



Hammerheads Rugby

Session 1 – Tackle Basics

Time	45 mins	Mako 5 Skill Focus	Tackling
Aims	1. Players learn the safe and correct tackle technique		
Equipment	7-14 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 1. One-on-one starting on knees with the aim to pin your partner on their back/shoulders Hustle (Fast Feet) 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.	Definition - Tackle <i>A tackle occurs when the ball carrier is held by one or more opponents & is brought to ground.</i> Tackle <ul style="list-style-type: none"> • Sight target • Move forward into the tackle • Move slightly inside the ball-carrier • Face up • Keep feet alive and position tackling foot close to ball-carrier • Drive with the legs to make firm contact with the shoulder and head to the side • Punch arms forward & wrap around the ball-carrier • Power drive through to complete the tackle • Regain feet and recover ball
		1. Discuss the definition of a Tackle (see definition) 2. Demonstrate the correct technique for Tackle (see key factors). Emphasise <u>Eyes Up</u> , <u>Move Forward</u> , <u>Contact on Shoulder</u> , <u>Cheek to Cheek</u> , <u>Wrap Arms</u> & <u>Drive Through Tackle</u> . 3. Activity 1 – Tackle Progressions 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. 1. Ball Carrier kneeling – Tackler kneeling 2. Ball Carrier standing – Tackler kneeling 3. Ball Carrier walking – Tackler walking 4. Ball Carrier jogging – Tackler jogging 5. Ball Carrier running – Tackler running <i>Coach Note – work on getting the technique right before progressing to next stage. Confidence is the key. Start with front on tackles, progress to side on if you have time.</i>	
Skills/Drills/Games	25 mins		
Game for Understanding	15 mins	Shark Rush (Tag) 1. Set up an area 30m x 20m. 2. One (or 2) player starts in the middle as a Defender. 3. Every Shark holds a ball (if possible) 4. The Defender calls a Shark (player) out to tag. The Shark aims to beat the defender and score a try at the other end. 5. The Shark chosen can call “Shark Rush” when they feel they need help. All Sharks run together on this call. 6. If a Shark gets tagged or runs out, they join the Defenders side. 7. Progressions <ul style="list-style-type: none"> • Increase/Decrease playing area. • Tackle – When confident, change from tag to tackle • Additional Tackle Rule – Sharks who are tackled in the act of scoring & place the ball over the try line are safe. 	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- What is the definition of a tackle?
- Why should we keep our eyes open and put our cheek on their cheek?



Hammerheads Rugby

Session 2 – Draw & Pass

Time	45 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	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>First to Five</p> <ol style="list-style-type: none"> Separate players into two teams – A & B (in bibs or colours) All players must stay within a set area (start with 10x10m area) Team A starts with ball and aim to make 5 passes without dropping the ball or being intercepted. Ball carriers cannot move with the ball Opposition must stay 1 metre away from the ball carrier Team B has a turn when it's dropped or intercepted. Variation – increase/decrease area or number of passes 	<p>Basic Pass</p> <ul style="list-style-type: none"> Run straight Hold the ball in two hands Run at defender Look at receiver Swing arms Follow through Pass at chest height in front of receiver Complete pass and support
Skills/Drills/Games	25 mins	<ol style="list-style-type: none"> Demonstrate the correct technique for Passing (see key factors). Emphasise <u>run at defender</u>, <u>look at receiver</u> & <u>pass in front of receiver</u>. Activity 1 – Passing in Pairs <ol style="list-style-type: none"> Players practice passing to the left and right while walking, jogging or running Activity 2 – Passing Wave (4 Lines) <ol style="list-style-type: none"> Set up 4 lines of players with ball at one end. Players pass down the line and back Activity 3 – 2 v 1 <ol style="list-style-type: none"> Set up a 10m x 5m area. Players stand in 2 lines facing the coach positioned at half way of the grid. The coach holds the ball and throws to either line. The side that receives it runs 2 players around the cone to the left or right of them. One defender goes the other way. They enter the grid from opposite ends. The attacking players aim to beat the defender & score a try. Defenders aim to tag or tackle players (Coach decides) Progression – 3 v 2 <p><i>Coach Note – encourage ball in two hands, communication (calling for the ball) & passing early.</i></p> 	<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>Drop Off Touch (or Tackle)</p> <ol style="list-style-type: none"> Set up a 30m x 50m playing area. Separate players into 2 teams. Play normal touch rules with 6 plays. Two handed touches. The defender/s who make the touch, turn (drop off) immediately and run to their own try line. Then they re-join the defensive line. The attack seeks to take advantage of the space created to score. <p><i>Coach Note – encourage passing to find the space. Stop game at any time to discuss options i.e. Where is the space? How can you attack this area best?</i></p>	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- How can we commit a defender?
- At what moment should we pass?



