



Great Whites Rugby

Session 1 – Draw & Pass

Time	60 mins	Mako 5 Skill Focus	Catch & Pass (off both hands)
Aims	1. Players learn to maintain continuity of play by passing to a teammate in a better position		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	5 mins	2v1 (Decision Making) 1. Players line up on two cones facing towards the coach (cones approx. 3-5m apart depending on ability) 2. The coach decides which player out of the two he passes the ball to. Once passed, the coach becomes the defender 3. The players attack, completing a draw & pass to beat the coach 4. Progression - The coach can vary their defence by moving away or towards the attacker, ensuring the attacking player is scanning (eyes up & looking for space) or advance faster/slower.	Receiving a Pass <ul style="list-style-type: none"> • Chin up, eyes open • Run onto ball • Extend hands towards ball • Spread fingers • Watch ball into hands • Choose best option
Skills/Drills/Games	35 mins	1. Discussion: What are the key factors for a successful catch and pass? (see key factors) 2. Activity 1 – Pass to Space 1. Start with 3 attackers facing towards 2 defenders (one attacker will be unmarked) 2. The ball is passed to the attackers from a 4 th player to ensure the first receiver works on receiving a pass before running 3. The ball is then moved to the player in space through catch pass 4. If the player in space is the second receiver, the third attacker supports, and the last pass is always completed. 5. Progressions 1. Attack starts with their backs to the defence. The coach blows a whistle to start. Attackers turn on the whistle and then scan 2. Add in more attackers / defenders so space isn't as obvious, and the ball must be moved through more hands 3. Widen the playing area to increase passing width <i>Coach Note – Regardless of where the space is, all attackers need to touch the ball once, defenders keep square and don't drift off</i>	Common Errors <ul style="list-style-type: none"> • Not presenting target • Not meeting ball early • Hands too rigid • Taking your eyes off the ball • Not communicating Passing <ul style="list-style-type: none"> • Run straight • Ball in two hands • Run at defender • Look at receiver • Swing arms • Follow through • Pass in front of receiver • Hands to target
Game for Understanding	20 mins	Man-Down Touch 1. Separate players into two even teams – A & B (in bibs or colours) 2. Man-down Touch uses standard touch rules, however when touched players must (a) roll the ball, (b) tap & pass the ball or (c) go to ground & pop/place the ball. (The coach decides) 3. When a touch is made the defender must turn and run to their own try line before re-entering the defensive line. This creates space in the defence. 4. Encourage the attack to identify a defender out of the line and move the ball towards this space	Common Errors <ul style="list-style-type: none"> • Running with the pass • Not having a straight follow-through • Not passing to target area • Trying to spiral pass
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> • Why is it important to keep our eyes open on attack? • How do we commit a defender? (Force them to defend you) 			



Great Whites Rugby

Session 2 – Tackle (Side-on & Front-on)

