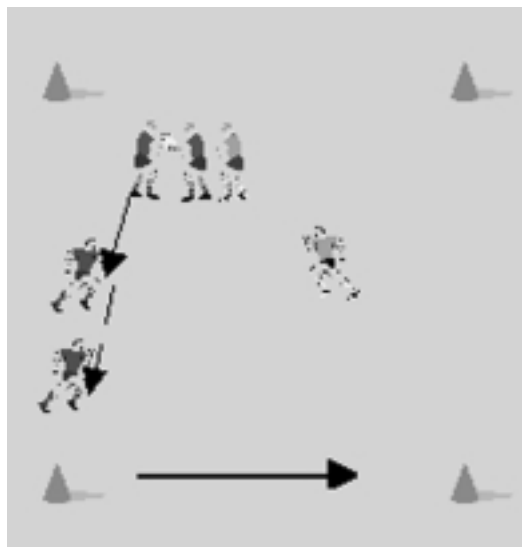
In a 10m x 10m grid 4 attackers attempt to score against 2 defenders.

Defenders tag the player in possession. This player may pass immediately or turn for a ball take.

The defender marks the ball take by placing their hands on the ball carrier's shoulders. One supporting player completes the ball take and passes to another who continues the attack by running or passing.

Coaching Points

- ▶ Tagged players should turn inside towards their support to increase the speed of the ball take.
- ▶ Hold the ball out from the body at chest height.
- ▶ Do not release the ball until a support player has a 2 handed grip of the ball.
- ▶ Supporting players taking the ball must pass it to another player.
- ▶ Attacking players should seek to continue the attack in the direction where space exists.
- ▶ When an overlap exists the ball carrier should attempt to run at a defender (face) and pass to a supporter in space.



1 Pass Primary Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variations that after a tag only the 'Primary Supporter' can receive an immediate pass or complete a ball take and that at least 1 pass must be made not including the 'clearing' pass.

A turnover is the penalty.

Coaching Points

The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.

- After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- Support players should remain close to the ball carrier and also run or position in space as a passing option.
- The defenders should nominate the attacker they are tracking.
- They should then track them from one side to limit their attacking options.
- When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.



Throw, Turn and Catch

Overview

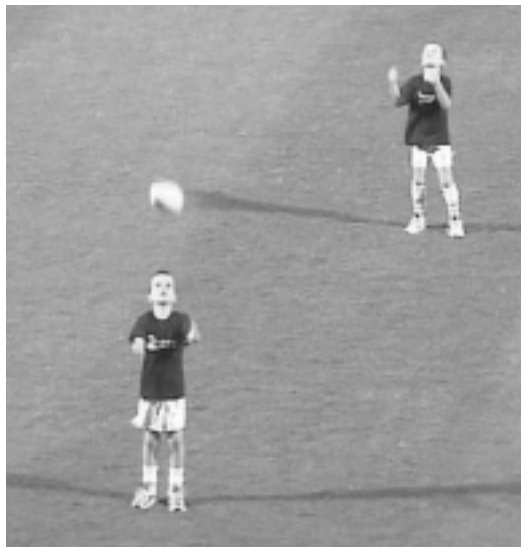
Players are positioned in their own space within a grid. When instructed the player throws the ball in the air. While the ball is in the air the player performs a 180-degree rotation before catching the ball.

Variations:

- 270-degrees rotation.
- 360-degrees rotation. Coaching Points

Coaching Points

- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Date	Venue	Attendance
<p>Main objective of the week</p>		<p>Main objectives of the session</p> <p>Make ground contact in a safe and efficient manner</p> <p>Integrate the techniques and tactics of Walla Rugby into a game involving ground contact</p>

Activity outline. Skills, drills and conditioning.

1. Appropriate Force Relay 2.
2. Opposed Direction Change.
3. Ball Between Legs.
4. Front and Back Ball.
5. Ground Contact.
6. Ruck Walla.
7. Push Tagging.
8. Ball Between Legs.

