|  |  |  |  |
| --- | --- | --- | --- |
| **SESSION THEME:** | | | |
| **TIMING** | **GAME/ACTIVITY** | **VIDEO**  **(click on to view)** | **COACHING POINTS/DETAIL**  **(Coaching Cues in Red)** |
| **( mins)** | **Warm Up** |  |  |
| **( mins)** |  |  |  |
| **( mins)** |  |  |  |
| **( mins)** |  |  |  |
| **( mins)** |  |  |  |
| **( mins)** |  |  |  |
| **( mins)** | **Cool Down** |  | Check for learning & Understanding |

[**Munster Rugby Coaching Resource Playlist**](https://www.youtube.com/playlist?list=PLvrRLf2epTtSLA3S4dz7mbzirMm8c3dk3)

[**Munster Rugby Coaching Children Playlist**](https://www.youtube.com/playlist?list=PLvrRLf2epTtRrR5Upvajmn-jtOXXF8b2s)

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

***#MunsterStartsHere***

***Graphical user interface, text, application, Teams

Description automatically generated***