Time	60 mins	Mako 5 Skill Focus	Tackling
Aims	<ol style="list-style-type: none"> 1. Learn front-on tackle to stop an opponent with the ball and regain possession 2. Learn side-on tackle to stop forward momentum of the ball carrier and regain possession 		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs, 7x hit shields or tackle mat. Mouth guards		
	Time	Activity	Key Factors
Warm-up Game	5 mins	Wrestling <ol style="list-style-type: none"> 1. One-on-one starting on knees with the aim to pin your partner on their back/shoulders Hustle (Fast Feet) <ol style="list-style-type: none"> 1. Players stand in a line facing the coach approximately 2 metres apart from each other. 2. On the coach's call, players move quickly (hustle) in the direction provided. 	Front-on Tackle <ul style="list-style-type: none"> • Sight target • Pre-tackle stance • Go forward • Contact shoulder on target • Cheek to cheek • Lock on with arms • Power drive/finish on top • Regain feet, contest possession Common Errors <ul style="list-style-type: none"> • Too high • Not moving forward into tackle • Head down • Not using arms • Not regaining feet Side-on Tackle <ul style="list-style-type: none"> • Sight target • Position inside the ball carrier • Run in pre-tackle stance (Sink hips, upper body leaning into contact) • Chin up, eyes open, back straight, hands above hips, go forward) Common Errors <ul style="list-style-type: none"> • Waiting for ball carrier to come to you • Eyes closed • Head down, and on wrong side, or in front • Diving into tackle • Not using arms to wrap • Lack of urgency to regain feet
		Skills/Drills/Games <ol style="list-style-type: none"> 1. Discuss & demonstrate the technique for the Front-on Tackle (see key factors). 2. Activity 1 – Tackle Warm-up Drills Pair up players & practice tackling technique using a tackle mat or hit shields (if available) as landing pads. Remember to work on both left and right shoulder tackles. <ol style="list-style-type: none"> 1. Ball Carrier walking – Tackler kneeling 2. Ball Carrier walking – Tackler walking 3. Ball Carrier jogging – Tackler jogging 3. Activity 2 – Front-on Tackle Drill <ol style="list-style-type: none"> 1. Set up three grids using cones (3m wide x 10m long). 2. Players line up at each end of the grids as ball carriers. 3. Have a tackler stand inside the grid to tackle ball carriers. 4. The first ball carrier runs with a ball towards the tackler aiming to beat the tackle. The narrow channel ensures a front-on tackle. 5. Once a tackle is made on ball carrier, the tackler regains feet & rotates 180 degrees to face the next ball carrier. 6. Repeat (Change tacklers after 4 tackles) 7. Progression – Increase width to allow carrier more space. 4. Discuss the technique for Side-on Tackle (see key factors). 5. Activity 3 – Side-on Tackle Drill <ol style="list-style-type: none"> 1. Set up triangle grid using cones. 2. Tacklers line up on one cone, ball carriers on the second cone. Both players run towards the third cone. 3. The tackler aims to make <u>contact with the shoulder, head behind the ball carrier, wrap arms around legs & fall with the tackled player.</u> 4. Alternate ball carriers & tacklers. Work on left & right shoulder tackles. <p><i>Coach Note – Encourage players to work on correct tackle technique, not ball carriers beating tacklers.</i></p> 	
Game for Understanding	25 mins	Counter Attack Game 2 (Tackle Focus) <ol style="list-style-type: none"> 1. Stagger attacking players on the field right back to the 40m line ready to receive a kick & counter attack. 2. Have 2 defenders with a ball start on the goal line. On the command "GO", they kick the ball into the field of play, then spread out and aim to defend the try line by tackling. Defenders can tackle. 3. Every time the attack scores, the person who scored the try joins the defensive team. Continue until attack struggles to beat the defence. 	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- Why is it important when tackling, to contact the ball carrier with the shoulder first?
- Why do we keep our eyes open and head behind the ball carrier?



Great Whites Rugby

Session 3 – Breakdown

Time	60 mins	Mako 5 Skill Focus	Breakdown
Aims	1. Players learn to engage and group opposition. To move forward & present quick ball to continue attack		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones, Bibs & Mouthguards		
	Time	Activity	Key Factors
Warm-up Game	5 mins	Ruck Touch 1. Set up an area 30m x 20m (bigger if more room needed) 2. Separate players into two teams – A & B (in bibs or colours) 3. Play two handed touch rules, however when a player carrying the ball is touched, they must go to ground and place the ball. 4. One player from each team must enter to create a ruck. Then a 3 rd attacking player can make a pass. 5. The attacking team gets 6 rucks to score or the ball is turned over.	Definition - Ruck <i>Ball on ground. One or more players from each team on their feet in physical contact over the ball (minimum of 2)</i>
		Skills/Drills/Games	1. Discussion: Ask players “What is a Ruck?” (see definition) 2. Demonstrate the correct technique entering a Ruck (see key factors) & the decisions players need to make. Key questions: <i>How many players are required in a ruck? What are the roles of 1st, 2nd, 3rd persons arriving to the ruck?</i> 3. Activity 1 – One v One Ball Carry 1. Standing 1 metre apart, one player carries the ball into a defender. Keeping the ball away from contact, they drive forward and go to ground presenting the ball with a long place. 2. Progression – add a support player who drives low over the ball and takes the space. Support player MUST stay on feet. 4. Activity 2 – Ruck 1 (Mouthguards required) 1. Set up 3x3m area. Players line up evenly on the 4 corners. 2. Two players lie on their chests facing each other head to head in the centre of the area. Name players A & B. Place a ball between them. 3. Coach calls A or B. That player gets onto feet, picks up the ball & carries the ball forward. The B player attempts to tackle them. 4. One player from each corner enters the area, two supporting the A player on attack & two the B player on defence. The object is for the A team to retain possession & the B team to turn over possession. 5. Repeat with new players in the middle.
Game for Understanding	20 mins	4 v 4 Ruck Game (Progression from Ruck 1) 1. Set up a square 10m x 10m area. Players line up in two lines (A & B) on one side of the square. 2. On the command “GO”, three players from each side run around their closest cone & enter the area. 3. The coach calls A or B & rolls ball into the area slightly closer to the chosen team. 4. The chosen side aims to gain possession of the ball, take it into contact and win the breakdown.	
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> What is the role of the first arriving support player? Where must the support player enter the breakdown from? 			