Don't forget	Injuries/other com-	Session evaluation

Appropriate Force Relay

2

Overview

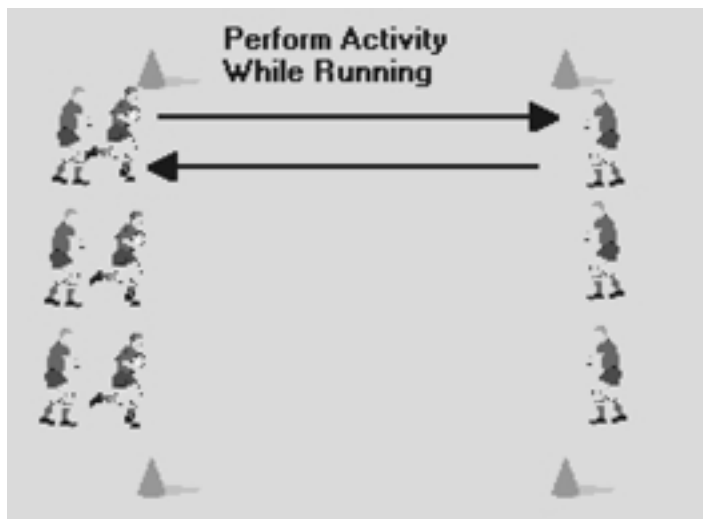
In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid performing an activity for the duration of the run before passing the ball to the next player.

Variations:

- Pat the Ball
- Throw and Catch

Coaching Points

- Initiate speed with short, quick steps.
- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Opposed Direction Change

Overview

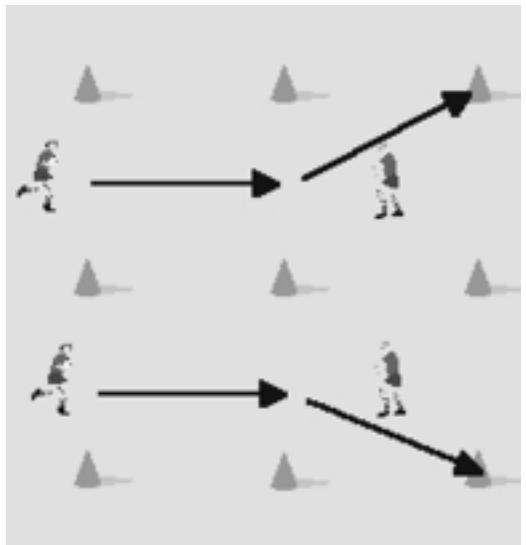
In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. An opposing player is fixed in the centre of the final grid section.

When instructed players run down the grid length. At the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

Attacking players must avoid the tag of the fixed defender. Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



Ball Between Legs

Overview

Players are positioned in their own space within a grid. In a semi-squat position the ball is held in 2 hands between the legs, the right hand is in front of the legs and their left hand behind.

When instructed the players throw (flick) the ball upwards and swap hands (right hand now behind and left hand in front) to catch the football before it hits the ground. This continues for a set number of repetitions or period of time.

Coaching Points

- ▶ Watch the ball.
- ▶ React only to the ball and not possible associated hand movements.
- ▶ Reduce unnecessary movements of the arms or body that may cause movements to become slow or inefficient.
- ▶ Flexed joints travel through smaller arcs of movement therefore allowing for faster movements.
- ▶ Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- ▶ There should not be any noise produced ie. 'slapping' when the ball is being handled.



Front and Back Ball

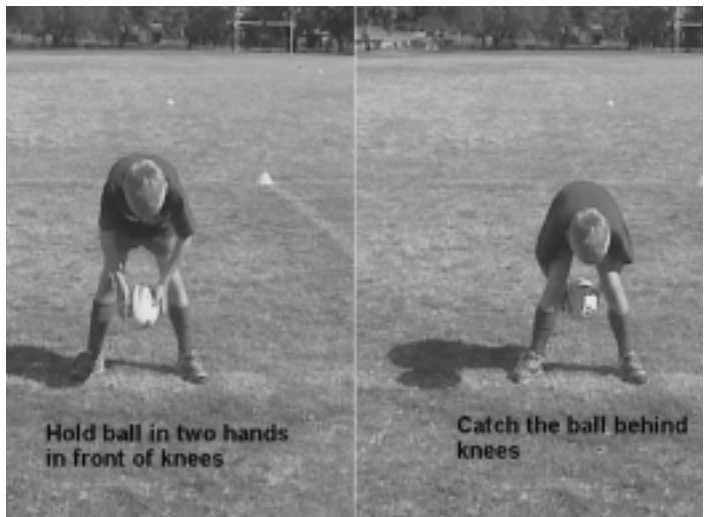
Overview

Players are positioned in their own space within a grid. In a semi-squat position the ball is held in 2 hands in front of the legs.

