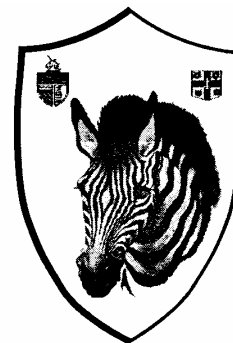


WORKINGTON RUGBY FOOTBALL CLUB



PRACTICE PLANS FOR YOUTH COACHES

Recommended for U-13 to U-18

The following practice plans have been constructed to allow a coach to follow a sequential plan through a season of rugby (15 practice plans). Although these plans are only a guide, they do however have several important features.

1. Skills and drills are repeated because you do not want a new skill and drill every week. Practice makes perfect!
2. Each individual skill has three practice plans. A coach should not start with practice plan 3 for example. The coach should always start at practice plan 1.
3. Coaches can easily move unit skills and team skills around to suit their individual team circumstances.

Note: Every plan is an individual plan, therefore it is difficult to prescribe skills and drills for a team that you are unfamiliar with

Practice Plan	Time	Activities
Warm up	15 mins	<ul style="list-style-type: none"> ➤ Design a warm up that reflects some of your objectives for the session. ➤ Prepare both mind and body for the practice. ➤ Incorporate stretching.
Individual Skills	15 mins	<ul style="list-style-type: none"> ➤ Review previously learned / poorly performed skills. ➤ Introduce new skills early in the session. ➤ Use drills that require players to perform the skills accurately and make good decisions to be successful. ➤ Skill practice may also develop fitness.
Unit Skills	15 mins	<ul style="list-style-type: none"> ➤ Practice mini-unit and unit skills such as back attack, back defence, loose forward defence, scrum, lineout, kick-off, etc. ➤ Emphasis should be on team patterns of play and tactics for the next game. ➤ Utilise opposition to make the activities as game-like as Possible. ➤ Simulate game situations. ➤ Add pressure relevant to the skill level of the players.
Team Development	20 mins	<ul style="list-style-type: none"> ➤ Bring the various units together. ➤ Practice phase of the game as a team. ➤ Simulate situations that players are likely to encounter in the game - use reserves as opposition. ➤ Develop team links and continuity. ➤ Involve reserves in training activities/team trainings so they can develop too. ➤ Add pressure, like time restriction, refereeing, etc, to simulate game situations
Cool Down	10 mins	<ul style="list-style-type: none"> ➤ Slow jog and gentle stretching will prepare the players for the next session. <p>Treat it as part of the practice, not an extra.</p>

Handling

Practice 1

Primary objectives: (1) Ball-handling
(2) Back attack
(3) Mauling

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 1. Ball familiarisation 2. Follow the coach	15mins	1. Ball in two hands ➤ Control 2. Communicate ➤ Move on balls of feet ➤ balance	Develop awareness of a rugby ball Improve communication and reactions
Individual skills Pass progression	15 mins	➤ Run straight ➤ Swing arms ➤ Follow through	Develop the fundamental skills of the basic lateral pass
Unit skills 1. <u>Backs</u> Back attack Around the cones 2. <u>Forwards</u> Mauls Continuity pyramid	15mins	➤ Alignment ➤ Angles of running ➤ Depth ➤ Approach ball carrier with depth ➤ Bind and drive ➤ Strong leg drive	1. To develop correct alignment, depth, speed and angles. 2. To develop good continuity and movement techniques.
Team Development Attacking options from set pieces	20mins	➤ Go same way ➤ Look for space ➤ Support	Develop team patterns and understand individual roles at set pieces
Cool down Passing circle ➤ Facing inside ➤ And out	5mins	Review and re-emphasise key coaching points from this session.	
Closure	Team notices and game arrangements.		

