SESSION THEME:

Defence



PLEASE ENSURE NO CONTACT AS PER LEVEL 5 GUIDELINES – THE FOLLOWING VIDEOS ARE ONLY A GUIDE, PLEASE ADAPT ACCORDINGLY, ARRIVE-TRAIN-LEAVE.

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TIMING	GAME/ACTIVITY	VIDEO	COACHING POINTS/DETAIL
		(click to view)	(Coaching Cues in Red)
(10mins)	Warm Up- Tag Play the game for 2mins Stop Game for 90secs to include dynamic movements: General Movements – Muscle movements – Session specific movements Play the game for 2mins Stop Game for 90secs to include dynamic movements Play the game again		Introducing Tackle Simulation: Focus on players using 2 hands to tag and getting eyes on the target area, boxers arms, dipping to touch and foot in close. Use below Simulated Coaching Cues to develop a Pre Tackle Technique
(10mins)	Shadow Defence Game 7v7 max Players can only defend their partner in the attacking side	NB – DO NOT INCLUDE CONTACT ASPECT OF THESE VIDEOS – ONLY TOUCH OR TAG IN LEVEL 5	Eyes on target Focus on attackers' core Boxers arms Arms above hips Boxers feet Leg in close to the Ball Carrier. Back leg, square, bent under glutes with the heel up. Late dip - drop hips Look over your sunglasses eyes up for spine alignment
(10mins)	Game – Overload Games Extra Attackers to Work Defenders e.g 10v4 Constraints: 1. One attempt to score ie one touch 2. Add extra defender from the attackers if the attack score 3. Or vice versa – give the defense lose a defender if they keep the attack out 4. Progress to a 2 or 3 touch game	products is boundaries of the Attack	
(10mins)	REDUCED ACTIVITY OPTION: 1v1 and 2v2 Simulated Tackle Technique Progress to 3v2 or 2+1v2	SPATTAL ANNAHENESS "GO" TACKLE "GO" TACKLE "GO"	

(10mins)

GAME- Overload Defence

More Defenders than attackers to work on linespeed and connections e.g 9 v 5

Constraints:

- 1. Slow pace of delivery after the touch so defenders can get set
- 2. Progress to an offload option for attack

Increase numbers of Attackers to overload attack as game progresses

For mini's use Rugby Prime or Lep Rugby to develop understanding of the off-side line etc

NB – DO NOT INCLUDE CONTACT ASPECT OF THESE VIDEOS – ONLY TOUCH OR TAG IN LEVEL 5





Pre Tackle Coaching Cues:

Eyes on target

Focus on attackers' core

Boxers arms

Arms above hips

Boxers feet

Leg in close to the Ball Carrier. Back leg, square, bent under glutes with the heel up.

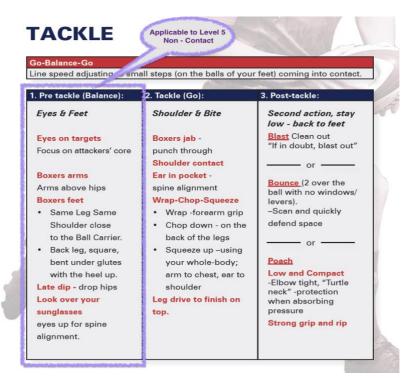
Late dip - drop hips

Look over your sunglasses eyes up for spine alignment

(5 mins)

Cooldown Stretch & Review

Check for Understanding



Please visit our YouTube Playlists for more games and activities:

Coaching 15-a-side game

Coaching Children