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This CD has been set up so that you can navigate from one section to another quickly.

All that you have to do is move the mouse cursor over the document and when it comes across a link it will change from an **“open hand”** to a **“finger pointing”**. Simply left mouse click and it will take you straight to the topic.

For example The Training Templates have been set up so that you can go directly to the numbered session by clicking on the Training Session number. To return to the training sessions list just click on the Session Number at the top of the page.

The ***Skills of the Game*** and ***Training Games*** have been set up in a similar fashion.

Now **click here** to take you back to the Main Menu so you can start to review the contents of the Coaches Manual.

[Strength & Flexibility Exercises](#)

5-7 years Activity 1
“Seal & Crocodile”

5-7 years Activity 2
“Kangaroo & Monkey”

5-7 years Activity 3
“Frog, Duck & Crab”

8-10 Years Activity 1
“Partner Push-up & Roll Ball Push-up”

8-10 Years Activity 2
“Back to Back Press, Back to back Push Won't Budge & Under the Tunnel”

8-10 Years Activity 3
“ Team Hop, Pairs Hop, Horse Walk & Double Walk”

8-10 Years Activity 4
“Skin The Snake”

11-12 Years Activity 1
“ Team Hop, Pairs Hop, Horse Walk & Double Walk”

11-12 Years Activity 2
“Partner Push-up, Roll Ball Push-up & Double Walk”

11-12 Years Activity 3
“Back to Back Press, Back to back Push Won't Budge & Under the Tunnel”

11-12 Years Activity 4
Feet Clapping, Under The Tunnel 2 & Flick and Catch”

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Skills Of Rugby League

Standing Pass	Running Pass	Receiving a Pass
Running In Possession	Change of Pace	Play The Ball
Serve	Side Step	Kicking
Kick Reception	Torpedo Punt	Punt Kick
Grubber Kick	Drop Kick	Chip Kick
Tackling	Side Tackle	Front Tackle (a)
Front Tackle (b)	Smother Tackle	

Games

Beach Flags	Apes in the Cage	Carlton Kazaly
Cocky Laura / British Bulldog	Circle Cut Out	Corner Tag Ball
Frozen Tag	Circle Pass	End Ball
How Many Passes?	Eliminator Touch	Frozen Tag
How Many Passes? (Advanced)	Gladiators	Globetrotters
League Flags	Golf	Kick Tennis 2
League Lacrosse	Kick Tennis	League Baseball
Pursuit	Peard Ball	League Basketball
Rob The Nest 1	Slow Ball Scrimmage	League Netball
Rob The Nest 2	Tag Ball	Pass Ball Cricket
Rob The Nest 3	Three Pass Shutdown	Ruddy's Race
Roll A Ball		Support Ball Scurry
Slow Ball		Two Ball Adjust
Stuck In The Mud		Two Ball Tag
Touch Down		Two Ball Touch
Treasure Tag		3 Court Dodge Ball
What's the Time Mr Coach		

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Official Coaching Handbook

Compiled by *Mick Aldous*



The official coaching handbook is intended to provide junior league coaches with easy to follow coaching sessions that, when used in sequence, provide an entertaining learning experience for all young players.

Each season plan has been developed and trialed by active junior league coaches with an involvement over many years. Many thanks goes to each contributing coach who, over the past two years, added to already busy schedules, the extra workload of preparing this Coaching Plan.

Mick Doyle, Greg Banks, Mark Donkin, David Kelly, David Hamilton, Keith Onslow and former first grade players now coaching junior league, **Jody Rudd, Warren McDonnell and Graham Wynn** all deserve high praise for their commitment and advice.

Many thanks also to the staff of the NSWRL Academy whose input and patience has been invaluable.



© 1998, *Mick Aldous and NSWRL*

Acknowledgement: Peter D Corcoran OAM for pioneering modified games literature.



HOW TO USE THIS HANDBOOK

This coaching handbook is designed to give coaches a simple set of weatherproof instructional cards, each with an outline of 32 coaching sessions, which follow a progressive program of skill acquisition from age 5 to 12 years.

Players will best acquire the skills of Rugby League if given a fun environment full of activities which best fit the physical capabilities of each age grouping.

Each session is an action packed session, with learning opportunities for every child, regardless of size, creed or ability level.

Coaches will note that many activities provide for progression from simple to difficult within the one drill. Coaches should only progress to the next level when confident that players have grasped the preliminary stage.

Each session carries a sequence number e.g.

TACKLING (3)

This requires that **TACKLING (1)** AND **TACKLING (2)** have been completed.

If players find enjoyment in any one session, it is important to repeat this session. Coaches should find something they are comfortable with and return to this favorite session each month.

Strength activities and skill coaching points are found on the reverse of each session page.

Coaching points should be brief and concise, and repeated often.

To increase difficulty of drills, coaches should consider 3 things.

1. Decreasing space of drill
2. Decreasing time available to perform skill
3. Increase the physical presence within the drill

Finish every leaning period with a game or test against the clock to give an indicator of the extent of skill learning that has occurred.



STRENGTH AND FLEXIBILITY TRAINING

Coaches will note that a number of strength and flexibility exercises have been included in the coaching programmes. Each activity offers young players an opportunity to develop balance, coordination, strength and flexibility whilst participating in challenging, yet fun activities.

Each activity has been taken from the excellent publication, "Introductory Gymnastics" (1983), and reproduced with the kind permission of Australian Gymnastics Federation.

The National Rugby League recognises the importance of gymnastics activities in developing the strength and flexibility required by long term participants in the sport. Gymnastics based activities started at a young age and used in appropriate progression, such as those used in the Coaching Plan, form the basis of future strength and flexibility which are essential requirements in the sport of Rugby League.

Research is also telling leaders in all sports that increased strength, flexibility and balance, developed from an early age is essential in reducing sports injury by providing an important basis for future sports participation.

The League has identified a need to include strength and flexibility activities at each development stage, and wishes to acknowledge the outstanding cooperation of the Australian Gymnastics Federation in providing the necessary vehicle for the delivery of such a valuable component of the Coaching Plan.

Players will enjoy the challenge of each activity as strength gains become noticeable.

JUNIOR SPORT DEVELOPMENT MODEL

Coaches will note the inclusion of the National Sport Development Model. This model has been reproduced from a document circulated to all sports by the Australian Sports Commission for immediate implementation.

It identifies, after worldwide research, the appropriate skill development stages and offers important advice on the treatment of young people at each level.

The Rugby League Coaching Plan has utilised the guidelines set down by the Australian Sports Commission in developing a progressive programme full of activities appropriate for each development stage.

Junior Sport Development Model

DEVELOPMENT STAGE	GENERAL AGE GROUP	DEVELOPMENT EXPERIENCES	COMMENTS
ONE	5-7 Years	<ul style="list-style-type: none"> Spontaneous play and movement Coordination skills Trying more complex tasks Informal games Minor Games (1) 	<p>The strong desire for general play and physical activity during these years lays the foundation for future sport involvement.</p> <p>Emphasise enjoyment, and encourage the learning of basic physical skills: throwing, catching, kicking, hitting, jumping, running and swimming/water safety as well as social skills, and positive attitudes (fair play etc).</p>
TWO	8-10 Years	<ul style="list-style-type: none"> Coordination skills Small group activities General skill development Modified sport (2) Competitive sport: inter/intra school/club 	<p>Experiences during these years should build upon the foundation laid earlier. In this stage, children accept the challenges of sport participation. Provide enjoyable opportunities for the development of positive social skills and a wide range of physical skills which can then be applied to specific sports.</p>
THREE	11-12 Years	<ul style="list-style-type: none"> Sport-specific skill development Modified sport (2) Talent squads (3) Sports development programs/camps/exchanges (4) Competitive sport: inter/intra school/club 	<p>Continue to offer opportunities in a wide range of physical activities, helping to develop interests and skills in particular sports. Maximise positive sporting experiences through cooperation with other schools and clubs. Programs at this stage should emphasise skill development and game appreciation. These programs may include coaching clinics, appropriate competition and education excursions.</p>
FOUR	13-19 Years	<ul style="list-style-type: none"> Sport-specific skill development Modified sport (2), where appropriate Talent squads (3) Sports camps (4) Competitive sport: inter/intra school/club, district/regional, inter/intra state, international, social Leadership opportunities 	<p>Take account of general adolescent development as well as individual differences in ability and interest. Continue to cooperate with other schools and clubs in the provision of programs, to minimise duplication but still allow for maximum participation opportunities. Educate players about good sporting behaviour and provide excellent role models. Provide leadership development opportunities.</p>

** The ages in this model are a general guide only. The needs of special populations and individuals must also be considered when applying these Guidelines.*

NOTES:

- 1) *Minor games are small, structured activities that build basic skills.*
- 2) *Modified sports develop skills by allowing for the needs and abilities of developing children.*
- 3) *Talent squads provide opportunities for talented players to develop their sporting potential. The focus should be on skill development leading to the adult game. The method for selection should be decided by sporting associations in consultation with education authorities.*
- 4) *Sports development programs/camps/exchanges provide opportunities for talented players to receive intensive instruction in a specific sport. These programs/camps/exchanges could be at regional, state or interstate level.*

Reproduce from ASC National Junior Sport Policy document (1994) with acknowledgement and thanks.

SKILL DEVELOPMENT PROGRAM

SUGGESTED SKILL BASED SESSIONS

Ages coincide with STAGES in skill development of young children.

- 5-7 years  RED
- 8-10 years  GREEN
- 11-12 years  GOLD

Each development stage is represented by a specific coaching plan.

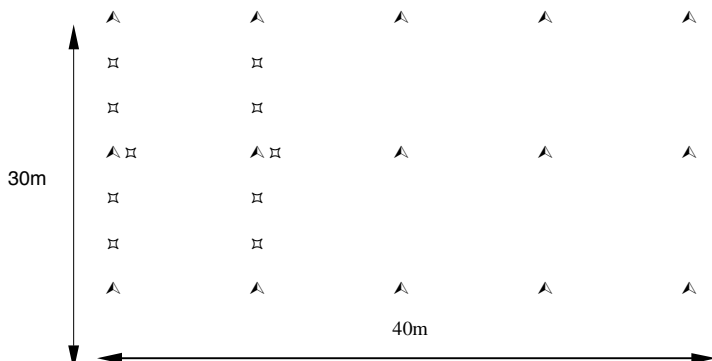
Follow these golden rules:

- ☺ Ensure every child is aware of your boundaries
- ☺ Use a whistle to start and stop activities
- ☺ Change activities regularly
- ☺ Eject behavioural problems early
- ☺ Avoid leaving any child out of the action
- ☺ Keep them moving
- ☺ Challenge each individual by adjusting the rules of drills and games

STAGE	APPROXIMATE SCHOOL GRADE							HIGH SCHOOL
	K	1	2	3	4	5	6	7/8
Red		RED						
Green			GREEN					
Gold					GOLD			

JUNIOR LEAGUE SKILL SESSIONS

1. Arrive on time.
2. Set up in a safe area.



- With 15 cones(▲) and 10 markers(⌘) in a 30m x 40m rectangle the scene is set for many games and skill practices.
 - In this area there is
 - a) 8 x small squares
 - b) 1 x large field
 - c) 2 x smaller fields
 - d) 4 x 30m alleys
 - e) 2 x 40m channels
 - f) 4 x square fields
3. Sit players down with the sun at their backs.
 4. Outline the boundaries, and explain session rules.

Symbols used as part of the New South Wales Rugby League Coaching Plan

- ☺ Coach
- ☐ Tackle bag
- ☒ Hit Shield
- ▲ Marker
- ⑤ Player

COACHING TO A SEASON PLAN

PRE-SEASON

1. Update coaching information.
2. Write out your season plan. This should include information on social activities, skill development, encouraging parental participation and game day duties.
3. Suggest:
 - Possible training dates and times
 - A program - to allow continuity of skill development.
 - Age group required
 - No of participants, eg 20
 - Number of sessions per week, ie 2 sessions over a 16-20 week period
 - Session length - no greater than 40 minutes
 - Parental roster to assist supervision where possible.

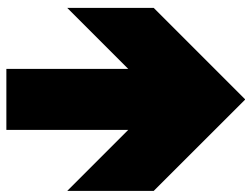


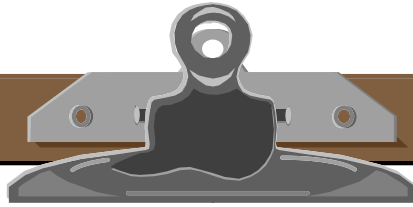
DURING THE SESSION

1. Arrive on time, prepare for unknown eventualities. A general rule is to allow an extra 15mins. If **not able** to attend, **ring** to arrange an alternative. (*This is essential*)
2. Set up equipment in a safe area.
3. Be sure to provide variety with continuity. Players enjoy being challenged at each session.
4. End each session with an active game.

POST SESSION

1. Praise players for their participation.
2. Inform players of next session time and date.
3. Encourage excitement for next session by outlining “Follow up activities”.





Stage

RED

*Physical
Warmup*

5mins

Skills Practice

20mins

Games

10mins

Conclusion

5mins

4 WEEK PLANNER

<div> <div>Session Number</div> <div>Skill</div> </div>				
Age	1	2	3	4
5-7	Ball skills(1) (Rob the Nest)	Ball skills(2) (Rob the Nest 2)	Ball skills(3) (Line Drills)	Ball skills(4) (Alley Games)
	5	6	7	8
	Tackling(1) (Tumbling)	Tackling(2) (Technique)	Ball skills(5) (Line Drills)	Pass + Catch(1) (Line relays)
5-7	9	10	11	12
	Ball skills(6) (Line Drills)	Ball skills(7) (Line drills)	Tackling(3) (Triangle relay)	General(1) (Games night)
	13	14	15	16
	Ball skills(8) (Circle drills)	Ball skills(9) (Line Drills)	Running Pass(1) (Passing lines)	General(2) (Games night)
5-7	17	18	19	20
	Ball skills(10) Line Drill Relay	Games(3) Square Games	Evasion(1)	Games(4) Passing
	21	22	23	24
	Passing and Catching(2)	Tackling(4) (Bullrush)	Play the Ball(1) (10m elimination)	Slowball
5-7	25	26	27	28
	Running Pass(2) (Passing Lines)	Beat the Man(1) Alley (1on 1)	Beat the Man(2) (2 on 1)	General(5) (Games night)
	29	30	31	32
	Teamwork (Elimination Touch)	Ball skills(10) (Rob the Nest 3)	Slowball (Chest Tackle)	Evasion(2) (British Bulldog)

DEVELOPMENT STAGE



Ages: 5 yrs - 7 yrs

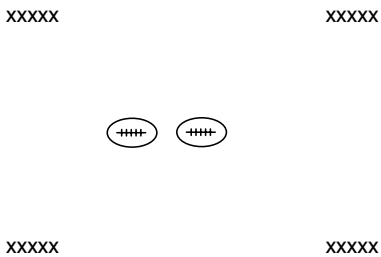
Balance	easily knocked over, clumsy
Locomotion	run, horizontal jump, love impact
Ball Control	carry in two hands, pick-up and put down
Throwing	roll underarm, pass 1m, standing pass good
Catching	stationary only, two hands at chest from short distance
Kicking	large ball on ground, limited punt kick, drop kick

Organisational Requirements

- organise groups by colour
- talk slowly, loudly and for a small amount of time
- no need for skill correction and refinement
- avoid likely distractions, eg. traffic noise
- keep games and drills moving in stages
- keep it simple
- use of animal names for drills is an asset
- repeat instructions by questioning players
- attention span decreased by over - excitement
- never underestimate the importance of repetition

1

Ball Skills (1)

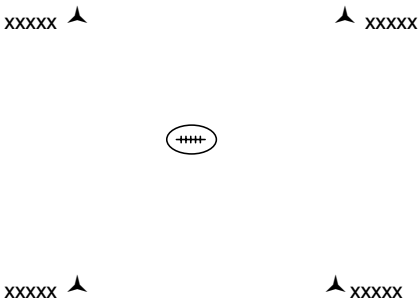
Content	Organisation	Time
WARM UP	Free play with footballs. Allow players to use footballs in any manner they desire so long as they stay within set boundaries.	5 mins
GAME	<p>Rob the Nest</p>  <p>On command, one player from each team run into centre, pick up a ball and place it back at his hat/dome. He then tags the next player in his team who repeats. Player 1 goes to end of the line.</p> <p>In all stages, when all footballs are taken from the centre, players may steal balls from other teams. The first team to have 3 balls at their hat wins.</p> <p>Note: Only one player from each may run into grid at one time. Only one ball may be taken at any time.</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Collect balls one at a time. 2. Collect balls and pass to team. 3. Collect balls and play the ball to team. 4. Divide groups into “Raiders” and “Jailers”. Follow as for previous stages. When all balls are cleared from the centre, Raiders rob other nests and return with ball. Jailiers protect nest without picking ball off the ground. 	30 mins
CONCLUSION	Sit down and talk about correct technique and football teams. It is a good idea to find out about favourite teams, positions and players.	5 mins

THE SKILLS OF RUGBY LEAGUE

STANDING PASS	RUNNING PASS	RECEIVING A PASS	RUNNING IN POSSESSION
<ul style="list-style-type: none">• Grip - thumbs on top of ball.• Extend fingers along the ball.• Weight on closest foot to receiver (front foot)• Swing arms towards target.• Hands continue to point to target after ball is released.	<ul style="list-style-type: none">• Grip - as for standing pass.• Weight on leg furthest from receiver ("lean away")• Turn head and shoulders towards receiver.• Hands extend towards the target.• Aim the ball slightly in front of runner.	<ul style="list-style-type: none">• Relax body to receive.• Hand up in front of eyes.• Watch ball into hands.	<ul style="list-style-type: none">• Carry the ball in both hands.• In front of the body chest height.• Transfer to one arm to allow fend/swerve.• Lean forward for balance.

2

Ball Skills (2)

Content	Organisation	Time
<p>WARM UP</p>	Free play with footballs.	5 mins
<p>DRILL</p>	<p>Rob the Nest (2)</p> 	25 mins
<p>SESSION POINT</p> <ul style="list-style-type: none"> • NEED AS MANY FOOTBALLS AS POSSIBLE. • IF NOT ENOUGH FOOTBALLS, USE ANY TYPE OF BALL. • MUST HAVE COMPLETED SESSION 1. 	<p>Set up as per session one. Four groups, all footballs in the centre.</p> <ol style="list-style-type: none"> 1. Run through all stages as for session one to reinforce the game. 2. Now, introduce some new tactics. <ol style="list-style-type: none"> A) Jailers must stand with one foot on the ball. B) Raiders can pass the ball back to the jailers. C) Jailers may protect the nest by using arms to fend off opposition raiders. (No holding) <p>NB. Allow a decent time limit to expire before concluding each stage.</p> <p>Give each group a chance for success by watching closely the number of balls at each cone.</p> <p>Note: drop in concentration, rough play or disinterest should see the coach finish a stage.</p>	
<p>CONCLUSION</p>	<p>You will need to sit children down. Briefly explain, then walk players through playing positions.</p>	15 mins

3


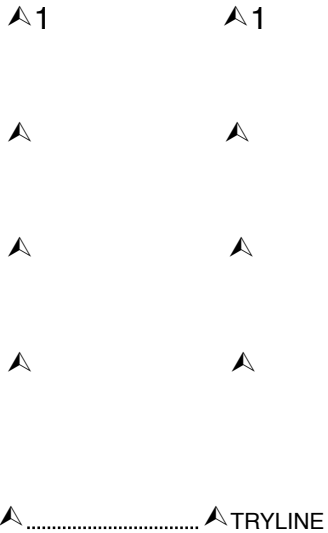
Ball Skills (3)

Content	Organisation	Time
WARM UP	Free play with footballs INSIDE GRID AREA.	5 mins
DRILL	Ball Skills Basic Line drill activities.	20 mins
SESSION POINT FOLLOW EACH STAGE IN PROGRESSION	<div> <div>X</div> <div>X</div> <div>X</div> <div>X</div> <div>X</div> <div>▲</div> <div>▲</div> </div> <p>Stages</p> <ol style="list-style-type: none"> 1. First player runs out and places ball down at the cone, then runs back, tags the next player, who runs out, picks up ball and places it at the feet of the player now at the front of the line. Continue 2. Run out around cone and return. Place ball at next child's feet. 3. Run out around cone and return. Place ball in next child's hands. 4. Run out 3 paces, place ball on the ground. Continue on around the cone, and on return pick up ball. Place ball in next child's hands. <div> Follow 3 min practice with a 1 minute relay type race at each level. </div>	
CONCLUSION	Set up a 30 x 30 grid. Walk through positional play for attack. Explain mini rules. End with a game of mini footy. Outlining rules as you go.	15 mins

4

Ball Skills (4)

Content	Organisation	Time
<p>WARM UP</p>	<p>Line drills for ball skills (reinforce session 3).</p>	<p>10 mins</p>
<p>DRILL</p>	<p>Alley Games</p> <ul style="list-style-type: none"> Arrange group into 2 lines of 10 players or 4 teams of equal numbers. <div style="display: flex; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> <p>x ▲</p> <p>x</p> <p>x ▲</p> <p>x</p> <p>x ▲</p> </div> <div style="text-align: center;"> <p>x</p> <p>x</p> <p>x</p> <p>x</p> <p>▲ x</p> </div> </div>	<p>20 mins</p>
<p>SESSION POINT</p> <ul style="list-style-type: none"> USE ROLL-A-BALL AS A STEPPING STONE TO PURSUIT. THIS ALLOWS FOR VERY LITTLE CHANGE OF SET-UP. 	<p>Stages (explained on reverse)</p> <ol style="list-style-type: none"> Pursuit - practice then 1 minute race. Roll-a-Ball - practice then competition. Pass Relay - ball is passed along the lines. End person runs to the front. Alligator Pass Relay - as for 3, except coach acts as an obstacle in either alley as child runs to the front. 	
<p>GAME</p>	<p>What's the Time Mr Coach</p> <p>On a 30 x 30 grid.</p> <p>Coach stands with back to players. Children progress, ball in hand towards coach, whilst chanting the line. "What's the time Mr Coach".</p> <p>Coach replies by turning around and stating any time of day. Any child caught moving, when coach turns, is sent back to the start line.</p> <p>Players creep closer every time in an attempt to tag coach with the ball.</p> <p>If coach says, "Dinner Time", the coach chases players back to the start and tries to tag them.</p>	<p>5 mins</p>
<p>CONCLUSION</p>	<p>Sit down and talk about the importance of fitness and current point score for the season.</p>	<p>5 mins</p>

<p>ROLL A BALL</p>  <p>10M</p> <p>▲ 1 ▲ 1</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ (CONE A)</p>	<p>Divide group into two teams as displayed.</p> <p>In each team, each player is given a number. They face their opposite number.</p> <p>One player from each team is nominated as the roller.</p> <p>On command, the coach calls out a number and immediately the 'rollers' roll a football to that numbered player from the other team (ie Team A rolls ball for Team B player).</p> <p>Numbered players on command must:</p> <ul style="list-style-type: none"> Pick up the rolling ball. Run around witches hat (marked A) Place football at the feet of number 1 player in their team. Return to their position. <p>As soon as the numbered player returns to his original position, the ball is passed up the line. The first team to get football to the last player in the line gains a point.</p> <p>Repeat at least 10 times.</p>	
<p>PURSUIT</p>  <p>▲ 1 ▲ 1</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲ TRYLINE</p>	<p>Divide group into two teams as displayed on diagram.</p> <p>Place a ball at centre of grid.</p> <p>On command, players at the front of both lines (1) run up their line in a zig-zag fashion.</p> <p>When they get to the last witches hat, they round it and continue running down the corridor towards the ball.</p> <p>Both players attempt to be first to the ball, pick it up and score a try over the line.</p> <p>The player without the ball attempts to tag the player in possession of the ball with two hands before he crosses the tryline.</p> <p>Points System:</p> <ul style="list-style-type: none"> 1 point - if a try is cleanly scored 0 point - if player is tagged and/or drops ball <p>The first two players then go to the end of the line and the next two players repeat this activity.</p>	

Content	Organisation ☺ Check your Progress	Time
WARM UP	<p>Sock Wrestling. (Sit players in a 10 X 10m square)</p> <p>Instructions</p> <p>Children to pair off with someone of even size and strength.</p> <p>Take off your shoes.</p> <p>Attempt to be the first one to take off your partners sock.</p>	<p>10 mins</p> <p>20 mins</p>
GAME	<p>Tackling (1)</p> <p>Tumbling</p> <p>xxxx xxxx</p> <p>☺ Coach</p> <p>Assemble players in front of the coach.</p> <p>Instruct players on correct technique of rolling as they hit the ground.</p> <p>i.e Tuck one shoulder under and put your chin to chest.</p> <p>Demonstrate.</p> <p>Four players are to progress towards the coach at any one time before returning so that next group of four may continue.</p> <ol style="list-style-type: none"> 1. Side roll - lie on ground with arms tightly held across chest. 2. Forward roll - tuck on arm tight to chest, bend knee. 3. Holman roll. (For the Holman roll, stand one player facing the coach and have one kneel on the ground behind that player. You begin by pushing players over a kneeling obstacle without any prior knowledge on the players behalf.) 4. Push-up Wrestle. Both players face each other in a push-up position. One player must pull at the others arms to unbalance him. When knees touch the ground it is all over. Play winners against winners, losers against losers until a champion is found. 	
CONCLUSION	<p>Tackling technique and demonstration.</p> <p>Coach demonstrate, then allow players to attempt tackles on other players whilst playing backyard football.</p>	10 mins

THE SKILLS OF RUGBY LEAGUE

TACKLING

- Move in as close to the attacker as possible.
- Bend knees.
- Drive at contact area - between knees and waist.
- Rapid, powerful drive.
- Shoulder contact first.
- Lock arms, head to one side.

SIDE ON



SIDE TACKLE

EYES - focus on knee-hip region.

TIMING - tackle executed when opponent's near leg is off the ground.

SHOULDER - is first to make contact into the 'fleshy' thigh area.

HEAD - behind tackled player's rump/thighs.

ARMS - wrapped around legs.

LEGS - drive in to finish tackle.

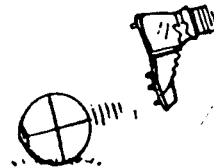
Content	Organisation	Time
<p>WARM UP</p> <ul style="list-style-type: none"> REWARD WINNERS WITH PRAISE <p>DRILL</p> <p>SESSION POINT</p> <ul style="list-style-type: none"> SHOULDER CONTACT IS VERY IMPORTANT ENSURE HEAD IS POSITIONED ON THE BUTTOCKS TACKLER SHOULD WRAP TIGHTLY AND USE RUNNERS MOMENTUM. <p>CONCLUSION</p>	<p>Kick and Carry Set up a 20 x 20m grid. All players stand outside grid, behind the coach. Inside defined area, the coach kicks 4 footballs to various parts of the grid. Players chase the footballs and run them back to the coach. Continue for six to seven attempts. First to deliver three ball in a row is the winner.</p> <p>Knees Down x x x x x x x x x x A</p> <p>x x x x x x x x x x B (Players kneeling)</p> <p>1. Explain tackling by using the following terminology.</p> <p>Shoulder/ Thigh/ Squeeze/ Please</p> <p>This will outline the main points to remember when tackling.</p> <p>Players on their knees must make shoulder contact with person coming towards them.</p> <p>STAGES</p> <p>1. Ball carriers walk slowly to both shoulders so that tackler can make contact. No squeeze at this point. (Swap over)</p> <p>2. Ball carriers increase speed a little. (Swap over)</p> <p>Line Tackle drill. Kneeling players in straight line 5m apart.</p> <p>Xxxx → ☒ ☒ ☒ ☒ x x x x (runners) (tacklers)</p> <p>Runners go to consecutive tacklers and tag team at the other end. Swap kneelers regularly.</p> <p>Drill is done using both shoulders.</p> <p>Push-up Wrestle competition (use knees if needed) Play best of 3 to find team champion.</p>	<p>10 mins</p> <p>25 mins</p> <p>5 mins</p>

Content	Organisation	Time
WARM UP	Kick and Carry	5mins
DRILL	Explain technique of play the ball. Demonstrate well.	5 mins
SESSION POINT	<p>Play the Ball square. Players in a square. 5 per square.</p> <div style="text-align: center;"> <p>C AB</p> <p>X ← xX</p> <p>x x</p> <p>D E</p> </div> <p>Player A plays the ball to B, who runs to corner C, where he plays the ball to dummy half C. The drill continues the same way. When happy with learning, encourage challenge via a relay type race against other groups.</p> <p>10 metre elimination Players line up in pairs on the 10 metre line, facing towards the try line. (as shown)</p> <div style="text-align: center;"> <p>-----</p> <p>dead ball line</p> <p>▲ _____ ▲ Tryline</p> <p>↑</p> <p>x x x x x x x</p> <p>10 m line</p> </div> <p>Players run towards the try line, hit the ground, get up, play the ball to their partner and quickly scurry across the dead ball line.</p> <p>Eliminate the slowest pair every time. OR Eliminate those with incorrect technique.</p>	10mins
CONCLUSION	<p>Ground Wrestle Players kneel on all fours facing each other. The first player to get the other on his back is the winner.</p>	5 mins

THE SKILLS OF RUGBY LEAGUE

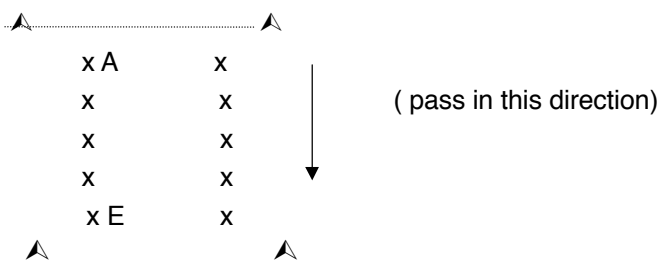
PLAYING THE BALL

- Regain feet quickly.
- Face opponents goal line.
- Place ball at foot.
- Walk forward over the ball, staying alive.
- Speed and efficiency is important.
- Dummy-half passes off the ground.