Handling

Practice 2

Primary objectives: (1) Ball-handling
(2) Back attack
(3) Mauling

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 1. Ball familiarisation 2. Pass progression	15mins	1. Ball in two hands ➤ Control 2. Run straight ➤ Swing arms ➤ Follow through	Develop awareness of a rugby ball Improve communication and reactions
Individual skills 2 V 1s	15 mins	➤ Run straight ➤ Run at defender ➤ Pass at chest height ➤ Support	To practice passing in space
Unit skills 1. <u>Backs</u> Back attack Around the cones 2. <u>Forwards</u> Mauls Continuity pyramid	15mins	➤ Alignment ➤ Angles of running ➤ Depth ➤ Approach ball carrier with depth ➤ Bind and drive ➤ Strong leg drive	1. To develop correct alignment, depth, speed and angles. 2. To develop good continuity and movement techniques.
Team Development Attacking options from set pieces	20mins	➤ Go same way ➤ Look for space ➤ Support	Develop team patterns and understand individual roles during second phase situations
Cool down Follow the coach	5mins	Review and re-emphasise key coaching points from this session.	
Closure	Team notices and game arrangements.		

Handling

Practice 3

Primary objectives: (1) Ball-handling
(2) Back attack
(3) Rucking

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 1. Passing circle 2. Pass progression	15mins	1. Have hands out to receive passes ➤ Pass the ball in front of the receiver 2. Run straight ➤ Swing arms ➤ Follow through	Improve players' passing and Catching skills. Develop the fundamental skills of the basic lateral pass
Individual skills 2V1s	15 mins	➤ Run Straight ➤ Run at defender ➤ Pass at chest height ➤ Support	To Practice passing in space
Unit skills 3. <u>Backs</u> Back attack Feed in the tackle 4. <u>Forwards</u> Rucks Ruck same way	15mins	➤ Alignment ➤ Angles of running ➤ Depth ➤ Approach ruck from depth ➤ Use feet to ruck ball clear of congestion	1. To develop correct alignment, depth, speed and angles. 2. To engage and group opposition. To move forward
Team Development Attacking options from turnovers	20mins	➤ Counter attack ➤ Look for space ➤ Speed	Develop team patterns and understand individual roles during turnover situations
Cool down Ball Familiarisation	5mins	Review and re-emphasise key coaching points from this session.	
Closure	Team notices and game arrangements.		

Tackling

Practice 1

Primary objectives: (1) Communication
(2) Defence
(3) Lineout

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 1. How many passes 2. Passing circle	15mins	1. Communicate ➤ Accuracy ➤ Run into space 2. Have hands out to receive passes ➤ Pass the ball in front of receiver	1. To improve players passing and reaction skills 2. Develop the fundamental skills of the lateral pass
Individual skills Basic tackle	15 mins	➤ Sight target ➤ Pre-tackle stance ➤ Lock on with arms ➤ Drive	To develop techniques with side/front on and falling in the tackle
Unit skills <u>1. Backs</u> Walking through defensive options from set pieces <u>2. Forwards</u> Line outs Set roles and responsibilities	15mins	➤ Move forward ➤ arms up ➤ Understand options ➤ eyes on the ball ➤ Controlled delivery	1. Develop team patterns and understand individual roles during defensive situations 2. Develop a better understanding of lineout responsibilities and roles
Team Development Defence decision	20mins	➤ Communicate ➤ Identify ➤ Move forward	To prevent the opposition from scoring
Cool down Follow the coach	5mins	Review and re-emphasise key coaching points from this session.	
Closure	Team notices and game arrangements.		