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Session 4 – Defensive Patterns & Breakdown

Time	60 mins	Mako 5 Skill Focus	Decision Making / Tackling / Breakdown
Aims	1. Players learn to prevent the opposition team from scoring. To regain possession.		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	10 mins	<p>Man Down</p> <ol style="list-style-type: none"> Using the goal line, have 3 defenders stand along it in between the side line to the first goal post. Have 5 attacking players try to beat the 3 defenders to score while staying within 5 metres of the try line. Each time a try is scored the ball must be passed/taken back to the 5m line to start the drill again (the same if there is a drop ball). Give the attacking team a time limit (e.g. 90 seconds) to score 10 tries, if they don't achieve this then add in some penalties <p><i>Coach Note – The defenders need to communicate and work together to deal with the constant overlap</i></p>	<p>Defence</p> <ul style="list-style-type: none"> Have awareness of attacker's options and communicate them Play to team defensive pattern Tackler identifies player they are responsible for and communicates Align opp opponent's inside shoulder Give ball carrier an outside option only Move forward in a line to cut down opponent's options Cover after pass is made Make an effective tackle Get to feet immediately Regain possession Counter attack
Skills/Drills/Games	30 mins	<ol style="list-style-type: none"> Ask players "What makes a good defence?" Discuss answers Activity 1 – Connect Drill <ol style="list-style-type: none"> Set up two "mock" rucks (1 & 2), with the use of either cones or hit shields and space them approximately 20m apart Have the half back stationed at a ruck, with approximately 4-5 attackers set off them. Split the rest of the team evenly & situate them behind the two rucks as defenders. The coach signals Ruck 1 or 2. Both defence and attack will play from the chosen ruck. On a whistle, the coach will yell out two numbers (e.g. 3 & 2). As soon as the players hear the call they send 3 defenders from one ruck and 2 defenders from the other Using the two groups of players, they are to fill in the ABC channels first then number up on any remaining players they can On a second whistle the ball is delivered, and the attackers try and breach the defence. 	<ul style="list-style-type: none"> Get to feet immediately Regain possession Counter attack
Game for Understanding	20 mins	<p>3 Ruck D</p> <ol style="list-style-type: none"> Stagger 3 rucks across the width of the field. Use cones to mark them. Label the rucks A1, B2 & C3. Split the team into two teams. One team in bibs, one without. The bibs team are on attack when the coach calls out ruck "A, B or C". The non-bibs team are on attack when the coach calls ruck "1, 2 or 3". Players react to the call, work hard to get to the ruck & fill their defensive positions before the attacking team arrives & plays the ball from the ruck. Only play for one phase/tackle before calling another ruck. Progression – increase number of phases <p><i>Coach Note – this is great for developing communication skills & transitioning from attack to defence and back to attack</i></p>	<p>Common Errors</p> <ul style="list-style-type: none"> Lack of commitment Poor understanding of options Poor technique
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> Why is communication so important on defence? Why do we not move up individually in defence? 			