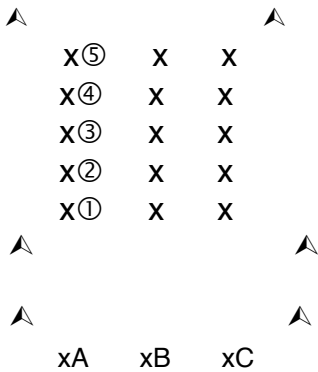
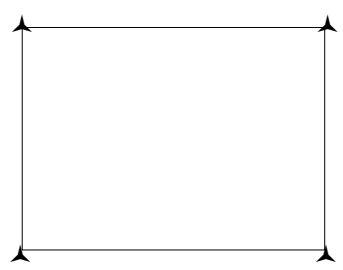


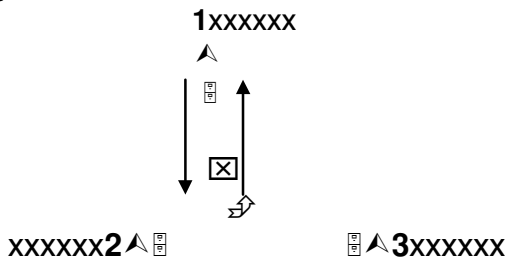
DUTIES OF PLAYERS

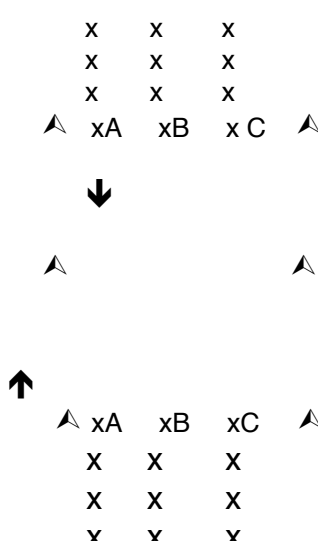
- The tackled player must -
Regain his feet quickly;
Play the ball quickly and correctly to keep play moving.
- Acting half-back (dummy half) must -
Support tackled player;
Listen for calls of play;
Note opposition's placements;
Deliver a good quick pass.
- Markers must -
Be there on time;
Strike for the ball - if its tactically of advantage;
Be the first line of defence and so be alert to moves close to the ruck.

Content	Organisation	Time
WARM UP	Line drills for ball skills	10 mins
DRILL	<p>State of Origin Relays</p> <ul style="list-style-type: none"> Pick two teams, Call one NSW and One team QLD.  <p>Spread players over a distance of 25 metres or according to ability. (If they can only throw short passes, then reduce the distance between players.)</p> <p>Stages</p> <ol style="list-style-type: none"> Players pass the ball from A to E and back to A. Players pass the ball from A to E. Once A has passed the ball, he runs around E, receives the ball back from E and races down the alley to score a try. (A goes to far end of the line and players shuffle forward after each try. This enables all to run.) <p>Make competitive by awarding points for each try.</p>	15 mins
GAME	<p>What's the Time Mr Coach</p> <p>On a 30 x 30 grid.</p> <p>Coach stands with back to players. Children progress, ball in hand towards coach, whilst chanting the line. "What's the time Mr Coach".</p> <p>Coach replies by turning around and stating any time of day. Any child caught moving, when coach turns, is sent back to the start line.</p> <p>Players creep closer every time in an attempt to tag coach with the ball.</p> <p>If coach says, "Dinner Time", the coach chases players back to the start and tries to tag them.</p>	10 min
CONCLUSION	Kick and Carry.	5 mins

Content	Organisation	Time
<p>WARM UP</p> <p>GAME</p> <p>SESSION POINT</p> <ul style="list-style-type: none"> COACH SHOULD DEMONSTRATE THE ROLE OF THE CAPTAIN. 	<p>Free play with footballs. Suggest that players practice kicking.</p> <p> x④ x x x③ x x x② x x x① x x </p> <p>xA xB xC</p> <p>Stages</p> <ol style="list-style-type: none"> Player 1 runs out, <u>hands</u> ball to leader A, goes around him, gets the ball back and runs back, <u>hands off</u> to a standing player 2, who repeats. (same for all lines BC) Player 1 runs to cone, <u>hands</u> ball to A, goes around him, gets the ball back and <u>passes</u> it to a standing player 2, who repeats. Player 1 runs to cone, passes to leader A, goes around, gets the ball back prior to passing to a <u>running player 2</u>, who repeats. <div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Once each stage is learnt well, follow with a relay style challenge.</p> </div> <p>State of Origin Relays Pick two teams, Call one NSW and One team QLD.</p> <p> ▲ ▲ x A x x x (pass in this direction) x x x x x E x ▲ ▲ </p>	<p>5 mins</p> <p>15 mins</p>
<p>CONCLUSION</p>	<p>Positional play Sit players down in positions for a kick off. Kick to team (repeat 4/5 times). Sit players in ruck play positions. Practice a ruck play 4/5 times. Walk players through positions, and play a small sided instructional game.</p>	<p>15 mins</p>

Content	Organisation	Time
<p>WARM UP</p>	<p>Kick and Carry</p>	5 mins
<p>DRILL</p>	<p>Advanced line drills</p>  <p>Stages.</p> <ol style="list-style-type: none"> 1. Player 1 runs to cone, passes to leader A, goes around him, gets the ball back and hands off to a standing player 2, who repeats. (same for all lines BC) 2. Player 1 runs to cone, passes to A, goes around him, gets the ball back and passes it to a standing player 2, who does the same. 3. Player 1 runs to cone, passes to leader A, goes around, gets the ball back prior to passing to a running player 2, who repeats. <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Make a race of each level by counting number of completed circuits per person in a set period of time.</p> </div>	20 mins
<p>SESSION POINT</p> <p>MANY MISTAKES WILL RESULT. REMAIN POSITIVE, ENCOURAGE ALL PLAYERS AND ABOVE ALL PERSEVERE.</p>		
<p>CONCLUSION</p>	<p>Play a game of backyard football.</p>  <p>15m square. Let players invent their own rules. The coach is merely an observer. Stop game when instruction is needed.</p> <p>NB. Allow players to arrange themselves into two teams.</p>	15 mins

Content	Organisation	Time
WARM UP	<p>Hoppo Bumpo All players in a small 10 x 10 grid. Players hold one leg behind them, whilst hopping around. Use arms/body to bump other players off balance. When leg is released, players are eliminated. (4 games is enough)</p>	5 mins
DRILL	<p>Revision of Session 6 (knee tackling) Reinforce shoulder contact and eyes on the target.</p> <p>Triangle Relay</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Players practice tackling the bag at home individual station. (4mins) 2. Run out around centre and return to tackle own bag. Get up and tag next runner. (5mins). Next in line repeats. 3. Run out around hit pad, and tackle next tackle bag in the sequence. E.g. 1, 2, 3 and return to own line. 4. Relay race. Around centre hit pad, and back to own tackle bag. The winner is the first to have all players through successfully. <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>N.B For advanced groups it is possible to follow 3 min practice with a 1 minute relay type race at each level.</p> </div>	<p>10 mins</p> <p>5 mins</p>
CONCLUSION	<p>Positional play - Play an instructional game of backyard footy on a 15m x 15m grid. Coach stops game frequently for instruction or reinforcement.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px; text-align: center;"> <p>① ② ③ ④ ⑤ ⑥ ⑦ ⑧</p> </div>	15 mins

Content	Organisation	Time
<p><i>WARM UP</i></p> <p><i>GAMES</i></p>	<p>Backyard Footy Small sided game played on a 10m wide field.</p> <p>Relay Games Night</p> <ul style="list-style-type: none"> • Arrange group into usual games night squads. • Call on parents to assist with this night. • Set up as follows :  <p>Stages</p> <ol style="list-style-type: none"> 1. Players run with two hands on the football to place ball at feet of next runner, who picks it up and runs to opposite end to repeat. When all runners are back to original positions and sitting down, you have a winner! 2. As for stage 1 with a hand off to standing player. Announce winner. 3. As for stage 1 with a pass to a standing player 4. As for stage one but this time ball is placed down at the cones in the middle. 5. As for stage 1, but this time a hand-off is made in the middle. <p>N.B. Practice each drill twice before racing. Repeat race to give other teams a chance of improvement.</p>	<p>10 mins</p> <p>25 mins</p>
<i>CONCLUSION</i>	Allot points to each team and update season scores	5 mins

Content	Organisation	Time
WARM UP	<p>Strength training as shown on the back.</p> <p>Circle Drills</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>x x</p> <p>x 1 x</p> <p>x x</p> </div> <div style="text-align: center;"> <p>x x</p> <p>x 2 x</p> <p>x x</p> </div> </div> <p>Stages</p> <ol style="list-style-type: none"> 1. Pass the ball around the circle to both right and left. (2 mins each side). 2. Add another ball (3 mins). 3. Add a third ball per group. (This will test). 4. Leader in the middle, each player in turn passes to the leader before swapping the leader. (3 mins followed by a race). 5. Passes can go to any player, man in the middle chases the pass, in an attempt to force an error. When this occurs, the player responsible goes to the middle. <div style="border: 1px solid black; padding: 10px; margin-top: 20px;"> <p>Follow each practice with a race or counting game to add more pressure. If mistakes are made, go back to the basics.</p> </div>	<p>5 mins</p> <p>20 mins</p>
CONCLUSION	<p>Positional Play</p> <p>Play an instructional game of backyard football.</p> <p>Concentrate on attack.</p> <p>Concentrate on players being aware of positional roles.</p> <p>Don't be afraid to congratulate good play. Step in and play with them.</p> <div style="border: 1px solid black; padding: 10px; margin-top: 20px; text-align: center;"> <p>① ② ③ ④ ⑤ ⑥ ⑦ ⑧</p> </div>	<p>15 mins</p>

Strength and Flexibility Activities (5-7 years)

(compliments of Australian Gymnastics Federation)

All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

Correct technique is the most important thing.

When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

Have players perform inside your coaching grid. Spring from two feet.

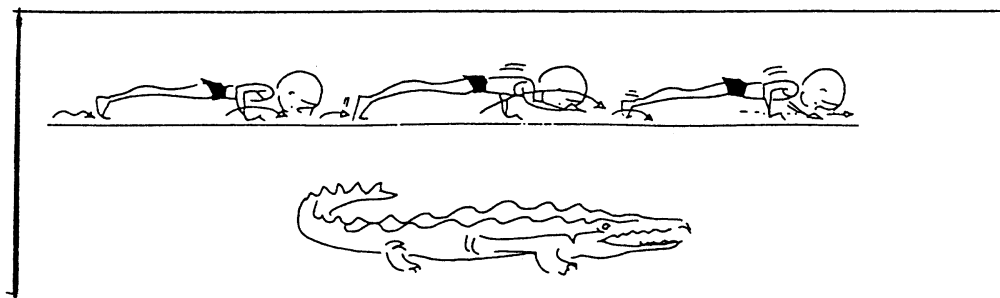
Seal (With straight arms and hands turned in players drag themselves along the ground)



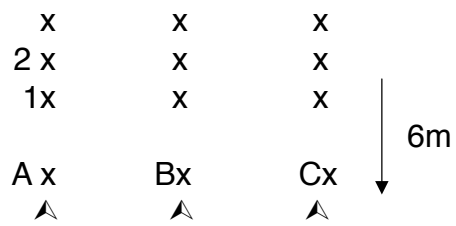
Variation: (High back).



Crocodile (With arms bent, transfer weight from side to side to advance forwards)



STANDING PASS	RUNNING PASS	RECEIVING A PASS	RUNNING IN POSSESSION
<ul style="list-style-type: none"> • Grip - thumbs on top of ball. • Extend fingers along the ball. • Weight on closest foot to receiver (front foot) • Swing arms towards target. • Hands continue to point to target after ball is released. 	<ul style="list-style-type: none"> • Grip - as for standing pass. • Weight on leg furthest from receiver ("lean away") • Turn head and shoulders towards receiver. • Hands extend towards the target. • Aim the ball slightly in front of runner. 	<ul style="list-style-type: none"> • Relax body to receive. • Hand up in front of eyes. • Watch ball into hands. 	<ul style="list-style-type: none"> • Carry the ball in both hands. • In front of the body chest height. • Transfer to one arm to allow fend/swerve. • Lean forward for balance.

Content	Organisation	Time
WARM UP DRILL	<p>Strength training as shown on reverse.</p> <p>Ball Skills Basic Line drill activities (as per session 3)</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Player 1 runs to cone, <u>hands ball</u> to leader A, goes around him, gets the ball back and hands off to a standing player 2, who repeats. (same for all lines BC) 2. Player 1 runs to cone, passes to A, goes around him, gets the ball back and passes it to a standing player 2, who repeats. 3. Player 1 runs to cone, passes to leader A, goes around, gets the ball back prior to passing to a running player 2, who repeats. 4. Player 1 passes to leader of the group, chases the pass, receives it back, gives it back, gets it back, and returns to place the ball at the feet of the next player. 5. As for one, but player hands off to player 2. 6. As for stage 2 but player passes ball to next player. <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Follow 3 min practice with a 1 minute relay type race at each level</p> </div>	5 mins 20 mins
CONCLUSION	<p>Continue with wrestling activities. Today introduce a new game.</p> <p>Ground Wrestle Players kneel on all fours facing each other . The first player to get the other on his back is the winner. Play best of three bouts. Match winners with winners, losers with losers until a team champion is found.</p>	15 mins

Strength and Flexibility Activities (5-7 years)

(compliments of Australian Gymnastics Federation)

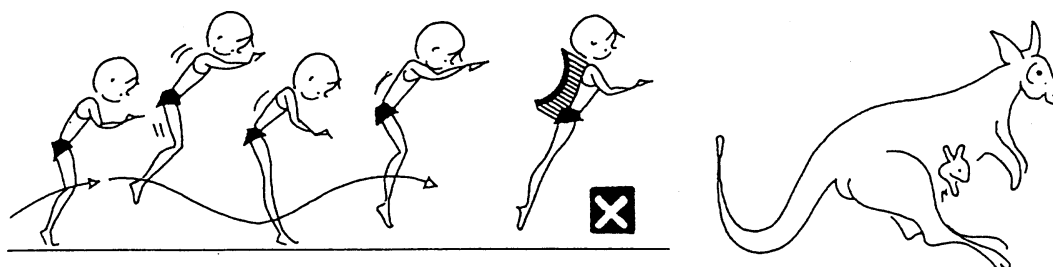
All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

Correct technique is the most important thing.

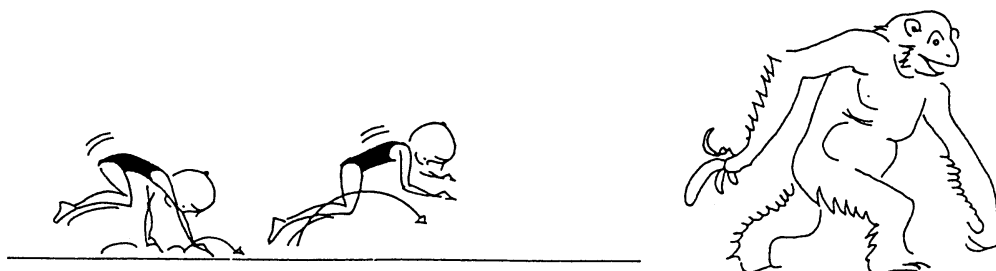
When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

Have players perform inside your coaching grid. Spring from two feet.

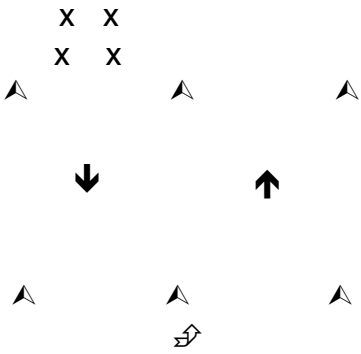

Kangaroo Bounds (Spring from two feet)

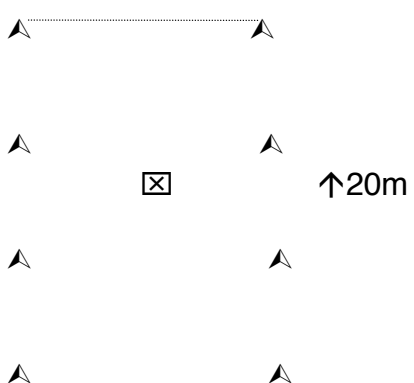
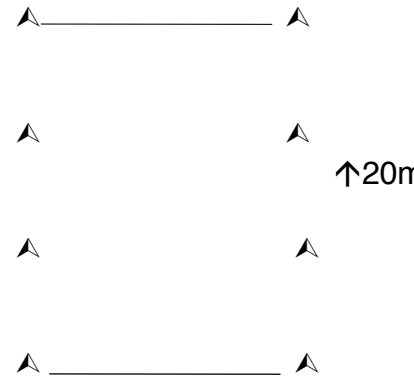


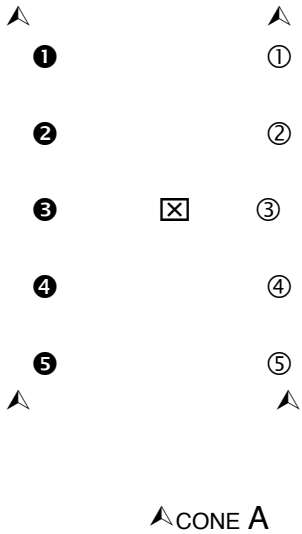


Monkey Walks (Arms move in walking action, whereas legs move together in springing motion)




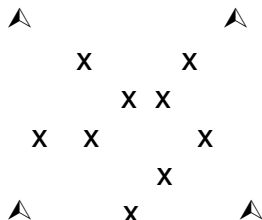
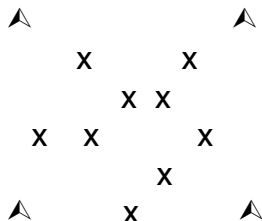
STANDING PASS	RUNNING PASS	RECEIVING A PASS	RUNNING IN POSSESSION
<ul style="list-style-type: none">• Grip - thumbs on top of ball.• Extend fingers along the ball.• Weight on closest foot to receiver (front foot)• Swing arms towards target.• Hands continue to point to target after ball is released.	<ul style="list-style-type: none">• Grip - as for standing pass.• Weight on leg furthest from receiver ("lean away")• Turn head and shoulders towards receiver.• Hands extend towards the target.• Aim the ball slightly in front of runner.	<ul style="list-style-type: none">• Relax body to receive.• Hand up in front of eyes.• Watch ball into hands.	<ul style="list-style-type: none">• Carry the ball in both hands.• In front of the body chest height.• Transfer to one arm to allow fend/swerve.• Lean forward for balance.

Content	Organisation	Time
WARM UP DRILL	<p>Free play with footballs.</p> <p>Passing Lines</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Run out in pairs, passing the ball between each other. Round the cone and head back to rejoin the line at rear. (10 mins) 2. Repeat after swapping player positions.(5 mins) 3. How quickly can a team complete the circuit with 3 passes in both alleys? (Race every 3 mins) <p>Advanced Progression</p> <ol style="list-style-type: none"> 1. Running in groups of 3, the middle man receives a pass from both sides, and quickly returns it to the passer. 2. As per stage 3 using the middle man. <p>How Many Passes</p> <p>Divide group into two teams.</p>  <p>How many passes can a team do in 30 secs.</p>	<p>5 mins</p> <p>25 mins</p>
CONCLUSION	<p>Backyard Footy</p> <p>Introduce a rule to encourage players to pass whilst running. e.g. An extra tackle to the team if they can pass whilst running. Encourage passing by awarding points to the teams based on how many passes they can do.</p>	<p>10 mins</p>

Content	Organisation	Time
WARM UP	Backyard Footy with instruction	10 mins
GAMES	<ul style="list-style-type: none"> Arrange group into games night squads Set the available space up in the following manner. <div style="text-align: center;">  <p>1. Touchdown</p> </div> <div style="text-align: center;">  <p>2. League Flags</p> </div> <p>Stages (explained on next reverse)</p> <ol style="list-style-type: none"> Touch Down League Flags 	25 mins
CONCLUSION	Sit down and tally up points. Give players immediate feedback as to latest team standings.	5 mins

<p>TOUCH DOWN</p> 	<p>Divide group into two teams as displayed. Both teams have a football.</p> <p>Each player is given a number and they face their opposite number, 5m apart.</p> <p>The ball is passed along the line from 1 to 5.</p> <p>On command, the coach calls Touchdown and immediately the players in possession of the football tries to run around the cone A, and try to score a Touchdown.</p> <p>Player must score at point .</p> <p>A team scores one point for every successful touchdown.</p> <p>As soon as the attacking player returns to his original position, the ball is passed up the line. The first team to get the ball to player 1, gets a bonus point.</p>	
<p>LEAGUE FLAGS</p> 	<p>Divide group into two teams as displayed on diagram.</p> <p>Players are positioned in beach flags starting position, face down in the direction of the footballs (as shown in diagram).</p> <p>On command players rise quickly, sprint the 10 metres and dive on a football.</p> <p>Players unable to claim a ball are eliminated. They then assist by becoming the judges for further runs.</p> <p>Always place less footballs than there is number of players.</p>	

Content	Organisation	Time
WARM UP	<p>Heads Down / Thumbs Up</p> <p>Sit players in a circle with heads down facing towards the middle, and eyes closed.</p> <p>Place 4 balls, behind any 4 players.</p> <p>On coaches instruction all players open eyes. Those with a ball behind them pick it up, run around circle, and race back through original position and score try in centre of circle.</p>	15 mins
GAME	<p>Line Drill Relay</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Players hand off to standing player at opposite cone. 2. While running with the ball, perform the following before handing off: <ul style="list-style-type: none"> • Circle ball around waist • Circle ball through legs • Throw ball up and catch. 3. Player hand-off in the middle. 4. Players roll the ball to teammate when they arrive. 5. Ball arrives and is passed to back of line and back before new runner sets off. <div style="border: 1px solid black; padding: 10px; text-align: center; margin-top: 20px;"> <p>N.B Remember. Allow plenty of time to practice before racing.</p> </div>	20 mins
CONCLUSION	<p>Sit down and find out about favourite teams, positions and players.</p>	5 mins

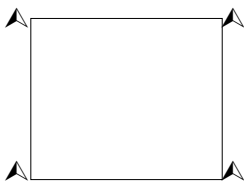
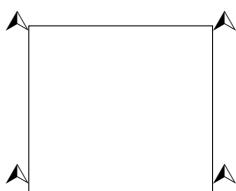
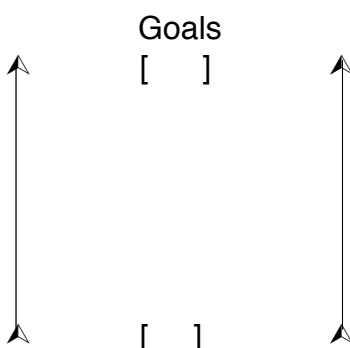
Content	Organisation	Time
WARM UP	Strength training as shown on the reverse.	5 mins
DRILL	<p>Stuck in the Mud</p>  <ul style="list-style-type: none"> • Elect two chasers, who try to tag the others by touching them. • Most players have a ball except the chasers. (Depending upon availability) • Tagged players stand still until they either pass or catch a ball passed to them. They then re-enter the game. <p>Frozen Tag</p>  <ul style="list-style-type: none"> • Chasers tag other players as in “Stuck in the Mud”. • To release “frozen player”, another team member must crawl between his legs. • When player is on the ground between anothers legs, he is B.A.R i.e cannot be frozen. 	20 mins
CONCLUSION	<p>Positional Play</p> <p>Develop teamwork and positional play by playing an instructional game to practice rules and attack.</p> <div style="border: 1px solid black; padding: 10px; text-align: center; margin: 10px auto; width: fit-content;"> ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ </div>	15 mins

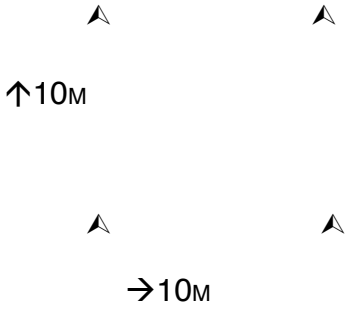
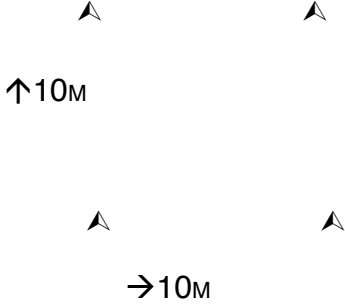
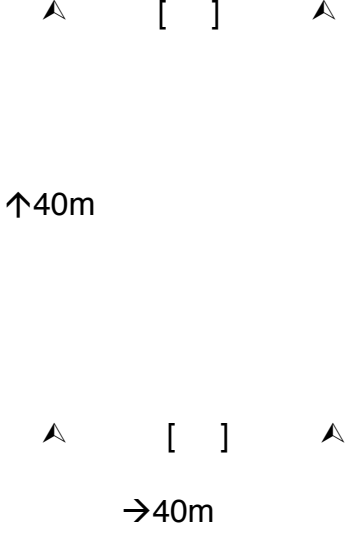
Evasion (1)

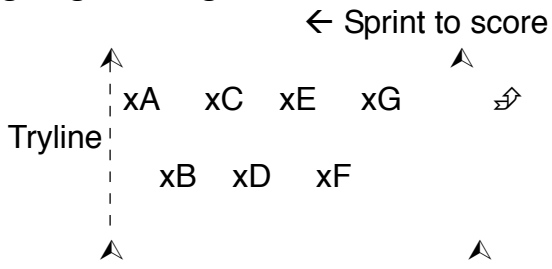

NEW SOUTH WALES RUGBY LEAGUE COACHING PLAN

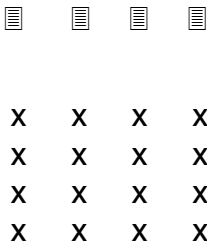
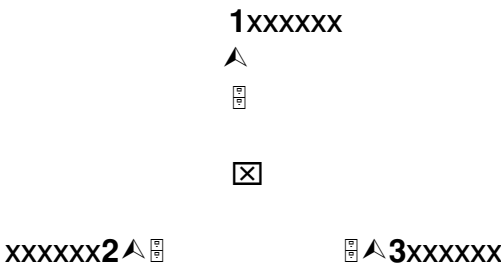
THE SKILLS OF RUGBY LEAGUE

CHANGE OF PACE	SIDE STEP	SWERVE
<ul style="list-style-type: none">• Ensure tackler is chasing ball carrier.• Create indecision in tackler by slowing slightly.• When tackler decreases pace, accelerate to maximum pace away from defender.	<ul style="list-style-type: none">• When 2-5 metres from defender.• Look with eyes towards on direction.• Push toes of outside leg (all weight on that leg) hard against ground.• Push off and accelerate quickly as you straighten in new direction.	<ul style="list-style-type: none">• At top speed, change direction suddenly by• Arching away from defender.• Sway hips away from defender.


Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	5 mins
DRILL	<p>Arrange into same games night teams. Outline the current score situation from previous weeks. Tonight we have two new games. Set up as follows:</p> <p>1. How many passes</p>  <p>2. Treasure tag</p>  <p>3. League Lacrosse</p>  <p>All games require teams of 5 players. If you have any assistance, then play both games consecutively and swap on completion.</p> <p>Games explained overleaf</p> <ul style="list-style-type: none"> Finish session with one big game of League Lacrosse. 	25 mins
CONCLUSION	Sit down and outline latest pointscore.	5 mins

<p><i>HOW MANY PASSES</i></p> 	<ul style="list-style-type: none"> • The group is divided into two teams. • One team is given the ball and attempts to complete as many passes as possible before making a mistake. • Every consecutive pass gains one point. • The opposition attempts to knock down the ball or force an error. • If this occurs, they then begin with possession. • Players with the ball cannot move, so that other players must position themselves to receive a pass. • All players remain on the grid. • Team with the most points at the completion of 8 minutes is the winner. 	
<p><i>TREASURE TAG</i></p> 	<ul style="list-style-type: none"> • Group is in two teams, as for “How Many Passes” • Two players from one group become chasers, whilst others rest awaiting their turn. • Chasers must tag runners. • Runners freeze on the spot when tagged. • However, runners have one ball, which acts as a safety. • Any player in possession cannot be tagged. • The “treasure ball” can also defrost a frozen player. 	
<p><i>LEAGUE LACROSSE</i></p> 	<ul style="list-style-type: none"> • Group is in two teams. • The aim of the game is to pass the ball between the goals. • Each team is allowed a goalkeeper, but no other players are allowed inside the shooting area. • Attacking players can only: <ul style="list-style-type: none"> a) Shoot from outside the goal area. b) Run with the ball c) Pass in any direction. • Defenders must not make body contact, and only attempt to intercept the passes. • Play restarts with a pass off by losing team. • Mark goal area with cones. 	