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Session 3 – Breakdown (Decision Making in Ruck)

Time	45 mins	Mako 5 Skill Focus	Breakdown / Decision Making
Aims	1. To engage & group the opposition. To move forward & present ball to continue attack		
Equipment	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs. Mouth guards. Hit Shields x 6		
	Time	Activity	Key Factors
Warm-up Game	5 mins	Wrestling 1. Spider Knockdown – 1 v 1 on hands & feet. Aim to knock opponent down by grabbing hands. Knees cannot touch the ground. 2. Knee Wrestling – One-on-one starting on knees with the aim to pin your partner on their back/shoulders	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	25 mins	1. Discussion: What is a Ruck? (see definition) 2. Demonstrate the correct technique entering a Ruck (see key factors) & the decisions players need to make. Key question: <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 – Roles at Ruck Drill Walk through progressions & progress to running 1. Lie one player on the ground placing ball towards support. 2. 1 st arriving player enters with low position and takes space 3. 2 nd arriving players follows and drives onto 1 st 4. 3 rd arriving player decides to clean or pick up ball 4. Activity 2 – Reload Rucking 1. Set up two defenders holding hit shields opposite two even lines of players. 2. 1 st player runs at the defender, hits the hit shield & goes to ground to present the ball. 3. 2 nd player clears the defender off the ball & takes the space 4. 3 rd player passes the ball off the floor to the 1 st player in the other line who is running onto the pass & runs at their defender. 5. The players from the first line join the back of their line. <i>Coach Note – Players switch roles after each repetition & should switch lines to practice passing in both directions off the floor.</i>	Ruck <ul style="list-style-type: none"> Identify role, sight target area Approach from depth, parallel to touchline Low body position Bind with teammates onto opposition Drive forward past the ball Use feet to ruck ball clear of congestion Stay on feet always
Game for Understanding	15 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.	Common Errors <ul style="list-style-type: none"> Joining from side Arriving late Not understanding role or options Falling over Diving into ruck Attempting to pick up ball while still in the ruck
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> Where should we enter a ruck from? What happens if we go off our feet? 			



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Session 4 – Breakdown / Pre-Contact (Ball Carry)