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Session 5 – Catch and Pass

Time	60 mins	Mako 5 Skill Focus	Catch & Pass (off both hands)
Aims	1. Players learn to maintain continuity of play by passing to a teammate in a better position		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	10 mins	<p>Ball Tag</p> <ol style="list-style-type: none"> Set up a 10m x 10m area (adjust to suit the numbers) Split the teams evenly and place one team in bibs The objective of the game is to pass the ball amongst one team without running with the ball and tag a player in the opposite team Once a player is tagged, the player exits the square & begins running around the square If the ball is dropped, a tagged player can re-enter the game Time each team on how long it takes for them to eliminate the entire team 	<p>Receiving a Pass</p> <ul style="list-style-type: none"> Chin up, eyes open Run onto ball Extend hands towards ball Spread fingers Watch ball into hands Choose best option <p>Common Errors</p> <ul style="list-style-type: none"> Not presenting target Not meeting ball early Hands too rigid Taking your eyes off the ball Not communicating
Skills/Drills/Games	35 mins	<ol style="list-style-type: none"> Discussion: Ask players what options they have to keep the ball alive? Answers could include pass, pop, offloads etc. Activity 1 – Join the Line <ol style="list-style-type: none"> Set up a coned channel approx. 15m wide running from the try line to the 22m line. Set up 2 lines of defence 7m apart, the first line only having 1 defender, the 2nd having 2 defenders. All attackers start at the try line facing towards the defenders, and are in two lines The first two attack at the first defender in a simple 2v1 Once they beat the first defender, that person turns and becomes an attacker creating a 3v2 against the next 2 defenders Progressions: <ul style="list-style-type: none"> Close the space so that the defenders are closer to the attackers and a quicker decision / pass must be made Widen the space Add another line of defenders (e.g. a third line of 3 leading to a 5v3) <p><i>Coach Note – stop players during the activity to reinforce key factors i.e. run with ball in two hands & run at defender</i></p> 	<p>Passing</p> <ul style="list-style-type: none"> Run straight Ball in two hands Run at defender Look at receiver Swing arms Follow through Pass in front of receiver Hands to target <p>Common Errors</p> <ul style="list-style-type: none"> Running with the pass Not having a straight follow-through Not passing to target area Trying to spiral pass
Game for Understanding	20 mins	<p>Ruck / Pop Touch</p> <ol style="list-style-type: none"> Split the teams evenly and place one team in bibs Play a game of two handed touch however when a touch is made, the player with the ball goes to ground and the defender must stay at that ruck. Within 3 seconds the player on the ground must pop to a supporting player who keeps the ball moving and looking to shift the ball to space and any mismatches 	
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> On attack, what options do we have to keep the ball in play? Why is it important to run with the ball in two hands? 			



