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| U14 BOYS 05.12.19 | 6:30PM – 20:00 PM | YMCA School |

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| SESSION OBJECTIVES | |
| CONDITIONING | Ruck Touch 9v9 |
| SKILLS | Handling / Ball Security/ Simple breakdown management |

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| Time | Drill Time | Components | Drills / Exercise | Aims / Key Factors | Lead Coach | Comments/Intensity / Roles |
| 1830 | 15 mins | Warm-up + Games |  | Dynamic Warm up | ALL | Dynamic stretch. |
| 1845 | 10 mins | Learning Block 1 | Handling Skills | Narrow Channel/ Wide Channel Pass 2v1/ 3v2 | Rod  Adrian | Focus on all players completing the pass |
| 1855 | 2 min | Water Break |  |  |  |  |
| 1857 | 12 mins | Learning Block 2 | Ball Carry + Present | 1v2 / 3v3 Ball carry + go to ground and present. Use hit shields + ball ripper | Rod  Adrian | Focus on not losing the ball in contact. Focus on good presentation |
| 1909 | 10 mins | Skill Game 1 | Overload Grab Touch | 9v6. Ball carrier leg drive and present. 2 players over non-contest rucks | Rod  Adrian | 1min on – 30 seconds Off x 6 |
| 1919 | 2 mins | Water Break |  |  |  |  |
| 1921 | 12 mins | Learning Block 3 | Breakdown (Rucking) | 1v1 / 2v2 Ruck contest. | Rod  Adrian | Focus on body position, low to high drive. Clear past the ball |
| 1932 | 15 mins | Skill Game 2 | Ruck Touch | 9v9. Rucks are contested after touch is made | Rod  Adrian | 1min on – 30 seconds Off x 6 |
| 1947 | Debrief + End |  |  |  |  |  |