Queensland Rugby Union Ltd.

Walla Season Plan

2004



Walla Block: Session:		Session P	lan RL	JGBY (F)	
Date:		Venue:		Attendance:	
	of the We		Objectives of t		
Activities					
Don't Forg	et 	Injuries/Notes		Session Evaluation	

Block: Pre-Season



Date: Venue:		Attendance:			
Objectives of the Week			Objectives of the Session		
 Introduction to 	Walla	Rugby	 To introduce running acceleration 		
			To introduce basic handling skills		
A - 4: -: 4:			lo introduce bo	sic lateral passing skills	
Activities					
1. Ball in Hand Race		<u></u>	2. Round the Body	Esti result around the built to the other hand and then revend the front of the west to the original hand	
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/Notes			Session Evaluation		

Block: Pre-Season



Date:	Venue:		Attendance:
Objectives of the Week Introduction to Walla Rugby		 Objectives of the Session To introduce the Walla Tag To revise running, handling and passing skills 	
Activities			
1. Round the Body	End travels around the back to the other hand and then pround the travel of the west to the original hand.	2. Ball in Hand Race	
3. Circle Passing		4. Passing Circle Chase	
5. Apples and Oranges	Apple's Home Orange's	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

Block: Pre-Season



Date:	Venue:		Attendance:
Objectives of t Introduction to Activities		 Objectives of the Session To introduce the Ball Take To revise the Walla Tag To integrate running, handling and passing skills into a game 	
1. Round the Body	Bull travels around the back to the front of the waist to the original band.	2. Pick and Run Race	
3. 4 v 2 Stuck in the Mud		4. 3 v 2 Ball Take Channel	Players Support Walla Tag Ball Take
5. 4 v 2 Ball Take Channel	Players Support	6. Ball Take Stuck in the Mud	
7. 3 v 3 Walla			
Don't Forget	Injuries/Notes		Session Evaluation

Block: Pre-Season



Date:	Venue:		Attendance:
Objectives of the Week Introduction to Walla Rugby		 Objectives of the Session To introduce the Lineout To revise the Ball Take To integrate previously learnt skills and 	
		elements	
Activities 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/Notes		Session Evaluation

Block: Pre-Season



Date:	Venue:		Attendance:
Objectives of the WeekIntroduction to Walla Rugby		Objectives of the Session • To introduce the Scrum	
		To revise the Lineout	
		 To integrate pr 	eviously 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	Partner places ball on back Then crasis under partner go all flours	6. Grips Instruction	
7. Scrum Clusters	3.	8. Ball Take Walla	· · · · · · · · · · · · · · · · · · ·
Don't Forget	Injuries/Notes		Session Evaluation

Block: Pre-Season



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			
1. Pat the Ball		2. Turn and Run Race	
3. Scrum Clusters	1. 2. 3.	4. 3 v 3 Walla	
5. Year 7 Invasion Game		6. Ball Take Walla	
7. 50% Walla		8. Throw Turn and Catch	Throw half attright up, the court of cepts her half
Don't Forget	Injuries/Notes		Session Evaluation
		·	

Block: Block 1



Date:	Venue:		Attendance:
Objectives of t • Go Forward Activities	he Week	 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 	
1. Start on Ground Race		2. Pitter Patter Race	
3. Working the Man	No Score Or Leave Grid Points Reward 1 Point Reward 1 Point Reward noide	4. Lineout Captain Ball	
5. Unders and Overs	Partner places ball on back Then crawls reduce partner on all fours	6. Engagement	
7. London Bridge		8. 1 v 1 Walla	
Don't Forget	Injuries/Notes		Session Evaluation

Block: Block 1



Date:	Venue:		Attendance:
Objectives of t • Go Forward Activities	he Week	 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 	
	A. A.		A. A.
1. Start on Ground Race		2. Pitter Patter Race	
3. London Bridge		4. Lineout Captain Ball	
5. 51% 1 v 1	50% Gain Line Best Rouit	6. Avoid Front on Tag	So% Gain Line Best Result
7. 1 v 1 Walla		8. Circle Passing	
Don't Forget	Injuries/Notes		Session Evaluation

Block: Block 1



Date:	Venue:		Attendance:
Objectives of t • Go Forward Activities	he Week	 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 	
	A. A.		∆ ∆
1. Ball in Hand Shuttle		2. Pick and Place Shuttle	
3. 51% 1 v 1	50% Gain Line Bast Rasult	4. Avoid Front on Tag	50% Gain Line Best Result
5. 51% Funnel	50% Gain Line Boot Rosult	6. 1 v 1 Walla	
7. Passing Circle Chase			
Don't Forget Injuries/Notes			Session Evaluation

Block: Block 1



Date:	Venue:		Attendance:
Objectives of t Go Forward	he Week	To develop lateTo develop the	principle of Go Forward ral passing and catching
Activities			
1. Ball in Hand Shuttle		2. Pick and Place Shuttle	
3. 51% 1 v 1	50% Gain Line Best Rosult	4. Avoid Front on Tag	So%, Gain Line Best Result
5. 51% Funnel	50% Gain Line Best Result	6. 50% Walla	
7. Round the Body	Bill excels around the book to the order to be for the wait to the original hand		
Don't Forget	Injuries/Notes		Session Evaluation

