

RASCALS RUGBY - LESSON OVERVIEW 2010 / 2011

SESSION TITLE	AIM	IDEAS FOR GAMES / DRILLS (by no means comprehensive)
Intro to the Pitch & Fundamentals	Introduction of coaches and roles and code of conduct for both kids and coaches. A run round the pitch pointing out the names of lines and areas of the rugby pitch.	
PASSING A BALL 01	To introduce concept of passing across the body to player at the side or just behind you. Hands should be either side of the ball and follow through after the ball has left the hands.	Shuttle with coach passing from cones. Passing to cones - as above but kids passing to coach. Pairs passing - kids pair up and just round grid passing to and from each other.
GAME PLAY 01	The introduction of the concept of an opposition - this is only a single person which stands / interferes with the teams ability to complete the task. In the first instance it should be coach in order to generate understanding of game. Reinforce passing technique once game understood and being played.	At first use tennis balls to improve hand eye co-ord. Piggy in Middle
SHUTTLE RACES	Working in smallish teams, against one another to improve fitness and team work. Winning team praised and acknowledged by peers.	Teams of 4 upwards - Out to cones and back; Out to cone and perform activity and back; Out to cone and back through legs of team; Snakes - one out to cone and back, collects second by holding on, out, collects third etc; Juggle ball and back; Bunny hop and back; Number team and numbers called to run out.
RUNNING WITH BALL	To ensure that ball is carried correctly within 2 hands to the front of the body	Lanes - pairs run up lane carrying ball and back
RUNNING WITH BALL SLALOM	As above but also to improve co-ordination of eye and feet	Slalom poles set out in grid (number of teams x 6), allows teams to run in and out of poles, everyone with ball or build team games and races.
HANDS & CATCHING	The ability to catch a ball in 2 hands/arms, from either height or a flat throw across from a colleague	Working in pairs, throw ball between each other to see how far apart they can get before one drops, on drop start again. Variations: Ball has to be thrown up above head height; Instead of throwing kick to catch, Coach puts up high ball for each to catch.
PASSING A BALL 02	To introduce concept of passing across body to either left or right to a player behind.	Static passing between pairs on lines to ensure spacing, put down 3 lines and move kids so that they get opportunity to pass to left and right. Variations: 3 lines each of 4 cones offset at a diagonal away from right, ball at each of right hand cones, team divided evenly between right and left lines. On "go" left and right go forward, coach in middle, right picks up ball passes to coach who in turn passes to left, left puts down ball,. Move to next cone, as per first, get to 4th cone turn round and come back. Balls end up back on right ready for next pair.
RUNNING IN LINE 2s	The introduction and reinforcement of running straight and not drifting into one another. Lanes and colours used to reinforce skill. Conducted without ball to begin with.	Mark out 2 lanes, confirm they can run down middle of lane. Once confirmed add ball to be passed at points nominated by coach as pair move down lane at fast walking pace. Variation: develop to jogging / running down lanes.
GAME PLAY 02	The expansion of opposition players to 2. Opposition players gain reward for team not succeeding in achieving their target outcome. Use rugby ball.	Each side known as piggies or farmers. Number of passes successfully made by farmers counts as total have to try and complete 6 before Piggies intercept 6 . On 6 the intercept change piggies. Place half in bibs. Variation: Develop to equal sides of farmers & pigs, increase size of grid.
BALANCE & FEET CO-ORD	Physical Literacy - balances carried out on one foot, or walking and balancing items. Feet co-ord - the ability to have fast feet co-ordinated to skip over or through whilst moving e.g. V low hurdles or tyres	Shuttles with balances to be carried out on reaching far cone. Shuttles using tyres or hurdles. Lay out ladders to side to direct flow of circuit better.
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RUNNING IN LINE 3s	The development of running in lines but with added players.	Mark out 3 lanes, confirm they can run down middle of lane. Variations: Running in 3s, run in diagonal lines. Add 4th member to line.
PASSING IN LINE OF 3s	In lines marked by cones, to start with, passing the ball down the line of 3, each practiced in different positions and directions. By week 12 passing in 3s down line at jogging pace.	Lines marked out with coloured cone signifying time to pass. Variation: mark out lanes and time to pass nominated by coach as 3s move down lane at fast walking pace.
KICKING & CHASE	The teaching of the grubber kick & punt to point in the distance with either left or right foot.	Variation: develop to jogging / running down lanes.
GAME PLAY 03	The splitting of the team into 2 equal sides (no more than 4 per side) and introduction of concept of looking for space to create an advantage for your team.	Large square with a "no go alley" separating the two sides. Teams take it in turns to carry out 3 passes then throw the ball over to the other side. If other side drop it or just don't catch it, this is a point to throwing side. Passes have to be backwards prior to throwing. Variation = do kicks over the zone.
SIDE STEP	The ability to avoid an opponent if desired by moving to either left or right by using side step.	Working in grid, cones placed at off set points to signify points at which side step to be conducted. Variation, mark gate through which they have to run post side step; coach can move from gate to cone to generate the side step (i.e. The idea of opposition moving toward them).
GAME PLAY 04	To introduce the concept of team working together to achieve a result. There is no opposition but the team should be challenged to complete the task at the risk of having a penalty placed upon it (i.e. To run round the light post). The game should take place within a defined area and few rules to begin with to try and generate max participation and even effort amongst all (i.e. no lone scorers all the time).	Grid with lines across, before moving from one "zone" to another and thereby reaching the other end of grid team, have to complete set number of tasks. Zone passing - grid split into 3 zones, team can only stay in one zone for count of 10. To get out of zone they must pass the ball various numbers of times (coach decides). Object is to move team from zone 1 to zone 3 in quickest possible time. Variations - Move from 1 to 3 and back; Every time ball dropped go back to zone 1; build more zones; split team and half are allowed in next zone up but all passes have to be made between zones. Instead of passing variations; every member of team has to pass ball under legs, everyone has a ball all have to throw and catch 5 times without dropping. Penalty variation - add time penalties or penalty for not achieving target within time - increases pressure on working as team.
GAME PLAY 05	The splitting of the team into 2 equal sides (no more than 4 per side) and introduction of concept of one having to move through the other to achieve score. It maybe too much for 1st year Rascals and therefore they should continue with Game Play 04.	Square with opposite sides of different colours (try lines). Up to 6 infringements before possession is lost. Square is adjusted larger to allow the side to line up across pitch with sufficient space between them to afford good passing technique. This aimed at gaining readiness for going up to P3. It is maybe too much for 1st year Rascals and therefore they should continue with Game Play 04. Score by crossing try line.

