










# Catch & Pass 2



TIMING	GAME/ACTIVITY	VIDEO (click video to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(10mins)	<p><b>Intro to Big Rocks – Primers</b> These are pre-session catch pass Primers (closed skills). Useful for technique coaching – ensure the coaching cues are adopted to assist and support the player’s development</p> <p><b>Video 1: Pistol drill</b> <b>Video 2: Catch Pass selection</b></p>	 	<p><b>Load to the hip</b></p> <ul style="list-style-type: none"> <li>· Aim for bottom hand to be on the hip. Elbow bent, bicep over ball</li> </ul> <p><b>Punch and point</b></p> <ul style="list-style-type: none"> <li>· Bottom hand Punch action with rotation of your torso.</li> <li>· Finish by pointing to your target</li> </ul> <p><b>Catch it as you intend to Pass it</b></p>
(10 mins)	<p><b>Warm-up Games – Varied (Select 1)</b></p> <ol style="list-style-type: none"> <li><b>Chasing games with dynamic Movements</b></li> <li><b>Stuck in the Mud (automatically developing dynamic movements)</b></li> <li><b>Passing and Moving with dynamic movements</b></li> </ol>	  	<p><b>With a catch pass session theme try bring the ball into your warm up</b></p>
(10 mins)	<p><b>GAME – Leprechaun Rugby (Minis) 7v6 max</b> Attack v defence game – add constraints on the defence to ensure Space is being created ie Less defenders, defender on a knee when touch made etc</p> <p><b>GAME – Patience (Youth &amp; Adult) 7v7 max touch game</b> Overloading the Attack game to create space – after each touch another defender must take a knee – this should create the overload for the attack to execute catch pass skills</p>	 	<p><b>Set Early with Width (Workrate)</b></p> <p><b>Hips square</b></p> <ul style="list-style-type: none"> <li>· Towards oppositions try line</li> <li>· Hands above hips.</li> </ul> <p><b>“W” Catch early as you intend to pass it</b></p> <ul style="list-style-type: none"> <li>· Connecting the thumbs &amp; fingers point on the 45.</li> <li>· Allow for decision making during play</li> </ul> <p><b>Load to the hip</b></p> <ul style="list-style-type: none"> <li>· Aim for bottom hand to be on the hip. · Elbow bent, bicep over ball</li> </ul>
(15 mins)	<p><b>Activity – 2’s, 3’s and 60 sec 4v2 drill</b></p> <p>Coach using the catch pass cues to emphasise good technique</p>		<p><b>Punch and point</b></p> <ul style="list-style-type: none"> <li>· Bottom hand Punch action with rotation of your torso.</li> <li>· Finish by pointing to your target</li> </ul>
(10 mins)	<p><b>Numbers Game 7v7 max touch game</b> Each defender is given a number. Coach calls a number(s) during the game and this player or players must retreat to a designated line before re-entering play.</p>		<p><b>Finish square, go forward &amp; support</b></p>
(5 mins)	<p><b>Cool down &amp; Stretch</b></p>		<p>Check for learning &amp; Understanding</p>



# COACHING CORNERSTONE CUES

## CATCH PASS

### Hips square

- Towards oppositions try line.
- Hands above hips.

### “W” Catch early as you intend to pass it

- Connecting the thumbs & fingers point on the 45.
- Allow for decision making during placement of fingers.

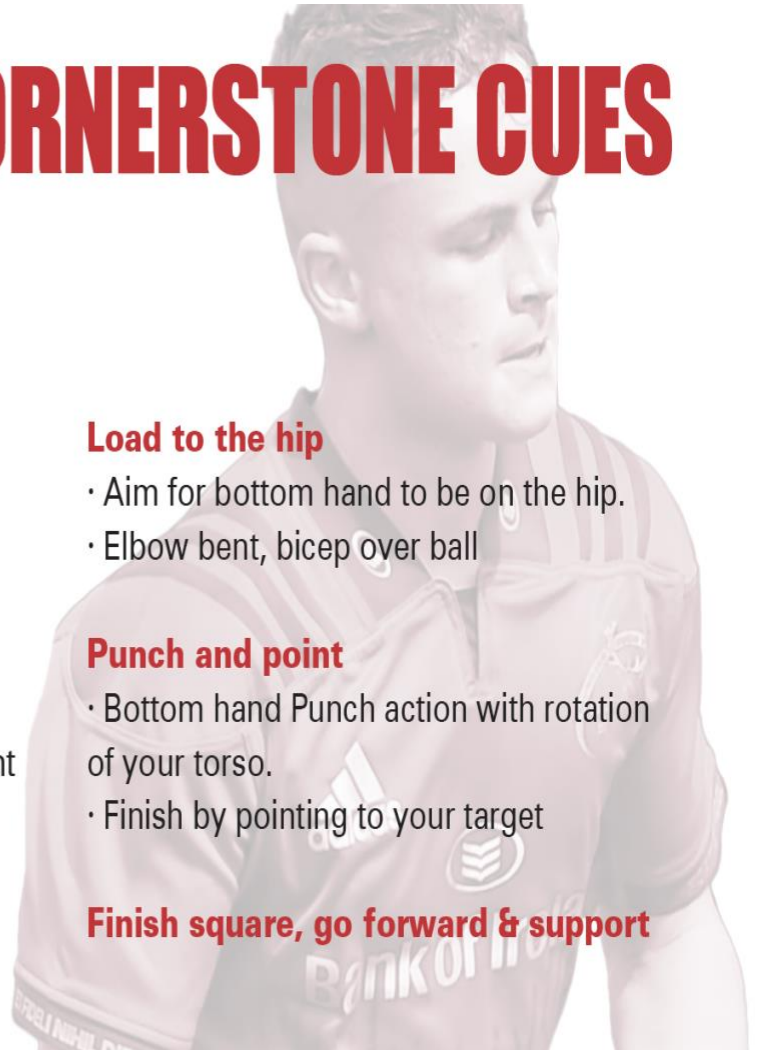
### Load to the hip

- Aim for bottom hand to be on the hip.
- Elbow bent, bicep over ball

### Punch and point

- Bottom hand Punch action with rotation of your torso.
- Finish by pointing to your target

### Finish square, go forward & support



[Munster Rugby Coaching Resource Playlist](#)

[Munster Rugby Coaching Children Playlist](#)

Further details on events and resources: [www.munsterrugby.ie/domestic/coaching](http://www.munsterrugby.ie/domestic/coaching)

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