Great Whites Rugby

Session 6 – Kicking & Catching High Balls

Time	60 mins	Mako 5 Skill Focus	Catch & Pass / Decision Making
Aims	<ol style="list-style-type: none"> Learn basic kick to apply pressure to opposition by putting the ball into touch, gaining field position or restarting the game To regain possession of the ball by catching it 		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	10 mins	Force Back <ol style="list-style-type: none"> Split into 2 teams. Play in an area half a rugby field (bigger if too small) The goal of Force Back is to kick the ball down the field towards the opposition's goal line A point is scored when the ball bounces over the back line, not if it goes over on the full If a player catches a kick on the full, their team can advance five paces The team with the most points after 10 minutes wins 	Basic Kick <ul style="list-style-type: none"> Eyes on ball Head & shoulders still, hold ball at 30° angle Step forward, plant non-kicking foot Place ball onto the foot with dominant hand i.e. right hands to right foot Swing leg straight through. Maintain balance on non-kicking foot Lock ankle, point toe downward to contact Follow through with kicking foot, opposite arm extended Return to normal balanced stance
Skills/Drills/Games	40 mins	<ol style="list-style-type: none"> Discuss the correct technique for the Basic Kick (see key factors). Activity 1 – Kicking in Pairs <ol style="list-style-type: none"> Ask players to pair up and stand 10-15 metres apart. Players kick to their partner. Start simple – hold ball out in front of the body, drop to foot & swing foot through the ball. Emphasise control and technique, NOT distance! Progressions <ul style="list-style-type: none"> increase the distance & step into kick. Change angle of kick – long & flat / short & high Activity 2 – Kick Tennis, Moving Net <ol style="list-style-type: none"> Split the group into three teams. Play in a 10m x 10m area. One team starts in the middle of the grid along the centre line. Teams aim to kick the ball over the middle team & land the ball in the oppositions area. If the ball is caught then no points are scored, if the ball bounces in the oppositions area then 1 point is scored. If one of the players in the middle catches the ball (they gain 1 point) then they swap positions with the team that kicked the ball. Play to a set point total or highest score after 5 minutes. Discuss & demonstrate the correct technique for Catching High Balls (see key factors). Activity 3 – Catching in Pairs <ol style="list-style-type: none"> Ask players to stand 10m apart in pairs & throw the ball high for their partner to catch Progress to kicking high for partners to catch. Focus on technique. Activity 4 – Kick Tennis (No Net) <ol style="list-style-type: none"> Split the group into 2 teams. Set 20m x 20m playing area. Teams aim to kick & land the ball in the oppositions area. If the ball is caught, then 1 point is scored If the ball bounces in the oppositions area, then 1 point is scored. Play to a set point total or highest score after 5 minutes. 	Common Errors <ul style="list-style-type: none"> Lifting head too early Turning shoulder at point of contact with the ball Trying to kick too far Trying to kick too hard losing timing, balance & power Throwing the ball in the air to kick Contacting the ball too late Catching High Ball <ul style="list-style-type: none"> Move under ball Keep eyes on ball Contact with ball above eye, elbows in, fingers spread Stay balanced and side on Bring ball into body
Game for Understanding	15 mins	Aussie Rules <ol style="list-style-type: none"> Split into 2 teams. Put 2 sets of 4 cones at either end of the field (approx. 50-60m apart depending on ability). Start game with 1 team kicking. Players can only run 15m before having to kick, bounce or handball it. Players can chase but cannot push, high tackle, or trip opponents. Players can Mark the ball by catching a kick that has travelled over 15 metres without touching an opponent or the ground. A mark allows the player a free kick (no one can interfere) Points are scored by kicking the ball between the four cones. 6 points if the ball goes between the two middle cones. 1 point if the ball goes between one of the outside cones & a middle cone. 	Common Errors <ul style="list-style-type: none"> Taking eyes off ball Not side-on Not calling Misjudging position Catching below eye level
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> In what situations do players use a kick? What are some key factors for catching a ball successfully? 			