Time	45 mins	Mako 5 Skill Focus	Body Position in Contact / Breakdown
Aims	1. To engage & group the opposition. To move forward & present ball to continue attack		
Equipment	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs. Mouth guards. Hit Shields x 6		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>Ruck Touch (Reinforce Session 3)</p> <ol style="list-style-type: none"> Set up an area 30m x 20m (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 and place the ball. One player from each team must enter to create a ruck. Then a 3rd attacking player makes a pass. The attacking team gets 6 rucks to score or the ball is turned over. 	<p>Pre-Contact</p> <ul style="list-style-type: none"> Options to avoid contact Focus on contact zone Ball in two hands Low body position Body before ball Small steps on approach Wide ‘power’ step into contact
Skills/Drills/Games	25 mins	<ol style="list-style-type: none"> Discuss & demonstrate Pre-Contact body position for ball carrying (see key factors). Emphasise <u>targeting a contact zone</u> (weak shoulder) of an opponent, assuming a <u>low body position</u>, <u>small steps</u>, taking a <u>wide ‘power’ step into contact</u>. Activity 1 – Pre-Contact Technique Practice <ol style="list-style-type: none"> In pairs, one player holds a hit shield. The second player practices Pre-Contact technique. <p><i>Coach Note – Concentrate on getting the technique right before increasing the speed.</i></p> Activity 2 – Shadow Tackling <ol style="list-style-type: none"> Set up players in lines opposing each other. Place a cone at the start of each line 5 metres apart. In the middle place 1 cone. 1st player runs with a ball at the defender and when they reach the middle cone, step left or right. The defender moves forward & shadow tackles the player. Progression – Tackle attacker, they go to ground & long place <p><i>Coach Note – Explain Shadow Tackling as practicing the tackle technique without driving the player to the ground.</i></p> Activity 3 – 3 v 3 Ruck Drill <ol style="list-style-type: none"> Set up 10m x 10m area. Ask 3 attackers (Team A) & 3 defenders (Team B) to stand on either side of the area opposing each other. At half way, have a “half back” passing off the ground on both sides. Start a ball at either side. The coach calls A or B. The half back with the ball passes to that team. That team attacks one phase only. Then reset & repeat. 	<p>At Contact</p> <ul style="list-style-type: none"> Contact side-on with hard parts of body Maintain low stable base Turn towards support on contact
Game for Understanding	15 mins	<p>Contact Ruck Touch</p> <ol style="list-style-type: none"> Set up an area 30m x 20m (bigger if more room needed) Separate players into two teams – A & B (in bibs or colours) Play touch rules, however defenders can shadow tackle the player carrying the ball. The ball carrier must go to ground & place the ball. 1 attacker & 2 defenders must enter the ruck. Then a 3rd attacking player makes a pass. The attacking team must regain possession. The attacking team gets 6 rucks to score or the ball is turned over. 	<p>Post-Contact</p> <ul style="list-style-type: none"> If falling to ground, roll onto upper back Position body between the ball & opposition Consider options
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> Why do we lower our body position when entering contact? What advantage do we get from taking a wide ‘power’ step into contact? 			



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Session 5 – Picking up the Ball / Falling on Ball

Time	45 mins	Mako 5 Skill Focus	Body Position in Contact
Aims	<ol style="list-style-type: none"> 1. Players learn to safely secure the ball, assess and initiate best available option 2. Players learn to claim, protect and control the ball 		
Equipment	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs		
	Time	Activity	Key Factors
Warm-up Game	5 mins	Pick & Place Race <ol style="list-style-type: none"> 1. Get players into pairs with one ball. 2. Set up cones at 5 metres distances up to 25 metres. 3. On the command “GO”, the first person picks up the ball and places it at the next cone & run back to the start. 4. The second player does the same moving the ball to the next cone. 5. Once the ball reaches the end, they must repeat it in reverse until the ball is back at the start. 	Picking up the ball <ul style="list-style-type: none"> • Move forward toward the ball, side-on • Bend knees and present hard parts of body to opposition • Front foot past the ball • Wide balanced base • Secure the ball with two hands • Assess and initiate continuity options
Skills/Drills/Games	20 mins	<ol style="list-style-type: none"> 1. Discuss & demonstrate the correct technique for Picking up the Ball (see key factors). 2. Activity 1 – Pick Up Drill <ol style="list-style-type: none"> 1. In threes, first player runs forward and places the ball. Second player follows, picks ball up & places 5 metres ahead. Third player picks ball up and so on. 2. Same drill however the second player picks & passes to the third player. First player then picks & passes. Keep going 3. Discuss & demonstrate the correct technique for Falling on Ball (see key factors). 4. Activity 2 – Fall Drill <ol style="list-style-type: none"> 1. In pairs, one player roles the ball along the ground. Their partner chases it and picks it up. Swap roles. 2. Increase to two players chasing & competing for the ball. Player who wins the ball must try to regain feet. The other player aims to tackle player and effect a turnover. <p><i>Coach Note – Emphasise performing the correct technique under pressure. Keep reminding them of key factors.</i></p> 	Falling on ball <ul style="list-style-type: none"> • Sight ball • Slide toward the ball on the hip & thigh, feet first • Claim the ball, positioning body between ball and opposition • Continue attack by: <ul style="list-style-type: none"> ○ Regain feet & pass ○ Regain feet & set a drive target ○ Pass from ground ○ Place & release ball for support
Game for Understanding	20 mins	Counter Attack Game 1 <ol style="list-style-type: none"> 1. Starting under the Rugby posts, separate players into teams of 4 or 5 players. 2. On the command “GO”, one team runs out into the field between the post & the side-line. They are the “Attacking Team”. They prepare to receive a kick & counter attack. 3. On the command “KICK”, the second team (Defending Team) makes a kick into the playing area. They then spread out and defend the try line. 4. Rotate teams so they attack and defend. <p><i>Coach Note – Encourage players to use various kicks into space. This is also an opportunity to discuss how to defend the counter attack.</i></p>	Common Errors <ul style="list-style-type: none"> • Sliding too close or far from the ball • Knocking ball away from body • Holding ball on ground