Content	Organisation	Time
WARM UP	Foot Tag (from session 19)	5 mins
DRILL	<p>Zig-Zag Passing Lines</p>  <p>Players stand in a zig-zag pattern, apart just enough to get off a decent pass. Ball is passed along the line. (A to G). Player A runs around the grid to replace G. All players move along one so that B is the new leader.</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Pass to end and back. 2. Move players to increase distance of the pass. 3. When G gets possession he races around the cone and sprints to score a try. (If enough players for two teams have a race) 	25 mins
GAME	<p>How Many Passes (advanced)</p> <p>Split into two teams. One team begins with ball/one defends. Team in possession attempts to make many passes before an error is forced by opposition. Players may run with the ball.</p> <p>After a mistake the other teams attempts to add to the existing team record.</p> 	
CONCLUSION	<p>Positional Play (Instructional Game)</p> <p>Spend time in a 25x25 grid outlining dummy half passing and taking turns at running the ball.</p>	10 mins

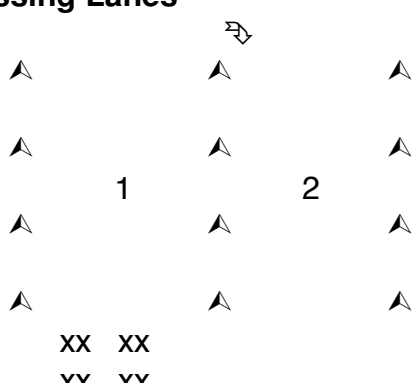


Content	Organisation	Time
WARM UP	<p>Ground Wrestle - Players on their knees in pairs. Attempt to be first to get other player on his back.</p>	5 mins
DRILL	<p>Note : Sit players down to demonstrate of technique.</p> <p>Bag Practice</p>  <p>Stages:</p> <ol style="list-style-type: none"> Children go to pad, one by one to get correct technique. Put it all together at a quicker speed. <p>Triangle Relay</p> <p>Explain tackling technique, again.</p> <p>Reinforce shoulder contact and eyes on the target.</p>  <p>Stages</p> <ol style="list-style-type: none"> Players practice tackling the bag at each individual station. Run out around hit pad and return to tackle own pad. Run out around hit pad, and tackle next tackle bag in the sequence. E.g. 1, 2 , 3 <p>Relay race. Around centre hit pad, and back to own tackle bag. The winner is the first to have everybody through successfully.</p>	<p>5 mins</p> <p>5 mins</p> <p>10 mins</p> <p>10 mins</p>
GAME	<p>Cocky Laura (Bullrush)</p> <ul style="list-style-type: none"> On a 20x40 field. Pick 3 players to go on to field and act as catchers. All other players run on the whistle blow. Captive players remain in the middle to assist until all others are caught. To catch a player, hold them and call "Cocky Laura 1-2-3". 	10 mins

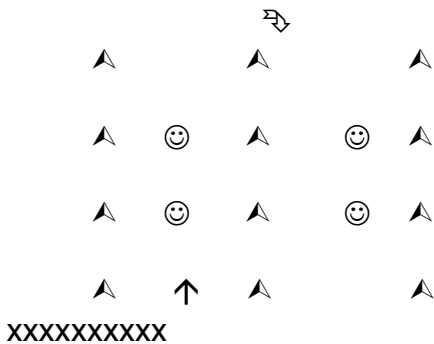
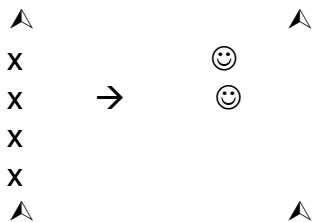
NEW SOUTH WALES RUGBY LEAGUE COACHING PLAN

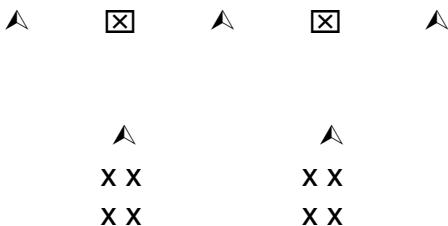
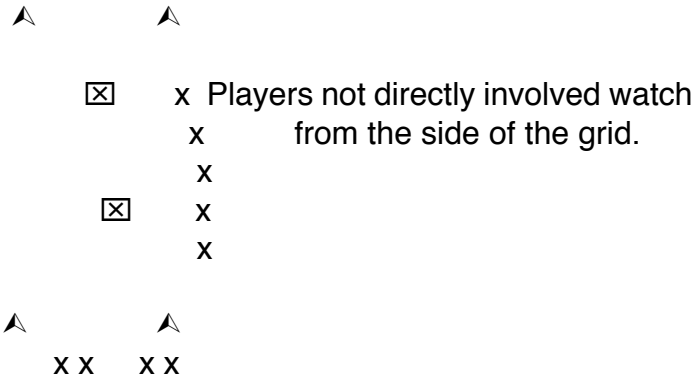
Content	Organisation	Time
WARM UP	State of Origin Relay	10 mins
DRILL	Zig Zag State of Origin Set up as for State of Origin Relay. Players weave between team mates as they follow the ball to lines end. Here they take ball and run down centre alley to score.	
GAME	Slowball <div style="text-align: center;"> →40m  </div> Stages <ol style="list-style-type: none"> 1. Select two even teams. 2. Play normal rules of rugby league at walk pace. 3. Players can walk as fast as they wish. 4. Vary the play to make players concentrate on one single aspect of the game. e.g. <ul style="list-style-type: none"> • one pass only • two passes only • must have an offload to continue with the ball • chest tackles only • dummy half running only • kicks allowed on second tackle only 	20 mins
CONCLUSION	Backyard Football - Promote Positional Play Attack and defence. Introduce a set play. <div style="text-align: center; border: 1px solid black; padding: 10px; margin-top: 20px;"> ① ② ③ ④ ⑤ ⑥ ⑦ ⑧ </div>	10 mins

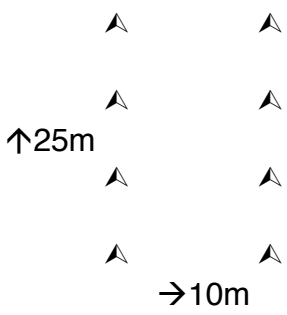

THE SKILLS OF RUGBY LEAGUE

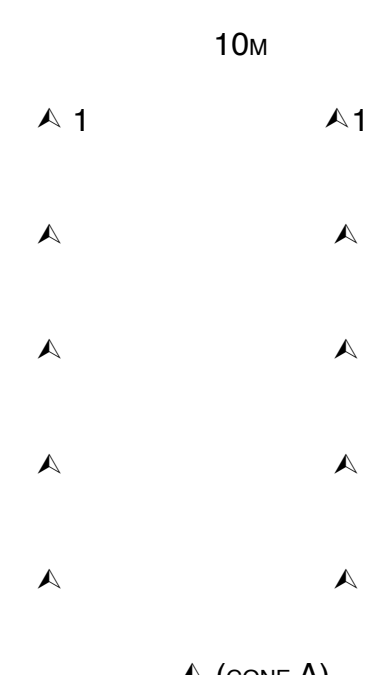
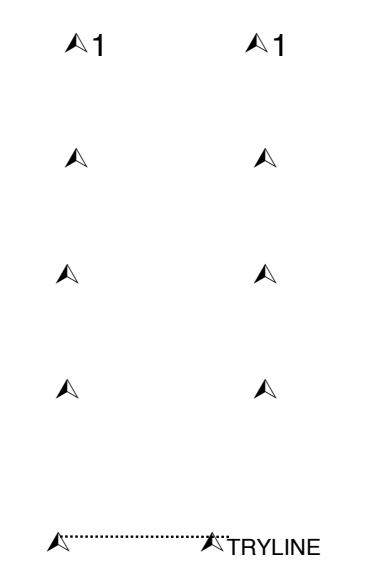
STANDING PASS	RUNNING PASS	RECEIVING A PASS	RUNNING IN POSSESSION	CHANGE OF PACE	SIDE STEP
<ul style="list-style-type: none">• Grip - thumbs on top of ball.• Extend fingers along the ball.• Weight on closest foot to receiver (front foot)• Swing arms towards target.• Hands continue to point to target after ball is released.	<ul style="list-style-type: none">• Grip - as for standing pass.• Weight on leg furthest from receiver ("lean away")• Turn head and shoulders towards receiver.• Hands extend towards the target.• Aim the ball slightly in front of runner.	<ul style="list-style-type: none">• Relax body to receive.• Hand up in front of eyes.• Watch ball into hands.	<ul style="list-style-type: none">• Carry the ball in both hands.• In front of the body chest height.• Transfer to one arm to allow fend/swerve.• Lean forward for balance.	<ul style="list-style-type: none">• Ensure tackler is chasing ball carrier.• Create indecision in tackler by slowing slightly.• When tackler decreases pace, accelerate to maximum pace away from defender.	<ul style="list-style-type: none">• When 2-5 metres from defender.• Look with eyes towards one direction.• Push toes of outside leg (all weight on that leg) hard against ground.• Push off and accelerate quickly as you straighten in new direction.
PLAYING THE BALL		KICK RECEPTION		TACKLING	SWERVE
<ul style="list-style-type: none">• Regain feet quickly.• Face opponents goal line.• Place ball at foot.• Walk forward over the ball, staying alive.• Speed and efficiency is important.• Dummy-half passes off the ground.		<ul style="list-style-type: none">• Eyes on ball.• Hold arms up and out, fingers spread.• Catch in cradle of arms and chest.• Elbows close to body, bend knees.• Turn side to opponent.		<ul style="list-style-type: none">• Move in as close to the attacker as possible.• Bend knees.• Drive at contact area - between knees and waist.• Rapid, powerful drive.• Shoulder contact first.• Lock arms, head to one side.	<ul style="list-style-type: none">• At top speed, change direction suddenly by• Arching away from defender.• Sway hips away from defender.


Content	Organisation	Time
WARM UP	Free play with footballs - promote kicking skills.	10 mins
DRILL	<p>Passing Lanes</p>  <p>xx xx xx xx</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Players, in pairs, go up alley 1, round the cone and back down alley 2, passing the ball to each other. (5 mins) 2. Players join with another pair, form an Indian file (one behind the other), and advance up alley 1 and down alley 2 passing to man behind them. (5 mins) Players remain in single file. Passer rejoins behind last in the line. <p> These are continuous drills. Another group is in the alley very quickly after first group leaves.</p>	20 mins
GAME	<p>Man in the Middle</p> <ul style="list-style-type: none"> • Set up as for Passing lanes. • Players in groups of 3. • Outside players both have balls. They pass to middle man who returns the ball directly to the passer. This happens consecutively as they proceed up the alley. i.e First the left then the right and so on. • Coach times players on completing alley 1 and alley 2. Players must do at least 10 passes to either direction to qualify for a time. <p>e.g</p> 	10 mins

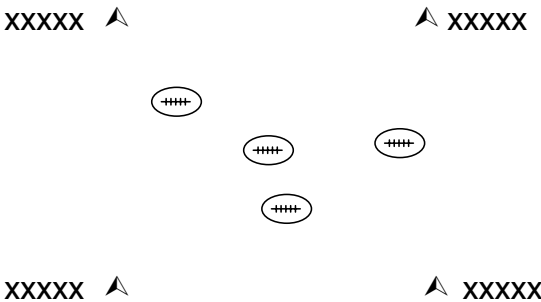
Content	Organisation	Time
WARM UP	League Flags - as for beach flags except players dive on balls.	10 mins
DRILL	One on One  <p>xxxxxxxxxx</p> <p>Stages</p> <ul style="list-style-type: none"> • Players run through alley one at a time, attempting to beat defenders and make it to the end. • On completion they return to the end of the line. <p>NB To give every ability level a chance to succeed, one alley should be wider than the other.</p>	15 mins
GAME	Cocky Laura  <ul style="list-style-type: none"> • Pull middle two cones from the alleys. • Pick two defenders. • Rest of team must beat the defenders and advance to the other end without being caught. • Caught players remain in the middle until all other players are caught. • When this happens start another game. 	10 mins
CONCLUSION	Sit down and talk about postional play in attack.	5 mins

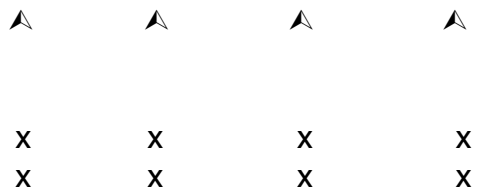

Content	Organisation	Time
<p>WARM UP</p>	<p>Cocky Laura</p>	10 mins
<p>DRILL</p>	<p>Two on One Explain the skill of drawing a man and passing to a team mate. Demonstrate using a standing target.</p>	15 mins
<p>SESSION POINT</p> <ul style="list-style-type: none"> PLAYERS WILL MAKE MANY MISTAKES WHEN LEARNING TO DRAW THE MAN. COACH AND ASSISTANT SHOULD HOLD PADS IF POSSIBLE, UNTIL PLAYERS GET THE IDEA. 	<div style="text-align: center;">  </div> <p>Stages</p> <ol style="list-style-type: none"> 1. Players arranged in pairs, a ball between two. 2. Two alleys, one for more advance players and one for absolute beginners. 3. Pad remains still in one alley and moves slightly in the more difficult alley. 4. Players draw the pad and pass to partner. (they keep a personal tally of successful efforts.) <p>Gladiators</p> <ul style="list-style-type: none"> Players arranged in pairs to attempt to progress down the alley and score a try (May pass the ball or just run) In initial stages, the pads cannot move. <div style="text-align: center;">  </div>	10 mins
<p>CONCLUSION</p>	<p>Work on teamwork.</p>	5 mins

Content	Organisation	Time
WARM UP	Line drills for ball skills.	10 mins
DRILL	<p>Alley Games</p> <ul style="list-style-type: none"> Arrange group as required by games  <p>Stages (explained on next page)</p> <ol style="list-style-type: none"> Pursuit - practice then 1 minute race. Roll-a-Ball - practice then competition. Pass Relay - ball is passed along the lines. End person runs to the front. Alligator Pass Relay - as for 3, except coach acts as an obstacle in either alley as child runs to the front. 	20 mins
GAME	<ul style="list-style-type: none"> All children “Mr Wolf”. Children progress, ball in hand towards coach. They attempt to tag coach with the ball. If caught moving when coach turns around they return to designated spot to begin again. 	5 mins
CONCLUSION	Sit down and talk about the importance of fitness	5 mins

<p>Roll A Ball</p>  <p>10M</p> <p>▲ 1 ▲ 1</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ (CONE A)</p>	<p>Divide group into two teams as displayed.</p> <p>In each team, each player is given a number. They face their opposite number.</p> <p>One player from each team is nominated as the roller.</p> <p>On command, the coach calls out a number and immediately the 'rollers' roll a football to that numbered player from the other team (ie Team A rolls ball for Team B player).</p> <p>Numbered players on command must:</p> <ul style="list-style-type: none"> Pick up the rolling ball. Run around witches hat (marked A) Place football at the feet of number 1 player in their team. Return to their position. <p>As soon as the numbered player returns to his original position, the ball is passed up the line. The first team to get football to the last player in the line gains a point.</p> <p>Repeat at least 10 times.</p>	
<p>Pursuit</p>  <p>▲ 1 ▲ 1</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲</p> <p>▲ ▲ TRYLINE</p>	<p>Divide group into two teams as displayed on diagram. Place a ball at centre of grid.</p> <p>On command, players at the front of both lines (1) run up their line in a zig-zag fashion.</p> <p>When they get to the last witches hat, they round it and continue running down the corridor towards the ball.</p> <p>Both players attempt to be first to the ball, pick it up and score a try over the line.</p> <p>The player without the ball attempts to tag the player in possession of the ball with two hands before he crosses the tryline.</p> <p>Points System:</p> <ul style="list-style-type: none"> 1 point - if a try is cleanly scored 0 point - if player is tagged and/or drops ball <p>The first two players then go to the end of the line and the next two players repeat this activity.</p>	

Content	Organisation	Time
WARM UP	Free play with footballs - encourage kicking skills in pairs.	5 mins
DRILL	<p>Beach Flag Elimination (15 x 15m)</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> ▲ x x x x x x x x ▲ </div> <div style="text-align: center;"> ▲ o o o o o ▲ </div> </div> <ul style="list-style-type: none"> Line players between cones. Call for players to lie down with heads facing away from balls. Place footballs (make sure there is one less than runners) On the whistle, players race to pick up a ball, then race back to score a try. One player misses out every time. Use these players to make ball placements. Continue to eliminate until a winner is found. <p> Rotations between rounds must be quick to keep all players active.</p>	15 mins
GAME	<p>Ball Work - Game Skills</p> <p>On the same grid play a small sided instructional game which outlines all aspects of the game i.e</p> <ul style="list-style-type: none"> Ruck play Pivot Order of running Kick off Restarts 	15 mins
CONCLUSION	Sit down and talk about correct technique and football teams. It is a good idea to find out about favourite teams, positions and players.	5 mins

Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	5 mins
DRILL	<p>Rob the Nest (Special)</p>  <p>Arrange team into 4 groups. Place all balls in the middle and follow procedure as with session two. You will note the season improvement ! (I hope) Now, allow full contact at the nest, where players compete to gain possession.</p> <p>Safety Clue</p> <p><i>Keep your eye on the bigger or more advanced players who could attempt to brutalise smaller inexperienced players.</i></p>	20 mins
CONCLUSION	<p>Backyard Football - instructional game. Introduce basic positional play. Place players in positions and instruct on where to stand in defence. Coach to offer minimal interference.</p>	15 mins

Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	10 mins
DRILL	<p>Ball Skills Basic Line drill activities</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Run out put ball down/run back. Next child runs out, picks up ball and places it at the feet of the third. 2. Run out around cone and return. Place ball at next child's feet. 3. Run out around cone and return. Place ball at next child's hands. 4. Run out pick up ball at once. Place ball in next child's hands. Alternate putting down and picking up. <div style="border: 1px solid black; padding: 5px; margin-top: 10px;"> <p>Follow 3 min practice with a 1 minute relay type race at each level.</p> </div>	15 mins
GAME	<p>Slowball</p>  <p>Field is kept narrow to congest defence. Two teams, play normal rugby league rules, but at a slow pace. Tackles are made as per normal.</p>	15 mins

Strength and Flexibility Activities (5-7 years)

(compliments of Australian Gymnastics Federation)

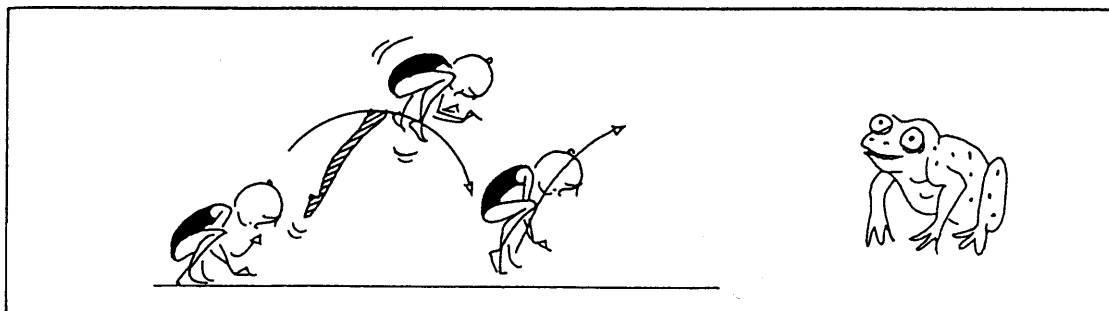
All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

Correct technique is the most important thing.

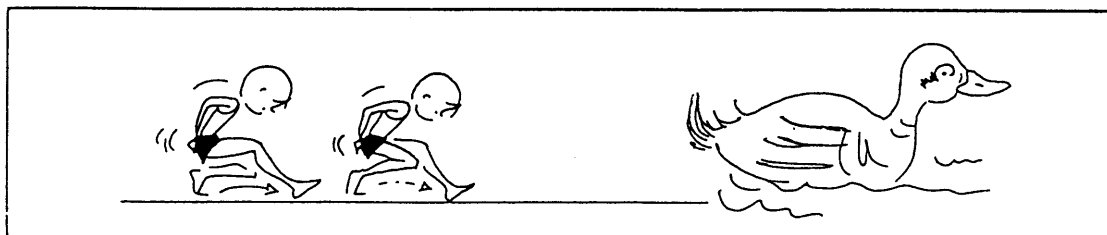
When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

Have players perform inside your coaching grid. Spring from two feet.

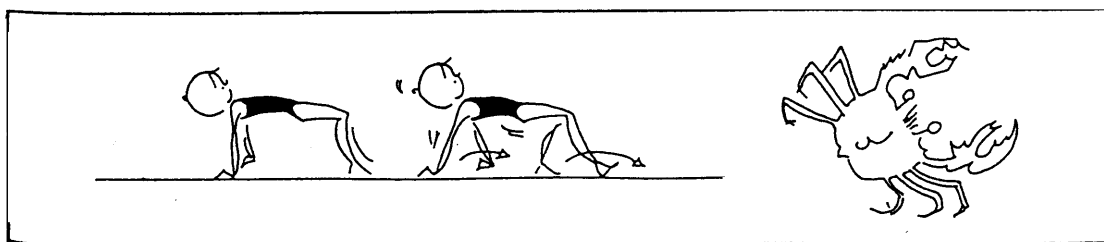
Frog (Crouch on all fours. Explode into the air. Knees should be close to ears.)



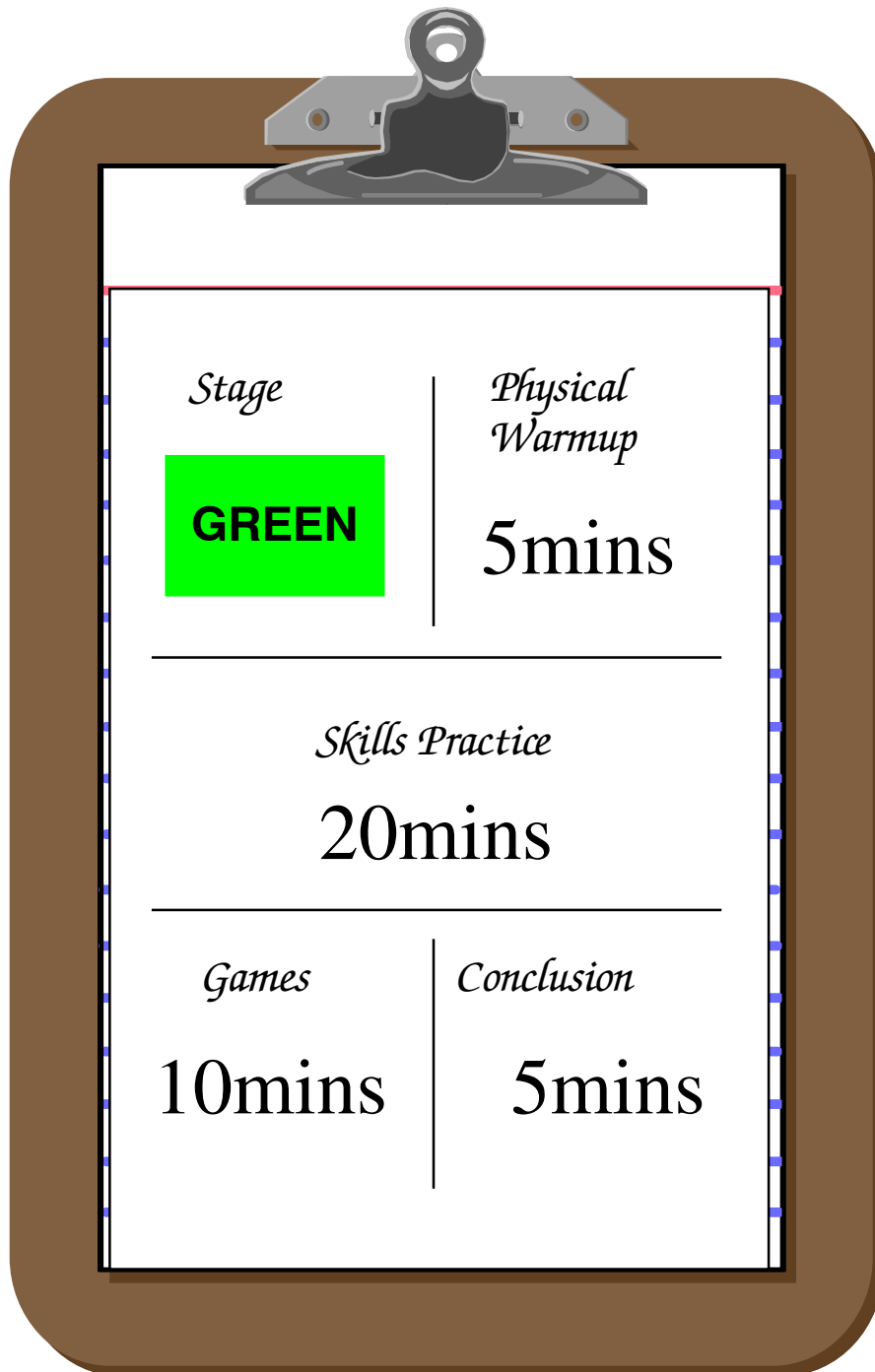
Duck (Squat position, hands on hips. Players waddle as they step forward.)



Crab (Weight on hands and feet. Walk in any direction.)



Content	Organisation	Time
WARM UP	<p>Foot Tag - Players in pairs. One attempts to tread on the others foot. First to do so is the winner. Play a small tournament by allowing winners to play winners etc.</p>	10 mins
DRILL	<p>Evasion Squares</p> <p>xxxxxxxxxxxxx</p> <p>▲ ▲</p> <p>10m x 10m</p> <p>▲ ▲</p> <p>xxxxxxxxxxxxx Team A</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Two equal teams. 2. Team A attempts to get more players across opposite line before the coach blows his whistle. 3. Coach should allow about 5 seconds. <p>Triangle Tag</p> <p>▲ ▲</p> <p> x x</p> <p> x x</p> <p> ▲ ▲</p> <ol style="list-style-type: none"> 1. Setup as for evasion square, but players in groups of 4 inside the square. 2. Players join hands to form a triangle. 3. The fourth players must tag a designated player, whilst team mates protect this person. 	10 mins
GAME	<p>British Bulldog</p> <p>Pick a reasonable size field (20m x 40m) which allows players to use evasion skills.</p> <p>Pick two people to stand in the middle (catchers).</p> <p>Catchers call names of individuals or whole team at once.</p> <p>They then attempt to catch the runners by first stopping the runner, holding them and calling British Bulldog 1-2-3.</p> <p>These players then become tacklers.</p> <p>When all are caught, simply begin a new game.</p>	10 mins



4 WEEK PLANNER

<div> <div>Session Number</div> <div>Skill</div> </div>				
Age	1	2	3	4
8-10	Ball skills (1) (Line Drills)	Ball skills (2) (Line Drills)	Ball skills (3) (Running Pass 1)	Play the Ball (1) (Ruck Play 1)
	5	6	7	8
	Tackling(1) (Tumbling)	Tackling(2) (Technique)	Ball skills (4) (Running Pass 2)	Games Night(1)
8-10	9	10	11	12
	Evasion (1) (Introduction)	Pass/Evasion (2) (Cocky Laura)	Tackling(3) (Triangle relay)	Play the Ball (2) (Ruck Play 2)
	13	14	15	16
	Ball skills (5) (RunningPass3)	Play the Ball (3) (10m elimination)	Running Pass(4) (Advanced Lines)	Games Night(2)
8-10	17	18	19	20
	Line Drill Relay (6)	Passing Games	Evasion(2)	Tackling (4)
	21	22	23	24
	Tackling (5)	Eliminator Touch	Teamwork (1) (Attack)	Games Night(3)
8-10	25	26	27	28
	Teamwork (2) (Attack)	Beat the Man(1) Alley (1 on 1)	Beat the Man(2) (2 on 1)	Teamwork (3) (Defence)
	29	30	31	32
	RunningPass(5) (Eliminator Touch)	Kicking (1) (Kick Tennis)	Teamwork (4) (Slowball Chest Tackle)	Games Night(4)

DEVELOPMENT STAGE



Ages: 8 yrs - 10 yrs

Locomotion	run, jump high, enjoy evasion.
Ball Control	carry in two hands, limited high\low control, pick-up carry.
Throwing	direct pass on one side, hand off, keep passes short, pass while moving.
Catching	enjoy a challenge, moving catch, try one hand, jump high catch, two hands in front of body when receiving ball.
Kicking	accurate off the ground, punt poorly.
Tackling	on the knees, chest high hold.

