



**Topic** – Developing Skills through Adaptive Gameplay

**Venue** - Tring RUFC

**Date** – 23<sup>rd</sup> Feb 2015

**Delivery Staff** – Lewis Sones

The below overview aims to provide a summary of the games covered during the evening. It is **not** suggested to be implemented in a progressive way. You can use the ideas to suit your session aims and objectives as you see best. This merely supplies the ideas and games that you took part in, the coaching points you wish to instill using these games is up to you.

## **SECTION 1 – AGILITY & MOVEMENT**

### **1. Offside 3D Touch with multiple**

Players can pass and run in any direction. If they are touched they need to pass the ball. To score a point you need to pass the ball over the try line and have someone catch it and put it down. Progressions: add different rules to suit what you want out of the game.

### **2. Introduction to movement - Partner Work**

Partner work - Knee Slaps/Ankles

Partner work - Shoulder Slaps (on the balls of your feet like a boxer)

Sarries Snake – Groups of 4/5 form a chain, one person to attack the chain trying to put two hands on the last person in the chains back.

### **3. Baseline Touch**

Using a 5m channel and a width dictated by you (depending on numbers, but quite wide) set up two teams spread out on opposite sides. Defenders can only move sideways and attackers are looking to attack the opposite try line and score by touching the line with two hands. If they score they get a point and then return to their line to recharge themselves. Alternatively if caught by a defender with a two handed touch they return to their line to recharge themselves without scoring.

### **4. Agility Skill Isolation**

Facing a partner with a ball move towards them, the partner will lift the ball either right or left, high or low and the receiver will need to react and change direction.

Progression 1 – Pad in behind, receive a straight pass back and then move the opposite way to the pad.

Progression 2 – a pads either side of the person lifting the ball, receiver has support runners either side and isolates one pad holder to create a two on one.

## SECTION 2 - BASIC DONE WELL – Handling

### 1. Reline Fatigue Passing

In groups of 5s, a team of 4 needs to pass the ball down the line while the 5th guy is going side to side to act as scrum half. Players need to reline off the ball.

Progressions: Make it wider, add defenders.

Race – Opposites

## SECTION 3 – BALL PRESENTATION & BODY MANIPULATION

### 1. Conditioned Wrestling

Partner work – Bear hug kneeling – 20 seconds to get their arms free above their head

Partner work – Lie across your partner – 20 seconds to try and flip over onto your front (Start lying on back)

Partner work – Lie across your partner – 20 seconds to try and flip onto your back (Start lying on front)

Partner work – Lie across your partner – 20 seconds to try and stand up

Partner work – On all fours, try and stay in that position for 20 seconds

### 2. Ball Presentation – Long Body Technique (Pencil)

4 x different colour cones, shout out different colours for them to react to. Could be North, South, East West or shouting out clock face numbers. Progression – Apply pressure with a partner lying on top. This does not need to be a 100% resistance.

## SECTION 4 – CONDITIONED GAME PLAY VARIATIONS

### 1. 8 v 4 v 4 (or a variation on numbers)

8 Attackers consistently working try line to try line, 4 defenders defend each line. Attack only one try line at a time.

### 2. Numbers Touch. [Click Here](#)

Defenders are given numbers (1 or 2) when their numbers are shouted out they automatically fall out of play and take a knee. Space increases and attackers should exploit space. This can also be done with different colored bibs instead of numbers.

### 3. Double Touch [Click Here](#)

Attacker needs to be touched by two different defenders. Create a big space to play this to encourage support runners. After one touch the defender can continue but can't score. After the second touch they must pass/present. Progression – on the second touch it's turn over if they can't find support.

### 4. Four Try lines [Click Here](#)

Set up the pitch with four different colour edges. The colour the coach shouts out is the colour that the attacking team should try to score at.

### 5. Cluster Touch [Click Here](#)

Once the attacker is touched, all the defending teams' players must place a hand on the defender who successfully touched the attacker. This forms a cluster. On the coaches instruction "3,2,1" the attack can continue. Make sure the cluster is formed and players do not create a chain.

**Look at the breakout box.**

## ADDITIONAL NOTES

As discussed in the session, at Saracens we have developed our online content around coach education, please follow the link <http://www.saracens.com/rugby-development/> and also please see below links that I would recommend having a look at.

<http://www.rugbycoachingdrills.com/>

<http://tv.rugby.com.au/>

I also mentioned about incremental learning as the children get older and this is what the RFU have introduced across the mini's age groups last season.

As from September this applies to all counties. Please have a look at

<http://www.rfu.com/managingrugby/newrulesofplay>