Tackling

Practice 2

Primary objectives: (1) Communication
 (2) Defence
 (3) Line out

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 1. Follow the coach 2. How many passes	15mins	<ul style="list-style-type: none"> ➤ Communicate ➤ Move on balls on feet ➤ Balance ➤ Communicate ➤ Accuracy ➤ Run into space 	1. Improve communication and reaction 2. To improve players passing and reaction skills
Individual skills Grid tackling	15mins	<ul style="list-style-type: none"> ➤ Sight target ➤ Pre tackle stance ➤ Lock on with arms ➤ Drive 	To develop tackling from a side on position
Unit skills <u>1.Backs</u> Walking through defensive options from set pieces <u>2.Forwards</u> Line outs Set roles and responsibilities	15mins	<ul style="list-style-type: none"> ➤ Tackler identifies player they are responsible for and communicates ➤ Understand options ➤ Eyes on the ball ➤ Controlled delivery 	1. Develop team patterns and understand individual roles during defensive situations 2. Develop forward understanding and individual roles during line out situations
Team Development Defence decision	20mins	<ul style="list-style-type: none"> ➤ Move forward ➤ Communicate 	To prevent the opposition from scoring
Cool down Basic tackle	5mins	Review and re-emphasise key coaching points from this session.	
Closure	Team notices and game arrangements.		

Tackling

Practice 3

Primary objectives: (1) Side on tackle
(2) 2nd phase defence
(3) Line out

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 1. .How many passes 2. Basic tackle	15mins	<ul style="list-style-type: none"> ➤ Communicate ➤ Accuracy ➤ Run into space ➤ Sight target ➤ Pre-tackle stance ➤ Lock on with arms ➤ Drive legs 	1. To improve players passing and reaction skills 2. To develop techniques with side/front on and falling in the tackle
Individual skills Stop a try	15mins	<ul style="list-style-type: none"> ➤ Chin up, eyes open, back straight ➤ Cheek to cheek ➤ Regain feet 	To stop forward momentum of the ball carrier and regain possession of the ball
Unit skills <u>1.Backs</u> Defensive options from 2 nd phase Around the cones <u>2.Forwards</u> Line outs Set roles and responsibilities	15mins	1. Tackler identifies player they are responsible for and communicates 2. Understand options <ul style="list-style-type: none"> ➤ Eyes on the ball ➤ Controlled delivery 	1. Develop team patterns and understand individual roles during defensive 2nd phase situations. 2. Develop forward understand and individual roles during lineout situations
Team Development 2nd Fizz	20mins	<ul style="list-style-type: none"> ➤ Inside shoulder ➤ Straight line 	Prevent the opposition team from scoring from 2nd phase possession.
Cool down Ball Familiarisation	5mins	Review and re-emphasise key coaching points from this session.	
Closure	Team notices and game arrangements.		

Kicking

Practice 1

Primary objectives: (1) Basic punt
 (2) Kick start
 (3) Scrums and attack

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up Rotational kicking	15mins	<ul style="list-style-type: none"> ➤ Eyes on ball ➤ Place ball onto the foot with dominant hand ➤ Swing leg straight through 	Improve accuracy of kicking
Individual skills Force back	15 mins	<ul style="list-style-type: none"> ➤ Maintain balance on nonkicking foot ➤ Follow through with kicking foot, opposite arm extended 	Put into practice a range of kicking skills
Unit skills <u>Backs</u> Attack ➤ Have backline run in game situation and observe execution <u>Forwards</u> Scrums ➤ Setting up a scrum ➤ Start with front row and build up from there	15mins	<ul style="list-style-type: none"> ➤ Anticipate point of attack ➤ Stay inside of ball carrier ➤ Maintain depth ➤ Communicate ➤ Feet hips and shoulders are all square ➤ Bend at the knees and hips ➤ Shoulders above hips at all times ➤ Head straight, eyes up, chin off chest ➤ Back straight - spine in line ➤ Eyes focused on the target area 	Penetrate opponents defence To ensure correct technique for building a scrum.
Team Development Kicking options from around the field (i.e. from a scrum, lineout, box kick etc.) starter	20mins	<ul style="list-style-type: none"> ➤ Accurate kick ➤ Apply pressure ➤ Contest possession ➤ Regain possession 	Develop team patterns and understand individual roles during kicking options from around the field
Cool down Pair kicking	5mins	Review and re-emphasise key coaching points from this session	
Closure	Team notices and game arrangements.		

