

UNDER 10s to 12 s - WEEK 5

## 10 PASS COMPLETE

FOCUS


## WHAT TO DO

1. Attacking team attempts to successfully complete 10 passes in a row
2. Attackers cannot run with the ball
3. Defenders cannot interfere with ball carrier
4. Defenders must try to knock down or intercept pass to support players
5. Roles reversed after 10 successful passes or after time limit expires


## COACHING TIPS

* Ball carrier must pass to space
* Support players run to space, hands up ready to catch
* Defenders should track support players to get between them and the ball


## QUESTIONS FOR UNDERSTANDING

* What did you do to get 10 successful passes?
* Where do you need to throw the ball to have it caught successfully?
* What could you do to defend this unstructured attack?
* Was it easier to throw short or long passes?


## VARIATIONS

* Ball carrier must touch the ground with the ball before passing it on
* On a successful knock down or intercept, roles are reversed


## FOCUS SKILLS

* Ball security
* Running to space
* Passing to space
* Communication


## Ball Presentation (Intro)

## WHAT TO DO

1. On the coach's signal players practice one of three ball presentation scenarios:
a) Bail: player drops to the ground and spins on their hips to present ball.
b) Roll Ball: player releases ball and gets to their feet to clear out an oncoming defender.
c) Jet: player releases ball, regains their feet, then picks the ball up to continue forward.


## COACHING TIPS

* Hold ball in two-hands.
* Fall to ground as if 'scoring a try'
* Quick reaction to present ball


## QUESTIONS FOR UNDERSTANDING

* When would we use each of these types of ball presentations?
* What could assist a player in making the correct placement decision?


## VARIATIONS

* Add a defender to assist decision-making.


## FOCUS SKILLS

* Balance
* Ball carry
*Ball presentation


## SCRUM: SIX PRINCIPLES

2-3 MINS

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## WHAT TO DO

1. Feet are pointing in the direction you want to go (forward)
2. Knees over the top of toes (in line with shoulders)
3. Hips square and facing the direction you want to go.
4. Back flat, from shoulders to pelvis
5. Chest flat, with shoulders pulling back together.
6. Head flat, with eyes forward.


## COACHING TIPS

* Player must understand that by working through the six-principles, they are ensuring they have correct, safe body shape when scrummaging.


## QUESTIONS FOR UNDERSTANDING

* What happens is we have our feet pointing outwards/inwards?
*What is the problem with having your knees too narrow or too wide?
* What position should your back and shoulders be in?
* Where should be looking prior to engagement?


## VARIATIONS

* Ball carrier must touch the ground with the ball before passing it on
* On a successful knock down or intercept, roles are reversed


## FOCUS SKILLS

* Feet.
*Knees.
* Hips.
* Shoulders.
* Chest.
* Head


## SCRUM: ENGAGEMENT \#1

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## WHAT TO DO

1. In-engagement means "going across the space" and the focus is on feet on the ground, hips is the correct position and shoulders.
2. After-engagement means "getting through the point of contact" with focus on toes pointing in the correct direction, knees just behind hips, hips square and flat, back flat with shoulders out and head flat, eyes up.
3. Nice and stable after engagement with weight forward.


## COACHING TIPS

* Pre-engagement: Six principle focus.
* In-engagement: Three principle focus.
* After-enagement: Six principle focus ensure weight forward.


## QUESTIONS FOR UNDERSTANDING

* What's the most important aspect of the post-engagement?
* How can we make sure that the scrum is square, solid and synchronised?


## VARIATIONS

* Practice as individual then progress through 1-on-1 upwards.
* Use a scrum machine to ensure players have correct body shape.


## FOCUS SKILLS

* Six principles


## SCRUM: ENGAGEMENT \#2

## WHAT TO DO

1. Have players in the in-engaged position with their core 'on'.
2. Get them to lift one leg off the ground - ensuring their hips remain in the same position (no twisting, dipping or pushing out) and no body shifts (as an adjustments for having weight on one leg).
3. Next get players to take small steps, slowly forward remembering to keep their hips on the one plane.


## COACHING TIPS

* After-engagement: Six principle focus ensure weight forward.
* Watch hip and foot movement.
QUESTIONS FOR UNDERSTANDING
* What does our body shape do if we take large steps? Is this good or bad? Why?


## VARIATIONS

* Ball carrier must touch the ground with the ball before passing it on
* On a successful knock down or intercept, roles are reversed


## FOCUS SKILLS

* Six principles.
* Hips moving in the one plane (Not ice-skating)


## KICK BALL REFLEX

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## WHAT TO DO

1. Players line up in a line facing the coach
2. The coach kicks a ball along the ground
3. The first player attacks the ball, picks it up and passes it back to the coach.
4. Once all players have gone through, the player now chases from behind the coach in the same direction as the ball


## COACHING TIPS

* Move forward to the ball as its kicked.
* Stay low by bending at the knees and through the hips.
* Scoop the ball with fingers to ground and palms to ball, back towards the body.


## QUESTIONS FOR UNDERSTANDING

* What might be an issue if we wait for the ball to get to us rather than moving forward to it?


## VARIATIONS

* Add an extra attacker and have the receiver pass to their support player
* Add a defender behind the coach, so that the drill progresses to a 2 v 1
* Coach kicks ball in air (up and under)


## FOCUS SKILLS

* Catch
* Pass
* Reflex
* Communication


## KICK BALL REFLEX 2v1

## WHAT TO DO

1. Players line up in pairs facing the coach while one player is in a ready position behind the coach.
2. The coach kicks a ball along the ground
3. One player calls and attacks the ball, picks it up and runs forward towards the coach while the other player runs a support line.
4. The player behind the coach chases the kick to put pressure on the receivers.
5. The pass is to be made to avoid being played at by the defender or the defender being able to tackle (two handed touch) the attacker


## COACHING TIPS

* Move forward to the ball as its kicked.
* Stay low by bending at the knees and through the hips.
* Scoop the ball with fingers to ground and palms to ball, back towards the body.
* Run forward and pass with hands to target.
* Track ball carrier


## QUESTIONS FOR UNDERSTANDING

* What might be an issue if we wait for the ball to get to us rather than moving forward to it?
* What options does the support player have?