Great Whites Rugby

Session 7 – Breakdown & Body Position into Contact

Time	60 mins	Mako 5 Skill Focus	Breakdown / Body Position in Contact
Aims	1. Players learn to engage opposition, maintain possession, and give teammates the time and opportunity to support		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs, Mouth guards & 6x Hit Shields		
	Time	Activity	Key Factors
Warm-up Game	10 mins	Ruck Touch <ol style="list-style-type: none"> Set up an area 30m long x 20m wide (bigger if more room needed) Separate players into two teams – A & B (in bibs or colours) Play two handed touch rules, however when a player carrying the ball is touched, they must go to ground & place the ball. One player from each team must enter to create a ruck. Then a 3rd attacking player can make a pass. The attacking team gets 6 rucks to score or the ball is turned over. 	Contact <ul style="list-style-type: none"> Assess options to avoid contact Focus on contact zone Carry ball in two hands Low body position Body before ball Small steps on approach Wide 'power' step
Skills/Drills/Games	30 mins	<ol style="list-style-type: none"> Discuss & demonstrate the correct technique for taking the ball into Contact (see key factors). Emphasise <u>ball in two hands, body before ball & small steps on approach</u>. Activity 1 – Going to Ground Drill <ol style="list-style-type: none"> Get players to line up in 3-4 lines. Each line facing a player holding a hit shield. Holding a ball, players drive forward into the hit shield with low body position & go to ground “scoring the try” before presenting the ball with a long place (a staple position with the ball touching toes). Repeat Progressions – Add options for player on the ground <ol style="list-style-type: none"> Pop pass to support runner “Score the try”, release ball, regain feet & run again Roll body then long place (used when isolated) Activity 2 – Breakdown Support Game <ol style="list-style-type: none"> Split into 2 teams – A & B Set a 40m wide x 50m long area Game is play using touch rules, however when touched the ball carrier must go to ground & present the ball to their team. The ball carriers support must touch the ball first to keep possession. The defender who made the touch, can attempt to turnover possession by touching the ball before the 1st support player arrives. However, they must go to ground first & regain their feet before doing so. Progression – 1st support player must clean first, passing only if there's no defender close. Defender also aims to clean over the ball & win the ruck. 	Common Errors <ul style="list-style-type: none"> Too upright at contact Narrow base of support at contact causing instability Front foot planted too far from defender Too frontal at contact Shoulders below hips
Game for Understanding	20 mins	3 Ruck D <ol style="list-style-type: none"> Stagger 3 rucks across the width of the field. Use cones to mark them. Label the rucks A1, B2 & C3. Split the team into two teams. One team in bibs, one without. The bibs team are on attack when the coach calls out ruck “A, B or C”. The non-bibs team are on attack when the coach calls ruck “1, 2 or 3”. The attacking team plays the ball from the ruck when they are ready. Play up to 4-5 phases before calling another ruck. <p><i>Coach Note – focus on the key factors for taking the ball into contact. Stop play whenever you feel players need a reminder i.e. body before ball.</i></p>	Coach Note: “Scoring the Try” is when a player goes to ground with the ball under their chest. This allows a player to buy time while releasing their hands-off ball

Conclusion:

Question players on what they have learnt (Reinforce aims)

- Why do we lower our bodies in contact?
- What options do we have as a tackled player on the ground?



Great Whites Rugby

Session 8 – Decision Making (Counter Attack)

Time	60 mins	Mako 5 Skill Focus	Decision Making / Game Sense
Aims	<ol style="list-style-type: none"> 1. Players learn to attack the ball regained from opposition 2. Players learn to find and attack space in the oppositions defensive line 		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	15 mins	One Touch <ol style="list-style-type: none"> 1. Split the team into two teams – A & B. Mark out a field to suit the numbers you have (full field for 15+ players) 2. Team A starts with the ball and are only allowed one touch 3. A turnover occurs when the ball is dropped, or a touch is made. 4. Players can move ahead of the ball with forward passes & kick passes allowed. 5. From a turnover, the coach will point to the try line furthest away. This is the attacking team's direction. 6. Play starts with a tap and defending players must give the player in possession approximately 5m distance. 	Counter Attack <ul style="list-style-type: none"> • Positive attitude is required • Assess the space available • Identify support • Communicate with support • Hold defenders • Pass ball to space • Run to support ball carrier Common Errors <ul style="list-style-type: none"> • Support players do not move back to align with initial ball receiver • Lack of communication • Poor decision making by ball carrier and/or support players regarding ability to create space
Skills/Drills/Games	20 mins	<ol style="list-style-type: none"> 1. Discussion: What are the key factors to a successful counter attack? 2. Activity 1 – Pass and Counter <ol style="list-style-type: none"> 1. Set up a 15m x 15m area 2. Place 4 defenders on one of the lines facing towards 3 attackers staggered inside the area of play 3. Have the 4 defenders pass the ball through their hands until the coach blows the whistle 4. On the whistle, the person with the ball passes to any one of the 3 attackers waiting inside the grid 5. The player that passed the ball then joins the attacking team creating a 4v3 6. The remaining 3 defenders on the line can now move forward and defend the 4v3 7. Progressions <ol style="list-style-type: none"> 1. Change the ball being delivered from a pass to a kick 2. Widen the space to challenge the width of the passing 3. Add more players (both the attackers and defenders) 	
Game for Understanding	25 mins	Counter Attack Game <ol style="list-style-type: none"> 1. Stagger 5-6 attacking players throughout the field right back to the 40m line 2. Have 3 defenders situated underneath the goal posts facing the field of play ready to defend 3. Kick the ball high to the attacking players who counter attack and aim to beat the 3 defenders to score. 4. Progressions <ol style="list-style-type: none"> 1. Stagger the defenders to encourage them to communicate and sort their defensive line 2. Add more defenders or attackers 3. Start with 2 defenders & add one defender every time the attack scores (Scorer becomes defender) 	
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> • What are the key factors to a successful counter attack? • Why is communication so important when counter attacking? 			



