## Coaching Session Plan

<table>
<thead>
<tr>
<th>Coach</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aim of Session</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>To introduce &amp; develop catching a high ball</td>
<td>5 minutes</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment Required</th>
<th>No. of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby Balls &amp; Cones</td>
<td>3 or 4</td>
</tr>
</tbody>
</table>

### Session Plan

<table>
<thead>
<tr>
<th>Aim / Activity</th>
<th>Key Factors</th>
<th>Organisation / Equipment / Time</th>
</tr>
</thead>
</table>
| • Introduce the catch & movement | • Receiver call for the ball  
• Move so that the receiver is under the ball  
• Keep looking at the ball | • In pairs, 5 metres apart  
• 1 ball between 2  
• Throw the ball high in the air, to your partner  
• Repeat 4 or 5 times each until Key Factors are correct | 2 mins |
| • Positioning & stance | • Establish a wide base – feet wider than shoulder width apart  
• Turn body sideways on to attackers | • As above, better players may move further apart  
• Throw the ball high in the air, to your partner  
• Repeat 4 or 5 times each until Key Factors are correct | 1 min |
| • Hands & Arms | • Raise arms above head, spread fingers apart  
• Palms facing upwards | • As above | 1 min |
| • Catch the ball safely | • Catch the ball  
• Bring into arms & Chest  
• Tuck elbows in  
• Sink into stable position | • As above  
• Development – throw ball higher  
• Development throw ball 1 or 2 metres to the side of the receiver  
• Check for movement of feet  
• Development- thrower chases ball to add pressure | 3-4 mins |
# Coaching Session Plan

<table>
<thead>
<tr>
<th>Aim of Session</th>
<th>To introduce &amp; develop the loop pass</th>
<th>Duration</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment Required</td>
<td>Rugby Balls &amp; Cones</td>
<td>No. of Participants</td>
<td>3 or 4</td>
</tr>
</tbody>
</table>

## Session Plan

<table>
<thead>
<tr>
<th>Aim / Activity</th>
<th>Key Factors</th>
<th>Organisation / Equipment / Time</th>
</tr>
</thead>
</table>
| • Introduce the movement pattern | • Ball in 2 hands  
  • 1 runs 3 steps, and passes to 2  
  • 2 runs ahead  
  • 1 follows pass and runs outside of 2 and receives pass back from 2. | • In pairs, in a grid, 1 person on a cone each.  
  ![Diagram](attachment:diagram.png) |
| • Develop the pass & timing of run  | • 1 makes a ‘quick’ flat pass to 2  
  • 2 takes a step forward to ‘get in front’ of 1  
  • As above  
  • Repeat 4 or 5 times each until Key Factors are correct | 2 min |
| • Develop running lines | • Ensure 1 doesn’t drift before passing  
  • 2 Steps inside before passing  
  • No.2 runs at his defender and steps inside to where the pass came from to make space for No. 1  
  • As above  
  • Development – add defender against No. 2  
  • If defender stays put – carry on run | 2 min |
# Coaching Session Plan

<table>
<thead>
<tr>
<th>Aim of Session</th>
<th>To introduce &amp; develop the punt kick</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment Required</td>
<td>Rugby Balls &amp; Cones</td>
<td>No. of Participants</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3 or 4</td>
</tr>
</tbody>
</table>

## Session Plan

<table>
<thead>
<tr>
<th>Aim / Activity</th>
<th>Key Factors</th>
<th>Organisation / Equipment / Time</th>
</tr>
</thead>
</table>
| • Introduce the movement pattern| • Kicker holds the ball in 2 hands  
• Point the toes of the kicking foot towards the target | • In pairs, 5 metres apart (marked by two lines of cones)  
• 5 / 6 kicks to each other  
• Pattern is to ‘lob’ the ball in to the receivers hands |
| • Develop body position         | • Kicker keeps head & shoulders still  
• Eyes on the ball  
• Head over the ball (leaning forward into the kick) | • As above  
• Repeat 4 or 5 times each until Key Factors are correct  
2 min |
| • Develop the strike            | • Strike the ball on the lace part of the boot  
• Strike the widest part of the ball  
• Swing the leg straight through | • As above  
2 min |

Development – move the distance apart gradually (when successful) to 10, 15, 20, 25 metres.
### Coaching Session Plan