## VARIATIONS

* Players must make two passes before they get back to the coach.
* If tagged, player must go to ground and support players must enter through the gate to contest possession.


## FOCUS SKILLS

* Catch
* Pass
*Reflex
* Communication
* Tracking


## WRAP SQUEEZE

## WHAT TO DO

1. In pairs with a defender on one knee and a ball carrier about 1 m away.
2. Ball carrier walks into defender who punch-wraps arms around waist of ball carrier making sure their head is to the side and their eyes looking forward.
3. When the players go to ground, we have a 'tackle', and the tackler must release the tackled player and get to their feet.


## COACHING TIPS

* Pre-Contact: Strong core, elbows in at waist, hands up and eyes forward.
* Contact: Head to side, punch wrap and lock.
* Post-Contact: Release, get back to feet and in D-line.


## QUESTIONS FOR UNDERSTANDING

* Where were your hands prior to contact?
* What happened when the ball carrier went to ground?


## VARIATIONS

* Have the ball carrier jog/run into defender


## FOCUS SKILLS

* Tackle technique (closed)
* Ground skills


## WRAP SQEEZE (Dominant)

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## WHAT TO DO

1. In pairs with a defender on one knee and a ball carrier about 1 m away.
2. Ball carrier walks into defender who "punch-wraps" arms around waist of ball carrier making sure their head is to the side and their eyes looking forward.
3. When the players go to ground, we have a 'tackle', and the tackler must release the tackled player and get to their feet.


## COACHING TIPS

* Pre-Contact: Strong core, elbows in at waist, hands up and eyes forward.
* Contact: Head to side, punch wrap, lock and end up on top of ball carrier.
* Post-Contact: Release, get back to feet and attack ball.


## QUESTIONS FOR UNDERSTANDING

* Where were your hands prior to contact?
* What happened when the ball carrier went to ground?
* what options do you have when you get back to your feet?


## VARIATIONS

* Have the ball carrier jog/run into defender


## FOCUS SKILLS

* Tackle technique (closed)
* Jackal / pilfer
* Ground skills


## STEAL THE PILL - Contest

## WHAT TO DO

1. Three players sit on the ground with a ball, two teammates stand behind them.
2. Two teams of players line up behind the line.
3. On the coaches call one player from each team runs to a ball carrier to try to gain possession.
4. The player with the ball must complete a north-south ball placement to get the ball away from the defender.
5. The defender must then go through the gate (player's feet), drive over and pick up the ball.
6. The ball carriers teammate must come through the gate to stop the defender getting past the ball
7. Once complete, tag the next person in line to continue on.


## TEACHING TIPS

* Hold ball in two firm hands
* Change speed when coming near contact and adjust to go through the 'gate'.
* Eyes up when identifying a threat and ensure head to side of opponents body with hips square


## QUESTIONS FOR UNDERSTANDING

* What should a long ball place look like?
* What body shape do you need when pilfering a ball?
* How should you enter the tackle contest to stay safe?


## VARIATIONS

* If the defender collects the ball, they pass it to the next person in the line - team with most balls wins.
* Continuous game, where the defender who wins possession then becomes the ball carrier; pilfered player runs to the end of the line.


## COACHING POINTS

* Ground skills
* Ball off the ground
* Safe above-ball contact


## STEAL THE PILL - Passive

## WHAT TO DO

1. Five players sit on the ground within the grid with a ball
2. Two rely teams of players line up behind the line
3. On the coaches call one player from each team runs to a ball carrier to try to gain possession and steal the ball.
4. The player with the ball must complete a north-south ball placement to get the ball away from the defender.
5. The defender must then go through the gate (player's feet), come through and pick up the ball. 6. If the player picks up the ball they place it back on the ground and tag the next person in line.


## TEACHING TIPS

* Hold ball in two firm hands
* Change speed when coming near contact and adjust to go through the 'gate'


## QUESTIONS FOR UNDERSTANDING

* What should a long ball place look like?
* what body shape do you need when pilfering a ball?


## VARIATIONS

* If the defender collects the ball, they pass it to the next person in the line - team with most balls wins.
* Continuous game, where the defender who wins possession then becomes the ball carrier; pilfered player runs to the end of the line.


## COACHING POINTS

* Ground skills
* Ball off the ground


## DROP OUT DEFENDER

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## WHAT TO DO

1. Even numbered teams play a game of two-handed touch.
2. The defending team must sit one player, per play, behind their tryline, out of the game for that "phase"
3. This player enters whenever their team regains possession
4. The ball is turned over if a try is scored, the ball is dropped or if the ball carrier is tagged. 4. The game encourages improvisation of play, so allowing play to flow by removing all stoppages is important.


## COACHING TIPS

* Get into position early.
* Identify space and communicate available options.
* Support from depth and change angle of run / pass if appropriate.


## QUESTIONS FOR UNDERSTANDING

* What made an attacking raid successful v unsuccessful?
* What decisions did you make as an attacker to evade defenders and use space?
* How did the defenders stop a try being scored?


## VARIATIONS

* Tagged player must hand over the ball and then complete a push-up.


## FOCUS SKILLS

* Support
* Communication
* Decision making
* Tracking

