



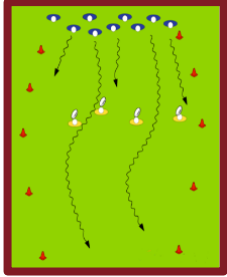
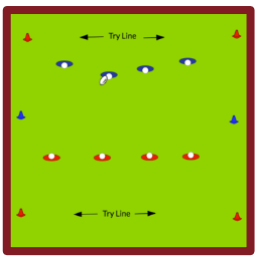
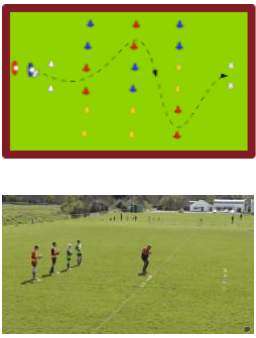



Ball Carry & Evasion (2)



TIMING	GAME/ACTIVITY	VIDEO (click on to view)	COACHING POINTS/DETAIL (Coaching Cues in Red)
(10 mins)	<p>Introduction to Big Rocks – Pre Session Individual Primers</p> <p>EVASION</p> <ol style="list-style-type: none"> “Feet” – Hop and Go <p>BALL CARRY</p> <ol style="list-style-type: none"> Tuck & Fend 	 	<p>Feet</p> <ul style="list-style-type: none"> - Change up - Adjust height / stay low - Chop into the space late - Power off the inside foot <p>Transfer ball away from defender - create distance between the ball and the defence</p> <p>Tuck the Tip, Tighten the Grip sliding outside hand up to the top of the ball and protect the bottom by tucking under the elbow applying pressure with 3 points of contact – hand, bicep, chest.</p>
(5 mins)	<p>Warm Up- Evasion Tag</p> <ol style="list-style-type: none"> All players are on If player A gets tagged they must do a dynamic movement (dependent on level): <ul style="list-style-type: none"> - Sitdown/Lunges/Squats/Burpees/Leg swings/High Knees on the spot/Heel Flicks on the spot/Push ups/Sit ups etc until the player who tagged him/her also gets tagged. Only then is player A back in the game If both players tag each other at the same time: Rock-Paper-Scissors <p>Play while: Hopping L/R- Skipping- Galloping– Bounding etc.</p>	 <p>Dynamic Movements like in this game:</p> 	<p>Feet</p> <ul style="list-style-type: none"> - Change up - Adjust height / stay low - Chop into the space late - Power off the inside foot - Sharp angles <p>Swerve or Side Step Activity: https://www.youtube.com/watch?v=P2CZLc5FeFw&list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3&index=2</p>
(10mins)	<p>Warm Up Game – BULLDOG</p> <ul style="list-style-type: none"> • Nominate 2 Bulldogs • 2 Bulldogs pass a ball • On “GO” the Bulldog holding the ball can run and Tag the players running through the grid – Bulldog 2 must stand still but can Tag players • If tagged - join the bulldogs. • Add extra balls as the number of Bulldogs increase • Last man standing wins 		<p>See space, Attack Space; scan, footwork/rolling onto the ball. Post receiving ball; scan & evasion</p> <p>Feet</p> <ul style="list-style-type: none"> - Change up - Adjust height / stay low - Chop into the space late - Power off the inside foot - Sharp angles

(10 mins)	<p>Transition Touch - 3 v 3 Small Sided Games</p> <ul style="list-style-type: none"> • 10m x 10m Grids • 2 handed touch on shorts. Player must pass immediately • 3 touches turnover - turnover by rolling ball towards opposition and retreat to your own tryline before re-entering play • Upon scoring player must leave ball and all his team retreat to halfway or own tryline. • Opposition can pick up ball immediately and play 		<p>Feet</p> <ul style="list-style-type: none"> - Change up - Adjust height / stay low - Chop into the space late - Power off the inside foot - Sharp angles <p>Transfer ball away from defender - create distance between the ball and the defence.</p>
(10 mins)	<p>COLOUR CHASE Reduced Activity</p> <ul style="list-style-type: none"> • Max 8 players per grid. • The coach calls a colour and the player must run through that colour to the end gates • Add a chaser -Chaser leaves one second later trying to catch the ball carrier before they score a try <p>Progression: Add a scrumhalf pass to ball carrier</p>		
(10 mins)	<p>GAME(s)– RUGBY PRIME (2 Touch Rugby)</p> <ul style="list-style-type: none"> • 7 v 7 (7 v 6 mini's) - 20m x 20m (adjust to players ability) • Tackle – 2 handed touch on shorts • On 1st Tackle Ball Carrier can keep playing but can't score • On 2nd Tackle (different defender) Ball Carrier must take action dependent on coaching focus: <ul style="list-style-type: none"> ○ stop and pass ○ turnover ○ go down and present ball • On scoring a try ball is left on ground and opposition can play straight away or Turn & Burn 		<p>See space, Attack Space; scan, footwork/rolling onto the ball. Post receiving ball; scan & evasion</p> <p>Transfer ball away from defender - create distance between the ball and the defence.</p> <p>Two hand offload option Control the ball -can we get two hands back on the ball? Fingers towards the target One hand offload option Control the ball -are we controlling the top tip? Point the nose of the ball Fingers towards the target</p>
(5 mins)	<p>Cooldown Stretch & Review Check for Understanding</p>		

[Munster Rugby Coaching Resource Playlist:](#)

[Munster Rugby Coaching Children Playlist:](#)

Further details on events and resources: www.munsterrugby.ie/domestic/coaching