STAYING SAFE

RETURN TO CONTACT | UNDER 13 - UNDER 15

GRIP & CARRY

WARM-UP (5 MINS)

5 MINS MAX. MOVEMENT AROUND GRID BALL IN HAND!

10 X 10 GRID

Forward roll, PTB, backward roll, round back, through legs, tip/tap, OH catch, score, press up, burpee, kick/catch, bounce/catch.

NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS - GRIP & CARRY (MAX 10 MINS)

UNDER 13 – UNDER 15

GRIP SPEED

- Hold belly of ball with one hand, overhand grip.
- Drop the ball and catch with other hand - Repeat.

REACT-A-CATCH

- Face partner in your channel.
- Each have a ball in hand., 1 partner feeds ball in.
- Other partner hits it back. – Keep your grip on the ball.

TENNIS (L/R)

- Face partner in your channel.
- Each have a ball in hand. 1 partner serves tennis ball.
- Other partner hits it back. See how long you can rally.

CONTACT TO PLAY (MAX 10 MINS)

SIDE TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1) Target thigh area
2) Head behind
3) Squeeze ball carrier towards you

FRONT BLOCK TACKLE

Face partner 3m apart. Partner jogs towards tackler.

1) Target thigh area
2) Head to side
3) Squeeze ball carrier towards you

HIT AND LOCK

Face partner 3m apart. Partner jogs towards tackler.

1) On approach shorten steps , hands up
2) Drop hips into sitting position
3) Target area under the ball
4) Drive up and lock ball

X-LEAGUE GAME (MAX 20 MINS)

THINK TO PLAY

I understand seeing and trying new skills is important.
I know that watching players try skills will give me ideas and help me to learn.

FIT TO PLAY (10 MINS)

6 SETS OF:
10 Squats
Plank for 20 seconds
10 press ups
Wall sit for 20 seconds

LIVE TO PLAY

I find opportunities to watch new skills and try them.
I enjoy watching new things then trying them out.

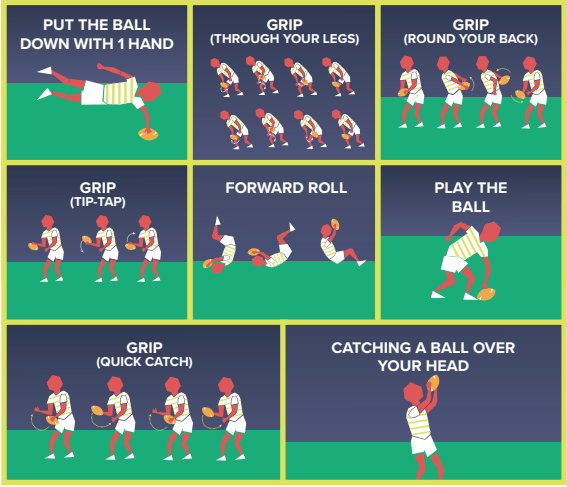
STAYING SAFE

RETURN TO CONTACT | UNDER 13 - UNDER 15

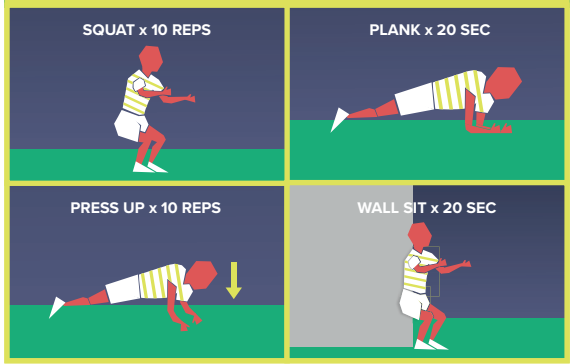
GRIP & CARRY

STAYING SAFE | RETURN TO CONTACT

WARM UP (5 MINS)

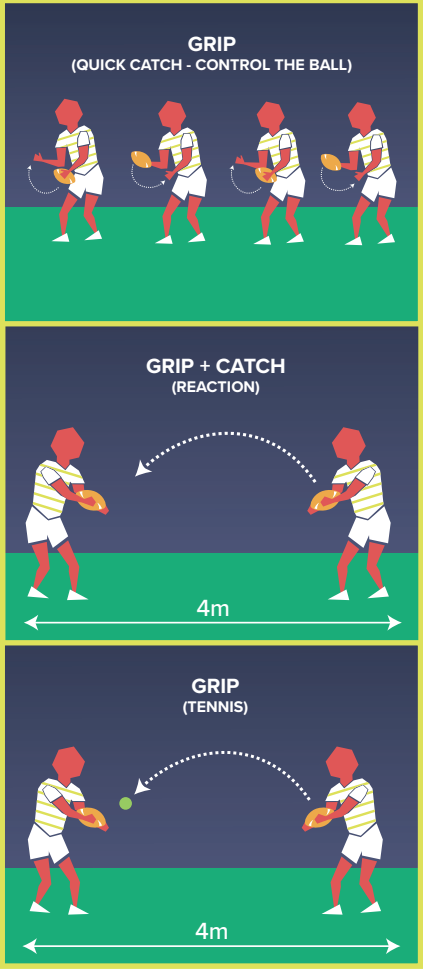


FIT TO PLAY (10 MINS)