Conclusion:

Question players on what they have learnt (Reinforce aims)

- Why is it important to bend your knees & present the hard parts of body to the opposition?
- Once you regain the ball, what options do you have to continue the attack?



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Session 6 – Tackle (Side-on & Front-on)

Time	45 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	7-14 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
		<ol style="list-style-type: none"> 1. Recap the technique for 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	10 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?



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Session 7 – Falling in the Tackle

Time	45 mins	Mako 5 Skill Focus	Tackling
Aims	1. Players learn how to fall correctly in the tackle and retain possession		
Equipment	7-14 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	Rugby Kabaddi 1. Set an area 10m x 10m. Divide players into Team A & B. 2. Make a line dividing the field in half. Teams start at opposite sides of the line. 3. On a whistle, one player from Team A carries a ball into the other half & attempts to touch a Team B player with it. Once they touch someone, the ball-carrier attempts to race back & touch down the ball across the half way line before Team B can tackle them. 4. Each successful return scores a point. 5. If Team B tackles the player, they earn their team a point. 6. Play to 10 points or until everyone has had a run with the ball.	Falling in the Tackle <ul style="list-style-type: none"> • Ball in two hands • Position ball away from point of contact • Stay on feet as long as possible • Keep Spine in Line (directly down the field) • Tuck shoulder under and roll on to upper back • Position body between the ball and opposition
		1. Discuss & demonstrate the correct technique for Falling in the Tackle (see key factors). Emphasise <u>ball away from contact</u> , <u>stay on feet as long as possible</u> , & <u>position body between the ball & opposition</u> . 2. Activity 1 – Parachute Fall 1. Give each player a ball. Starting on their feet, player hold the ball with two hands tight to their chest. 2. They then relax & sink sideways making contact with their knee first, then hip, then shoulder. 3. Repeat. Fall to both left & right side of body. 3. Activity 2 – Going to Ground Drill 1. Get players to line up in 3-4 lines. Each line facing a player holding a hit shield. 2. Holding a ball, players drive forward into the hit shield with low body position, drive forward & go to ground presenting the ball with a long place (a staple position with the ball touching toes). 3. Repeat. 4. Activity 3 – Falling in Tackle Drill 1. Set up areas using cones (3m wide x 5m 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 & contacts the tackler on either their left or right side. 5. Ball carrier falls in tackle & makes a long place. <i>Coach Note – throughout focus on falling correctly, not the tackle.</i>	
Skills/Drills/Games	20 mins		
Game for Understanding	15 mins	Long Place League 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. Rugby League rules apply – each team gets 6 tackles to score or the ball is turned over. 4. Defenders start 5 metres back from the tackle. 5. The tackled ball carrier must go to ground & long place the ball . The tackler must then roll away & not interfere with the ball.	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- In what ways can we control the ball while falling in the tackle?
- Why is it important to position the ball away from the opposition in contact?