Organisational Requirements

- children willing to follow leaders into own groups if instructed
- establish boundaries clearly, both visibly and verbally
- mixed social groups possible, keep them small
- require plenty of action
- enjoy variety
- keep instruction short, simple and firm
- don't be afraid to 'sin bin' naughty players
- respond to competition and encouragement
- challenge each individual at their ability level

1

Ball Skills (1)

Content	Organisation	Time
WARM UP	Strength activities (details overleaf)	15 mins
DRILLS	Line Drills <div style="display: flex; align-items: center; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> ▲ ▲ ▲ ▲ X X X X X X X X X X X X </div> <div style="text-align: center;">] “the river” </div> </div> <p>I. Run around cone and back (1 ball), give to next player II. On way to cone pass ball around waist, knees or head. III. Run around cone and back (2 balls at a time) IV. As above with ball around neck, waist then knees. V. Meet ½ way back for hand off. VI. Captain moves to cone. Players hand off go around and collect on their way back.</p> <p>Coach or another child takes pad and circulates in the “river” as an alligator. They provide an obstacle for runners.</p>	15 mins
SKILL POINTS <ul style="list-style-type: none"> • BALL IN TWO HANDS • BALL IN FRONT OF BODY • RELAXED RUNNING STYLE 	Gladiators <div style="display: flex; align-items: center; justify-content: space-around; margin-top: 20px;"> <div style="text-align: center;"> X X X X X X ↓ ▲ ☒ ▲ ☒ ▲ ▲ ▲ ▲ ▲ ☒ ▲ ☒ ▲ ▲ ↑ ▲ ▲ X X X X X X </div> <div style="background-color: #cccccc; padding: 10px; border: 1px solid black;"> <ul style="list-style-type: none"> • Evasion of pads • Pad move laterally only • One wide/one narrow alley • Players run one at a time • Advanced players may go in pairs </div> </div>	10 mins
GAME		

Strength and Flexibility Activities (8-10 years)

(compliments of Australian Gymnastics Federation)

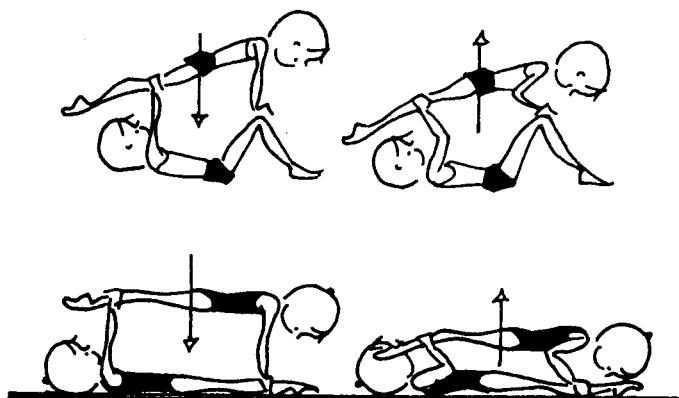
All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

Correct technique is the most important thing.

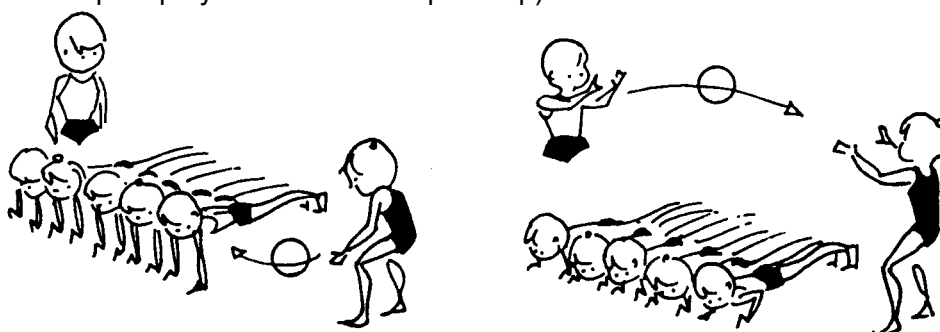
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Have players perform activities within coaching grid.

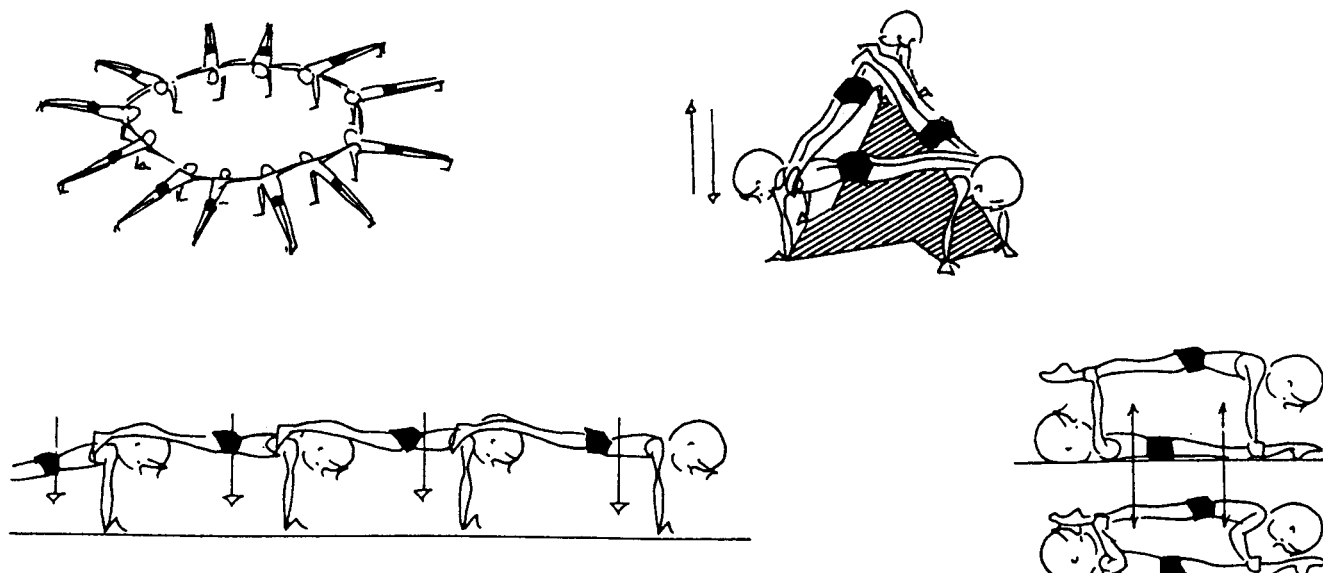
Partner Push-up



Rollerball Push-up (Groups of 4. Ball rolled under players as they remain in push-up position. Ball is returned over the top as players do a correct push-up).

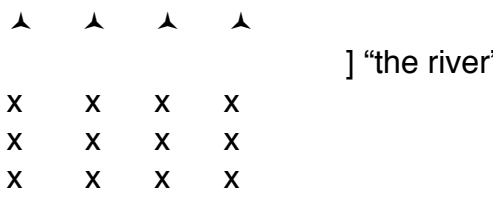
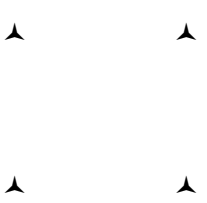


Partner Push-ups (Try them all).



2

Ball Skills (2)

Content	Organisation	Time
<p>WARM UP</p>	<p>Repeat session one strength</p>	<p>5 mins</p>
<p>DRILL</p>	<p>Line Drills (2)</p> <p>  </p> <p>SKILL POINTS</p> <ul style="list-style-type: none"> • HIGH BALL MAKE A CRADLE WITH ARMS • EYES ON BALL <p> I. Throw ball in air and catch as you run. II. Run around cone, and hand off in the middle on return. III. On return to own line, roll ball to next person. IV. Run and pass to next in line (vary the distance with ability). Move a Captain to the cone. V. Pass and run (pass to leader, then chase the ball, get it back, round captain before passing to next in line). </p>	<p>25 mins</p>
<p>GAME</p>	<p>Tag Ball (20 x 20 grid)</p> <p>  </p> <p> All players line up inside the grid. No more than 10 players in grid at once. Coach gives a ball to two players only. Designated ball carriers run to tag others. When they are tagged, those children line the grid until all are tagged. </p> <p>Extension</p> <p> Give each tagger 30 seconds to tag as many as possible. The player who tags the most is the winner. </p>	<p>10 mins</p>

Strength and Flexibility Activities (8-10 years)

(compliments of Australian Gymnastics Federation)

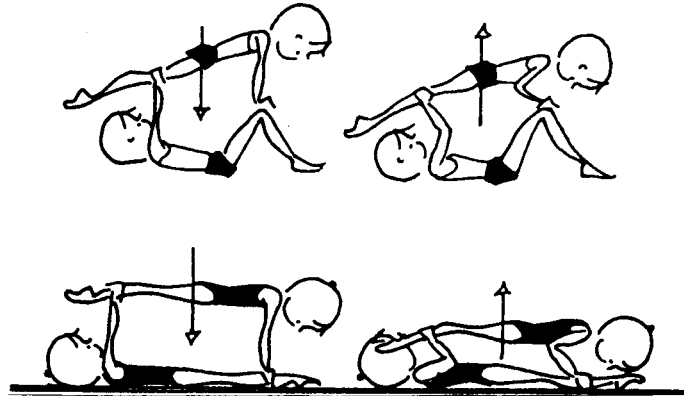
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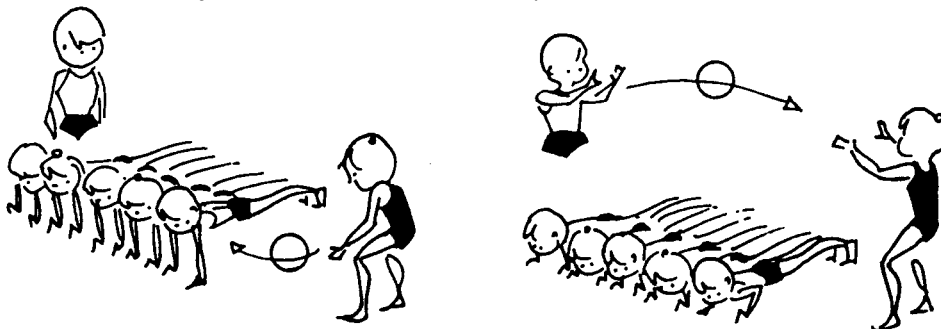
When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

Have players perform activities within coaching grid.

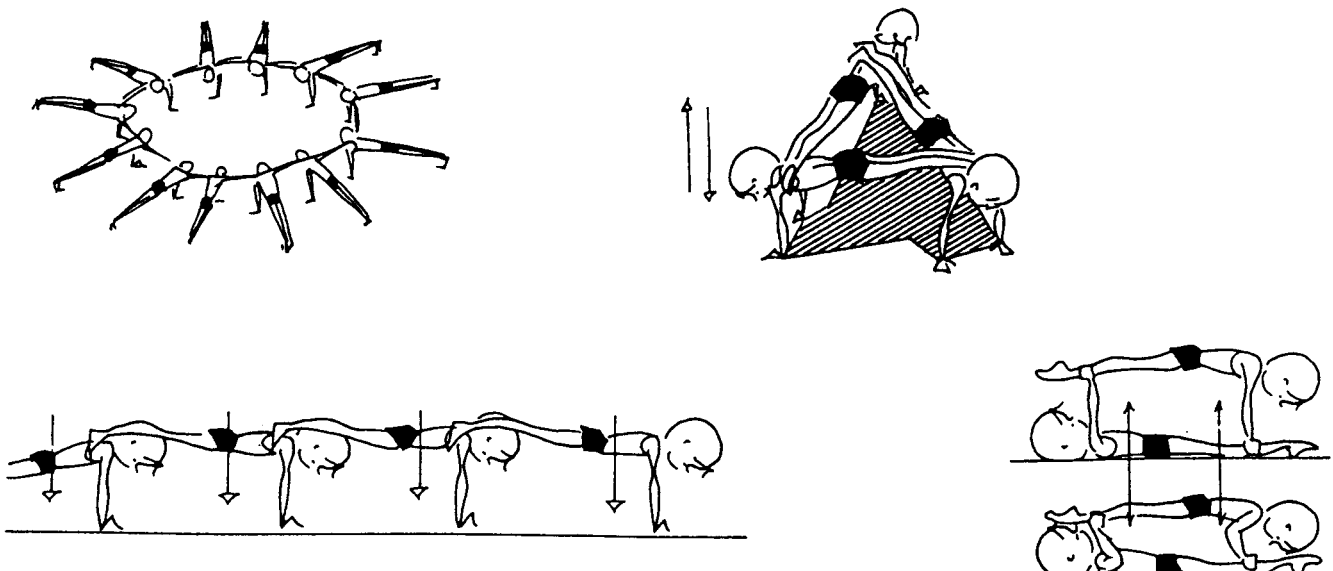
Partner Push-up



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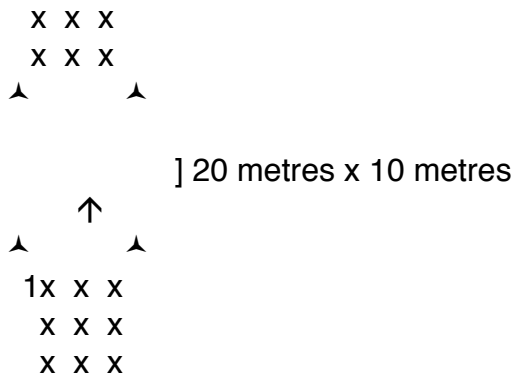



Partner Push-ups (Try them all).



3

Running Pass (1)

Content	Organisation	Time
<p>WARM UP</p> <p>DRILL</p> <p>SKILL POINTS</p> <ul style="list-style-type: none"> PASS WITH ALL WEIGHT ON FURTHEST FOOT FROM TARGET PASS BACKWARDS FOLLOW HANDS TO TARGET AFTER THE PASS. 	<p>Circle Passing - players pass ball in circles of five (How many passes in one minute to both left and right).</p> <p>Passing Alley</p>  <p>Stages Whilst progressing up the alley ;</p> <ol style="list-style-type: none"> Pass along line to left (1 ball only). Hand off to next group who continue up alley. (5minutes) Pass along line to right (1 ball).(Increase speed as skill improves.) As above with shorter distance for quick hands. How many passes in times through in 1 minute (This creates a standard for future use). Pass along line and player 1 circles behind the line to beat the ball and receive final pass before hand-off. 	<p>5 mins</p> <p>25 mins</p>
<p>GAME</p>	<p>3 Pass Shutdown</p> <p>Pick two equal teams. Put on a 20 x 20 metre grid. Place one player from each team in the endzone. Coach rolls ball in to start.</p>  <ul style="list-style-type: none"> Teams must pass 3 times before delivering the ball into a player in the end zone. Any player caught in possession must give possession to the other team. 	<p>15 mins</p>

4

Play the Ball (1)

Content	Organisation	Time
WARM UP	Repeat Session One Line Drills	10 mins
DRILL	<p>Technique Sit down players and assemble in teams of 3. a) Player of the ball b) Dummy half - pass off the ground c) First receiver - hands in front of body</p> <p>Coach explains 3 movements of the play the ball, and players practice in a 20 x 20 grid. (Explanation on reverse)</p> <p>Play the Ball Race</p> <div style="display: flex; align-items: center;"> <div style="text-align: center; margin-right: 20px;"> ▲ ▲ ▲ ▲ ▲ ▲ ▲ ▲ ▲ ▲ x x x x x x x x x x </div> <div> Same groups of 3 Play the ball at each cone First group to the end wins. Repeat several times in other direction. </div> </div>	20 mins
GAME	<p>10 metre elimination</p> <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> ▲ xx xx xx xx xx xx xx ▲ ▲ </div> <div style="text-align: center;"> ▲ A ▲ B ▲ C </div> </div> <p>Players line up between the cones in pairs with a ball at line A. Both run to line B, where ball carrier drops to the ground, gets up and plays the ball back to his partner. Both sprint to line C. Last team or incorrect technique eliminated. Continue until one pair is left.</p> <p>Extension Increase groups to 3, with players swapping roles. (i.e. play the ball, 1st receiver, dummy half)</p>	10 mins

Content	Organisation	Time
<p>WARM UP</p>	<p>Passing Alley from session 4</p>	<p>15 mins</p>
<p>DRILL</p>	<p>Tackling (1)</p>	<p>20 mins</p>
<p>Tumbling</p>	<p>XXXXX XXXXX XXXXX XXXXX</p>	
<p>SKILL POINTS</p> <ul style="list-style-type: none"> • NEED A SOFT OR SANDY SURFACE • EMPHASIS ON POSITION, TIMING AND CONTACT 	<p>☺ Coach</p> <ol style="list-style-type: none"> 1. Side roll - pull arms in tight to body 2. Forward roll 3. Holman roll (For the Holman roll, stand one player facing the coach and have one kneel on the ground behind that player. You begin by pushing players over a kneeling obstacle without any prior knowledge on the players behalf.) <p>Sock Wrestling. <i>Instructions</i> Sit players around a 10x10m square. Use square like a boxing ring. Children to pair off with someone of even size and strength. Take off your shoes. Attempt to be the first one to take off your partners sock.</p> <p>Kneeling Tackle Technique</p> <p style="text-align: center;"> x x x x x x x x x x x x x x </p> <ul style="list-style-type: none"> • Players face each other in pairs. • One player on knees. • Coach instructs ball carrier to walk towards kneeling player. • Coach instructs kneeling player to keep eyes on thigh of ball carrier, and contact this area with the shoulder. • Head goes to opposite side of shoulder used. Coach instructs tackler to lock arms and squeeze tightly. Swap roles. 	
<p>CONCLUSION</p>	<p>Sit players down and re-emphasise correct tackling technique by use role models from NRL teams.</p>	<p>5 mins</p>

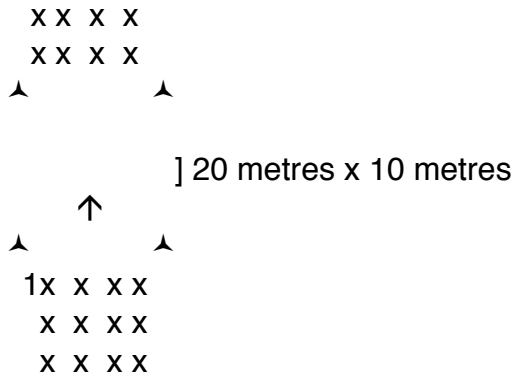
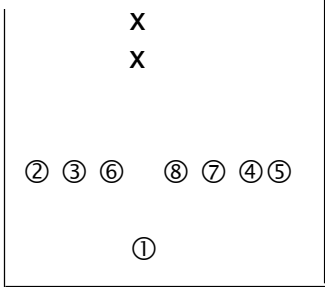
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Tackling (2)

Content	Organisation	Time
<p><i>WARM UP</i></p> <p><i>DRILL</i></p>	<p>Passing alley from session 5</p> <p>Knees Tackling</p> <p>x x x x x x x x Tackler on knees</p> <p>x x x x x x x x ↑Ball carrier goes</p> <p>Tackler on knees makes tackle.</p> <p>Stages :</p> <ul style="list-style-type: none"> • Ball carrier moves at a fast walk • Ball carrier mover at a slow run • Ball carrier at faster speed. • Use both shoulders • Swap positions. <p>Clear the Square</p> <pre> ▲ ▲ x x x x x x x x ▲ ▲ </pre> <p>Two designated tacklers enter the square and attempt to put all other players to the ground, or force them out of the square.</p> <p>When a player is felled he/she lines the square.</p> <p>Keep a clock on pairs. Fastest to clear the square is the winner.</p> <p>Adjust size of square according to ability levels. Weaker players need a smaller square.</p>	<p>5 mins</p> <p>20 mins</p>
<p><i>CONCLUSION</i></p>	<p>Positional Play (20 x 20 grid)</p> <p>Outline positional play by setting up attacking situations and placing players in position.</p> <p>Work a number of Play the Balls to demonstrate where players should be positioned.</p> <p>Extension</p> <ul style="list-style-type: none"> • Coach places ball on the ground and kicks ball towards the players, who are assembled in a defensive line. • First player to the ball picks it up and becomes marker. He passes to second player who plays the ball, and so on. • Players organise themselves into position for one ruck only. • They return to defensive line and repeat for 6 rucks. 	<p>15 mins</p>

7

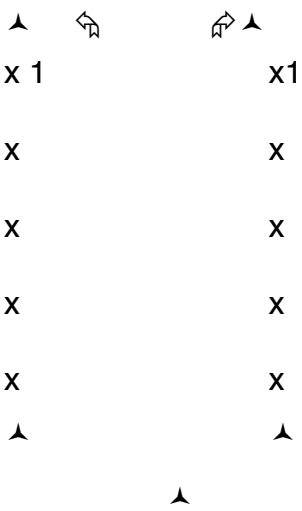
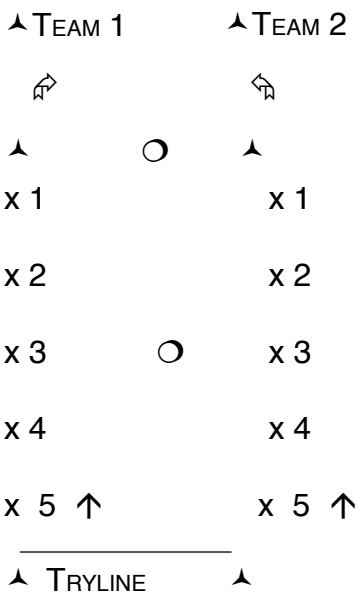
Ball Skills (4)

Content	Organisation	Time
WARM UP	Clear the Square	10 mins
DRILL	<p>Passing Alley (Continued)</p>  <p>20 metres x 10 metres</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Pass along line to left (1 ball only). Hand off to next group who continue up alley. (5minutes) 2. Pass along line to right (1 ball). Increase speed as skill improves. 3. As above with shorter distance for quick hands. 4. Attempt to beat "How many passes" in 1 minute (This should create a new standard for future use). 5. Players attempt six passes within the 20 metre grid. 6. Introduce players to drawing the man by placing coach inside the grid and standing opposite middle player. 	15 mins
CONCLUSION	<p>Positional Play</p> <p>Continue work on positional play.</p> <p>Today outline positioning of the pivot. He will be 45 degrees from the play the ball. Encourage pivot to walk or jog forward and support players to follow.</p> <p>Stress the importance of staying in position.</p> <p>e.g</p>  <p>Run 6 rucks inside grid</p>	15 mins

8

Games Night (1)

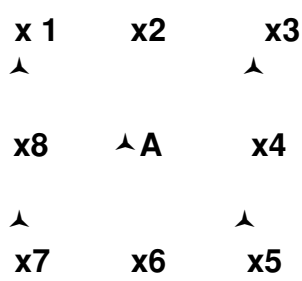
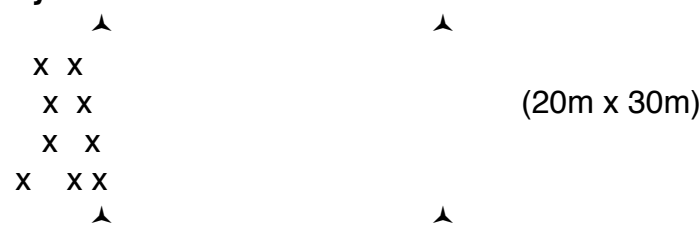
Content	Organisation	Time
<p><i>WARM UP</i></p>	<p>Select groups of 5 to be used in season long games nights. Give each group the name of an NRL player.</p>	<p>10 mins</p>
<p><i>DRILL</i></p>	<ul style="list-style-type: none"> Arrange group into games night teams 	<p>25 mins</p>
<p>SKILL POINT</p> <ul style="list-style-type: none"> Fun. Fun. Fun 	<p>Stages (explained on next page)</p> <ol style="list-style-type: none"> Pursuit - practice then 1 minute race. Roll-a-Ball - practice then competition. Pass Relay - ball is passed along the lines. End person runs to the front. Alligator Pass Relay - as for 3, except coach acts as an obstacle in either alley as child runs to the front. <p>Pass Relay</p> <p>Tryline</p> <pre> ▲ Ax x x x ▲ ▲ Ax x x x ▲ ▲ Ax x x x ▲ </pre> <ul style="list-style-type: none"> Team member A starts with the ball. On signal from the coach, the ball is passed along the line. Player A follows the ball, beating it to the end marker, where he receives the ball and races back to score at the try line. <p>Others games explained on next page.</p>	
<p><i>CONCLUSION</i></p>	<p>Sit down and talk about pointscore for games night. Explain that the competition will continue during the season. Groups will remain the same.</p>	<p>5 min</p>

<p>ROLL A BALL</p> 	<p>Divide group into two teams of 5 as displayed.</p> <p>Each player is given a number and they face their opposite number.</p> <p>One player from each team is nominated as the roller.</p> <p>On command, the coach calls out a number and immediately the 'rollers' roll a football each to that numbered player from the other team (ie Team A rolls ball for Team B player).</p> <p>Numbered players on command must: Pick up the rolling ball Run around witches hat Place football at the feet of number 1 player in their team Return to their position.</p>	
<p>PURSUIT</p> 	<p>Divide group into two teams of 5 as displayed on diagram.</p> <p>Place ball in centre of grid</p> <p>On command, players at the front of both lines run up their line in a zig-zag fashion.</p> <p>When they get to the last witches hat, they round it, change direction and run down the corridor.</p> <p>Both players attempt to be first to pick up the ball and score a try at the end of the corridor.</p> <p>The player without the ball attempts to tag the player in possession of the ball with two hands before he crosses the line.</p> <p>Points System: 1 point - if a try is cleanly scored 0 point - if player is tagged and/or drops ball</p> <p>The first two players then go to the end of the line and the next two players repeat this activity.</p> <p>Extension (put ball in middle of grid, as shown)</p> <p>Call number, players race around opposite cone. First to ball picks it up and attempts to score before second player tags.</p>	

9

Evasion (1)

Content	Organisation	Time
<p>WARM UP</p> <p>RUN PLAYERS ON A GRID WITH COACH CALLING CHANGE OF DIRECTION</p>	<p>Side-step Sequence</p> <p>Explain and demonstrate side-step following these points.</p> <ol style="list-style-type: none"> 1. All weight on to ball of outside foot. 2. Lean body over that foot. 3. Push hard in opposite direction. 4. Move quickly onto inside foot. 	10 mins
<p>DRILL</p>	<p>One -Two-Three</p> <p>Set cones up as shown.</p> <pre> xxxxxx ▲L ▲L ▲L ▲L ▲L ▲R ▲R ▲R ▲R ▲R ▲1 ▲2 ▲3 ← </pre> <p>Players line up to step through the cones. After consecutively stepping left and right, players return to end of line by stepping quickly through cones 1-2-3.</p> <p>Space Invaders</p> <pre> ▲ ▲A ▲ ▲ xxxxx ▲ ▲B ▲ ▲ </pre> <ul style="list-style-type: none"> • One player stands at point A and another at point B. • These players move across the alley in response to ball carrier running out. • They are called space invaders (as in old fashioned computer game.) <p>Space Invaders can only cross the alley in a straight line. They must not move forward or back.</p>	20 mins
<p>GAME</p>	<p>Side-step Relay (Set-up as shown)</p> <pre> ▲ ▲ ▲ ▲ ▲ left. </pre> <pre> xxxxxxx A Bxxxxx xxxxxxx C Dxxxxx </pre> <pre> ▲ ▲ ▲ ▲ ▲ right. </pre> <p>Players perform at side step at each cone on their way to tagging next team member. A and C start, Player A goes first to line of cones at left. Player C makes his first step at line of cones right. They must step at every second cone, both right and left before tagging team mate.</p>	15 mins

Content	Organisation	Time
WARM UP	Strength work as shown on the back.	10 mins
DRILL	<p>Quick Pass</p>  <p>Players stand around the 10x10m square as shown.</p> <ol style="list-style-type: none"> 1. They firstly pass the ball off to their left, run to touch the cone and get back to original position before the ball arrives back around. 2. Same for pass to the right. 3. For better teams do this drill with two balls. Start balls at players 1 and 5. <p>Quick Pass with Evasion Set -up as shown above, but this time take out the middle cone. Players must now pass the ball and swap positions with their opposite. e.g number 2 swaps with 6, number 1 with 5 and so on.</p>	15 mins
GAME	<p>Cocky Laura</p>  <p>(20m x 30m)</p> <p>Select two players to be in the middle. Other players attempt to evade the middle players and successfully make it through to the end. Middle men must tag and hold runners for a count of 1-2-3 Cocky Laura.</p>	10 mins
CONCLUSION	Free play with footballs inside grid area.	5 mins

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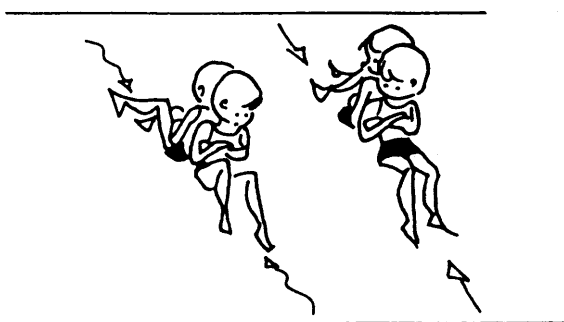
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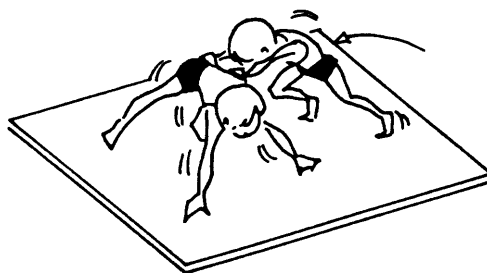
Have players perform activities within coaching grid.

