

Queensland Rugby Union Ltd.

Walla Season Plan

2004



Walla Rugby Session Plan

Block: _____

Session: _____



Date: _____

Venue: _____

Attendance: _____

Objectives of the Week

Objectives of the Session

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Activities

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Don't Forget

Injuries/Notes

Session Evaluation

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Walla Rugby Session Plan

Block: Pre-Season

Session: 1



Date:

Venue:

Attendance:

Objectives of the Week

- Introduction to Walla Rugby

Objectives of the Session

- To introduce running acceleration
- To introduce basic handling skills
- To introduce basic lateral passing skills

Activities

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

Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Pre-Season


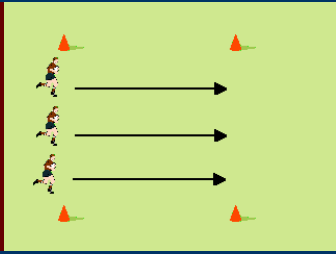
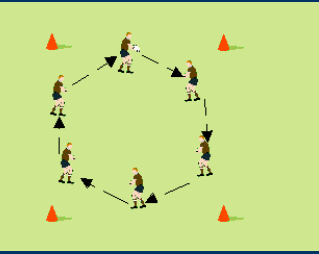
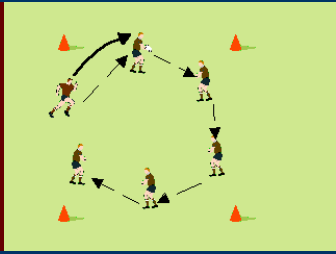
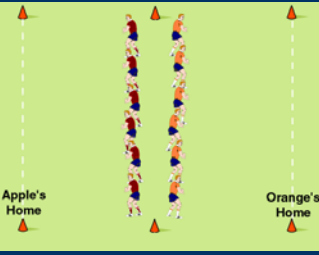

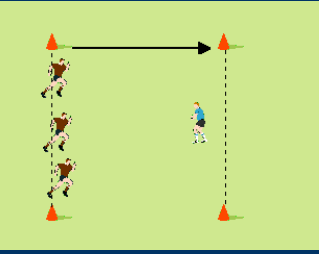
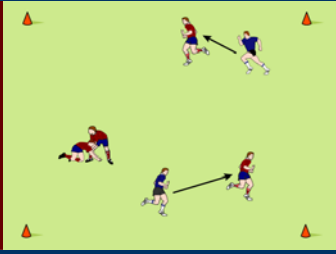
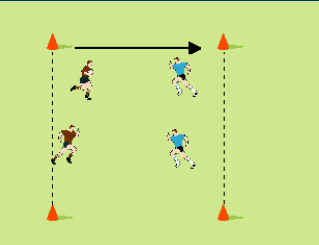
Session: 2



Date:	Venue:	Attendance:
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Objectives of the Week <ul style="list-style-type: none"> • Introduction to Walla Rugby 	Objectives of the Session <ul style="list-style-type: none"> • To introduce the Walla Tag • To revise running, handling and passing skills
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Activities

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/Notes	Session Evaluation
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Walla Rugby Session Plan

Block: Pre-Season

Session: 3



Date: _____ Venue: _____ Attendance: _____


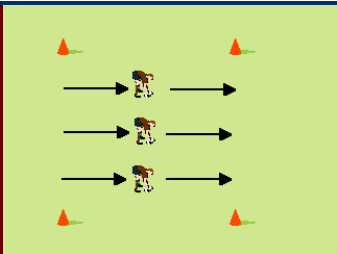
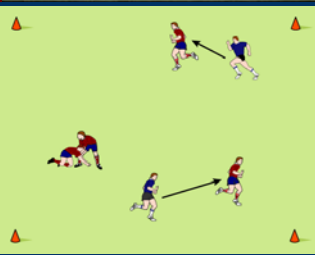
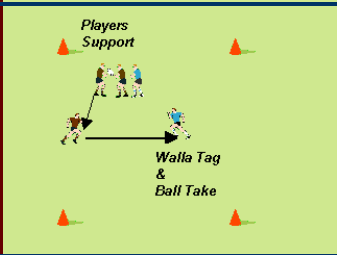
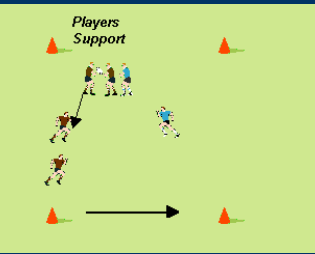
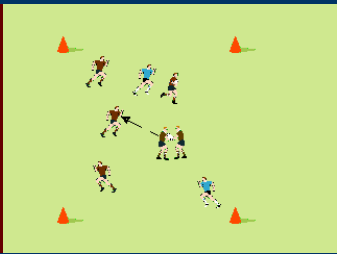
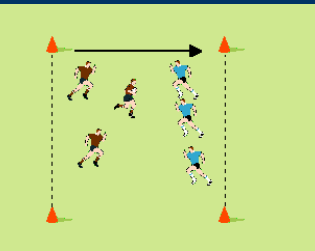
Objectives of the Week