When instructed the players are to throw (flick) the ball between the legs and move the hands so that they are both behind the legs to catch the football before it hits the ground. The same action is then completed catching the ball back in front of the legs. This continues for a set number of repetitions or period of time.

Coaching Points

- ▶ Watch the ball.
- ▶ React only to the ball and not possible associated hand movements.
- ▶ Reduce unnecessary movements of the arms or body that may cause movements to become slow or inefficient.
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Ground Contact

Overview

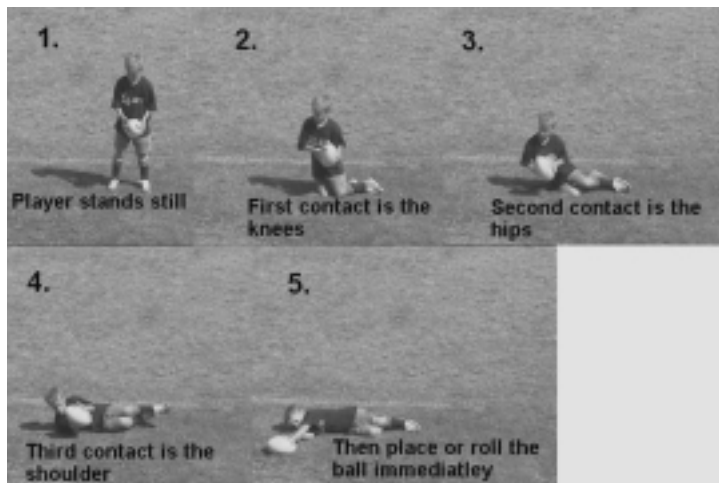
Walla Rugby is a non-tackle version of Rugby where law modifications restrict the tactics to those of using the ball.

The second stage of the Pathway, Mini Rugby, reduces the law modifications introducing the tactics of maintaining and recapturing the ball and legalises the skill of tackling. Whether performed expertly or at the more realistic novice standard, players will be exposed to a new reality; that of ground contacts.

Skillful ground contact will enhance the capacity to maintain possession but it also introduces an element of safety that must be addressed by coaches.

Coaching Points

- ▶ The ball carrier should turn into the force of the tackler so that their force opposes that of the tackler therefore reducing the tackle's effect.
- ▶ Arms should not be extended as this can expose joints to possible injury.
- ▶ Initial ground contact should be made with broad surfaces such as the back. This will dissipate forces over a larger area.
- ▶ Rolling will also gradually break forces rather than absorbing the peak force of a sudden deceleration.
- ▶ The tackled player should play the ball immediately they have completed the ground contact.



Ruck Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags result in the player going to ground and presenting the ball for a pick up.

Variation:

- Possession can be contested at the pick up.

Coaching Points

- The ball carrier should turn into the force of the tackler so that their force opposes that of the tackler therefore reducing the tackle's effect.

- Arms should not be extended as this can expose joints to possible injury.

- Initial ground contact should be made with broad surfaces such as the back.

This will dissipate forces over a larger area.

- Rolling will also gradually break forces rather than absorbing the peak force of a sudden deceleration.

- The tackled player should play the ball immediately they have completed the ground contact.

- They should then seek to roll away or get to their feet.

- The trailing Primary

Supporter is best positioned to pick up possession to continue the attack.



Push Tagging

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags must be a 2 handed push that attempts to move the player.

Play continues if a players is able to continue forward at the push however a turnover occurs if the ball carrier is pushed back towards their goal line. The complexity of the game can be built with various options.