Great Whites Rugby

Session 9 – Side-on Tackle (Defence Patterns)

Time	60 mins	Mako 5 Skill Focus	Tackling
Aims	1. Learn side-on tackle to stop forward momentum of the ball carrier and regain possession		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of cones, bibs, 7x hit shields or tackle mat. Mouth guards		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>Hustle (Fast Feet)</p> <ol style="list-style-type: none"> 1. Players stand in a line facing the coach approx. 2 metres apart from each other. 2. On the coach's call, players move quickly (hustle) in the direction provided. <p>Wrestling</p> <ul style="list-style-type: none"> • One-on-one starting on knees with the aim to pin your partner on their back/shoulders 	<p>Side-on Tackle</p> <ul style="list-style-type: none"> • Sight target • Position inside the ball carrier • Run in pre-tackle stance (Sink hips, upper body leaning into contact) • Chin up, eyes open, back straight, hands above hips, go forward) <p>Common Errors</p> <ul style="list-style-type: none"> • Waiting for ball carrier to come to you • Eyes closed • Head down, and on wrong side, or in front • Diving into tackle • Not using arms to wrap • Lack of urgency to regain feet
Skills/Drills/Games	35 mins	<ol style="list-style-type: none"> 1. Activity 1 – Tackle Warm-up Drills Pair up players & practice tackling technique using a tackle mat or hit shields (if available) as landing pads. Remember to work on both left & right shoulder tackles. <ol style="list-style-type: none"> 1. Ball Carrier walking – Tackler kneeling 2. Ball Carrier walking – Tackler walking 3. Ball Carrier jogging – Tackler jogging 2. Activity 2 – Side-on Tackle Drill <ol style="list-style-type: none"> 1. Set up triangle grid using cones. 2. Tacklers line up on one cone, ball carriers on the second cone. Both players run towards the third cone. 3. The tackler aims to <u>contact with the shoulder, head behind the ball carrier, wrap arms around legs & fall with the tackled player.</u> 4. Alternate ball carriers & tacklers. Work on left & right shoulder tackles. <p><i>Coach Note – Encourage players to work on correct tackle technique, not ball carriers beating tacklers.</i></p> 3. Activity 3 – 4 v 3 Defence Drill <ol style="list-style-type: none"> 1. Set up a large grid approximately 20m x 20m 2. Start with 4 attackers lined out ready to attack. The coach stands behind the attacking players. 3. On the command “GO”, 3 defenders slide out while looking towards the coach who holds up 1, 2 or 3 fingers. If the coach holds up 2 fingers, the 2nd defender drops back 10m. This creates unstructured defence 4. The defenders can tackle and must do their best to stop the attack 5. Progression – Make it a 5 v 4 with two defenders dropping back 	
Game for Understanding	20 mins	<p>3 Ruck D</p> <ol style="list-style-type: none"> 1. Stagger 3 rucks across the width of the field. Use cones to mark them. 2. Label the rucks A1, B2 & C3. 3. Split the team into two teams. One team in bibs, one without. 4. The bibs team are on attack when the coach calls out ruck “A, B or C”. 5. The non-bibs team are on attack when the coach calls ruck “1, 2 or 3”. 6. The attacking team plays the ball from the ruck when they are ready. 7. Play up to 4-5 phases before calling another ruck. <p><i>Coach Note – focus on the tackle technique - position inside the ball carrier, small steps into contact, same foot same shoulder and low body height</i></p>	
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> • What are the key factors when making a side on tackle? • What can we do as a team to be more effective on defence? 			