Back to Back Press (Players sit back to back on ground with arms locked. Pair attempts to raise to standing without losing balance).

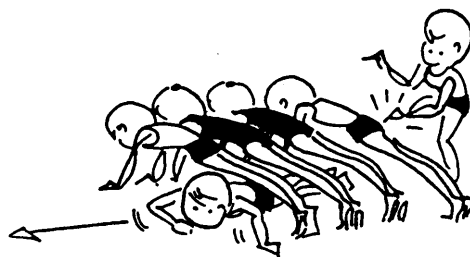
Back to Back Push (Arrange cones 5 metres apart. Players back to back in pairs. One player must push the other over his/her line).

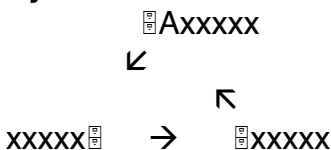


Won't Budge (One player is on all fours as shown. Other player attempts to move this player by pushing).



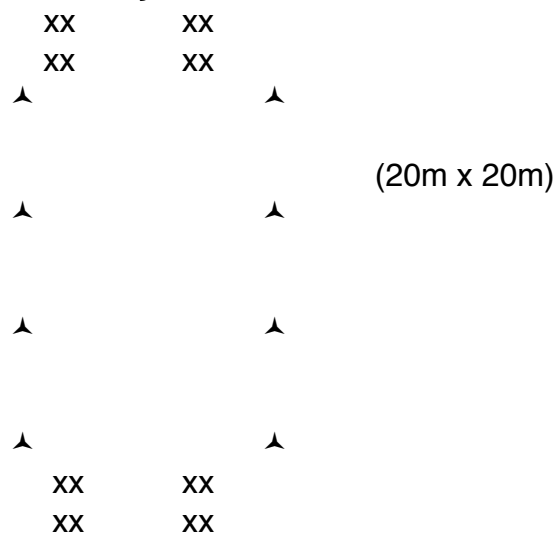
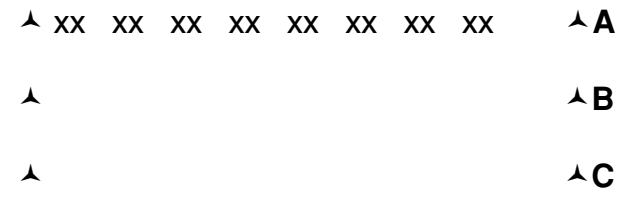
Under the Tunnel (Team in push-up position. End player crawls under all others. Continue until all players have passed under. Race two groups when technique and strength improves).

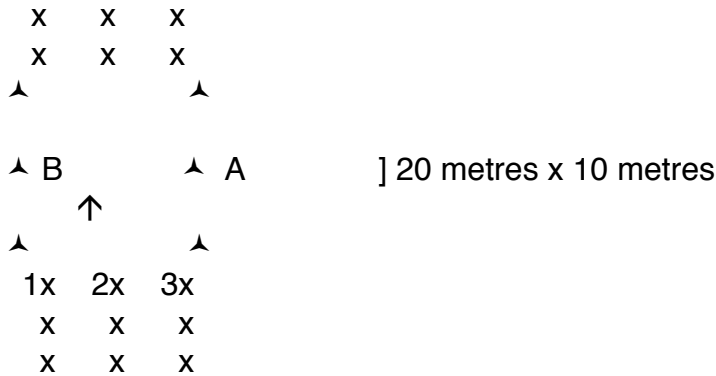
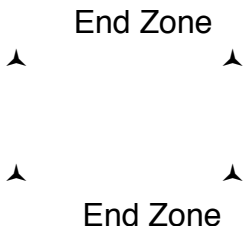


Content	Organisation	Time
WARM UP	Strength work as shown overleaf.	5 mins
DRILL	<p>Technique Players stand opposite each other, about 5m away. One group designated as tacklers. One group as ball carriers. (As shown)</p> <p style="text-align: center;">x x x x x x x x x (tacklers)</p> <p style="text-align: center;">x x x x x x x x x (ball carriers)</p> <p>Stages. Call this the SET POSITION</p> <ol style="list-style-type: none"> 1) Explain technique points to tacklers <ul style="list-style-type: none"> • feet apart, side-on squat position • eyes forward • shoulders ready. • head to one side 2) Tacklers stand in the set position. 3) Runners approach, concentrating on the right shoulder of tackler. (No sidestepping) 4) Upon shoulder contact give a signal to lock-up. <p>(Increase speed of runner, gradually as technique improves and swap groups over regularly)</p> <p>Triangle Relay</p>  <p>Players in each group make 3 tackles. They firstly tackle bag to their right, stay there, until whole group is through, before going on to next bag. When team is back to original bag, relay is over.</p>	20 mins
CONCLUSION	<p>Backyard Footy In a confined space (15m x 15m), play a game of football. Vary rules to practice any specific aspect. (Dummy half passing, running, passing)</p>	15 mins

Content	Organisation	Time
WARM UP	10 metre elimination.	10 mins
DRILL	<p>Play the Ball Square</p> <p>AxxE ▲ ▲xD</p> <p>x B▲ ▲xC</p> <p>Player A passes to player B. Player A follows his pass. Player B passes ball back to A as he runs towards him. Player A hits the ground, gets up and plays it to B, who in turn passes off to player C. Player B chases the pass, gets ball back from C, dives on ground at cone and so on around the square. NB. For inexperienced groups, A will run instead of pass.</p>	15 mins
GAME	<p>Scooter Ball Relay</p> <p> XX XX XX XX ▲ ▲ ▲ ▲ (20m x 20m) ▲ ▲ ▲ ▲ XX XX XX XX </p> <p>In two teams, each player with a partner. Pairs run off, one with ball, one to become a dummy half. At each cone ball carrier hits the ground, regains feet, plays the ball to dummy half, who runs to the next cone and repeats. The ball is passed off to next pair in relay fashion.</p>	15 mins
CONCLUSION	<p>Ruck Positional Play</p> <p>Assign players to play the ball in field positions and demonstrate possible ruck set-up for match day.</p>	10 mins

Content	Organisation	Time
WARM UP	Ball skill Relays.	10 mins
DRILL	<p>Man in the Middle</p> <pre> x x x 4 x x x 5 ▲ ▲] 20 metres x 10 metres ↑ ▲ ▲ 1x x x3 6x x x7 x x x </pre> <p>Players 1 and 3 begin with a football. They pass, alternatively to middle man, who in turn passes straight back to them. Players 4 and 5 receive ball from 1 and 3 to continue drill. Must swap player in the middle so each player has a turn.</p> <p>Middle Man with Traffic Same set-up as above.</p> <ul style="list-style-type: none"> • Introduce another ball, in the hands of 6 and 7. • This group begins when 1 and 3 are midway down the alley. • With two groups in motion at once, players can practice passing in traffic (a very difficult skill) 	15 mins
CONCLUSION	<p>Positional Play</p> <p>Continue work on positional play. Today outline defensive positioning. Impress on children the importance of staying in position. e.g</p> <div style="display: flex; align-items: center;"> <div style="border: 1px solid black; padding: 10px; margin-right: 20px;"> <pre> x x x ② ③ ⑥ ⑧ ⑦ ④ ⑤ ① </pre> </div> <div> <p>Run a couple of rucks against defence.</p> </div> </div>	15 mins

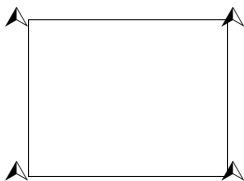
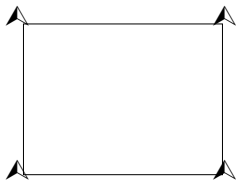
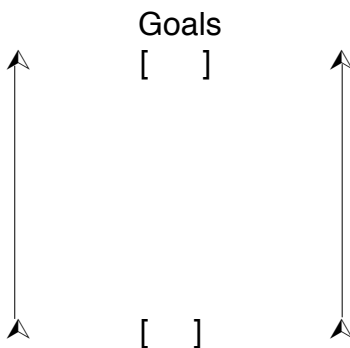
Content	Organisation	Time
<p>WARM UP</p>	<p>Backyard Footy in small teams.</p>	10 mins
<p>DRILL</p>	<p>Scooter Ball Relay</p>  <p>(20m x 20m)</p> <p>In two teams, each player with a partner. Pairs run off, one with ball, one to become a dummy half. At each cone ball carrier hits the ground, regains feet, plays the ball to dummy half, who runs to the next cone and repeats. The ball is passed off to next pair in relay fashion.</p> <p>10 metre elimination</p>  <p>Players line up between the cones in pairs with a ball at line A. Both run to line B, where ball carrier drops to the ground, gets up and plays the ball back to his partner. Both sprint to line C. Last or incorrect technique eliminated. Continue until one pair is left.</p>	20 mins
<p>SKILL POINT</p> <ul style="list-style-type: none"> REMINDE PLAYERS THAT A NEAT PLAY THE BALL IS A GOOD PLAY THE BALL 		
<p>CONCLUSION</p>	<p>Positional Play - attack.</p>	15 mins

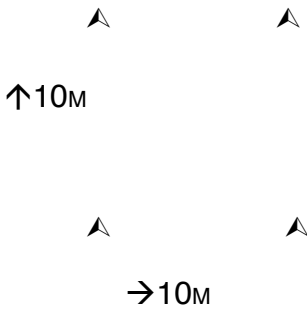
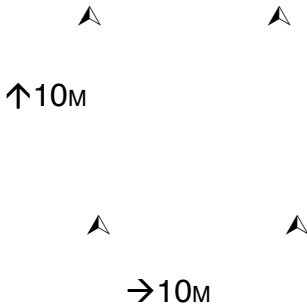
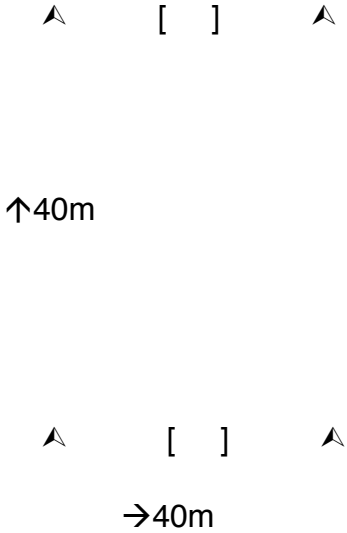
Content	Organisation	Time
WARM UP	Game of Cocky Laura (as per session 10).	5 mins
DRILL	<p>Passing Alley (Continued)</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Pass along line to left (1 ball only). Hand off to next group who continue up alley. (5minutes) 2. Pass along line to right (1 ball). Increase speed as skill improves. 3. As above with shorter distance for quick hands. 4. Attempt to beat "How many passes" in 1 minute (This should create a new standard for future use). 5. Introduce players to drawing the man by placing coach inside the grid and standing opposite middle player. <p>Players should now be proficient in running pass.</p> <ol style="list-style-type: none"> 6. Player 1 begins with the ball. His group advances up the grid. Line at opposite end of grid advances without the ball. 7. Player 1 passes to player 2 who runs across towards point A. He turns to face player 3, before passing the ball to him as player 3 moves to run inside. 	20 mins
GAME	<p>3 Pass Shutdown</p> <p>Pick two equal teams. Put on a 20 x 20 metre grid. Place one player from each team in the endzone.</p>  <p>Teams must pass 3 times before delivering the ball into a player in the end zone. Caught with ball and lose it.</p>	20 mins

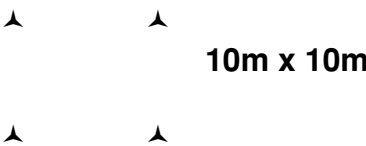
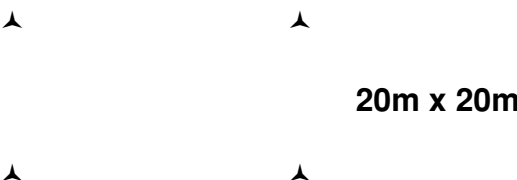
Content	Organisation	Time
WARM UP	<p>Tackling Drills (any).</p> <p>Circle Games</p> <p>Assemble players in teams from previous games night. Play each of the circle games outlined on the following pages.</p> <ul style="list-style-type: none"> • Circle passout • Circle cut-out • Apes in a cage 	<p>10 mins</p> <p>25 mins</p>
CONCLUSION	Sit down and talk about current pointscore	5 mins

<p><i>CIRCLE PASS OUT</i></p>	<p>Players are grouped in teams of 4.</p> <p>Group forms one large circle. 1 centre 3 outside</p> <p>Centre player attempts to pass ball to outside players and vice versa. They are allowed to run around. Circle players attempt to intercept/knock down ball. They are only allowed to move one step from their position.</p> <p>Each pass that is caught is worth 1 point. Rotate teams.</p> <p>Number of footballs: 1</p> <p>Extension: For advanced players, 2 centre players and more outside players with 2 footballs may be used.</p>	
<p><i>CIRCLE "CUT OUT"</i></p>	<p>Group form large circle.</p> <p>Ball A is passed from player 1 to 3 to 5 etc. continuously (Team A).</p> <p>Ball B is passed from player 2 to 4 to 6 etc. continuously (Team B).</p> <p>Players are not to hold ball longer than 2 seconds.</p> <p>The object of the game is to catch the ball, ensuring that it is not dropped.</p> <p>Each time the ball is dropped, a point is awarded to the other team.</p> <p>Number of footballs: 2</p>	
<p><i>APES IN THE CAGE</i></p>	<p>In this drill players can pass to the player beside them. There are two players in the centre of the circle who must try to intercept or knock ball down.</p> <p>Number of footballs: 1</p>	

Content	Organisation	Time
WARM UP	Ball skills - In pairs, player throws ball in the air and partner counts how many claps can be performed before the ball is caught. (use different balls - golf, tennis etc.).	5 mins
GAME	<p>Line Drill Relays</p> <pre> ▲ ▲ ▲ ▲ x x x x x A x A x A xA x B x B x B xB x x x x x x x x </pre> <p>By now players should have an idea of how best to do these simple passing and catching drills. Now we put them under pressure.</p> <ul style="list-style-type: none"> • Player A with ball runs around the marker (▲) and returns to hand ball off to player B, who continues. • Player A runs around cone and passes a longer pass back to player B, who continues. • Player A runs to leader x passes the ball, rounds leader, gets ball back and passes off to player B. • Player A passes to leader x before beginning to run. He chases the pass, gets ball back, gives it back quickly (hot potato), rounds the leader and receives ball back before passing back to player B. • Player A passes to leader x rolls ball back to B. <p>All relays should be at maximum speed after one slow practice.</p> <p>Positional Play Practice attacking play with an attempt at devising a system of attack where designated players fill the role of dummy half, first receiver and runners 1,2 and 3.</p>	30 mins
CONCLUSION	Small talk to encourage good play.	5 mins

Content	Organisation	Time
WARM UP	Man in the Middle (as per session 13).	10 mins
DRILL	<p>Arrange into same games night teams. Outline the current score situation from previous weeks. Tonight we have two new games. Set up as follows:</p> <p>1. How many passes</p>  <p>2. Treasure tag</p>  <p>3. League Lacrosse</p>  <p>All games require teams of 5 players. If you have an assistant, then play both games consecutively and swap on completion. Games explained on next page.</p> <ul style="list-style-type: none"> Finish session with one big game of League Lacrosse. 	25 mins
CONCLUSION	Sit down and outline latest pointscore.	5 mins

<p><i>How Many Passes</i></p> 	<ul style="list-style-type: none"> • The group is divided into two teams. • One team is given the ball and attempts to complete as many passes as possible before making a mistake. • Every consecutive pass gains one point. • The opposition attempts to knock down the ball or force an error. • If this occurs, they then begin with possession. • Players with the ball cannot move, so that other players must position themselves to receive a pass. • All players remain on the grid. • Team with the most points at the completion of 8 minutes is the winner. 	
<p><i>TREASURE TAG</i></p> 	<ul style="list-style-type: none"> • Group is in two teams, as for “How Many Passes”. • Two players from one group become chasers, whilst others rest awaiting their turn. • Chasers must tag runners. • Runners freeze on the spot when tagged. • However, runners have one ball, which acts as a safety. • Any player in possession cannot be tagged. • The “treasure ball” can also defrost a frozen player. 	
<p><i>LEAGUE LACROSSE</i></p> 	<ul style="list-style-type: none"> • Group is in two teams. • The aim of the game is to pass the ball between the goals. • Each team is allowed a goalkeeper, but no other players are allowed inside the shooting area. • Attacking players can only: <ul style="list-style-type: none"> a) Shoot from outside the goal area. b) Run with the ball c) Pass in any direction. • Defenders must not make body contact, and only attempt to intercept the passes. • Play restarts with a pass off by losing team. • Mark goal area with cones. 	

Content	Organisation	Time
<p>WARM UP</p> <p>Strength as shown on reverse.</p> <p>5 mins</p>		
<p>DRILL</p> <p>Hoppo Bumpo</p>  <p>10m x 10m</p> <p>SKILL POINT</p> <ul style="list-style-type: none"> No PUSHING IN THE FACE. <p>Players stand inside the square hopping on one leg and holding other leg at the ankle. They must unbalance team mates to be the last one standing. They unbalance other by using their free hand to push.</p> <p>Chain Tag</p>  <p>20m x 20m</p> <p>All players assemble inside the grid. Select a group of 3 players to hold hands. This team of 3 must work together in an attempt to touch other players. When a player is tagged they too join the chain, until no further player remains. Players use evasive skills to avoid being tagged.</p> <p>10 mins</p>		
<p>GAME</p> <p>Cocky Laura</p> <p>Assemble players on a 20m x 40m grid. Select two players to act in the middle. It is their job to catch runners, one at a time, by stopping their progress long enough to say aloud (Cocky Laura 1-2-3)</p> <p>10 mins</p>		
<p>CONCLUSION</p> <p>Sit down and talk about healthy living, teamwork and the cooperation needed in football teams.</p> <p>5 mins</p>		

Strength and Flexibility Activities (8-10 years)

(compliments of Australian Gymnastics Federation)

All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

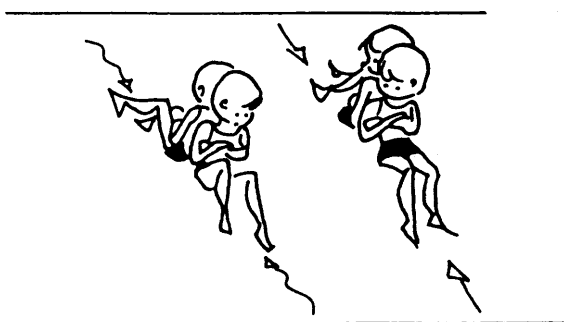
Correct technique is the most important thing.

When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

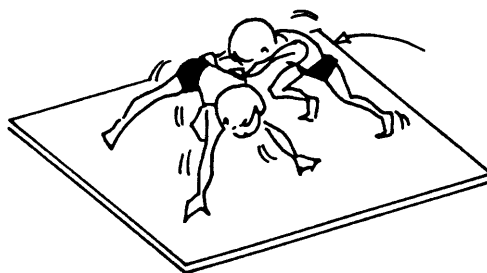
Have players perform activities within coaching grid.

Back to Back Press (Players sit back to back on ground with arms locked. Pair attempts to raise to standing without losing balance).

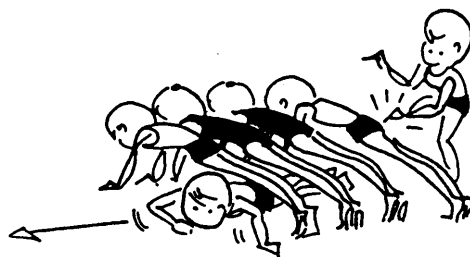
Back to Back Push (Arrange cones 5 metres apart. Players back to back in pairs. One player must push the other over his/her line).

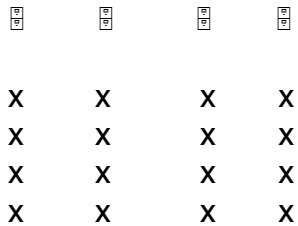
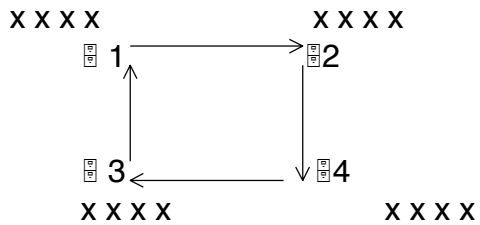



Won't Budge (One player is on all fours as shown. Other player attempts to move this player by pushing).



Under the Tunnel (Team in push-up position. End player crawls under all others. Continue until all players have passed under. Race two groups when technique and strength improves).



Content	Organisation	Time
WARM UP	<p>Wrestling and Tumbling activities. Play a wrestle challenge. Pair team off and eliminate after best of three challenge until one pair remains.</p>	10 mins
DRILL	<p>Tackling Bags Obtain 4 tackle bags from wherever you can.</p> <p>Timing Drill</p>  <p>Players advance, slowly at first, making tackle with either shoulder at the bag. Coach stands in a position to detect and correct errors.</p> <p>Tackle Bag Relay As above but turn it into a relay. Mix up the number of tackles to be made by each player.</p> <p>Four Corner Relay</p>  <p>Players in groups line up at each tackle bag. They lead off and tackle at bags to their left. e.g group 3 goes to make a tackle at bag 1. When all players return to their original bags, then practice in opposite direction. Blow whistle and change direction to other shoulder.</p>	25 mins
CONCLUSION	<p>Sit down and talk about the importance of good tackling technique.</p>	5 mins

Content	Organisation	Time
WARM UP	Strength work as shown overleaf.	5 mins
GAME	<p>Slow ball Scrimmage.</p>  <p>40m long x 20m wide</p> <p>It is important to follow these rules very closely. This game can be used to practice all areas of the game if performed correctly.</p> <p>Rules:</p> <ul style="list-style-type: none"> • Pick two even teams with players of equal skill divided between both. • Normal kick-off (may need to reinforce positions) • Ball carriers may only use a fast walk to advance the ball. • They must try to pass at every opportunity, as this is the secret to the game. • Tacklers must get the ball carrier to ground. • In most cases, normal laws of rugby league apply. However you only need 5 metres to separate teams. <p>Coach can referee and in doing so keep encouraging players to pass the ball. Tacklers will gain confidence if this is practiced regularly.</p>	30 mins
<p>SKILL POINT</p> <ul style="list-style-type: none"> • PLAYERS MUST WORK TOGETHER AND COMMUNICATE IN BOTH DEFENCE AND ATTACK 		
CONCLUSION	<p>Sit and talk about the game. Discuss the effectiveness of passing and teamwork.</p>	5 mins

Strength and Flexibility Activities (8-10 years)

(compliments of Australian Gymnastics Federation)

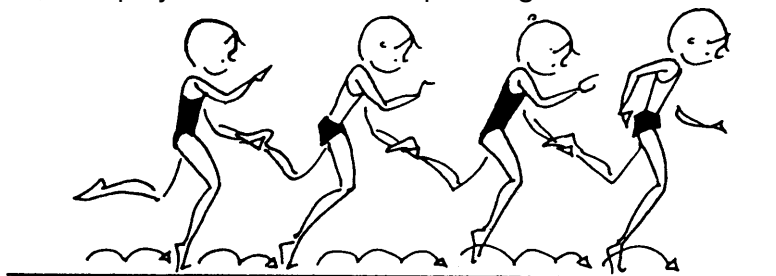
All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

Correct technique is the most important thing.

When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

Have players perform activities within coaching grid.

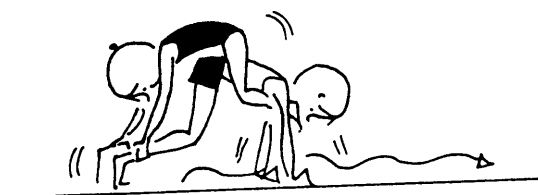
Team Hop (to make more difficult, time players whilst teams hop through an obstacle course).



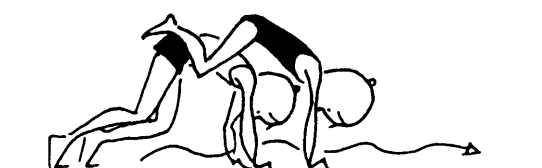
Pairs Hop (useful relay activity).




Horse Walk (Carrier on all fours. Passenger mounts by facing reverse direction).

