

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 for Under 7 and 8 players.

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

Play Zone Rugby Rovers https://www.youtube.com/watch?v=eq_4cTbvKDg

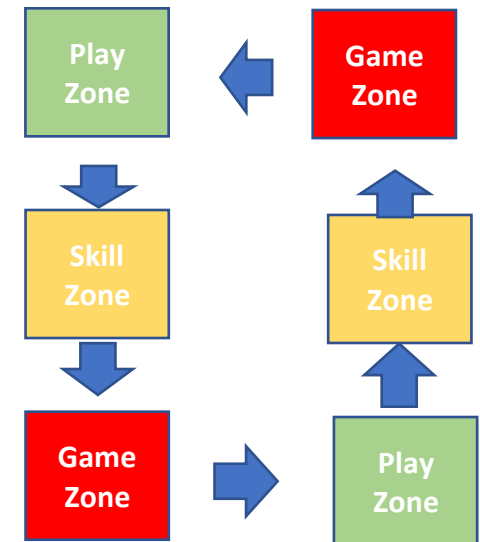
Skill Zone Build The Stairs <https://www.youtube.com/watch?v=omjiMKKaAhQ>

Game Zone Flash Rugby https://www.youtube.com/watch?v=UFzO8_3l9mc

Play Zone Game Animal Rush <https://www.youtube.com/watch?v=9AxT1MIhC3A>

Skill Zone Two vs One <https://www.youtube.com/watch?v=ccZYy5ZrHHA>

Game Zone Eagle Rugby <https://www.youtube.com/watch?v=AieDUaTfkhk>



- 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**.
- **Choose the games** that suit your group of players and adapt the rules to suit.
- 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.