			The Programme below is published as a guide.						
	RASCALS Training Programme		2010/2011						
	P1/P2	4 - 6 year Olds							
	TO BE USED IN CC								
	Session	In & Warm Up 10 min	15 min	15 mins	15 mins	Warm Down 5 min	Pack Up 2 min	Notes	
	1	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Intro to the Pitch	Shuttle Races - Various	Running with Ball Slalom	Mr Ref	Cones & Balls away Team Notices	Registration Day Timings for this will vary as registration will take time	
	2	Traffic Lights Revision of pitch lines Hot Potatoes Try Scoring Divide into teams	Team Games & Names Shuttle Races - Various	Hands & Catching & Passing a Ball 01	Running with Ball Slalom	Mr Ref	Cones & Balls away Team Notices		
	3	Traffic Lights Revision of pitch lines Hot Potatoes Try Scoring Divide into teams	Team Games & Names Shuttle Races - Various	Running with the Ball Passing a Ball 01	Game Play 01	Octopus	Cones & Balls away Team Notices	Team Subs In	
	4	Traffic Lights Revision of pitch lines Hot Potatoes Try Scoring Divide into teams	Hands & Catching Running with the Ball	Passing a Ball 01	Game Play 01	Kicking & Chase Mr Ref	Cones & Balls away Team Notices	Game Play may have to be altered to suit returnees	
	WEEK	In & Warm Up 10 min	15 min	15 mins	15 mins	Warm Down 5 min	Pack Up 2 min	Notes	

	5	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 03	Running in Line 2s Passing a Ball 02	Balance & Feet Co-ord	Octopus	Cones & Balls away Team Notices	Game Play 02 skipped
	6	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 03	Running in Line 2s "Passing a Ball 02"	Game Play 03	Kicking & Chase Mr Ref	Cones & Balls away Team Notices	
	7	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Balance & Feet Co-ord	Game Play 03	Running in Line 3s Passing in line of 3	Octopus	Cones & Balls away Team Notices	
	8	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 03	Running in Line 3s Passing in line of 3	Game Play 03	Octopus Mr Ref	Cones & Balls away Team Notices	
	WEEK	In & Warm Up 10 min	15 min	15 mins	15 mins	Warm Down 5 min	Pack Up 2 min	Notes
	9	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Running in Line 2 & 3s Passing in line of 3	Running in Line 3s Passing in line of 3	Game Play 03	Stuck in Mud	Cones & Balls away Team Notices	
	10	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 03	Kicking & Chase	Running in Line 3s Passing in line of 3	Octopus Mr Ref	Cones & Balls away Team Notices	