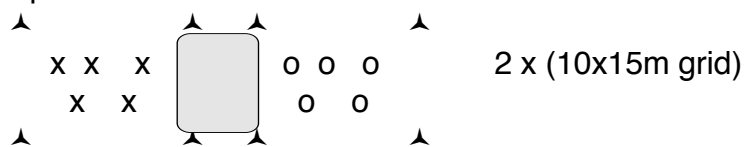


Double Walk



Content	Organisation	Time
WARM UP	Strength work as shown overleaf.	10 mins
DRILL	<p>Eliminator Touch</p>  <p>40m x 20m</p> <p>Pick 3 teams or use teams as per games nights. Two teams on the field at any one time, the other team is on one sideline ready to go on to the field at any stage.</p> <ul style="list-style-type: none"> • Normal rules of rugby league apply, with the following exceptions: <ul style="list-style-type: none"> a) 5 metre rule b) no play the ball c) grubber kicking only allowed on final tackle. • Elimination occurs after the following: <ul style="list-style-type: none"> a) Any infringement. Offending player to the sideline. b) Drop ball. Offender to sideline. c) Try against. Whole team to sideline. • Rotation of teams on and off is continuous. • It is a good idea to break game after a couple of attempts to explain possible ways of improving. <p>Extension Each team attacks for 4 tackles only. At the completion of each set, the person last in possession is eliminated. After any mistake is made, one opposition eliminated player returns to the field. Once again, scoring team remains on the field. To find the overall winner, count number of times each team is the victor.</p>	25 mins
CONCLUSION	Sit down and talk about ways to attack and defend.	5 mins

Content	Organisation	Time
<p>WARM UP</p>	<p>Eliminator Touch.</p>	10 mins
<p>DRILL</p> <p>SKILL POINT</p> <ul style="list-style-type: none"> FIRST RECEIVER MUST STAND TO SIDE OF RUCK AND MOVE FORWARDS BEFORE PASSING 	<p>Teamwork (Attack)</p> <p>30x20m</p> <p>(cone 1)</p> <p>(cone 2)</p> <p>coach here</p> <p>Instructional ball movements only. Set-up a ruck situation.</p> <ul style="list-style-type: none"> Position first receiver (C) away from ruck. Position second receiver (D) and support player (D1) at cone close and behind first receiver. Ball is played to dummy half (B), who passes to C. Players C moves forward with ball, passes to D at cone 1. Player D may wish to pass to D1 before rounding cone 2 on way to replace ruck players, who rotate to next positions. <p>Two groups going at once. This is a continuous drill with players rotating through positions. Coach stands in the middle to observe all movements.</p>	20 mins
<p>CONCLUSION</p>	<p>Eliminator Touch</p> <p>Same teams as previous session and warm-up. Concentrate on players running towards the football to create space.</p>	10 mins

Content	Organisation	Time
WARM UP	Light stretch of kicking legs.	5 mins
GAME	<p>Kicking Games</p> <p>Golf Your teams assemble with one ball between each team.</p> <ul style="list-style-type: none"> • Coach picks a target. • Players select a specific kick type to use as a means of advancing ball towards the target. • Players take turns to kick. • Order of kick should be : • a) Torpedo Punt for distance (first kick) • b) Drop Punt for long accuracy (approach kick) • c) Grubber for precision (similar to putt) <p>Keep score of number of kicks before target is hit. Repeat at 5 new targets.</p> <p>Extension Players attempt all kicks with non-preferred foot.</p> <p>Peardball John Peard was a great kicker who acknowledged the importance of kicking as a team skill. Set-up as shown.</p>  <p>2 x (10x15m grid)</p> <p>One team kicks to the other across the shaded area. Points are scored for each successful kicks landing inside the grid or for a dropped catch. Every successful catch saves a point being scored. First team to 15 is the winner.</p>	30 mins
CONCLUSION	Update latest pointscore for the season.	5 mins

THE SKILLS OF RUGBY LEAGUE

KICKING

Eyes
Hands

Angle of drop
Contact Point
Foot - Angle
Timing
Follow Through
Balance

PUNT KICK

On ball
As for passing

To fit instep
Instep/centre seam
Leg angle
Rigid - toe down
Hands - Ball - Foot
Full - direction of target
Use arms

TORPEDO PUNT

On ball
Under side panels - front and rear
To fit instep
Off centre of seam
Leg angle
Rigid - toe down
Hands - Ball - Foot
Full - direction of target
Use arms

KICKING

Eyes
Hands
Angle of drop
Contact Point

Foot - Angle
Timing
Follow Through
Balance

DROP KICK

On ball
Top panel of ball
Inclined (45°)
Instep
Head forward
Rigid - toe down after ball touches ground
Hands - Ball - Foot
Full - direction of target
Use arms

GRUBBER KICK

On ball
As for passing
To fit
Instep/side of foot
Head forward
Rigid - toe down after ball touches ground
Hands - Ball - Foot
Restricted (stab)
Forward lean
Follow on


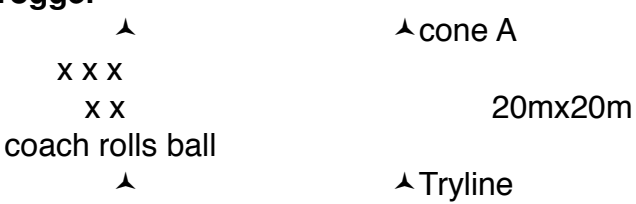
OVER HEAD

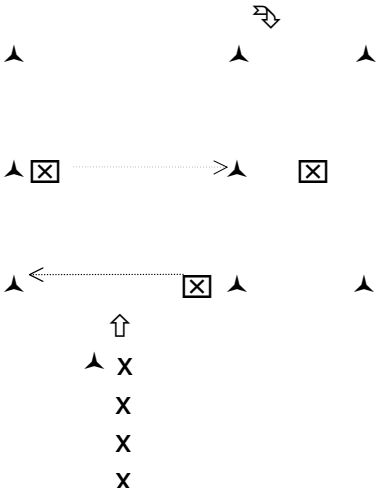
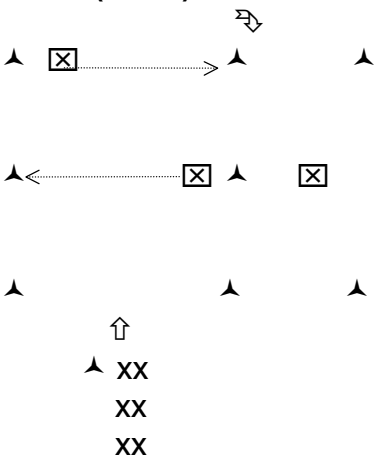
On ball
As for passing
Upright
Point of ball
Lean back
Toe curled back

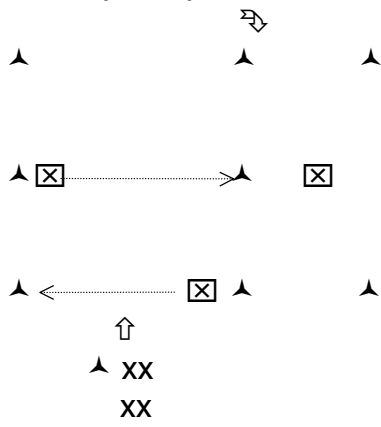
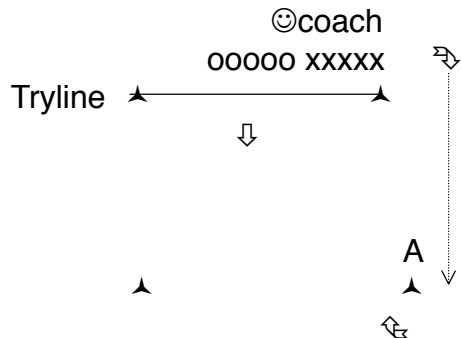
Hands - Ball - Foot
Restricted
Forward lean, follow on. Recover
Lean back. Supports

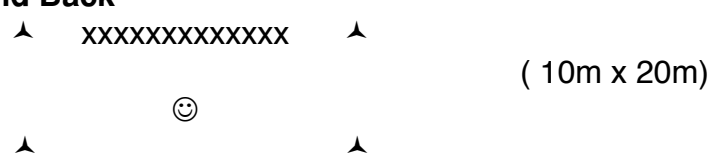

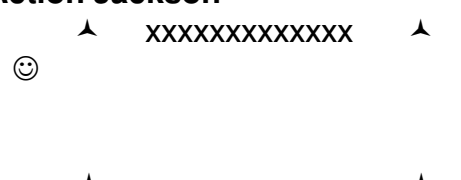
KICK RECEPTION

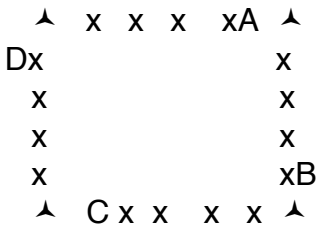
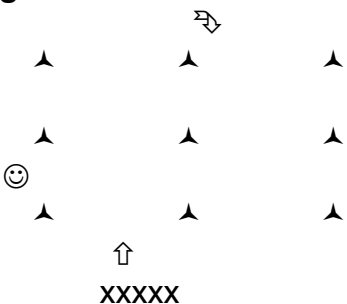
- Eye on ball.
- Hold arms up and out, fingers spread.
- Catch in cradle of arms and chest.
- Elbows close to body, bend knees.
- Turn side to opponent.

Content	Organisation	Time
WARM UP	Peardball.	15 mins
DRILL	<p>Cross the River</p>  <p>Players in groups of 4</p> <ul style="list-style-type: none"> • Coach rolls ball onto grid. • Group of 4 runs out, enters grid, sets up a ruck and continue to score the try (follow session 23 setup). !!!! Just like this !!!! • Player 1 falls on the ball, regains his feet and plays it to player 2. • Player 3 is first receiver and player 4 is the runner. • Whole group follows the play across the line prior to returning down the outside of the grid. <p>Extension Begin a group of four defenders from cone A. They run in from side and challenge after play the ball.</p> <p>Frogger</p>  <p>One player released by coach to become a defender. This player goes at same time as group of 4, rounds cone A and attempts to tackle ball carrier before scoring a try.</p> <p>(If defender is arriving too early, coach needs to release him later.)</p>	25 mins
CONCLUSION	Eliminator touch.	10 mins

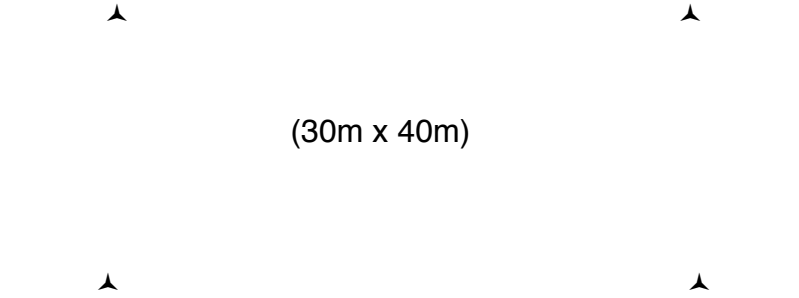
Content	Organisation	Time
WARM UP	Frogger (from session 25).	10 mins
DRILLS	<p>Off the Cone (single)</p>  <p>Players evade defenders [X] who move off the cone as the runner approaches. Players run down second alley in an attempt to evade a single defender.</p> <p>(Defenders do not move until runner approaches and can only move laterally. They cannot chase back or forwards.)</p> <p>Off the Cone (Pairs)</p>  <p>As for Off the Cone (single). This time players run in pairs. The ball may be used to beat the man if needed. 2 on 1 beat the man in second alley.</p> <p>(Coach never fear. Eventually players will work it out)</p>	<p>20 mins</p> <p>10 mins</p>

Content	Organisation	Time
WARM UP	Off the Cone (1).	10 mins
DRILL	<p>Off the Cone (Pairs).</p>  <p>Practice beating the man by whatever means possible.</p> <ul style="list-style-type: none"> • Introduce dummy pass, grubber kick for support, speed, change of pace, side step. • Today spend time outlining technique. • Attempt each skill individually, then give players an opportunity to select any way of beating the man. <p>One on One British Bulldog.</p>  <p>Two teams. One team of attackers, one group of defenders. Coach calls name of attacker, who runs with football around cone A and attempts to score a try. As he approaches the cone, the coach nominates one defender to attempt to halt his progress long enough to claim British Bulldog. Swap teams and repeat.</p>	20 mins

Content	Organisation	Time
WARM UP	Wrestling Games.	10 mins
DRILL	<p>Up and Back</p>  <p>(10m x 20m)</p>	5 mins
SKILL POINT <ul style="list-style-type: none"> EACH PLAYER MUST KEEP POSITION IN LINE, NOT BUNCH AROUND THE BALL 	<ul style="list-style-type: none"> Players assemble between cones. Coach ☺ calls players to go forward and back. Players respond by advancing in one straight line. Coach would place fastest players to the outside and slower ones to the middle of the line. <p>Action Reaction</p>  <p>As players run out, the coach moves from side to side, in one direction or another. Players adjust.</p> <p>Action Jackson</p>  <p>Coach selects a team of 3 players to run against the defensive line. The trio attempts to score a try in 3 tackles. Coach ensures that line remains in tact at all times. (Do not allow next play until defence is in position).</p>	5 mins
CONCLUSION	One on One British Bulldog.	15 mins

Content	Organisation	Time
WARM UP	Pass Relays.	5 mins
DRILL	<p>Folding Square.</p>  <p>Standing Group A begins with the ball, passing right to left along the line. (Standing pass) Last in line hands off to first player in line B and so on around the square.</p> <p>Extension - Introduce two balls.</p> <p>Running As above but running pass. Group A passes off to group B Group B passes off to group D Group D passes off to group C, and continuous. Extension - change direction, introduce two balls</p> <p>Single File</p>  <p>Players in groups of 5 follow out in single file, receive ball from the coach. Player 2 calls for the ball. Player one turns to pass whilst running forward. Player 1 makes sure the ball is high enough for player 2 to catch by running forward on to it. Repeat in second alley.</p>	15 mins
CONCLUSION	Eliminator touch	5 mins

Content	Organisation	Time
WARM UP	Folding Square.	10 mins
DRILL	<p>Drop Punt</p> <p>▲ x x x x x x x x x ▲] 10 metres</p> <p>▲ x x x x x x x x x ▲</p> <p>Players line opposite each other and kick ball accurately towards opponent.</p> <p>Kick Chase xxxxxxxA ▲</p> <p>▲ Bxxxxxxx</p> <p>Group A kick towards player from group B running into position to catch the ball. Players go to rear of opposite line. Repeat.</p>	20 mins
GAME	<p>Kick Tennis Set-up as shown.</p> <p>▲ x x x x o o o x x o o ▲ ▲ ▲ ▲</p> <p>2 x (10x15m grid)</p> <p>Players kick towards opponents.</p> <p>Player is eliminated under the following circumstances.</p> <ul style="list-style-type: none"> • Ball kicked out of bounds. • Ball dropped. • If ball bounces in court, the closest person to ball. • Kick too short. <p>Continue until all are eliminated.</p>	10 mins

Content	Organisation	Time
WARM UP	Kick Tennis.	10 mins
DRILL	<p>Scrimmage</p>  <p>(30m x 40m)</p> <p>Select two equal teams. Coach may introduce any aspect of team play to practice during the scrimmage.</p> <p>The following rules apply:</p> <ul style="list-style-type: none"> • Chest tackles only. • Normal play the ball. • Metre rule. • Kick only on last tackle. <p>Situations to be introduced:</p> <ul style="list-style-type: none"> • One tackle only. • Dummy half running only. • Scorers keep the ball. • Must pass 5 passes. • One pass only. • Elimination for a mistake. <p>Coach must referee the scrimmage very closely to ensure that aims are achieved.</p>	30 mins
CONCLUSION	Players assemble for discussion on important skills they need to develop for next season.	

Strength and Flexibility Activities (8-10 years)

(compliments of Australian Gymnastics Federation)

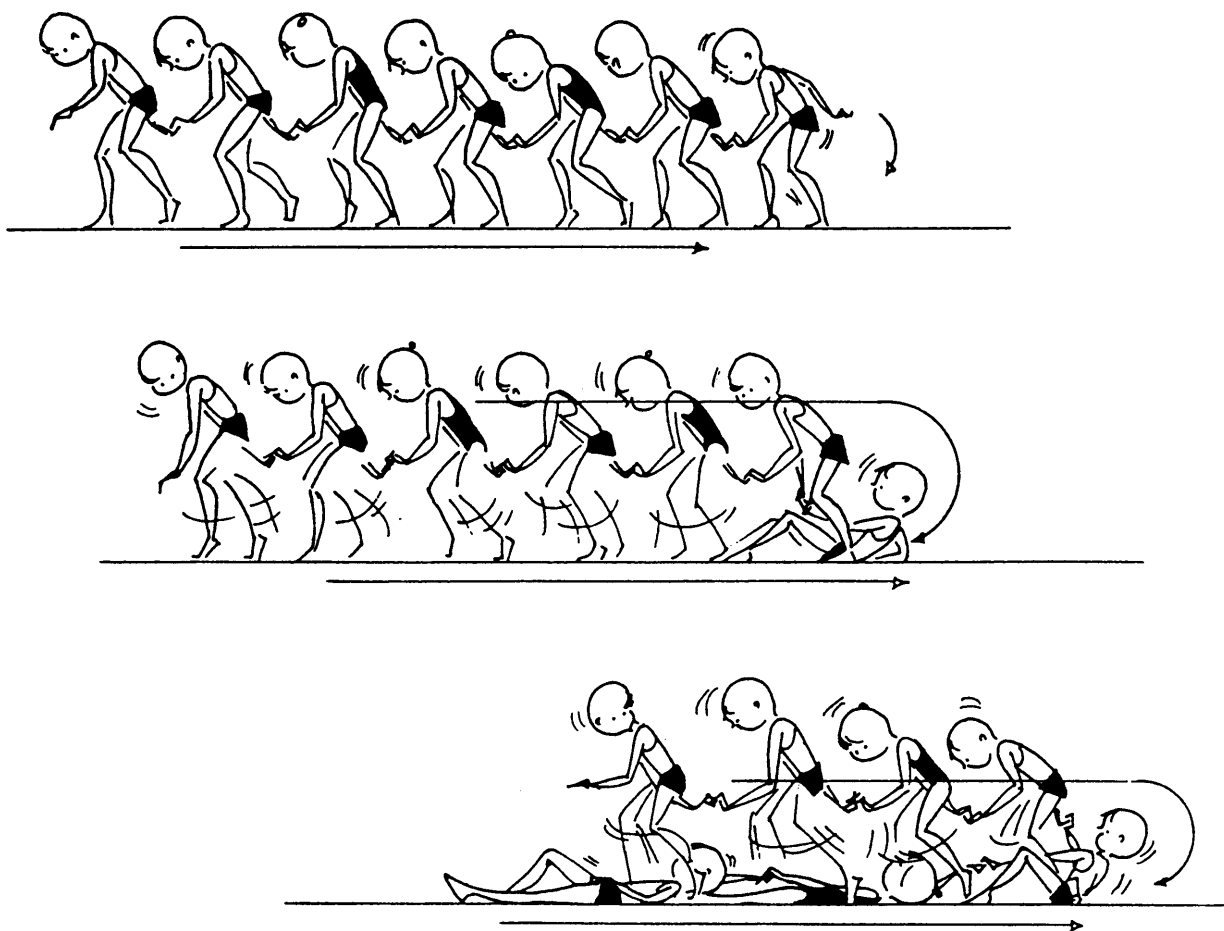
All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

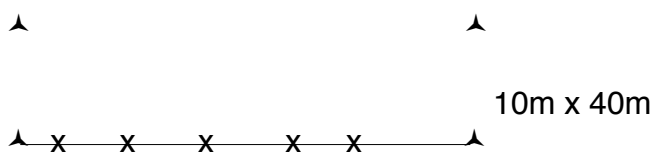
Correct technique is the most important thing.

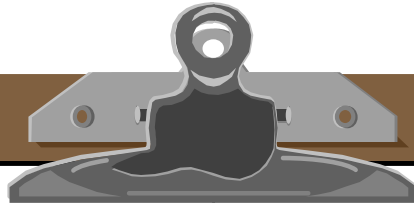
When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

Have players perform activities within coaching grid.

Skin the Snake (Players reach under parted legs with the right arm, grabbing the left arm of the person directly behind them. Each person lies down as others pass overhead. Reverse process when all have lay down. All hands remain held).



Content	Organisation	Time
WARM UP	Call together and outline current pointscore.	5 mins
GAMES	<p>10 metre touch</p>  <p>Same teams as usual.</p> <ul style="list-style-type: none"> • Attacking team begins with the ball on their own line. • They have one chance to score. • If a tag is made the whole team returns to their own line to restart. • If a mistake is made the opposition then gains possession and an opportunity to score. • Have a third team ready to play. • When a try is scored the waiting team rotates on to the field. • Scoring team remains on the field. • Count the number of times a particular team remains "King". • The winner will be the team remaining on field for longest. 	25 mins
CONCLUSION	<p>Give final pointscore</p> <p>Award prizes to winning group.</p> <p>Give smaller awards to other participants</p>	10 mins



Stage

YELLOW

*Physical
Warmup*

5mins

Skills Practice

30mins

Games

10mins

Conclusion

5mins

4 WEEK PLANNER

<div> <div>Session Number</div> <div>Skill Chart</div> </div>				
Age	1	2	3	4
11-12	Passing and Catching (1) (Ball Skill Lines)	Passing and Catching (2)	Tackling (1) (Spider relay)	Games Night (1) (Square Games)
	5	6	7	8
	Evasion (1) (Zig Zag Tag) (Side step relay)	Tactics (1) (Eliminator Touch)	Play the Ball (1) (Elimination with partner)	Games Night (2) (kick tennis)
11-12	9	10	11	12
	Draw the Man(1)	Draw the Man (2)	Tackling (2) (Intercept grid)	Tactics (2) (Left Vs right Slide game)
	13	14	15	16
	Play the Ball (2) (Alleys)	Scrummaging(1) (Wrestle, strength)	Play the ball(3) (Triangle Grid) (Two ball touch)	Games night (3) (Pursuit)
11-12	17	18	19	20
	Agility (1) (Tactics 3)	Evasion (2) (Hit & spin)	Passing and Catching (3)	Games night (4) (Slowball)
	21	22	23	24
	Evasion (3) (Zig-zag tag)	Tackling (3) (Clear the square)	Tactics (4) (Angles)	Games night (5) (Two ball touch)
11-12	25	26	27	28
	Draw the man (3)	Passing and Catching (4)	Passing and Catching (5)	Games night (6) (League lacrosse)
	29	30	31	32
	Passing and Catching (6) (Traffic)	Tactics (5)	Tackling (4)	Games night (7) (Passball Cricket)

DEVELOPMENT STAGE



Ages: 11 yrs - 12 yrs


Space	work independently, move well on a large area.
Locomotion	evasion, chasing, stepping, run and dodge, passing on the run, able to draw the man.
Ball Control	alternate hands on ball, enjoy challenges by throwing bad passes, under pressure.
Throwing	pass for distance, pass for accuracy, extension activities
Catching	moving to catch the ball, catching amongst distractions, high ball, pressure catch.
Kicking	high, low, distance and for accuracy.
Tackling	front-on, low, technique whilst moving, play soft tackle well. Move up in a line both sides of the ruck.

Organisational Requirements

- enjoy competition, particularly girls vs boys.
- outline instructions and then ask for questions.
- introduce rule changes as games progress from easy to hard.
- be sure to establish high standards.
- handle standing still better than younger groups.
- large individual differences in the group.
- children enjoy contact and resistance against peers.

1

Pass and Catch

Content	Organisation	Time
WARM UP	Strength exercises as outlined overleaf.	10 mins
DRILLS	<p>Passing and Catching</p> <ul style="list-style-type: none"> Practice, then race or “how many times in a certain period” <div style="text-align: center;">  </div> <p>Stages</p> <ol style="list-style-type: none"> 1. Throw to ‘captain’, run around and receive hand off. Hand off to next. 2. Throw to ‘captain’, receive give back, receive again after run around. 3. As for (2) but players meet midway to the cones. 4. As for (2) but players throw a high pass above the head of player running out. 5. As for (2) with a low pass. 6. As for (2) with a pass to right hand only. 7. As for (2) with a pass to left hand only. 	20 mins
GAME	<p>Endball/Basketball/Netball (refer to next page).</p> <p>All have similar rules</p> <p>Endball must have 3 balls in motion. 3 goal scorers and *****variation in rules. ie: Allow 4 steps only. Allow unlimited steps. Unlimited with double handed touch causing a hand over.</p>	15 mins

Strength and Flexibility Activities (11-12 years)

(compliments of Australian Gymnastics Federation)

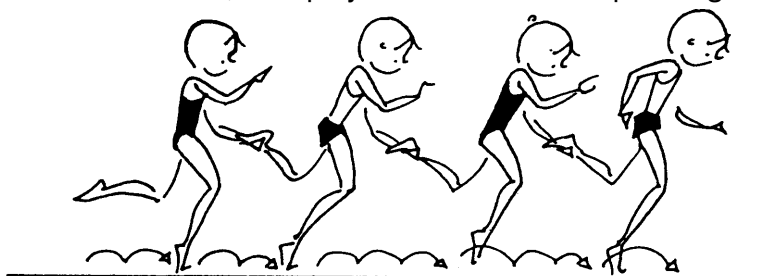
All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

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Have players perform activities within coaching grid.

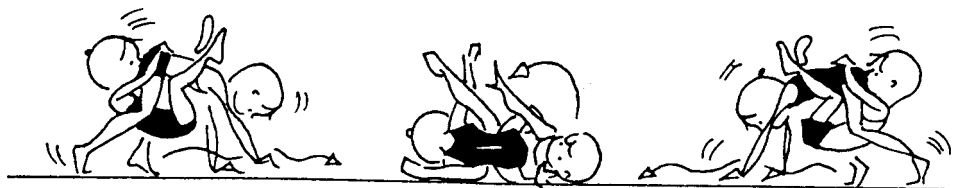
Team Hop (to make more difficult, time players whilst teams hop through an obstacle course).



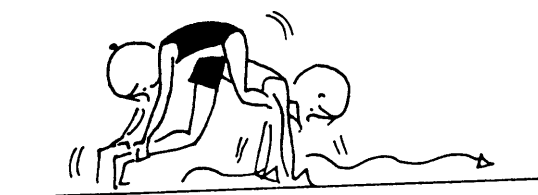
Pairs Hop (useful relay activity).



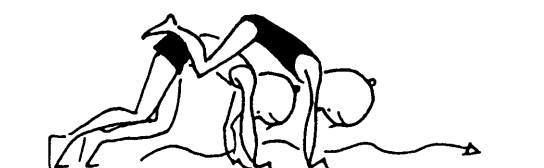
Possum and Passenger (Carrier on all fours. Passenger crawls underneath, places feet over the carrier's shoulders and clasped hands over carrier's lower back).

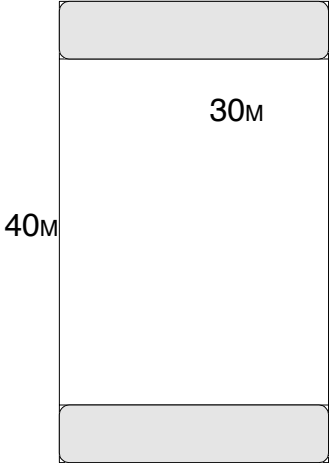
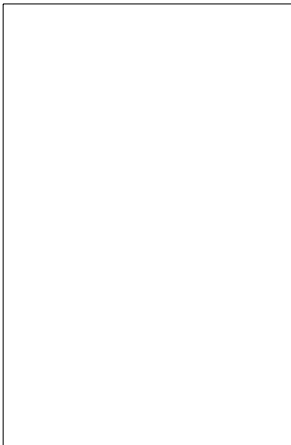


Horse Walk (Carrier on all fours. Passenger mounts by facing reverse direction).



Double Walk

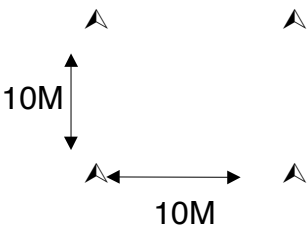
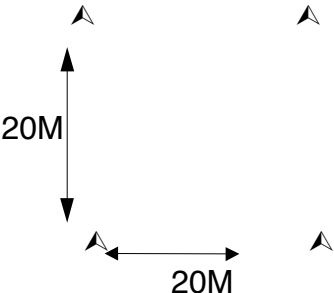


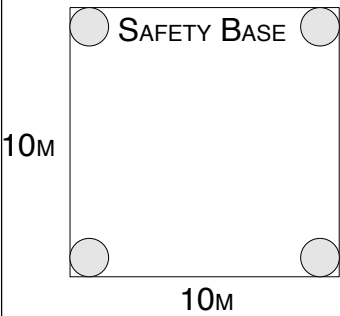
<p>LEAGUE NETBALL</p> 	<p>Divide group into two teams.</p> <p>Each team passes the ball between its own members. The ball can be passed in any direction. The object of the game is to pass the ball to your team mate who is standing in the opposition's in-goal. Only one player is allowed in the in-goal. If the ball is dropped, possession of the ball changes hands.</p> <p>Players in possession of the ball must keep their back foot on the ground. Once the ball has been passed he is free to run anywhere in the field. (The game commences at one baseline). There is no set number of passes needed to score a point. Play on if the ball intercepted.</p> <p>Number of footballs: 1 Number of witches hats: 10</p>	
<p>LEAGUE BASKETBALL</p> 	<p>Divide group into two teams.</p> <p>One player from each team is the 'goalie' and must catch a pass while standing on a chair at the end of the corridor. The team with the ball must pass the ball to their 'goalie' to score a point.</p> <p>Players may run with the ball, but if (two handed) tagged by an opponent, a change of possession occurs. A player, if in danger of being tagged, may stop with the ball and cannot be tagged. However, after stopping he cannot continue running he must pass the ball and must not hold it for longer than five seconds.</p> <p>A ball going to ground does not affect play. Possession goes to the team who gathers the ball. Only the goal player is allowed in the square around the chair outlined by markers.</p> <p>Each pass made to the goalie (player standing on the chair) gains a point. Passes can be made in any direction.</p> <p>Number of footballs: 1 Number of witches hats: 14</p>	

2

Games

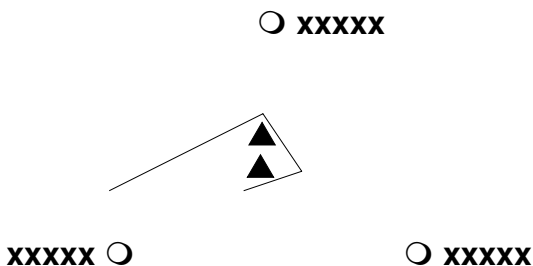
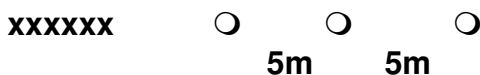

Content	Organisation	Time
WARM UP	Strength and line drills from session one.	20 mins
SQUARE DRILLS	<p>Refer to following page</p> <ul style="list-style-type: none"> • Frozen Tag • Corner Tag • Two Ball Tag • Treasure Tag <p>Set Up - teams of 5 All games explained in detail on the following page.</p>	20 mins

<p>FROZEN TAG (an evasion game)</p> 	<p>Group is divided into three teams.</p> <p>Team 1 are the chasers (two handed tags), teams 2 & 3 avoid being touched by the chasers.</p> <p>A player must remain 'frozen' - stands still with legs apart - if touched by a chaser a frozen player can be 'defrosted' if another player on his team crawls between his legs.</p> <p>Once all players have been 'frozen' Team 2 become chasers then Team 3.</p> <p>The winning team is the one which 'freezes' the opposition in the shortest time.</p> <p>Number of witches hats: 4</p>	
<p>CORNER TAG BALL</p> 	<p>Divide group into two teams.</p> <p>Team A - taggers Team B - avoid being tagged</p> <p>The taggers run anywhere in the grid passing the ball to each other but may not run when in possession of the ball.</p> <p>They may take only one step with the ball when attempting to tag. The taggers try to tag a player with the ball held in both hands.</p> <p>When tagged, a player moves outside the grid. Each time a tagger drops a pass, one tagged player may return to the game.</p> <p>A designated period of time may be set by the coach, and at the end of this item, the number of tagged players are counted.</p> <p>Number of footballs: 1 Number of witches hats: 4</p>	

<p>TWO BALL TAG</p>  <p>10M</p> <p>10M</p>	<p>Group divided into two teams. Each team has a football which must be placed in one of the neutral corners when not in use.</p> <p>Team A starts with the ball and they are the chasers. Team B avoid being tagged.</p> <p>On the coaches command, Team A attempts to tag Team B whilst carrying the ball. They may only take one step when tagging. Each time a Team B player is tagged, Team A gain a point. The tagged player stays in the game - no player is eliminated in this game.</p> <p>However, Team A cannot tag the same player consecutively. Team B are allowed one player at each safety corner for players needing short rest Coach orders ball changeover after a certain period of time. (E.g 4 minutes.)</p>	
<p>TREASURE TAG</p>	<p>Group split into similar formation to 'Frozen Tag' and rules are similar except for the following:</p> <p>One ball is given to players being chased. No player with the ball can be tagged as this is the treasure. The ball is passed from player to player to avoid being tagged.</p> <p>The treasure (ball) can defrost a frozen player. This is the only method in which a frozen player can be defrosted in this game.</p> <p>Number of footballs: 1 Number of witches hats: 4</p>	
<p>HOW MANY PASSES</p>	<p>As for above.</p> <p>Give each team an equal time period to make as many passes as possible.</p> <p>Player with the ball must stand still. Support players move around into position to receive pass.</p> <p>Opposition attempts to intercept.</p>	

3

Tackling (1)

Content	Organisation	Time
WARM UP	<p>Wrestling Sock Wrestling. <i>Instructions</i> Children to pair off with someone of even size and strength. Take off your shoes. Attempt to be the first one to take off your partners sock.</p>	15 mins
DRILLS	<p>Spider Relay</p>  <p>1. The players run around middle cone (▲) and return to tackle the bag at the line they left from. 2. When tackle is made next player goes. 3. Make the kids use alternate shoulders each relay.</p> <p>3 in a Row</p>  <p>Players leave to tackle 3 bags in a row before returning to end of line. Keep things moving by using trustworthy bag holders.</p> <p>Scattered Bags</p>  <p>Coach calls numbers and player must go and tackle that specific bag, before rejoining line.</p>	<p>10 mins</p> <p>10 mins</p> <p>10 mins</p>

THE SKILLS OF RUGBY LEAGUE

TACKLING

- Move in as close to the attacker as possible.
- Bend knees.
- Drive at contact area - between knees and waist.
- Rapid, powerful drive.
- Shoulder contact first.
- Lock arms, head to one side.