Block: Block 2



Date:	Venue:		Attendance:
Objectives of t • Passing and Pres		 To apply defens 	the Session kills of passing and catching sive pressure through tracking iliar with forming a ball take
Activities			
1. Ball in Hand Relay		2. Walla Tag Shuttle	Walla Tag
3. 50% Walla		4. Lineout Captain Ball	
5. Scrum Clusters	1. 2. 3.	6. 3 v 2 Ball Take Channel	Players Support Walla Tag & Ball Take
7. 4 v 2 Ball Take Channel	Players Support	8. Ball Take Walla	· · · · · · · · · · · · · · · · · · ·
Don't Forget	Injuries/Notes		Session Evaluation

Block: Block 2



Date:	Venue:		Attendance:	
Objectives of the Week		Objectives of the Session		
 Passing and Pressure 			tills of passing and catching	
		* * *	ive pressure through tracking liar with forming a ball take	
Activities		To become funni	nai wiini joi ming a ban take	
1. Pick and Place Relay		2. Walla Tag Shuttle	A Walla Tag	
3. London Bridge		4. 3 v 2 Ball Take Channel	Players Support Walla Tag & Ball Take	
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	

Block: Block 2



Date:	Venue:		A t	tendance:	
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. Tactile Pressure Relay 1		Perform	2. All One Way		
3. 51% Funnel	\$_ \$_ \$_	50% Gain Line Best Result	4. Hand to Hand Line		は、 ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・ ・
5. Standing Passing Chain	٨	\$ + 4 £ + 4£	6. Walking Passing Chain		
7. 1 Person Passing Shuttle			8. Ball Take Stuck in the Mud		
9. 50% Ball Take Walla	a.	有			
Don't Forget		Injuries/Notes		Se	ssion Evaluation

Block: Block 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. Tactile Pressure Relay 1	Perform Activity	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/Notes			Session Evaluation	

Block: Block 3



Date:	Venue:		Attendance:		
Objectives of the Support	he Week	 Provide primary sup ball Align in an "on-side" Align to form a late Decide when not to Use appropriate skil 	 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					
1. Tactile Pressure Relay 2	Perform Activity While Running	2. Coaches' Call			
3. Unders and Overs	Partner planes bell on link Then classed under partner and planes	4. London Bridge			
5. 3 v 1 No Run <i>G</i> ame	2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	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/Not	es	Session Evaluation		

Block: Block 3



Date:	Venue:		Attendance:
Objectives of t • Support	he Week	ballAlign in an "on-side"Align to form a laterDecide when not to p	position to provide lateral support al passing chain bass and elect to ball take and make decisions (using the laws) to
Activities			
1. Tactile Pressure Relay 2	Perform Activity While Running	2. Coaches' Call	
3. 1 Person Passing Shuttle		4. Primary Support	Primary Support 1 Carrier Lateral Support
5. 2 Person Place and Pick	Place & Pick	6. 3 Person Ball Take	Ball Take
7. Primary Support Walla		8. 51% Funnel	50% Gain Line Beet Rosult
Don't Forget Injuries/Notes			Session Evaluation

Block: Block 3



Date:	Venue:		Attendance:		
Objectives of to Support	he Week	 Provide primary supposal Align in an "on-side" Align to form a later Decide when not to Use appropriate skil 	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		
Activities					
1. Appropriate Force Relay 1	Perform Activity	2. First In			
3. 51% Funnel	50% Gain Line Best Result	4. 51% 1 v 1	Seet Result		
5. 2 v 1 Lateral Support		6. 3 v 1 Lateral Support			
7. 3 v 2 Lateral Support		8. 1 Pass Primary Walla	* 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6 6		
9. Rugby Rounders					
Don't Forget	Injuries/Not	es	Session Evaluation		

Block: Block 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				
1. Appropriate Force Relay 1	Perform Activity		2. First In	
3. Pace Passing			4. 3 v 2 Ball Take Channel	Players Support Walla Tag & Ball Take
5. 4 v 2 Ball Take Channel	Players Support		6. 4 v 2 Ball Take Channel with Pass Option	
7. 1 Pass Primary Walla			8. Throw Turn and Catch	Three bell stright up, tern recent sed catch the bell
Don't Forget Injuries/Notes			Session Evaluation	

Block: Extension Block



Date:	Venue:		Attendance:
Objectives of the Week • Link to Mini Rugby • Activities		Objectives of the Session Make ground contact in a safe and efficient manner manner	
1. Appropriate Force Relay 2	Perform Activity While Running	2. Opposed Direction Change	
3. Ball Between Legs		4. Front and Back Ball	tion for two hands to know hands to know of hands
	1. 2. 3. Second contact is the knees 1. 5. Then place or roll the houlder Then place or roll the houlder	6. Ruck Walla	
7. Push Tagging		8. Ball Between Legs	
Don't Forget	Injuries/Notes		Session Evaluation

Block: Extension Block



Date:	Venue:	Venue:	
Objectives of t • Link to Mini Rug		 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			
1. Appropriate Force Relay 2	Perform Activity While Running	2. Opposed Direction Change	
3. Ball Between Legs		4. Front and Back Ball	Held flad in two hands to from of sheet.
5. Ruck Walla		6. Push Tagginga	
7. 2 Pass Ruck Walla		8. Front and Back Ball	Hold half in two hands in front of fareez
Don't Forget Injuries/Notes			Session Evaluation