	11	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 04	Running in Line 3s Passing in line of 3	Running with Ball Slalom	Stuck in Mud	Cones & Balls away Team Notices	
	12	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 04	Running in Line 3s Passing in line of 3	Game Play 04	Octopus Mr Ref	Cones & Balls away Team Notices	SPLIT BY AGE
	WEEK	In & Warm Up 10 min	15 min	15 mins	15 mins	Warm Down 5 min	Pack Up 2 min	Notes
	13	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 04	Side Step Slalom Running	Balance & Feet Co- ord	Stuck in Mud	Cones & Balls away Team Notices	
	14	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Passing in line 3s	Running in Line 3s Passing in line of 3	Game Play 04	Kicking & Chase Mr Ref	Cones & Balls away Team Notices	
	15	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Shuttle Races - Various Side Step Slalom Running	Game Play 04	Running in Line 3s Passing in line of 3	Octopus Mr Ref	Cones & Balls away Team Notices	SPLIT BY AGE
	16	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Running in Line 3s Passing in line of 3	Game Play 04	Game Play 04	Stuck in Mud	Cones & Balls away Team Notices	SPLIT BY AGE

	WEEK	In & Warm Up 10 min	15 min	15 mins	15 mins	Warm Down 5 min	Pack Up 2 min	Notes
	17	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 04	Side Step Slalom Running	Balance & Feet Co-ord	Stuck in Mud	Cones & Balls away Team Notices	
	18	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Passing in line 3	Running in Line 3s Passing in line of 3	Game Play 04	Kicking & Chase Mr Ref	Cones & Balls away Team Notices	Sponsored Event overrides training scheduleTBC
	19	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Shuttle Races - Various Side Step Slalom Running	Game Play 04	Running in Line 3s Passing in line of 3	Octopus Mr Ref	Cones & Balls away Team Notices	Sponsored Event overrides training scheduleTBC
	20	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Balance & Feet Co-ord	Game Play 04	Running in Line 3s Passing in line of 3	Stuck in Mud	Cones & Balls away Team Notices	
	21	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Running in Line 3s Passing in line of 3	Game Play 04	Game Play 05 (divide by age)	Octopus Mr Ref	Cones & Balls away Team Notices	
	WEEK	In & Warm Up 10 min	15 min	15 mins	15 mins	Warm Down 5 min	Pack Up 2 min	Notes
	22	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 05 (divide by age)	Running in Line 3s Passing in line of 3	Game Play 05 (divide by age)	Stuck in Mud	Cones & Balls away Team Notices	<i>Sessions 22 - 27 Empahsis is whole / part / whole therefore may break at any time to reqd skills</i>

	23	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 05 (divide by age)	Game Play 05 (divide by age)	Shuttle Races - Various Side Step Slalom Running	Octopus Mr Ref	Cones & Balls away Team Notices	
	24	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Running in Line 3s Passing in line of 3	"Game Play 05" (divide by age)	"Game Play 05" (divide by age)	Kicking & Chase Mr Ref	Cones & Balls away Team Notices	
	25	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Running in Line 3s Passing in line of 3	Game Play 05 (divide by age)	Game Play 05 (divide by age)	Stuck in Mud	Cones & Balls away Team Notices	
	26	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 05 (divide by age)	Game Play 05 (divide by age)	Game Play 05 (divide by age)	Kicking & Chase Mr Ref	Cones & Balls away Team Notices	Skills as reqd
	27	Traffic Lights Hot Potatoes Try Scoring Divide into teams	Game Play 05 (divide by age)	Game Play 05 (divide by age)	Game Play 05 (divide by age)	Octopus Mr Ref	Cones & Balls away Team Notices	Skills as reqd
	28	Traffic Lights Hot Potatoes Try Scoring Divide into teams	END	OF	SEASON	COMPETITION		