Hammerheads Rugby

Session 8 – Evasion & Side Step

Time	45 mins	Mako 5 Skill Focus	Decision Making / Game Sense
Aims	1. Players learn to evade opponents while running, without becoming isolated		
Equipment	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs. Mouth guards.		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>Drop Zone</p> <ol style="list-style-type: none"> Set up 30m x 20m area & place 10 cones randomly inside the area. Cones are the Drop Zones. Place 10 balls together at one end of the area. Split players into 2 teams. The attacking side aims to place one ball onto each cone in a set time or until all 10 zones have been filled. Whichever is the shorter. An attack ends when a ball is placed on a cone or a pass is dropped, intercepted or an attacking player is caught/tagged/held in possession of the ball. Only one ball can be played at a time 	<p>Side-Step</p> <ul style="list-style-type: none"> Ball in two hands Run towards defender Change pace and/or direction of movement Position ball away from defender Accelerate into the space
Skills/Drills/Games	20 mins	<ol style="list-style-type: none"> Demonstrate & discuss the correct technique for the Side-Step & Swerve (see key factors). Activity 1 – Slalom Chase <ol style="list-style-type: none"> Set 4 rows of 2 gates every 5 metres. Gates are a pair of 2 cones players can run between about 1 metre wide. Make gates different colours i.e. Red & Blue. Have 2 players behind a start cone, one about 2m behind the other. The coach calls a colour & throws a ball to the front player. The front player must run through that colour gate to the end. The back-player chases through the same colour gates trying to catch them before they run through the final gate. Activity 2 – One v. One <ol style="list-style-type: none"> Set up a 7m x 5m area. The Coach stands in the middle with the ball. Players in two even lines. On the command “GO”, the first player from each line run around their nearest cone and enter the area. The coach passes the ball to the 1st player in either line. They become the attacker and the other becomes the defender. The attacker aims to beat the tackler with evasive running skills (swerve or sidestep) to score a try. 	<p>Common Errors</p> <ul style="list-style-type: none"> Not running at the defender Changing direction too early or too late Not accelerating forward immediately after the sideways movement <p>Swerve</p> <ul style="list-style-type: none"> Ball in two hands Run toward defender Change pace and/or direction of movement Position ball away from defender Accelerate into the space
Game for Understanding	20 mins	<p>End Zone</p> <ol style="list-style-type: none"> Set up a 30m x 20m area. Split players into 2 teams. Players can run & pass the ball in any direction with the aim of passing it to a teammate inside the “End Zone” to score. The attacking team get five touches to score. If they score, they keep possession and attack the opposite way. A turnover occurs when (a) defenders make 5 two-handed touches, (b) the ball is dropped or (c) they intercept a pass. Allow one second to pass after a touch is made. No player can stand in the “End Zone” for more than 5 seconds Progressions <ul style="list-style-type: none"> Allow only 1 touch and turnover the ball Make it one-on-one marking 3 players in “End Zone” before team can score 	<p>Common Errors</p> <ul style="list-style-type: none"> Not running at the defender Changing direction to early or too late Not accelerating forward immediately after the sideways movement
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> Name a key factor for a side-step/swerve? Why is it important to position the ball away from the defender? 			



Hammerheads Rugby

Session 9 – Catch & Pass (under pressure)