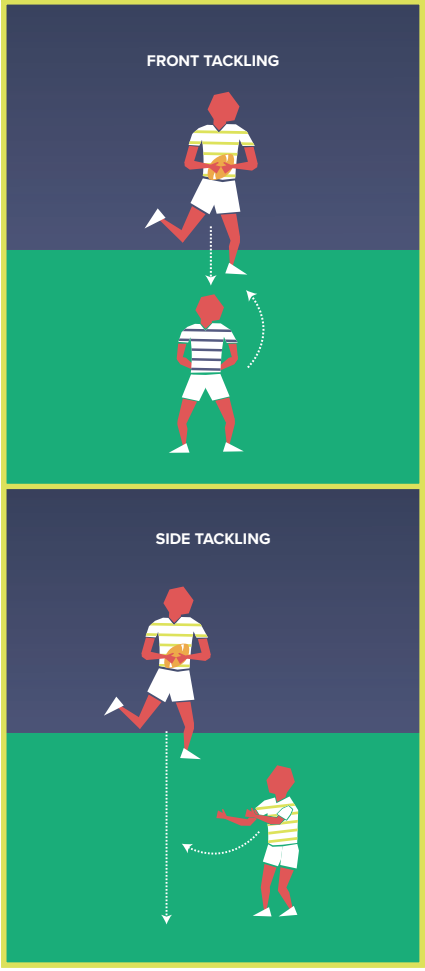


NON-CONTACT SKILL GAME (MAX 20 MINS)

SKILL FOCUS
GRIP + CARRY (MAX 10 MINS)



CONTACT TO PLAY
(MAX 10 MINS)



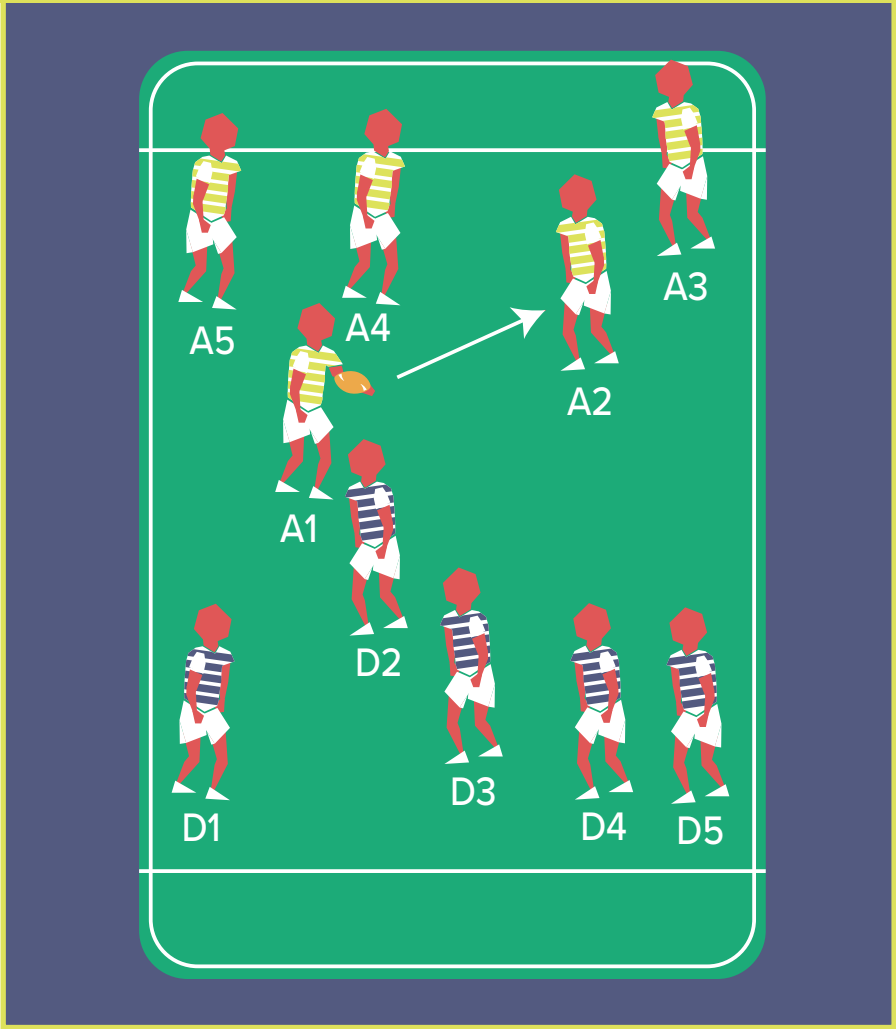
X-LEAGUE GAME (MAX 20 MINS)

STAYING SAFE

RETURN TO CONTACT | UNDER 13 - UNDER 15

MAX 40 MINS (2 X 20 MINS)

GAME 1 | TOUCH | GAME 2 | X-LEAGUE



GAME 1 | TOUCH
WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch – 6 plays.
- DH can run, but not score – If DH touched = Turnover.

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

GAME 2 | X-LEAGUE
WHAT TO DO?

MAX. 20 MINUTES

RULES / SCORING / PROGRESSION / REGRESSION

- The game is laid out as normal touch.
- The tackle/touch is effected by defender touching the ball.
- If a touch is made on the defender, not the ball – play on!

SCORING

- Try 2 Points / Try on last play 3 Points
- Set Completion 1 Point / Turnover for incorrect PTB

VARIATIONS

- Increase or decrease the grid size.
- Increase or decrease the amount of touches.
- Every touch, full defensive line drops to front/back/front.
- Defender retreats to the try line before rejoining game.

NOTE

- **Players on attack and defence have a duty of care to ensure safety of their opposition player & may not deliberately attempt to change the momentum of an opponent, by barging, pulling or pushing.**