

Rugby For Children Session Plan (Non Contact)

Age Group Under 9, 10, 11, 12

This weeks session is ideal for coaches running a non-contact session concentrating on passing.

Each game or activity can run from 5 – 12 minutes and are ideal for pods of 15 or less.

Play Zone Game 1 **Rob The Nest** https://www.youtube.com/watch?v=yW9f_TJHsDw

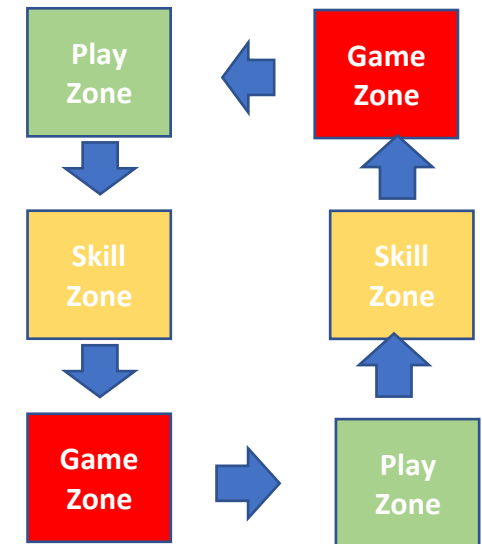
Skill Zone **Passing Tips** <https://www.youtube.com/watch?v=qlBobnSL830>

Game Zone 1 **Four Sided End Ball** <https://www.youtube.com/watch?v=DmWC3D1IJKc>

Play Zone Game 2 **Stuck In the Mud** <https://www.youtube.com/watch?v=LymftYyj6-A>

Skill Zone **Side Step Relay** <https://www.youtube.com/watch?v=W9w7aa7d4Us>

Game Zone 2 **Offload Touch** <https://www.youtube.com/watch?v=01dzBwMaaSk>



- In your training pod, teams can be divided up at the start. Example 7 vs 7.
- Rotating between activities and games will keep the players **engaged** and **active**.
- Coaches can have activities/pitches set up beforehand so players can move easily between zones.
- With all RFC sessions our main aim is happy players involved in the session.
- RFC, MOVE, PLAY, LEARN

Rugby For Children Player is.....

Active

- They play in varied sessions rotating between Game Zone, Play Zone and Skill Zones.

Challenged

- Introduced to new games, skills, ideas and approaches each week, keeping the players excited and on their toes.

Engaged

- Coaches use a mixture of open ended questions to establish what the players know.
 - “What are we doing well?”
 - “What do you see?”
 - “Can anyone tell me what we should do when.....?”
 - “Who is doing it well at the moment?”
 - “What could we do differently?”

Having fun

- If players are having fun, they will come back each week ready to go.

RFC, Move, Play, Learn.