- Introduction to Walla Rugby

Objectives of the Session

- To introduce the Ball Take
- To revise the Walla Tag
- To integrate running, handling and passing skills into a game

Activities

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

<p>Don't Forget</p> <p>-----</p> <p>-----</p> <p>-----</p>	<p>Injuries/Notes</p> <p>-----</p> <p>-----</p> <p>-----</p>	<p>Session Evaluation</p> <p>-----</p> <p>-----</p> <p>-----</p>
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Walla Rugby Session Plan

Block: Pre-Season

Session: 4



Date:	Venue:	Attendance:
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<p>Objectives of the Week</p> <ul style="list-style-type: none"> • Introduction to Walla Rugby 	<p>Objectives of the Session</p> <ul style="list-style-type: none"> • To introduce the Lineout • To revise the Ball Take • To integrate previously learnt skills and elements
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Activities

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

Don't Forget	Injuries/Notes	Session Evaluation
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Walla Rugby Session Plan

Block: Pre-Season

Session: 5



Date:

Venue:

Attendance:

Objectives of the Week

- Introduction to Walla Rugby

Objectives of the Session

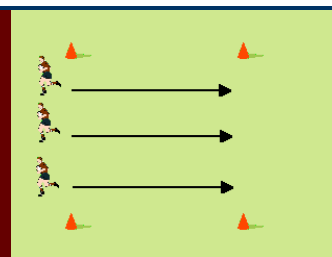
- To introduce the Scrum
- To revise the Lineout
- To integrate previously learnt skills and elements

Activities

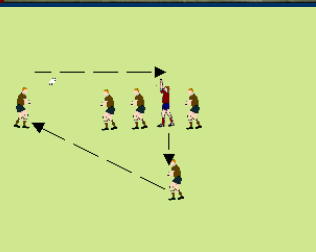
1. Pat the Ball



2. Turn and Run Race



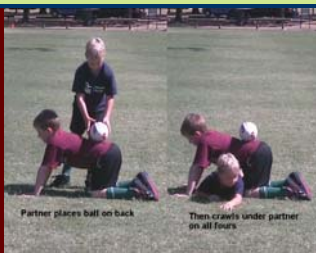
3. Lineout Captain Ball



4. Angry Cat Scrum Body Position



5. Unders and Overs



6. Grips Instruction



7. Scrum Clusters



8. Ball Take Walla



Don't Forget

Injuries/Notes

Session Evaluation

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Walla Rugby Session Plan

Block: Pre-Season

Session: 6



Date:

Venue:

Attendance:

Objectives of the Week

- Introduction to Walla Rugby

Objectives of the Session

- To revise the scrum
- To participate in a Walla Rugby game

Activities

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

Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Block 1

Session: 1



Date:

Venue:

Attendance:

Objectives of the Week

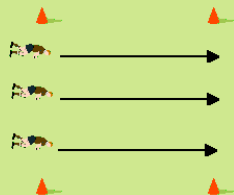
- Go Forward

Objectives of the Session

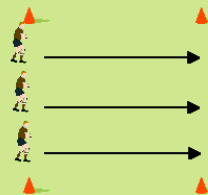
- To develop the principle of Go Forward
- To develop lateral passing and catching
- To develop the Walla Tag
- To become familiar with forming scrums and lineouts

Activities

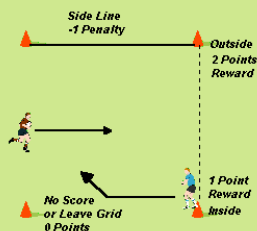
1. Start on Ground Race



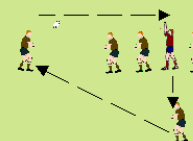
2. Pitter Patter Race



3. Working the Man



4. Lineout Captain Ball



5. Unders and Overs



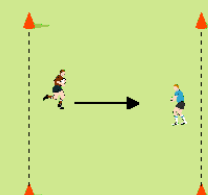
6. Engagement



7. London Bridge



8. 1 v 1 Walla



Don't Forget

Injuries/Notes

Session Evaluation

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Walla Rugby Session Plan

Block: Block 1

Session: 2



Date:

Venue:

Attendance:

Objectives of the Week

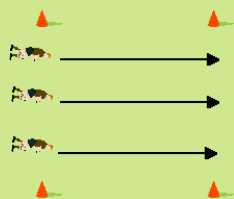
- Go Forward

Objectives of the Session

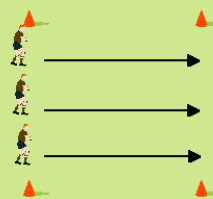
- To develop the principle of Go Forward
- To develop lateral passing and catching
- To develop the Walla Tag
- To become familiar with forming scrums and lineouts

Activities

1. Start on Ground Race



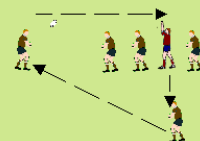
2. Pitter Patter Race



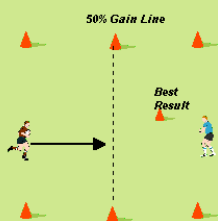
3. London Bridge



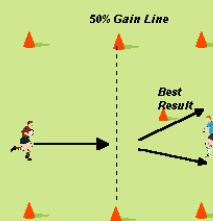
4. Lineout Captain Ball



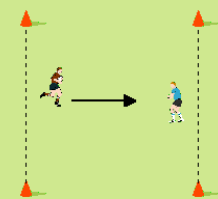
5. 51% 1 v 1



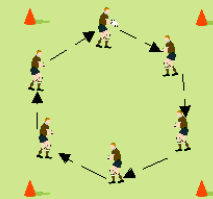
6. Avoid Front on Tag



7. 1 v 1 Walla



8. Circle Passing



Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Block 1

Session: 3



Date:

Venue:

Attendance:

Objectives of the Week

- Go Forward

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

Activities

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

Don't Forget

Injuries/Notes

Session Evaluation

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Walla Rugby Session Plan

Block: Block 1

Session: 4



Date:

Venue:

Attendance:

Objectives of the Week

- Go Forward

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

Activities

<p>1. Ball in Hand Shuttle</p>		<p>2. Pick and Place Shuttle</p>	
<p>3. 51% 1 v 1</p>		<p>4. Avoid Front on Tag</p>	
<p>5. 51% Funnel</p>		<p>6. 50% Walla</p>	
<p>7. Round the Body</p>			
<p>Don't Forget</p>	<p>Injuries/Notes</p>	<p>Session Evaluation</p>	

Walla Rugby Session Plan

Block: Block 2

Session: 1



Date:

Venue:

Attendance:

Objectives of the Week

- Passing and Pressure

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

Activities

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

Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Block 2

Session: 2



Date:

Venue:

Attendance:

Objectives of the Week

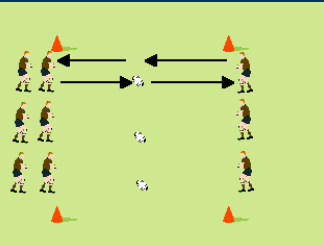
- Passing and Pressure

Objectives of the Session

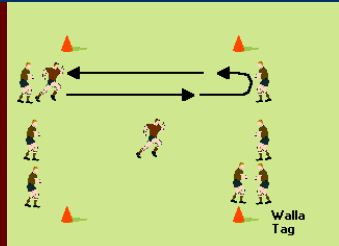
- To refine the skills of passing and catching
- To apply defensive pressure through tracking
- To become familiar with forming a ball take

Activities

1. Pick and Place Relay



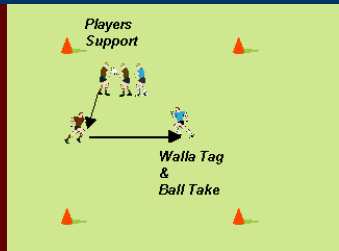
2. Walla Tag Shuttle



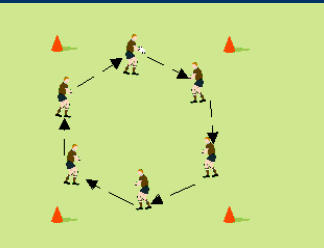
3. London Bridge



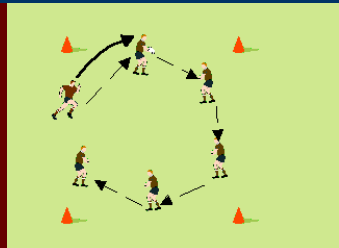
4. 3 v 2 Ball Take Channel



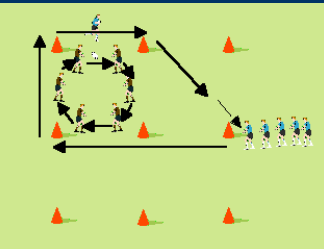
5. Circle Passing



6. Passing Circle Chase



7. Rugby Rounders



8. Tag Ball



8. Bugs and Spiders



8. 50% Walla



Don't Forget

Injuries/Notes

Session Evaluation



Walla Rugby Session Plan

Block: Block 2

Session: 3



Date:

Venue:

Attendance:

Objectives of the Week

- Passing and Pressure

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

Activities

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

<p>Don't Forget</p>	<p>Injuries/Notes</p>	<p>Session Evaluation</p>
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Walla Rugby Session Plan

Block: Block 2

Session: 4



Date: _____ Venue: _____ Attendance: _____

Objectives of the Week

- Passing and Pressure

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

Activities

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

<p>Don't Forget</p>	<p>Injuries/Notes</p>	<p>Session Evaluation</p>

Walla Rugby Session Plan

Block: Block 3

Session: 1



Date:

Venue:

Attendance:

Objectives of the Week

- Support

Objectives of the Session

- Provide primary support after effecting a 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

Activities

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

Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Block 3

Session: 2



Date:

Venue:

Attendance:

Objectives of the Week

- Support

Objectives of the Session

- Provide primary support after effecting a 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

Activities

<p>1. Tactile Pressure Relay 2</p>	<p>Perform Activity While Running</p>	<p>2. Coaches' Call</p>	
<p>3. 1 Person Passing Shuttle</p>		<p>4. Primary Support</p>	<p>Primary Support 1 Ball Carrier 2 Lateral Support</p>
<p>5. 2 Person Place and Pick</p>	<p>Place & Pick</p>	<p>6. 3 Person Ball Take</p>	<p>Ball Take Ball Take Ball Take</p>
<p>7. Primary Support Walla</p>		<p>8. 51% Funnel</p>	<p>50% Gain Line Best Result</p>

Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Block 3

Session: 3



Date:

Venue:

Attendance:

Objectives of the Week

- Support

Objectives of the Session

- Provide primary support after effecting a 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

Activities

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

Don't Forget

Injuries/Notes

Session Evaluation

Walla Rugby Session Plan

Block: Block 3

Session: 4



Date:

Venue:

Attendance:

Objectives of the Week

- Support

Objectives of the Session

- Provide primary support after effecting a 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

Activities

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

<p>Don't Forget</p>	<p>Injuries/Notes</p>	<p>Session Evaluation</p>

Walla Rugby Session Plan

Block: Extension Block

Session: 1



Date:

Venue:

Attendance:

Objectives of the Week

- Link to Mini Rugby

Objectives of the Session

- Make ground contact in a safe and efficient manner
- Integrate the techniques and tactics of Walla Rugby into a game involving ground contact

Activities

<p>1. Appropriate Force Relay 2</p>		<p>2. Opposed Direction Change</p>	
<p>3. Ball Between Legs</p>		<p>4. Front and Back Ball</p>	
<p>5. Ground Contact</p>		<p>6. Ruck Walla</p>	
<p>7. Push Tagging</p>		<p>8. Ball Between Legs</p>	
<p>Don't Forget</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Injuries/Notes</p> <hr/> <hr/> <hr/> <hr/> <hr/>	<p>Session Evaluation</p> <hr/> <hr/> <hr/> <hr/> <hr/>	

Walla Rugby Session Plan

Block: Extension Block

Session: 2



Date:

Venue:

Attendance:

Objectives of the Week

- Link to Mini Rugby

Objectives of the Session

- Make ground contact in a safe and efficient manner
- Integrate the techniques and tactics of Walla Rugby into a game involving ground contact

Activities

<p>1. Appropriate Force Relay 2</p>		<p>2. Opposed Direction Change</p>	
<p>3. Ball Between Legs</p>		<p>4. Front and Back Ball</p>	
<p>5. Ruck Walla</p>		<p>6. Push Tagginga</p>	
<p>7. 2 Pass Ruck Walla</p>		<p>8. Front and Back Ball</p>	
<p>Don't Forget</p> <hr/> <hr/> <hr/> <hr/>	<p>Injuries/Notes</p> <hr/> <hr/> <hr/> <hr/>	<p>Session Evaluation</p> <hr/> <hr/> <hr/> <hr/>	