Variations:

- Limit number of tag phases per possession. ➤ Compulsory primary support responsibilities or turnover. ➤ Time constraints on breakdown for pass or ball take.
- Compulsory ground contact on each push. ➤ Full contest for possession at breakdown.

Coaching Points

- The attacking team should attempt to make defenders push them from the side or behind.
- This will require attackers to run at 'spaces' not 'faces'.
- Increasing foot speed and lowering body height when body contact is imminent will also reduce the effectiveness of a push.
- To increase continuity options players should keep the ball in 2 hands and aim for quick ball transfers.
- Pushers should aim at the ball carrier's centre of gravity to have the best chance of moving the attacker.
- The defender should push with a wide foot base with a lead foot close to the ball carrier.



Ball Between Legs

Overview

Players are positioned in their own space within a grid. In a semi-squat position the ball is held in 2 hands between the legs, the right hand is in front of the legs and their left hand behind.

When instructed the players throw (flick) the ball upwards and swap hands (right hand now behind and left hand in front) to catch the football before it hits the ground. This continues for a set number of repetitions or period of time.

Coaching Points

- ▶ Watch the ball.
- ▶ React only to the ball and not possible associated hand movements.
- ▶ Reduce unnecessary movements of the arms or body that may cause movements to become slow or inefficient.
- ▶ Flexed joints travel through smaller arcs of movement therefore allowing for faster movements.
- ▶ Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- ▶ There should not be any noise produced ie. 'slapping' when the ball is being handled.



Date	Venue	Attendance
<p>Main objective of the week</p>		<p>Main objectives of the session</p> <p>Make ground contact in a safe and efficient manner</p> <p>Integrate the techniques and tactics of Walla Rugby into a game involving ground contact</p>

Activity outline. Skills, drills and conditioning.

1. Appropriate Force Relay 2.
2. Opposed Direction Change.
3. Ball Between Legs.
4. Front and Back Ball.
5. Ruck Walla.
6. Push Tagging.
7. 2 Pass Ruck Walla.
8. Front and Back Ball.

Don't forget	Injuries/other com-	Session evaluation

SESSION PLAN

Appropriate Force Relay

2

Overview

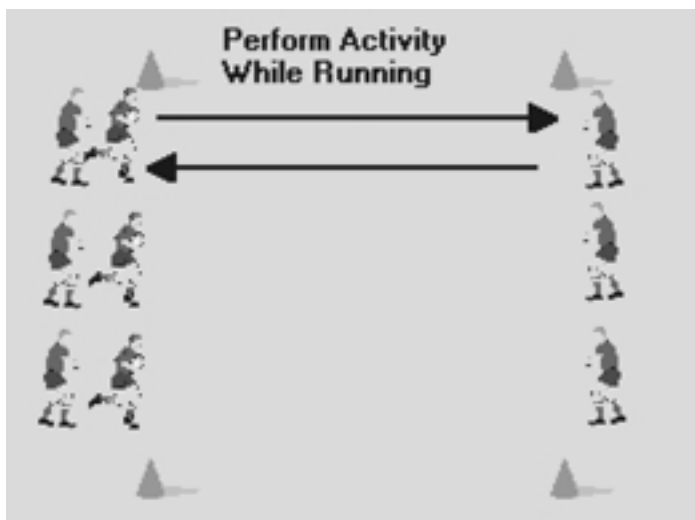
In a 10m x 10m grid a minimum of 2 players commence on the starting side of the grid. When instructed the first player runs across the grid performing an activity for the duration of the run before passing the ball to the next player.

Variations:

- Pat the Ball
- Throw and Catch

Coaching Points

- Initiate speed with short, quick steps.
- The accuracy of throw should be developed before the force of the throw.
- Only the pads of the fingers and thumbs should touch the ball.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.
- Seek to 'minimise' rather than 'maximise' the forces on the ball.