Contact

Practice 1

Primary objectives: (1) Continuity
(2) Rucking

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up 2 vs 1	15mins	<ul style="list-style-type: none"> ➤ Run straight ➤ Run at defender ➤ Pass at chest height ➤ Support 	To practice passing in space
Individual skills Hit and support	15 mins	<ul style="list-style-type: none"> ➤ Low body position ➤ Body before ball ➤ Small steps on approach ➤ Wide power step into contact 	To develop correct technique, timing and ball presentation at contact
Unit skills Ruck same way	15mins	<ul style="list-style-type: none"> ➤ Body position ➤ Communication ➤ Decision making ➤ Support play 	Players consider options at ruck time
Team Development Continuity in 2 nd phase situations (i.e rucks and mauls) Game situation	20mins	<ul style="list-style-type: none"> ➤ Identify role ➤ Communicate ➤ delivery 	Develop team patterns and understand individual roles during rucks and mauls
Cool down Touch the ground and pass	5mins	<ul style="list-style-type: none"> ➤ Encourage players to communicate ➤ Players should use all the area ➤ Review and re-emphasise key coaching points from this session. 	
Closure	Team notices and game arrangements.		

Contact

Practice 2

Primary objectives: (1) Continuity
(2) Mauling
(3) Moves

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up Touch the ground and pass	15mins	<ul style="list-style-type: none"> ➤ Look for space ➤ communicate 	To develop communication, movement into space and ball familiarisation
Individual skills Tackle, contact and fitness	15 mins	<ul style="list-style-type: none"> ➤ Plant front foot close to defenders feet ➤ Body before ball ➤ Contact side on with hard parts of body, "jack up on contact" ➤ Maintain low stable base, chin up, eyes open 	To practice contact situations and work on intensity training
Unit skills Continuity pyramid	15mins	<ul style="list-style-type: none"> ➤ Identify role, sight target area ➤ Approach ruck/maul from depth ➤ Bind with team mates onto opposition ➤ Drive forward 	To develop all areas of ruck/maul situations
Team Development Moves from penalties and free kicks	20mins	<ul style="list-style-type: none"> ➤ Choose 2 or 3 ➤ Communicate clearly ➤ practice 	Develop team patterns and understand individual roles during moves from penalties and free kicks
Cool down How many passess	5mins	<ul style="list-style-type: none"> ➤ Review and re-emphasise key coaching points from this session. 	
Closure	Team notices and game arrangements.		

Contact

Practice 3

Primary objectives: (1) Continuity
(2) Penalties/free kicks

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up How many passes	15mins	<ul style="list-style-type: none"> ➤ Communicate ➤ Accuracy ➤ Run into space 	To improve players passing and reaction skills
Individual skills Ruck same way	15 mins	<ul style="list-style-type: none"> ➤ Body position ➤ Communication ➤ Decision making ➤ Support play 	Players consider options at ruck time
Unit skills Multi man skills	15mins	<ul style="list-style-type: none"> ➤ Identify role, sight target area ➤ Approach ball carrier and first support player with depth, parallel to touch line 	Utilise a number of players in contact situations to retain possession
Team Development Moves from penalties and free kicks	20mins	<ul style="list-style-type: none"> ➤ Choose 2 or 3 ➤ Communicate clearly ➤ practice 	Develop team patterns and understand individual roles during moves from penalties and free kicks
Cool down Hit and support	5mins	<ul style="list-style-type: none"> ➤ Review and re-emphasise key coaching points from this session. 	
Closure	Team notices and game arrangements.		