SIDE ON



SIDE TACKLE

EYES - focus on knee-hip region.

TIMING - tackle executed when opponent's near leg is off the ground.

SHOULDER - is first to make contact into the 'fleshy' thigh area.

HEAD - behind tackled player's rump/thighs.

ARMS - wrapped around legs.

LEGS - drive in to finish tackle.

FRONT TACKLE (A)

TYPE A - TACKLER MOVING TOWARDS PLAYER ...
the "DRIVING" front-on tackle:

MOVE - in quickly.

EYES - focus on stomach, upper thigh.

HEAD - to one side.

SHOULDER - driven in to block opponent's knee.

ARMS - tightly wrapped around opponent's legs.

DRIVE - forward either to force him back or twist him to the side away from your head.

FRONT TACKLE (B)

TYPE B - TACKLER ALLOWS OPPONENT TO COME TO HIM:

Wait -balanced on toes; ready to move.

Bend low- eyes on opponent's thigh.

Head to the side.

Push shoulder into opponent's thigh.

Arms are wrapped tightly around opponent's legs.

Roll back and to side and let opponent's momentum bring himself down.

SMOTHER TACKLE

Move in smartly.

Push aside opponent's outstretched arm (i.e. fend).

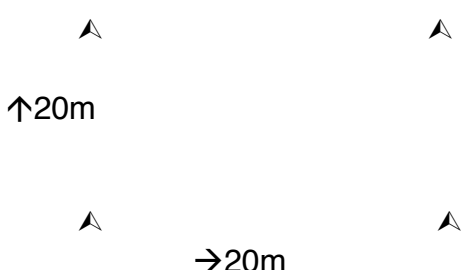

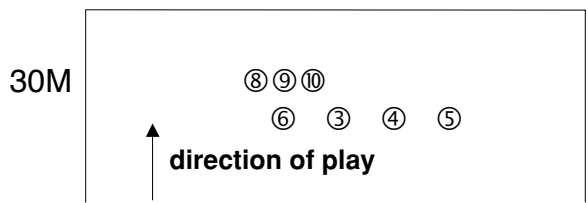
Head to one side.

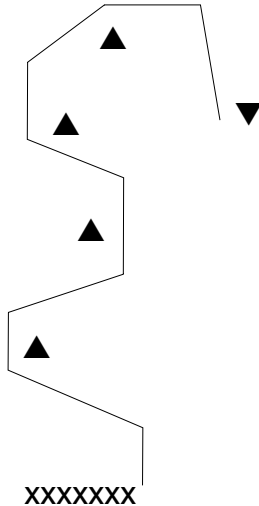
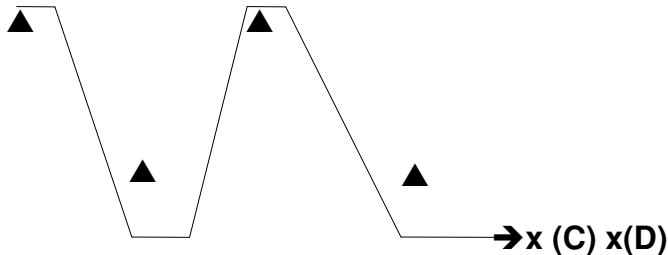
Outside arm firmly wrapped around opponent's chest or arms.

Twist or turn opponent to the ground.

4

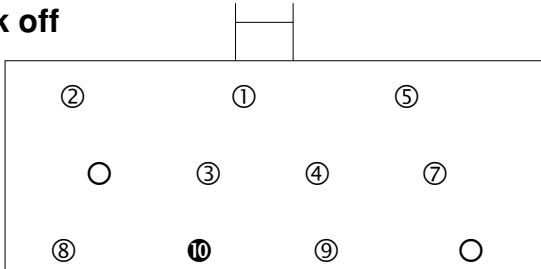
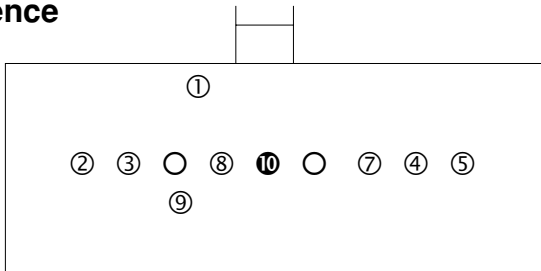
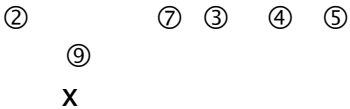
Pass and Catch

Content	Organisation	Time
WARM UP	Tackle bags - any drill.	10 mins
DRILLS	<p>Complication Passing (1) Ten Passes Split into two teams. Team in possession attempts to make ten passes before an error is forced by opposition. After a mistake the other teams attempts ten passes.</p>  <p>Single line drill</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Hand off at end of line to opposite player. 2. Five metre pass to opposite player. 3. Players meet in middle and hand off. 4. Players meet in middle and pass one metre (rt & lt). 5. Diagonally across grid meeting in middle with a hand off. <p>(Line 1 hands off to line 4, Line 2 to line 3 in a Cris cross fashion).</p>	20 mins
CONCLUSION	<p>Positional Play Use a confined grid to show players where to stand in attack. Especially scrum positions. 30M</p> 	10 mins

Content	Organisation	Time
<p>WARM UP</p> <p>GAME</p>	<p>Free play with footballs. Players kick to each other in pairs.</p> <p>Evasion markers</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Initially at half pace, players run through grid stepping at each cone . 2. Increase pace after players have been through several times. 3. Eventually put a clock on the runners. <p>Zig Zag Tag (B) x (A) x</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Players line up in pairs at each end of grid, all with a ball. 2. On the call runner A runs the marked path. Chaser B starts one metre behind and tries to tag runner A with the ball. <p>When they reach other side of the grid runner C and chaser D start off, the chaser tags as many times as possible during the pursuit.</p>	<p>5 mins</p> <p>30 mins</p>

6

Tactics (1)

Content	Organisation	Time
WARM UP	Strength as shown on reverse.	5 mins
DRILL	<p>Basic Field Positions</p> <p>1. Kick off</p>  <p>☺ coach</p> <p>2. Defence</p>  <p>3. Play the Ball</p>  <p>Give the team a couple of set rucks involving whole team in running before the ball is sent to the backs.</p>	35 mins
GAME	<p>Slow Footy</p> <p>On a very confined grid (20x20m) play a game to normal rules, where no player is allowed to run with the ball above 1/2 pace.</p>	10 mins

7

Play the Ball (1)

Content	Organisation	Time
WARM UP	Strength as shown on reverse.	5 mins
DRILL	<p>Play the Ball Eliminator</p> <p>1 2</p> <p>xx xx xx xx xx xx</p> <p>Line 1 -----</p> <p style="text-align: center;">▼</p> <p>Line 2 -----</p> <p>Line 3 -----</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Organise players into pairs. 2. Player 1 runs with ball to line 2, player 2 follows 3. Player 1 goes to the ground and then plays the ball as quick as possible. 4. Player 2 picks the ball up from dummy half and sprints over line 3 with his partner (Player 1). 5. Time player to increase speed. 6. To increase difficulty, have a hit pad to hold player 1 down on line 2 while trying to play the ball. 	20 mins
CONCLUSION	<p>Teamwork</p> <p>Recap of session six.</p> <p>Work attacking pattern by intructing players through a series of 3 or four rucks at a time.</p> <p>Return and consolidate pattern of play by repeating the exercise.</p>	25 min

Strength and Flexibility Activities (11-12 years)

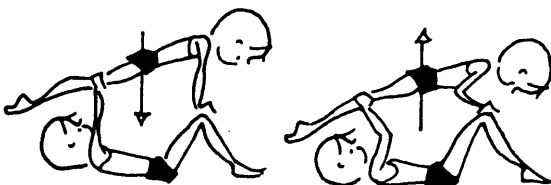
(compliments of Australian Gymnastics Federation)

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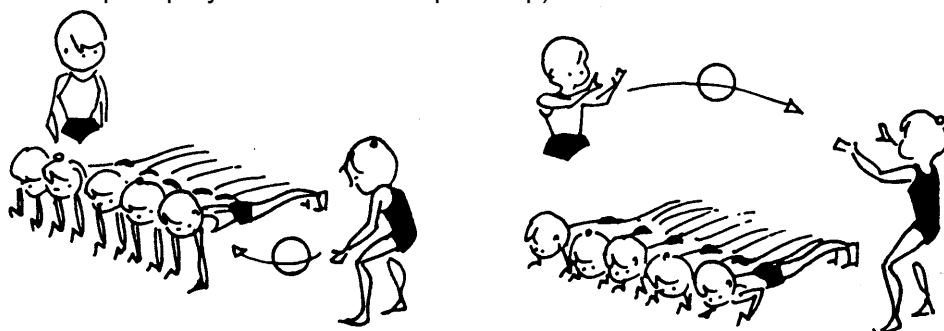
Have players perform activities within coaching grid.



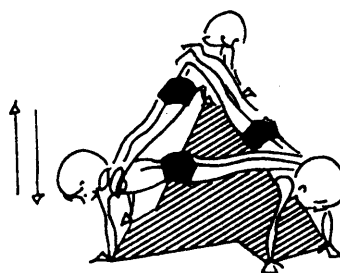
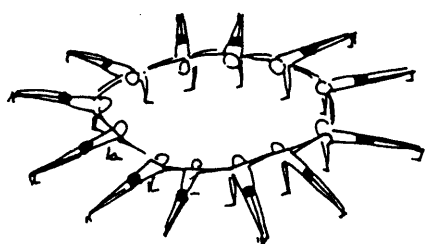
Partner Push-up



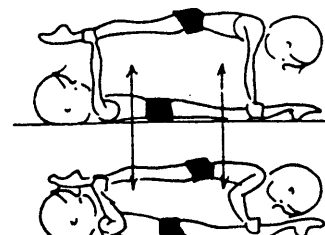
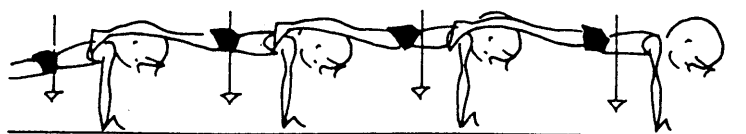
Rollerball Push-up (Groups of 4. Ball rolled under players as they remain in push-up position. Ball is returned over the top as players do a correct push-up).

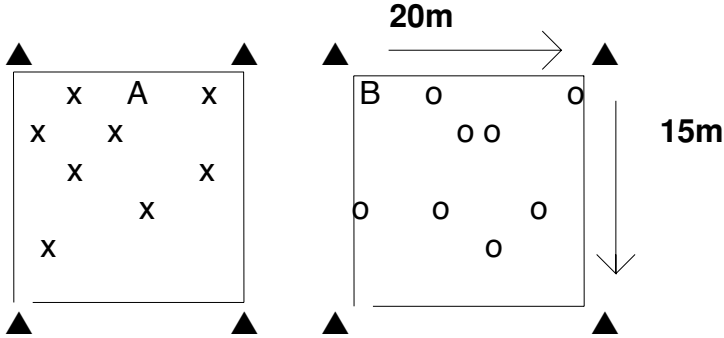
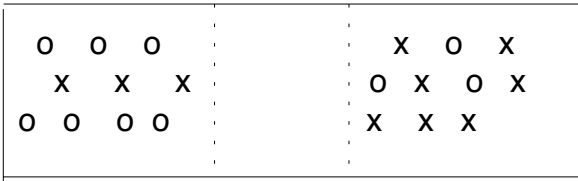


Partner Push-ups (Try them all).



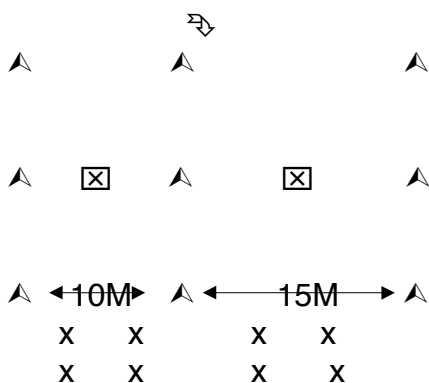
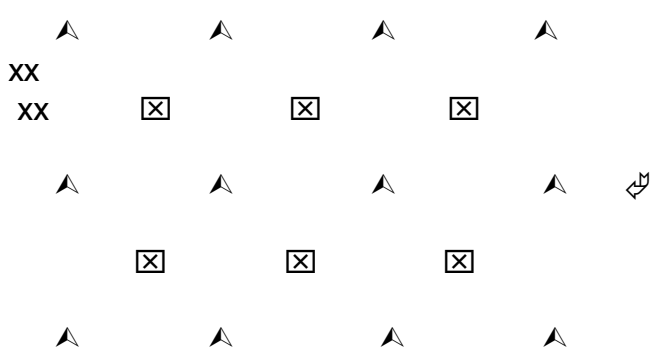

Double Walk

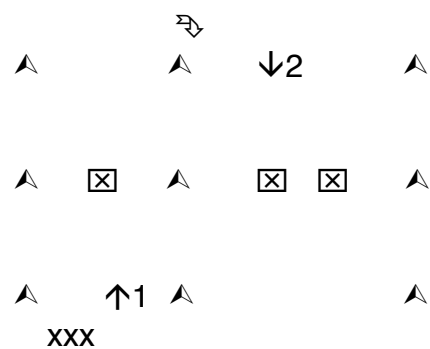
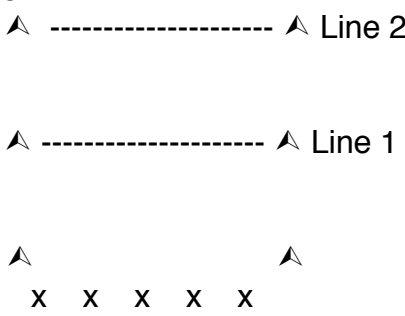


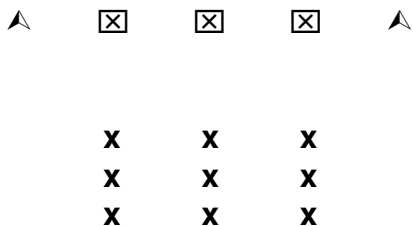
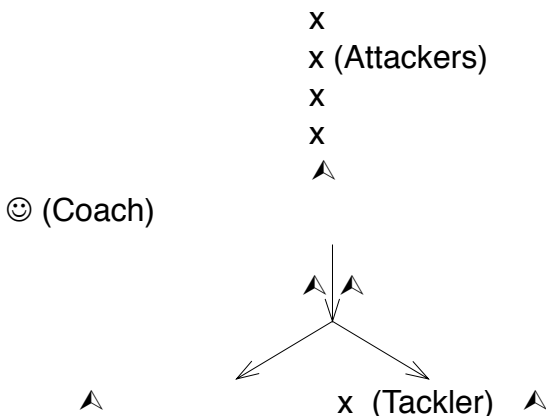
Content	Organisation	Time
WARM UP	Outline scores from previous week. Stretch of legs.	10 mins
DRILL	<p>Games - Kick Tennis</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Divide players into two teams. 2. Each team is scattered in their own half as shown. 3. On command the ball is kicked by team A to Team B's half. Their aim is to kick the ball making it land in Team B's half to force an error by a Team B player. If they succeed a point is scored by Team A. If the ball is caught no points are awarded. 4. The ball is then kicked by team B and the game continues in Tennis fashion. 5. The team first to reach a set score wins. 6. When the ball is kicked it must cross the Neutral Zone at shoulder height or above. (If not, point to opposition). 	20 mins
GAME	<p>Carlton Kazaly</p>  <ol style="list-style-type: none"> 1. Two teams as for above game. 2. Mix teams on both side. 3. Play same rules as above but your team mates can catch the ball in opposite zone. 4. If your player catches the ball in the opposite zone, a bonus point is awarded. Conversely, if the player drops the ball, the team loses an extra point. If ball lands on ground, the restart goes to non-kicking team. 	20 mins

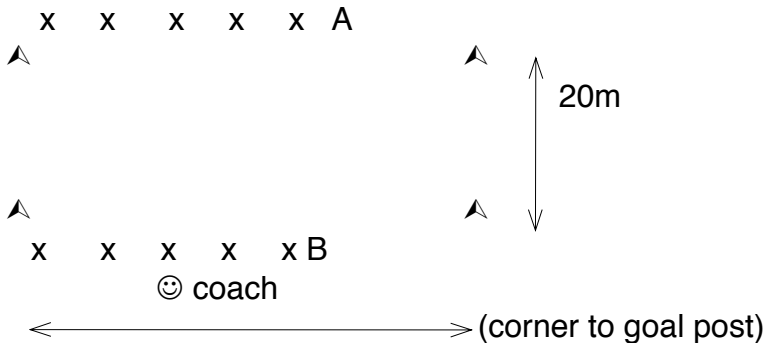
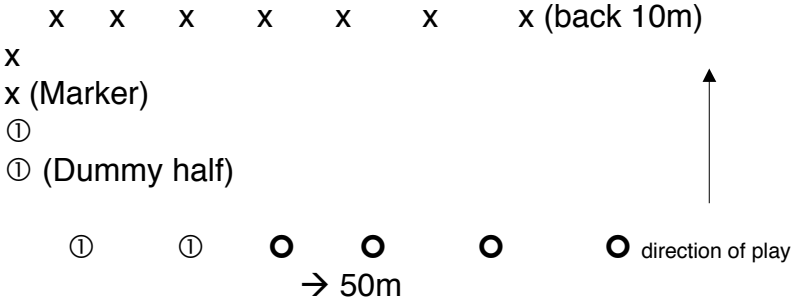
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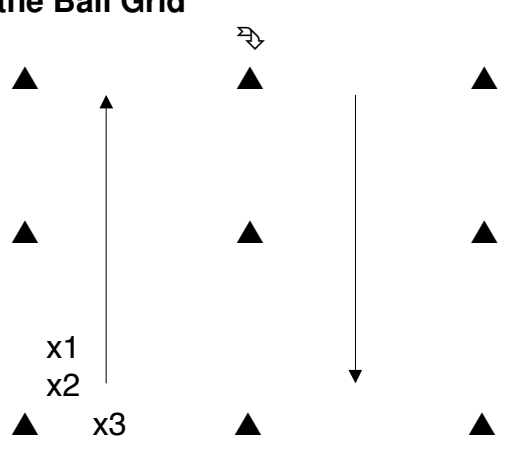
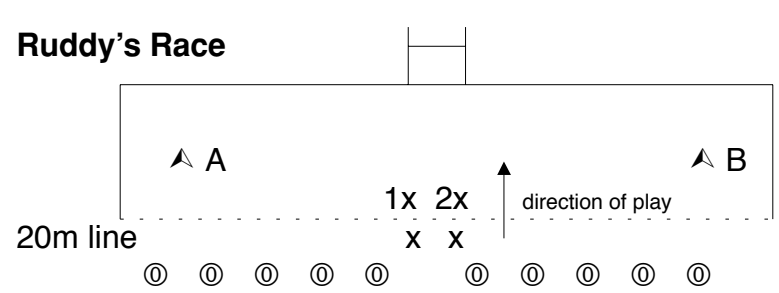
Draw the Man (1)

Content	Organisation	Time
WARM UP	Game of Carlton Kazaly.	10 mins
DRILL	<p>2 on 1</p>  <p>Two alleys are set up. One is wider than the other. Players in pairs with one ball.</p> <p>Stages</p> <ol style="list-style-type: none"> Each pair attempts to draw and pass at the hit shield as they progress ,down the alleys. After any dropped ball, players return to original positions. Players turn around at end of narrow alley to attack the wider alley whilst running. 	20 mins
GAME	<p>Gladiators</p>  <p>Players attempt 2 on 1 against consecutive pads. They make an attempt in both alleys, wide and narrow, before returning to the line.</p> <p> Important</p> <p>Players holding the pads can only move sideways. They must not chase after the ball has passed them.</p>	20 mins

Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	10 mins
DRILL	<p>Three on Two</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Players in groups of three start in alley one. They play a three on one to beat the pad. 2. Players continue into alley two (wider) where a three on two situation is played. 3. Repeat until each trio has succeeded in either alley. 	15 mins
GAME	<p>“Joe Cool” (3 on 2)</p> <ul style="list-style-type: none"> • Set up: 30 x 15m  <p>Stages</p> <ol style="list-style-type: none"> 1. Children in groups of 5, (split into one pair and one trio). The pair has a ball, the trio has nothing. 2. The pair run up the alley passing the ball amongst themselves. When they reach Line 1, they place the ball down. <p>The pair then runs to Line 2 and touch down, whilst the trio runs out, picks up the ball and attempts to score at Line 2.</p>	15 mins
CONCLUSION	Match Practice -practice set moves for three attacking rucks.	10 mins

Content	Organisation	Time
WARM UP	<p>Turtle. Players start in pairs. Player 1 on all fours. Player 2 on knees. Players attempt to roll each other on their backs. Play a number of rounds until a winner is decided.</p>	15 mins
DRILL	<p>Pad Drill Players line opposite a hit pad and concentrate on foot work, timing, and head position.</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Players vary speed of approach eg. Walk, jog, sprint depending on skill level. 2. Pad holder changes position of pad as player approached to make player adjust shoulders and positioning. <p>Intercept tackling drill</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. One player from attacking line is instructed by coach to run at either right or left cone. The tackler intercepts the runner with a side-on tackle using left or right shoulder depending on which direction runner chooses. <p>Tackler completes six tackles then he is replaced.</p>	<p>15 mins</p> <p>15 mins</p>

Content	Organisation	Time
WARM UP	Line drills for ball skills.	10 mins
DRILL	<p>Mirror Mirror</p> <ul style="list-style-type: none"> Arrange players into 2 lines of equal numbers  <p>Stages</p> <ol style="list-style-type: none"> Coach directs attacking side (A) to move right or left according to his raising of right or left arm. Defensive team (B) follows and numbers off with attacking team pointing and nominating a man. Coach nominates one attacking player to approach defence and opposing defenders make a tackle. A ruck play is formed. To continue the dummy half passes back to his attacking line and all others adjust. Each team has possession for six tackles then changes roles. 	15 mins
GAME	<p>Globetrotters</p> <p>Purpose is to have one team attack against a team of defenders on six separate occasions. Add up tries scored.</p>  <ol style="list-style-type: none"> Attacking players (●) attempt to score within grid Starting on left hand edge of grid, players invent a set of “moves” to beat defence in a one-off shot at them. Swap over and after six tackles. To continue, start another game from right hand of grid. 	25 mins

Content	Organisation	Time
<p>WARM UP</p> <p>DRILL</p>	<p>Strength training as shown on reverse.</p> <p>Play the Ball Grid</p>  <p>(If a full field is available, attempt to use the 10metre lines as markers for play the ball).</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Player 1 plays the ball to player 2 who passes to player 3 in support. 2. Player 3 runs 5m forward before hitting the ground and playing the ball quickly to player 1 who passes the ball to player 2 in support. 3. Continue down one side of grid and back the other. 4. NB. After playing the ball go to dummy half at next ruck. 5. Eventually race teams of three down the grid to increase the speed. <p>Extend length of grid for fitness training.</p>	<p>10 mins</p> <p>15 mins</p>
<p>CONCLUSION</p>	<p>Ruddy's Race</p>  <p>20m line</p> <p>1x 2x</p> <p>x x</p> <p>direction of play</p> <ol style="list-style-type: none"> 1. Teams arranged as shown, in attacking formation with a play the ball on the 20 metre line. 2. On the coaches whistle players 1 and 2 play the ball. Ball is passed to the wingers who, at cone A and B go to ground and play the ball. 3. Backline re-adjusts for a second attacking raid to score under the posts. <p>Play a number of rucks. First to score is a winner.</p>	<p>25 mins</p>

Strength and Flexibility Activities (11-12 years)

(compliments of Australian Gymnastics Federation)

All activities are included with the purpose of preventing injury by building strength and flexibility from a very young age.

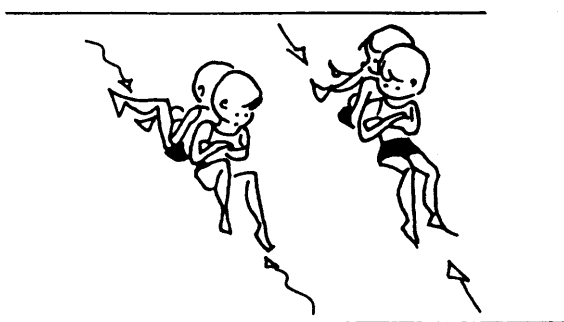
Correct technique is the most important thing.

When mastered by the players, to add excitement, some activities could be undertaken as a race, circuit or relay situation.

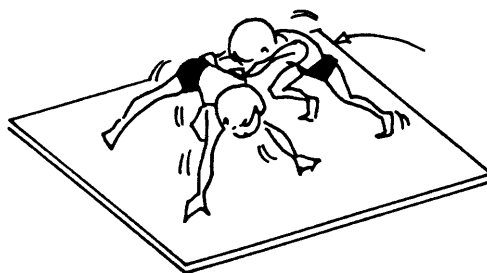
Have players perform activities within coaching grid.

Back to Back Press (Players sit back to back on ground with arms locked. Pair attempts to raise to standing without losing balance).

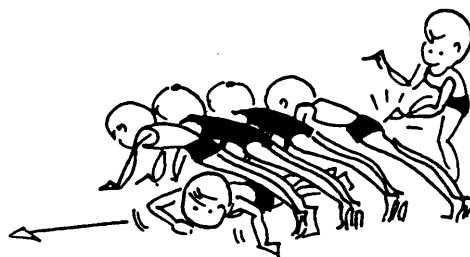
Back to Back Push (Arrange cones 5 metres apart. Players back to back in pairs. One player must push the other over his/her line).



Won't Budge (One player is on all fours as shown. Other player attempts to move this player by pushing).

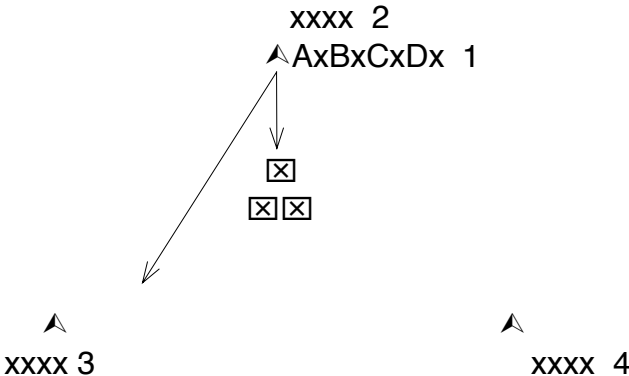


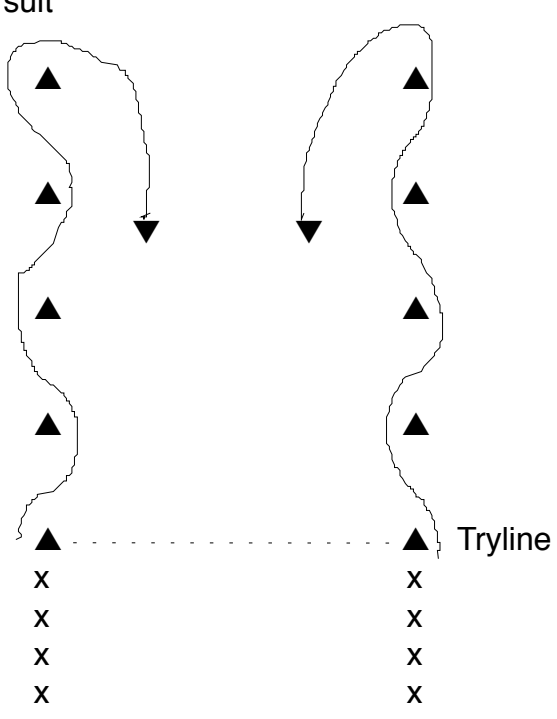
Under the Tunnel (Team in push-up position. End player crawls under all others. Continue until all players have passed under. Race two groups when technique and strength improves).