<table>
<thead>
<tr>
<th>Coach</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aim of Session</th>
<th>To introduce &amp; develop running from depth</th>
<th>Duration</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment Required</td>
<td>Rugby Balls &amp; Cones</td>
<td>No. of Participants</td>
<td>3 or 4</td>
</tr>
</tbody>
</table>

## Session Plan

<table>
<thead>
<tr>
<th>Aim / Activity</th>
<th>Key Factors</th>
<th>Organisation / Equipment / Time</th>
</tr>
</thead>
</table>
| • Introduce the movement pattern | • Get on to a straight running line before you pass (parallel to the touch line)  
• No passing forwards | • In 4s in a 10 x 10m grid  
• 1 starts with ball, runs laterally, and then in a straight line towards the try line.  
• Ball is passed from 1-2, 2-3, 3-4. |

Repeat 3 – 4 times each

| • Develop the depth | • Ensure that the runners go laterally first, and then straighten up towards the Try line. | • As above  
• Repeat 4 or 5 times each until Key Factors are correct  
2 min |

| • Develop the strike | • Step in-side slightly before passing the ball outwards to the next player | • As above  
2 min |

Development – use defenders to mark against runner 1, then add a defender against 1 & 2, and then against 12,3 when group is successful

The aim is for the support runners to be deep enough to receive a pass.
# Coaching Session Plan

<table>
<thead>
<tr>
<th>Coach</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aim of Session</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>To introduce &amp; develop the scrum half pass</td>
<td>5 minutes</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Equipment Required</th>
<th>No. of Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rugby Balls &amp; Cones</td>
<td>3 or 4</td>
</tr>
</tbody>
</table>

## Session Plan

### Aim / Activity

- **Introduce the movement**
- **One Handed passing**

### Key Factors

- Ball on floor
- Place the back foot next to the ball
- Right hand around widest part of ball – sweep towards receiver
- Feet twice shoulder width apart & crouch low

*Back foot is foot furthest away from receiver*

### Organisation / Equipment / Time

- In pairs, 5 metres apart
- 1 ball between 2
- Passer places ‘back hand’ on the ball & sweeps ball towards receiver
- Repeat 4 or 5 times each until Key Factors are correct

2 mins

### Aim / Activity

- **Passing action and transfer of weight**

### Key Factors

- No back lift – sweep ball towards receiver
- Point front foot towards receiver
- Transfer weight from back foot to front foot with the sweep

### Organisation / Equipment / Time

- As above
- Repeat 4 or 5 times each until Key Factors are correct
- Accurate players may move further apart
- Swap hands

2 min

### Aim / Activity

- **Two hands & follow through**

### Key Factors

- Use front hand to guide ball towards receiver
- Step through on sweep towards receiver
- Keep low

### Organisation / Equipment / Time

- As above
- Development – Further distance apart
- Development Player runs from ball, around a cone and to the ball to pass
- Development – opposition player tries to prevent pass by blocking back arm.

2 min
## Coaching Session Plan

<table>
<thead>
<tr>
<th>Coach</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Aim of Session</th>
<th>To introduce &amp; develop the switch pass</th>
<th>Duration</th>
<th>5 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Equipment Required</td>
<td>Rugby Balls &amp; Cones</td>
<td>No. of Participants</td>
<td>3 or 4</td>
</tr>
</tbody>
</table>

### Session Plan

<table>
<thead>
<tr>
<th>Aim / Activity</th>
<th>Key Factors</th>
<th>Organisation / Equipment / Time</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- **Introduce the movement pattern**
  - Ball in 2 hands
  - 2 run behind 1 so 1 turns towards 2
  - Give Pass

  - In pairs, in a grid, 1 person on a cone each.
  - 1 runs out diagonally opposite to other cone
  - 2 runs out to opposite cone

  2 mins

- **Develop the pass & timing of run**
  - Runner 2 delays run to arrive at the pass after No.1
  - No. 1 gives a soft / pop pass

  - As above
  - Repeat 4 or 5 times each until Key Factors are correct

  2 mins

- **Develop running lines**
  - 1 runs straight first of all then cuts across diagonally
  - 2 runs straight and runs diagonally on cue from No.1
  - 2 Straightens up run after receiving ball
  - No.1 runs at his defender and then runs diagonally to take defender with him.

  - As above

  2 mins

  Development – add defender on 1
  If defender stays put – carry on run