Great Whites Rugby

Session 10 – Running in Support / Draw & Pass

Time	60 mins	Mako 5 Skill Focus	Catch & Pass / Decision Making
Aims	<ol style="list-style-type: none"> 1. Players learn to maintain continuity of play by passing to a teammate in a better position 2. Players learn to utilise space & provide continuity options for the ball carrier 		
Equipment	10-20 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs. Hit Shields & Mouth Guards		
	Time	Activity	Key Factors
Warm-up Game	20 mins	<p>End Zone</p> <ol style="list-style-type: none"> 1. Set up a 30m x 20m area. Split players into 2 teams. 2. Players can run & pass the ball in any direction with the aim of passing it to a teammate inside the “End Zone” to score. 3. The attacking team get five touches to score. If they score, they keep possession and attack the opposite way. 4. A turnover occurs when (a) defenders make 5 two-handed touches, (b) the ball is dropped or (c) they intercept a pass. 5. Allow one second to pass after a touch is made. 6. No player can stand in the “End Zone” for more than 5 seconds 7. Progressions <ul style="list-style-type: none"> ▪ Allow only 1 touch and turnover the ball ▪ 3 players in “End Zone” before team can score 	<p>Running in Support</p> <ul style="list-style-type: none"> • Anticipate point of attack • Stay inside the ball initially • Maintain depth • Communicate your position <p>Common Errors</p> <ul style="list-style-type: none"> • Too long to get into a support position • Too flat • Neither communicating nor reading the situation • Over-running the ball
Skills/Drills/Games	25 mins	<ol style="list-style-type: none"> 1. Discuss the correct technique for Running in Support (see key factors). Emphasise <u>maintaining depth & communicating your position</u>. 2. Activity 1 – 4 Man Support Running Drill <ol style="list-style-type: none"> 1. In groups of 4 players, the lead ball carrier starts running & makes a change of direction or dummy pass to a support runner. They then make a pop pass to a second support runner. Work up the field without restricting the area. 2. Support runners react, stay close on the left or right side of ball carrier & continue pop passing up the field. <i>Keep depth & options to pass on both sides.</i> 3. Activity 2 – Contact/Support/Space Drill <ol style="list-style-type: none"> 1. Position two attackers 5 metres apart, one with a ball. 2. Have 2 defenders hold hit shields about 1 metre apart from each other and 5 metres in front of the attackers. 3. The ball carrier runs forward, steps across in front of the defenders & passes to the 2nd attacker at pace who runs through the defenders, accelerating through contact. 4. Progression – Add a 3rd attacker who follows through contact & receives a pass 4. Activity 3 – 4 v 2 v 1 <ol style="list-style-type: none"> 1. Set a space 10m wide & 20 long. Have two lines of defence, first line has 2 players & the second line one player. 2. Defenders can hold hit shields or shadow tackle to begin with 3. 4 players attack by drawing defenders & passing to support runners in space 4. Progression <ol style="list-style-type: none"> 1. 4 v 2 v 2 (or any combination) 2. Defenders can tackle <p><i>Coach Note – Support runners work hard to be behind ball carrier (to left & right), run hard at space to receive a pass & pass through contact to additional players.</i></p> 	<p>Draw & Pass</p> <ul style="list-style-type: none"> • Run straight • Ball in two hands • Run at defender • Look at receiver • Swing arms • Follow through • Pass in front of receiver • Complete pass, support <p>Common Errors</p> <ul style="list-style-type: none"> • Running with the pass • Not having a straight follow-through • Not passing to target area • Over-use of spiral pass
Game for Understanding	15 mins	<p>Tackle Drop Off</p> <ol style="list-style-type: none"> 1. Set up a 20m x 40m playing area (adjust size to suit player numbers). 2. The game is played using normal Rugby rules & the coach referees 3. Separate players into 2 teams. One player from each team must stand on the goal line. They are the initial goal line player. 4. Defenders who make a tackle must retreat to their own try line (drop off). They tag their goal line player who can then enter the game. Tackler becomes the new goal line player. 5. The attack seeks to take advantage of the space created to score. <p><i>Coach Note – encourage players to recognise the space created by the tackler retreating, run hard at the space & call for a pass.</i></p>	<ul style="list-style-type: none"> • Not passing to target area • Over-use of spiral pass
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> • Where is the best position for a support player to be? • What should a support player do when they see space? 			