Time	45 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	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs. Mouth Guards		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>Shark Tag</p> <ol style="list-style-type: none"> Set up a 10m x 10m area Separate players into two teams – A & B Team A starts with the ball and must pass the ball to their teammates to tag as many players from Team B as they can in 1 minute. Player with the ball must be stationary, NO running. Team B gets a turn and so on. <p><i>Coach Note – emphasise key factors like looking at receiver, swing arms and following through.</i></p>	<p>Draw & Pass</p> <ul style="list-style-type: none"> Run straight Hold the ball in two hands Run at defender Look at receiver Swing arms Follow through Pass at chest height in front of receiver Complete pass and support
Skills/Drills/Games	20 mins	<ol style="list-style-type: none"> Discuss the correct technique for Draw & Pass (see key factors). Emphasise <u>run at defender</u>, <u>swing arms</u>, & <u>follow through</u>. Activity 1 – Beat the Coach <ol style="list-style-type: none"> Set two lines of players. The coach holding a ball stand in front of the players The coach passes the ball to either player who attack to beat the coach (draw & pass). The coach can either mark up on the ball carrier or step towards the receiver. Ball carrier chooses to pass or run. Activity 2 - 2 v 1 v 1 <ol style="list-style-type: none"> Set an area 10m wide & 15m long with players in 2 lines. Have 2 “halfbacks” standing either side of the lines ready to pass a ball. Stagger 2 individual defenders 5m & 10m away from the attacking players. On the command “Left” or “Right”, that halfback passes to the attacking players who aim to draw & pass to beat the defenders & score a try. Defenders aim to intercept the pass without moving forward off their line. Progressions <ul style="list-style-type: none"> halfback joins attack becoming 3 v 1 v 1 add more attackers/defenders <p><i>Coach Note – aim to put players under pressure by doing the drills at pace. Praise effort, not outcome.</i></p> 	<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	20 mins	<p>Overload Attack</p> <ol style="list-style-type: none"> Set up a square area, measuring at least 20m x 20m. Place 3 defenders in the square & 4 attackers along each side of the square, with the attacking groups named A, B, C and D. Each attacking group has one ball. When the coach calls out a letter, the respective attacking group races into the box & attempts to evade the defenders & score across the opposite side of the square. Attackers may pass the ball, but they can’t kick towards the goal. The three defenders must work together to try & stop them from scoring, with play ending on a tackle or turnover. Once play stops, the coach calls out another attacking group, and the defenders must brace for another immediate assault. 	
<p>Conclusion:</p> <p>Question players on what they have learnt (Reinforce aims)</p> <ul style="list-style-type: none"> How do you draw a defender? Why is it important to look at the support player when passing? 			



Hammerheads Rugby

Session 10 – Decision Making (Attack)

Time	45 mins	Mako 5 Skill Focus	Decision Making / Game Sense
Aims	1. Players learn to penetrate the opponents' defence. To score		
Equipment	7-14 Balls (1 ball per player or 1 per pair) Set of Cones & Bibs. Mouth guards		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>First to Five (Passes)</p> <ol style="list-style-type: none"> 1. Separate players into two teams – A & B (in bibs or colours) 2. All players must stay within a set area (start with 10x10m area) 3. Team A starts with ball and aim to make 5 passes without dropping the ball or being intercepted. 4. Ball carriers cannot move with the ball 5. Opposition must stay 1 metre away from the ball carrier 6. Team B has a turn when it's dropped or intercepted. 7. Variations – increase/decrease number of catches or area 	<p>Basic Attack</p> <ul style="list-style-type: none"> • Awareness • Alignment • Angles of running • Depth • Vision • Speed • Skill • Penetration
Skills/Drills/Games	25 mins	<ol style="list-style-type: none"> 1. Discuss the key factors for Basic Attack (see key factors). Encourage them through questioning to provide answers and examples. 2. Activity 1 – Line Ball <ol style="list-style-type: none"> 1. This is a game of touch along the try line. The coach decides the width of the line based on number of players. 2. Separate players into two teams – A & B 3. Team A attacks the try line to score tries. 4. Team B defends the try line. They can move sideways but must stay on the line. They touch the opposition. 5. Coach decides how many touches are allowed before team's swap. Start with 5. <p><i>Coach Note</i></p> <ul style="list-style-type: none"> • Throughout activity emphasise players creating depth quickly, changing angles and using their vision to find space. • Stop game at any time and discuss positive uses of the key factors 	<p>Common Errors</p> <ul style="list-style-type: none"> • Combination of missing key factors
Game for Understanding	15 mins	<p>Joker</p> <ol style="list-style-type: none"> 1. Set up an area 20m x 20m. Set up 2 fields if required. 2. Players form teams of 3-4. Use bibs to separate teams. 3. Select 2 "Jokers" who do not wear bibs. Jokers are players who are additional players & always in the team with the ball. 4. One team starts with the ball as the attacking team. When they score a try, the jokers change teams and they attack the other way. <p><i>Coach Note – Change teams & jokers regularly to keep all involved. Encourage players to run support lines at depth, communicate early and attack space.</i></p>	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- What are the key factors for a strong attack?
- How can we create space in the defence line?