Running

Practice 1

Primary objectives: (1) Counter attack
(2) Evasive running
(3) Line outs

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up Shadow run	15mins	<ul style="list-style-type: none"> ➤ Players carry the ball in two hands ➤ Runners keep their heads up and eyes open to avoid running into other players 	To practice quick and evasive movement
Individual skills Handling relay	15 mins	<ul style="list-style-type: none"> ➤ Ball in two hands ➤ Run towards defender ➤ Change pace and/or direction of movement ➤ Position ball away from defender ➤ Accelerate into space 	To improve ball handling and evasive techniques
Unit skills 1. <u>Backs</u> Develop moves from a line out 2. <u>Forwards</u> Forward jumping	15mins	<ul style="list-style-type: none"> ➤ communicate ➤ accurate execution ➤ Drive upward ➤ Eyes on ball ➤ Soft hands 	To penetrate the oppositions defence from a line out Throwing the ball accurately and taking a ball above the head
Team Development Counter attack Support the catcher	20mins	<ul style="list-style-type: none"> ➤ Communicate with support ➤ Hold defenders ➤ Pass ball to space ➤ Run to support ball carrier 	Use the counter attack options from a kicked ball
Cool down Multi action relay	5mins	<ul style="list-style-type: none"> ➤ Review and re-emphasise key coaching points from this session. 	
Closure	Team notices and game arrangements.		

Running

Practice 2

Primary objectives: (1) Ball handling
(2) Line outs

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up Multi action relay	15mins	<ul style="list-style-type: none"> ➤ control ➤ balance 	To practice a variety of ball skills
Individual skills Pick up place	15 mins	<ul style="list-style-type: none"> ➤ bend knees and present hard parts of body to opposition ➤ wide balanced base 	To practice handling the ball on the ground
Unit skills 3. <u>Backs</u> Developing moves from a line out 4. <u>Forwards</u> Forward jumping	15mins	<ul style="list-style-type: none"> ➤ communicate ➤ accurate execution ➤ Drive upward ➤ Eyes on ball ➤ Soft hands 	To penetrate the oppositions defence from a line out Throwing the ball accurately and taking a ball above the head
Team Development Options from line out around the field Support the catcher	20mins	E.G <ul style="list-style-type: none"> ➤ Close to opposition line - drive ➤ On own line – to front and drive ➤ Go wide from the rest 	Develop team patterns and understand individual roles during options from lineouts around the field.
Cool down Shadow run	5mins	<ul style="list-style-type: none"> ➤ Review and re-emphasise key coaching points from this session. 	
Closure	Team notices and game arrangements.		

Running

Practice 3

Primary objectives: (1) Ball handling
(2) Scrums

Activity	Time	Coaching Points (Focus words)	Learning Outcomes (Why we are doing this)
Warm up Pick up place	15mins	<ul style="list-style-type: none"> ➤ bend knees and present hard parts of body to opposition ➤ wide balanced base 	To practice handling the ball on the ground
Individual skills Handling relay	15 mins	<ul style="list-style-type: none"> ➤ Ball in two hands ➤ Run towards defender ➤ Change pace and/or direction of movement ➤ Position ball away from defender ➤ Accelerate into space 	To improve ball handling and evasive techniques
Unit skills 5. <u>Backs</u> Developing moves from a scrum 6. <u>Forwards</u> Scrums <ul style="list-style-type: none"> ➤ One on one ➤ Three on three 	15mins	<ul style="list-style-type: none"> ➤ communicate ➤ accurate execution ➤ feet hips and shoulders are all square ➤ bend at the knees and hips ➤ head straight, eyes up chin off chest ➤ back straight-spine in line ➤ eyes focused on the target area 	To penetrate the oppositions defence from a scrum To ensure correct techniques for building a scrum
Team Development Options from scrums around the field	20mins	<ul style="list-style-type: none"> ➤ blind side ➤ close to line ➤ midfield 	Develop team patterns and understand individual roles during options from scrums around the field.
Cool down Shadow run	5mins	<ul style="list-style-type: none"> ➤ Review and re-emphasise key coaching points from this session. 	
Closure	Team notices and game arrangements.		