Opposed Direction Change

Overview

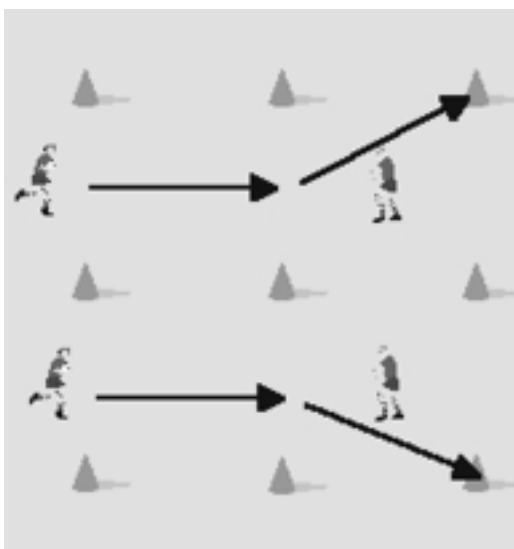
In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. An opposing player is fixed in the centre of the final grid section.

When instructed players run down the grid length. At the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

Attacking players must avoid the tag of the fixed defender. Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- Initiate running speed with short, quick steps.
- Lean forward when running.
- Maintain foot speed when changing direction by shortening strides.
- Carry the ball in 2 hands.
- Bend at the ankles, knees and hips to place the ball with 2 hands.



Ball Between Legs

Overview

Players are positioned in their own space within a grid. In a semi-squat position the ball is held in 2 hands between the legs, the right hand is in front of the legs and their left hand behind.

When instructed the players throw (flick) the ball upwards and swap hands (right hand now behind and left hand in front) to catch the football before it hits the ground. This continues for a set number of repetitions or period of time.

Coaching Points

- ▶ Watch the ball.
- ▶ React only to the ball and not possible associated hand movements.
- ▶ Reduce unnecessary movements of the arms or body that may cause movements to become slow or inefficient.
- ▶ Flexed joints travel through smaller arcs of movement therefore allowing for faster movements.
- ▶ Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- ▶ There should not be any noise produced ie. 'slapping' when the ball is being handled.



Front and Back Ball

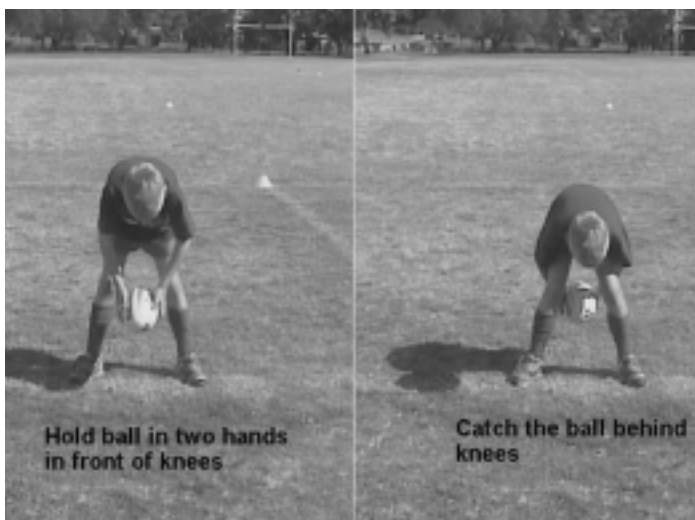
Overview

Players are positioned in their own space within a grid. In a semi-squat position the ball is held in 2 hands in front of the legs.

When instructed the players are to throw (flick) the ball between the legs and move the hands so that they are both behind the legs to catch the football before it hits the ground. The same action is then completed catching the ball back in front of the legs. This continues for a set number of repetitions or period of time.

Coaching Points

- Watch the ball.
- React only to the ball and not possible associated hand movements.
- Reduce unnecessary movements of the arms or body that may cause movements to become slow or inefficient.
- Flexed joints travel through smaller arcs of movement therefore allowing for faster movements.
- Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- There should not be any noise produced ie. 'slapping' when the ball is being handled.



Ruck Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags result in the player going to ground and presenting the ball for a pick up.

Variation:

- Possession can be contested at the pick up.

Coaching Points

- The ball carrier should turn into the force of the tackler so that their force opposes that of the tackler therefore reducing the tackle's effect.
- Arms should not be extended as this can expose joints to possible injury.
- Initial ground contact should be made with broad surfaces such as the back. This will dissipate forces over a larger area.
- Rolling will also gradually break forces rather than absorbing the peak force of a sudden deceleration.
- The tackled player should play the ball immediately they have completed the ground contact.
- They should then seek to roll away or get to their feet.
- The trailing Primary Supporter is best positioned to pick up possession to continue the attack.