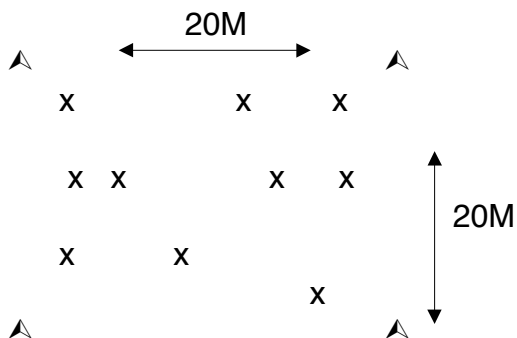


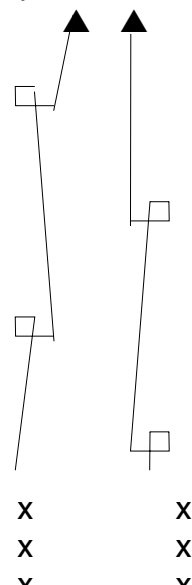
Scrummaging

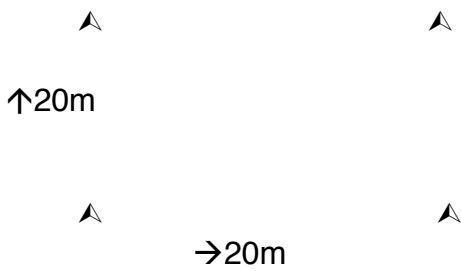

NEW SOUTH WALES RUGBY LEAGUE COACHING PLAN

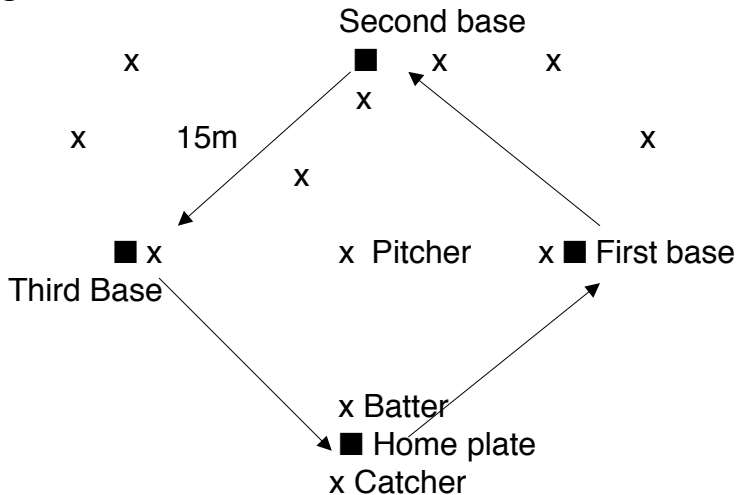
Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	10 mins
DRILL	<p>Triangle Grid</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. This is a continuous drill, with a group always advancing towards the hitpads. 2. To begin, Player A runs towards a nearest hitpad and hits it. Player B follows. A goes to ground, and rises to play the ball back to B. Players C and D become the runners who receive the ball off dummy half B. (one of these two then passes off to next group.) 3. Group 3 repeats the process, and so on. <p>Follow practice with a trial at race pace. Set team record.</p>	25 mins
GAME	<p>Two ball Touch</p> <p>Make a grid of 20m x 50m. Two balls are used, one at any time. Coach places balls somewhere on the grid.</p> <p>Stages.</p> <ol style="list-style-type: none"> 1. Team A begins with a ball, attacking for a continuous 2 minute period. 2. Each time a player is tagged(as per touch football). Play will restart immediately at the second ball. 3. Team B re-adjusts in defence to stop attackers scoring. 4. After a try, play is restarted on own tryline with same ball. 5. After 2 mins, teams swap attack and defensive roles. 	20 mins

Content	Organisation	Time
<p>WARM UP</p> <p>GAME</p>	<p>Line drills for ball skills (from session 1).</p> <p>Pursuit</p>  <p>Divide group into two teams as displayed on diagram.</p> <p>On command, players at the front of both lines run up their line in a zig-zag fashion.</p> <p>When they get to the last witches hat, they run down the corridor.</p> <p>Both players attempt to pick up the ball and score a try over the line.</p> <p>The player without the ball attempts to tag the player in possession of the ball with two hands, preventing him from scoring a try.</p> <p>Points System:</p> <ul style="list-style-type: none"> 1 point - if a try is cleanly scored 0 point - if player is tagged and/or drops ball <p>The first two players then go to the end of the line and the next two players repeat this activity.</p>	<p>20 mins</p> <p>20 mins</p>

Content	Organisation	Time
WARM UP	Free play with footballs.	5 mins
GAME	<p>Tail Chase</p>  <p>Stages Players assemble inside grid with a football sock placed in the back of their shorts.</p> <ol style="list-style-type: none"> 1. On commencing play, athletes are encouraged to grab football sock from other players and store in their own pile. 2. When a player loses their sock, they chase to collect other football socks. 3. When all socks have been snatched, count up who has the most and tell them how clever they are!! Or get them to share their tactics with other players! <p>Chain Tag</p> <ol style="list-style-type: none"> 1. Set up grid as above. 2. One pair joins hands and chases to tag other players. 3. Once a tag is made that player joins the chain. This should always increase the chain by one. 4. The chain grows until all players are tagged. 	20 mins
CONCLUSION	<p>Teamwork. - Attack</p> <p>Assemble players on the halfway line facing towards the opposite goal line.</p> <p>Work a strategy for an attacking set of six(6) tackles as they approach opposition line.</p> <p>Finish set with a grubber kick.</p> <p>Repeat a number of times.</p>	25 mins

Content	Organisation	Time
WARM UP	Repeat line drills from session 17.	15 mins
DRILL	<p>Hit & Spin</p>  <p>Stages</p> <ol style="list-style-type: none"> Initially start with just one hit pad with players running one by one hitting and spinning with the ball in two hands. Progress to players running in pairs and off-loading after hit and spin with just the one pad. Once players are capable, run them through the above drill, off-loading to partner at each pad after hit and spin. 	20 mins
CONCLUSION	<p>Teamwork - attack</p> <ol style="list-style-type: none"> Working out from own line: Arrange players in ruck formation 5 metres from their own try line. Forwards line to take pass ball off first receiver. Repeat this three (3) hit ups to open side, and on tackle four (4) have another forward hit up down the blind side. Backs should get involved and support the forwards with their hit ups. The outside backs can make themselves available on tackle 1 & 2 to receive ball directly from dummy half .(If inside own 10 metre). On fifth tackle pass to half back from dummy half for a kick down field with a good chase from backs and forwards ensuring they keep a strong defensive line. <p>Encourage first receiver to move forward with the ball.</p>	15 mins

Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	10 mins
DRILL	<p>Ball Skills Complication Passing (1) Ten Passes Split into two teams. Team in possession attempts to make ten passes before an error is forced by opposition. After a mistake the other teams attempts ten passes.</p>  <p>Single line drill</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Hand off at end of line to opposite player. 2. Five metre pass to opposite player. 3. Players meet in middle and hand off. 4. Players meet in middle and pass one metre (rt & lt). 5. Diagonally across grid meeting in middle with a hand off. (Line 1 hands off to line 4, Line 2 to line 3 in a criss cross fashion). 	25 mins
GAME	<p>League Netball (from session 1) Play a quick game to practice passing and catching skills in a competitive environment.</p> <ol style="list-style-type: none"> 1. Similar rules to Netball, with teams advancing the football by regulation passing. 2. Drop passes lead to a changeover. 3. A goal is scored by delivering the ball top a player standing in the opposition in-goal. Player must catch the ball on the full. 	15 mins

Content	Organisation	Time
WARM UP	<ol style="list-style-type: none"> 1. Strength as shown on reverse. 2. Play the ball elimination from session 7 	15 mins
GAME	<p>League Baseball</p>  <p>Foul (A foul occurs if ball is kicked outside the line between bases on the full.)</p> <p>Explanation Game played like baseball. A member of the batting team punt kicks or grubber kicks after having it passed to him by the pitcher. Kicker attempts to complete a full home run by rounding all bases prior to ball returning. The fielding team must relay the ball by passing or kicking from the outfield. If ball is caught on the full, the batter is out. Once 3 kickers are out the fielding team becomes the batting team. Add scores after 5 different turns.</p>	30 mins
CONCLUSION	Sit down and outline the current scores for games nights.	5 mins

Strength and Flexibility Activities (11-12 years)

(compliments of Australian Gymnastics Federation)

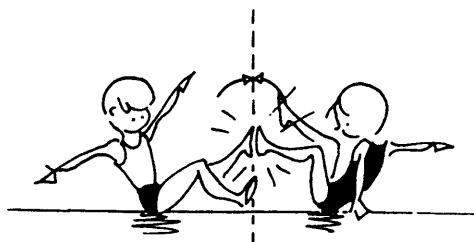
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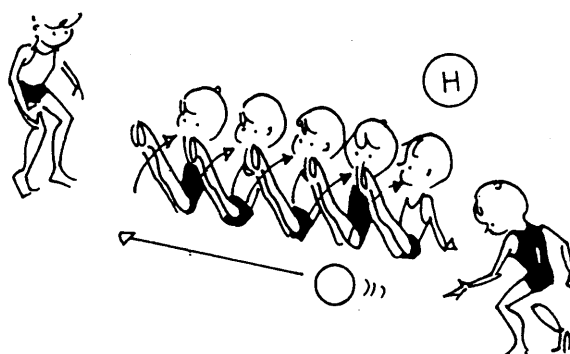
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Have players perform activities within coaching grid.

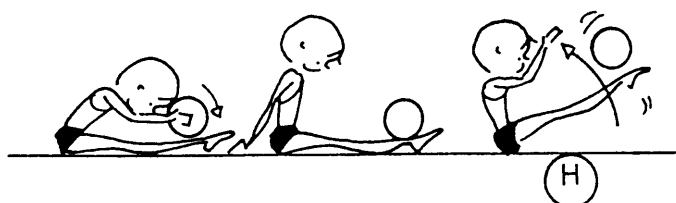
Feet Clapping

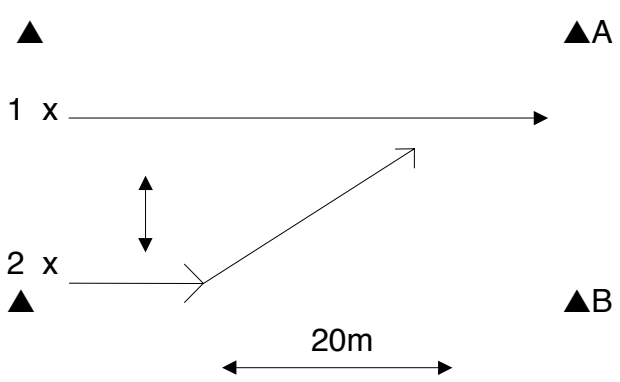
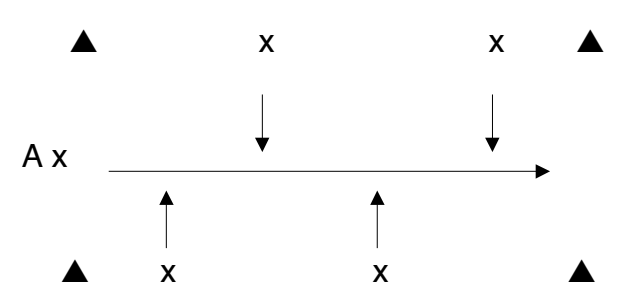


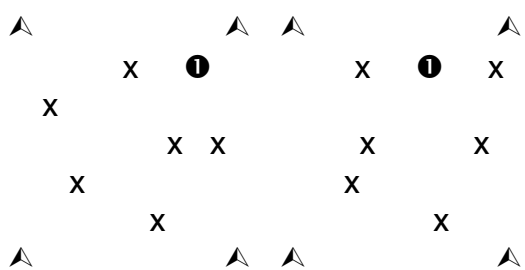
Under the Tunnel (All players raise legs. Ball rolled under legs of group and returned by normal pass - one circuit. See how many times a group can successfully complete a circuit).




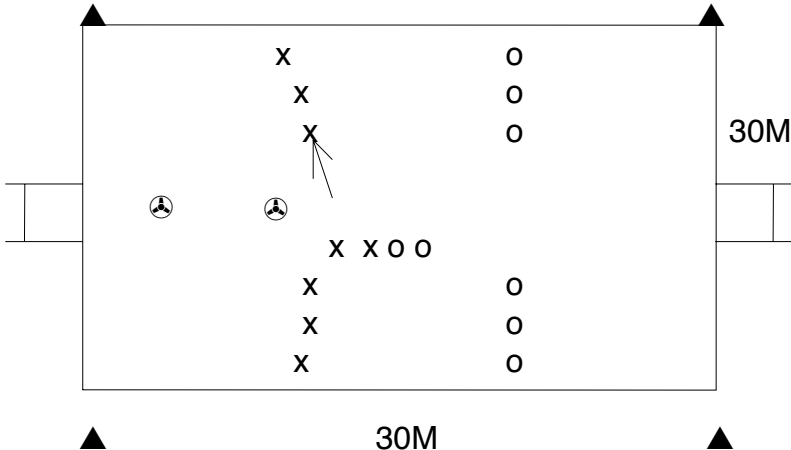
Flick and Catch (In pairs, one player places the ball on partner's feet. Partner attempts to flick the ball back to partner).



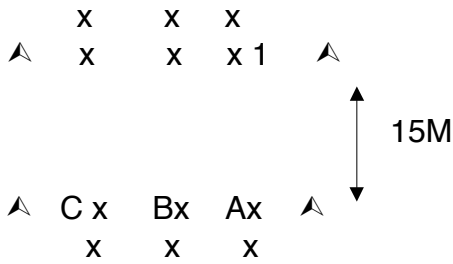
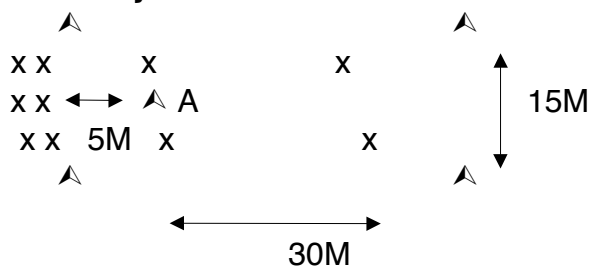
Content	Organisation	Time
WARM UP	<p>Ball skill drills.</p> <p>Ball Tag</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Players 1 & 2 jog down the channel passing the ball back and forth. 2. On command the player carrying the ball sprints to the A / B line. 3. The non carrier attempts to make a two hand touch on the ball carrier below the hips. 4. Player 1 must carry the ball in both hands. 5. Players swap positions for a return match-up. <p>Changing Hands</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Player A with the ball runs down the middle of a 10m wide corridor. 2. Players from either side of grid positioned as in diagram, move into tackle Player A. 3. As they move in Player A changes the ball to the opposite hand to enable him to fend them off. 	<p>15 mins</p> <p>35 mins</p>

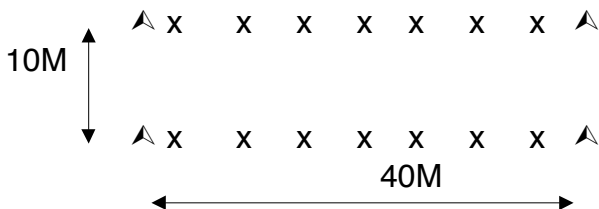

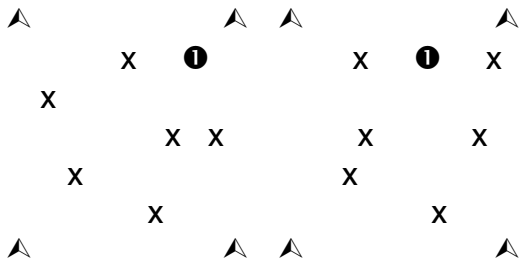
Content	Organisation	Time
WARM UP	Strength training as shown on reverse.	10 mins
DRILLS	<p>Sock Wrestling. <i>Instructions</i> Children to pair off with someone of even size and strength. Take off your shoes. Attempt to be the first one to take off your partners sock.</p> <p>Tackling Tumbling xxxxx xxxxx xxxxx xxxxx</p> <p style="text-align: center;">☺ Coach</p> <ol style="list-style-type: none"> Side roll Forward roll Holman roll <p>(For the Holman roll, stand one player facing the coach and have one kneel on the ground behind that player. You begin by pushing players over a kneeling obstacle without any prior knowledge on the players behalf.)</p>	10 mins
	<p>Clear the Square</p>  <p>Stages</p> <ol style="list-style-type: none"> The tackler in each square (1) must clear the square in one minute. After one minute the coach blows a whistle. Players get one point for each grounded player. Each player gets a opportunity to be the tackler. 	5 mins
CONCLUSION	<p>Team Play Work on positional play and set plays.</p>	10 mins
		15 mins

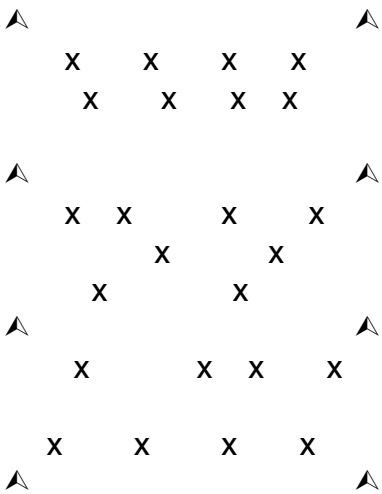
Content	Organisation	Time
WARM UP	Basic ball drills for catching and passing.	5 mins
DRILL	<p>Introductory Game Skills</p> <p>Set up a grid 30m x 50m.</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Pick two teams 2. Each team goes to a private area to work on a simple game plan for: <ol style="list-style-type: none"> a) attacking inside opponents half b) bringing the ball out from your own half 3. After 15 mins bring both teams back together. 4. Team A starts by kicking off to team B, who will launch into game plan A. (bringing it out of own territory) 5. Continue with this format for 5 minutes each team. <p><u>Coach is an advisor only</u></p> <p><u>Second phase of scrumage.</u></p> <ol style="list-style-type: none"> 1. Team A will line drop out to team B, who launches into game plan B. 2. This continues for another 5 minutes per team. <p><u>Final Scrumage</u></p> <p>When the coach is happy that both teams are reasonably proficient, play 10 minutes of semi- opposed using basic team game plans. (make sure body contact is limited to no more than two passes either side of the ruck.)</p>	30 mins
CONCLUSION	Sit down and talk about success or failure of game plans.	5 mins

Content	Organisation	Time
WARM UP	Tail chase from session 17 Chain Tag from session 17	15 mins
DRILL	<p>Two Ball Adjust</p>  <p>30M</p> <p>30M</p> <p>▲ = Ball</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Divide group into two equal teams. 2. The game commences as for normal touch football, with one football, but another ball is placed at one end as displayed in the diagram. 3. On the Coaches whistle the ball being used becomes dead and is put to ground and play starts with the second ball. Play continues with the second ball until the coach signals the change back to the original ball. 4. There is no pause or stoppage, teams have to react quickly in attack and defence. 5. When a try is scored play is restarted with a kick by losing team. 	30 mins
CONCLUSION	Sit down and check current pointscore.	5 mins

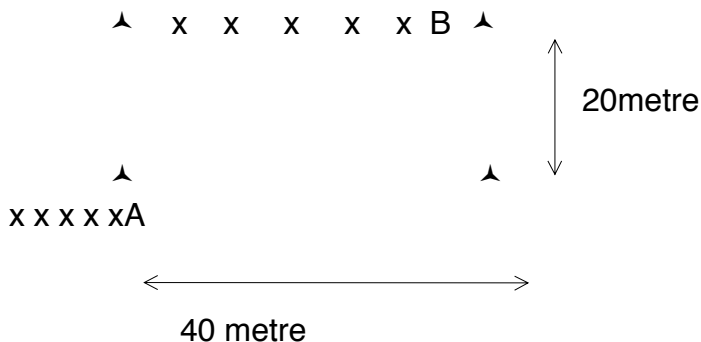
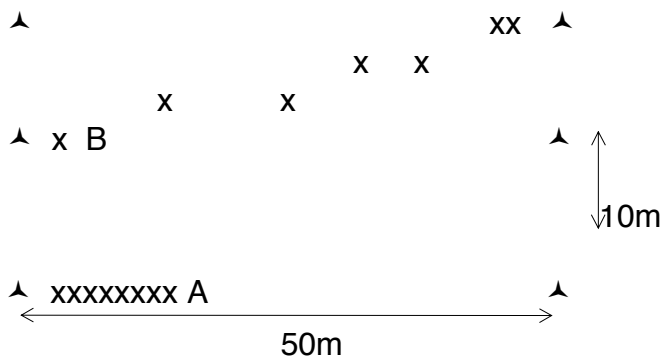
Content	Organisation	Time
<p>WARM UP</p> <p>DRILL</p>	<p>Strength training as shown on reverse.</p> <p>Running pass drills</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Whilst running up the grid, ball is passed along the line and player C hands off to player 1, who progresses down the grid passing to his own team. Continuous drill. 2. Same as stage 1 with B going across the grid to bring player A inside on an angle run (call this a dropoff). 3. Same as stage 1 with C wrapping around B to pick up player A running straight.(call this a wrap). <p>Ensure players run nice and straight - not drifting wide as they receive the ball.</p>	<p>10 mins</p> <p>15 mins</p>
<p>GAME</p>	<p>“Joe Cool” (3 on 2)</p> <ul style="list-style-type: none"> • Set up: 30 long x 15m <p>Stages</p> <ol style="list-style-type: none"> 1. Children in groups of 5, (split into one pair and one trio). The pair has a ball, the trio has nothing. 2. The pair runs up the alley passing the ball amongst themselves. When they reach Line 1, they place the ball down. 3. The pair then runs to Line 2 and touches down, whilst the trio runs out, picks up the ball and attempts to score at Line 2. <p>The original pair defend as well as they can.</p>	<p>20 mins</p>
<p>CONCLUSION</p>	<p>Stretch down.</p>	<p>5 mins</p>

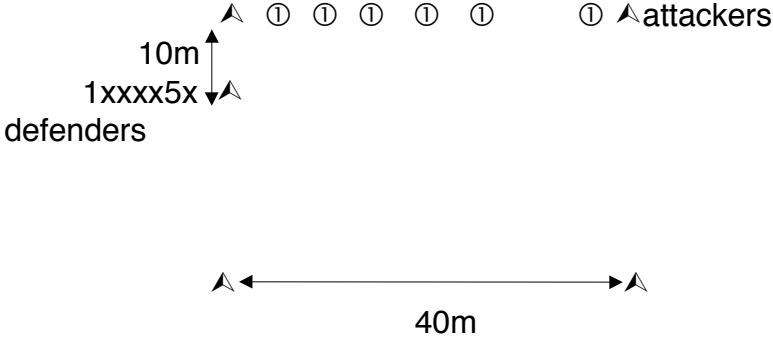
Content	Organisation	Time
WARM UP	“Joe Cool” - 3 on 2 game.	15 mins
DRILL	<p>Murphy's Law</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Whilst running up the grid, ball is passed along the line and player C hands off to player 1, who progresses down the grid passing to his own team. Continuous drill. 2. Same as stage 1 with C going across the face of B with the pass straight to player A who then passes inside to player B (call this a cutout) 3. Same as stage 1 with C running across the grid to pick up either player A or B running the angle back inside. 4. Same as stage 1, with C wrapping around B. C gets the ball back and brings player A back inside on the angle. 	15 mins
GAME	<p>Support Ball Scurry</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Two players stand at cone A passing the ball to each other. 2. On coaches whistle they advance down the grid. 3. At the same time, two support players leave from outside the grid. This forms a 4 on 2 situation. 4. The group of 4 attempts to score a try. 5. Two players from the attacking team become next defenders. 	15 mins
CONCLUSION	Sit down and talk about attacking options used by NRL players.	5 mins

Content	Organisation	Time
WARM UP DRILL	<p>Wrestling drills.</p> <p>Front On Tackling</p>  <p>Players stand opposite a partner of similar size.</p> <ul style="list-style-type: none"> • One player has a ball (player 1), the other is the tackler. • Player 1 advances towards the tackler, who, standing in a front-on position makes chest-to-chest contact with the runner. • Tacklers arm extends around the ball carriers body to secure a strong grip on the runners back. • Tackler then uses runners momentum to force both players to ground. • Swap and repeat for both shoulders. <p> Extension</p> <p>Have ball carriers jog forward with one arm extended towards tackler in the form of a fend. Tackler must brush down the fend, secure the ball and perform a front-on tackle.</p>	<p>5 mins</p> <p>20 mins</p>
GAME	<p>Tie the Calf</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. The tackler in each square (●) must force as many players as possible to the ground and on their backs in one minute. After one minute the coach blows a whistle. Players get one point for each grounded player. 2. Each player gets an opportunity to be the tackler. 	<p>0 mins</p> <p>0 mins</p>
CONCLUSION	Stretch down.	5 mins

Content	Organisation	Time
WARM UP	Line drills for ball skills.	10 mins
DRILL	<p>Three Court Dodge Ball</p>  <p>Stages</p> <ol style="list-style-type: none"> 1. Divide the group into three teams. Each team occupies a section of the playing area. 2. The players in the two end courts pass the ball and hit a player or players in the middle court. 3. The players in the middle court try to evade the ball. A point is scored when a player is hit below the hips. The three teams occupy the middle for a specified period of time. 4. The team with the highest number of hits is the winning team. No hit is scored if the thrower has both or one foot over the line. 	30 mins
CONCLUSION	Check pointscores and explain championships.	5 mins

Content	Organisation	Time
WARM UP	Free play with footballs.	5 mins
GAME	<p>Passing Square</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Team A passes along line, before handing off to group B. 2. This continues continuously for 5 mins. 3. Group A and B advance at the same time (A hands to D. B hands to C). 4. For the more advanced groups. Try an angle pass by the second and third handlers.(Player 2 will bring 3 inside him). <p>Interweave</p> <p>(10m x 10m)</p> <p>Stages</p> <ol style="list-style-type: none"> 1. Group A runs to wards group B passing along the line. They hand off to B on arrival. 2. When B completes its turn. C runs towards D. 3. Do this for 5 mins. 4. Group D and group A leave at the same time, hand off on arrival to opposite group. <p>Continuous, each group goes continuously back and forth across grid, attempting to avoid dropping the ball or contact with other groups.</p>	30 mins

Content	Organisation	Time
WARM UP	Interweave - from session 29.	5 mins
DRILLS	<p>Drift Net</p>  <p>Team A is a defensive unit of 5 players. Team B is an attacking team of 5 players. Rules :</p> <ul style="list-style-type: none"> Team B must cover defensive positions by moving off the cone on coaches instruction. Team A attacks at the same time. Both teams have 5 different opportunities to attack and defend. Attacking team tries to score a try. <p>Up and Out</p>  <p>Team A is defensive team. Team A attacking team. As for Driftnet, except field is wider and team A starts from inside field. A good time to work with attacking team on some set plays.</p>	35 mins
CONCLUSION	Kick Tennis.	10 mins

Content	Organisation	Time
WARM UP	Free play with footballs.	5 mins
DRILL	<p>Slide drill</p> <p>Introduction to slide defence.</p> <p>This is a defensive alignment that calls for compression of the defensive line to prevent opposition teams attacking through the middle of the ruck.</p>  <p>Stages</p> <p>On coaches whistle,</p> <ol style="list-style-type: none"> 1. Attackers start with the ball and attempt to score a try by advancing the ball down the grid. 2. Defenders begin at cone and advance into the field of play from the inside of grid. 3. Defenders stay close together, with players forming a C shape. (Players 1 remains slightly in front of player 5) 4. Perform six separate tackles and swap groups. <p>Keep a tally of tries scored for each group.</p>	20 mins

Content	Organisation	Time
WARM UP	Line drills for ball skills.	5 mins
GAMES	<p>Corner Tag Ball</p> <p>Team A (o) - taggers Team B (x) - avoid being tagged</p> <p>Stages</p> <ol style="list-style-type: none"> 1. The taggers (o) run anywhere in the grid passing the ball to each other but may not run when in possession of the ball. 2. The taggers try to tag a player with the ball held in both hands. 3. When tagged a player moves outside the grid. Each time a tagger drops a pass, one tagged player may return to the game. 4. A designated period of time may be set by the coach and at the end of this time, the number of tagged players are counted. <p>Passball Cricket xxxxx batters x bowler</p> <p>Set up as for passing lines. Difference is; form two teams to play a game against each other.</p> <p>Rules. A player from each side is nominated as the "bowler". This player faces the opposite line. "Batters", pass the ball out to bowler and follow the pass. "Bowler" passes to oncoming batter. The return ball must be catchable to pass as a legal delivery. (a wide is 4 runs). If pass is dropped, the bowler claims a wicket. If pass is caught, the batter scores four runs for his team. Winners will score most runs before losing 10 wickets.</p>	<p>20 mins</p> <p>15 mins</p>