Push Tagging

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variation that all Walla Tags must be a 2 handed push that attempts to move the player.

Play continues if a player is able to continue forward at the push however a turnover occurs if the ball carrier is pushed back towards their goal line. The complexity of the game can be built with various options.

Variations:

- Limit number of tag phases per possession.
- Compulsory primary support responsibilities or turnover.
- Time constraints on breakdown for pass or ball take.
- Compulsory ground contact on each push.
- Full contest for possession at breakdown.

Coaching Points

- The attacking team should attempt to make defenders push them from the side or behind.
- This will require attackers to run at 'spaces' not 'faces'.
- Increasing foot speed and lowering body height when body contact is imminent will also reduce the effectiveness of a push.
- To increase continuity options players should keep the ball in 2 hands and aim for quick ball transfers.
- Pushers should aim at the ball carrier's centre of gravity to have the best chance of moving the attacker.
- The defender should push with a wide foot base with a lead foot close to the ball carrier.



2 Pass Ruck Walla

Overview

2 teams of between 4 - 7 players oppose each other on a field no larger than a standard Walla field. The standard laws of Walla Rugby apply with the variations that all Walla Tags will result in the player going to ground and presenting the ball for a pick up and all phases must include 2 passes including the 'clearing' pass.

A turnover is the penalty.

Coaching Points

The ball carrier should turn into the force of the tackler so that their force opposes that of the tackler therefore reducing the tackle's effect.

- Arms should not be extended as this can expose joints to possible injury.
- Initial ground contact should be made with broad surfaces such as the back. This will dissipate forces over a larger area.
- Rolling will also gradually break forces rather than absorbing the peak force of a sudden deceleration.
- The tackled player should play the ball immediately they have completed the ground contact.
- They should then seek to roll away or get to their feet.
- The trailing Primary

Supporter is best positioned to pick up possession to continue the attack.



Front and Back Ball

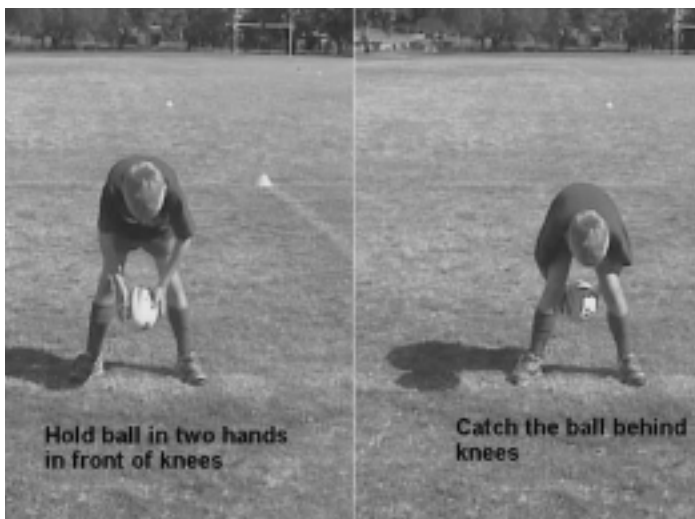
Overview

Players are positioned in their own space within a grid. In a semi-squat position the ball is held in 2 hands in front of the legs.

When instructed the players are to throw (flick) the ball between the legs and move the hands so that they are both behind the legs to catch the football before it hits the ground. The same action is then completed catching the ball back in front of the legs. This continues for a set number of repetitions or period of time.

Coaching Points

- ▶ Watch the ball.
- ▶ React only to the ball and not possible associated hand movements.
- ▶ Reduce unnecessary movements of the arms or body that may cause movements to become slow or inefficient.
- ▶ Flexed joints travel through smaller arcs of movement therefore allowing for faster movements.
- ▶ Fingers should be slightly flexed to allow for 'give' on reception and force when 'gripping'.
- ▶ There should not be any noise produced ie. 'slapping' when the ball is being handled.



Handling

Round the Body: 1-2, 2-1, 3-1, 10-7
 Throw and Catch: 1-3
 Hand to Hand Circle: 1-4
 Pat the Ball: 4-1, 5-1, 6-1
 Ball Between Legs: 19-3, 19-8, 20-3
 Front and Back Ball: 19-4, 20-4, 20-8
 Throw, Turn and Catch: 6-8, 18-8
 Circle Passing: 1-5, 2-3, 8-8, 12-5
 Passing Circle Chase: 1-6, 2-4, 9-7, 12-6
 Hand To Hand Line: 13-4
 Standing Passing Chain: 13-5
 Walking Passing Chain: 13-6
 1 Person Passing Shuttle: 13-7, 14-5, 16-3
 Jogging Passing Chain: 14-6, 15-9
 Pace Passing: 18-3

Shuttles/Relays

Ball in Hand Race: 1-1, 2-2
 Ball in Hand Shuttle: 9-1, 10-1
 Ball in Hand Relay: 11-1
 Pick and Run Race: 3-2, 4-2
 Pick and Place Shuttle: 9-2, 10-2
 Pick and Place Relay: 12-1
 Turn and Run Race: 5-2, 6-2
 Start on Ground Race: 7-1, 8-1
 Pitter Patter Race: 7-2, 8-2
 Walla Tag Shuttle: 11-2, 12-2
 Continuous 3 Person Relay: 15-6
 Tactile Pressure Relay 1: 13-1, 14-1
 Tactile Pressure Relay 2: 15-1, 16-1
 Appropriate Force Relay 1: 17-1, 18-1
 Appropriate Force Relay 2: 19-1, 20-1

Lineout

Lineout Piggy in the Middle: 4-4
 Lineout Leader Ball: 4-5
 Lineout Captain Ball: 4-6, 5-3, 7-4, 8-4, 11-4

Scrum

Angry Cat Scrum Body Position: 5-4
 Unders and Overs: 5-5, 7-5, 15-3
 Scrum Clusters: 5-6, 6-3, 11-5
 London Bridge: 7-6, 8-3, 12-3, 15-4

Evasion

All One Way: 13-2, 14-2
 First In: 17-2, 18-2
 Coach's Call: 15-2, 16-2
 Opposed Direction Change: 19-2, 20-2
 Avoid Front On Tag: 8-6, 9-4, 10-4
 1 v 1 Walla: 1-8, 7-7, 8-7, 9-6
 Working the Man: 7-3
 51% 1 v 1: 8-5, 9-3, 10-3, 17-4
 51% Funnel: 9-5, 10-5, 13-3, 16-7, 17-3
 Reds Rush: 3 v 1 2-7, 14-3
 Apples and Oranges: 2-5
 Tag Ball: 2-6, 12-8
 Bugs and Spiders: 12-9

Support

2 v 1 Lateral Support: 15-7, 17-5
 3 v 1 Lateral Support: 15-8, 17-6
 3 v 2 Lateral Support: 17-7
 2 Person Place and Pick: 16-4
 3 Person Ball Take: 16-5
 Primary Support Walla: 16-6
 1 Pass Primary Walla: 17-8, 18-7

Contact Continuity

Ground Contact: 19-5
 Ruck Walla: 19-6, 20-5
 Push Tagging: 19-7, 20-6
 2 Pass Ruck Walla: 20-7

Games

3 v 1 No Run Game: 1-7, 15-5
 4 v 2 Stuck in the Mud: 2-8, 3-3
 2 v 2 Walla: 2-9
 3 v 3 Walla: 3-7, 6-4
 3 v 2 Ball Take Channel: 3-4, 11-6, 12-4, 18-4
 4 v 2 Ball Take Channel: 3-5, 11-7, 18-5
 Ball Take Stuck in the Mud: 3-6, 4-3, 13-8
 Ball Take Walla: 5-7, 6-6, 11-8, 14-8
 Year 7 Invasion Game: 4-7, 6-5
 4 v 2 Invasion Game: 14-7
 50% Walla: 6-7, 10-6, 11-3, 12-10
 50% Ball Take Walla: 13-9
 Rugby Rounders: 12-7, 14-4, 17-9