



Full-Back and Wingers - Session Plan 2020/21

Time – 25 – 30 mins

VENUE: Home Skills
Date: March 2021

SESSION THEME: Back 3 PSS

MEETINGS/TIMINGS

EQUIPMENT

Back 3 Position Specific Skills.

Cones – 4
Balls – 1
Bibs –
Water Bottles

TIMING	DRILL/SKILL	STAFF	COACHING POINTS/DETAIL	PLAYERS
5 mins	<p>Warm Up – Ball Control Transfer ball and fend obstacle in front of Ball carrier.</p> <p>Progression to transfer, fend and look for offload.</p> <p>Vary the fend and offload.</p> <p>Obstacle should be stationary.</p> <p>See Video Demonstration here</p> <p style="text-align: right;">WATER</p>		<p>Focus on Key Factors</p> <ol style="list-style-type: none"> 1. Work feet to get into space 2. Tight Grip on top of the ball to maintain control 3. Vary Fends 4. Vary offload shape. 	
10 mins	<p>Footwork, Evasion and Reaction Start on 1 foot with lateral hop diagonally forward. Accelerate forward off same foot as taken off from.</p> <p>Combine acceleration with receiving:</p> <ol style="list-style-type: none"> 1. Small object (tennis ball) 2. Progress to rugby ball <p>Final progression – include ball transfer and fend through acceleration.</p> <p>See video Demonstration here</p> <p style="text-align: right;">WATER</p>		<p>Focus on Key Factors</p> <ol style="list-style-type: none"> 1. Punch through with non-landing leg. 2. When receiving the pass reach with W hands with outside hand high. 	
10 – 15 mins	<p>Aerial Skills Creating strong Profile. Slow walk – every few steps raise knee and create cradle – no ball.</p> <p>Progression – move into slow jog incorporating strong profile in vertical jump. Incorporate ball. Filming yourself for review recommended.</p> <p>Progression onto working with partner – throwing ball up for each other and executing strong aerial challenge with strong profile</p> <p>See video demonstration here</p> <p style="text-align: right;">WATER</p>		<p>Focus on Key Factors</p> <ol style="list-style-type: none"> 1. Knee up 2. Full extension from jumping off dominant leg 3. High cradle with arms up and elbows high 4. Try not get angle wrong e.g. not going straight up but maintaining forward momentum 	
<p>Session 2: Complete the 45° Passing Skill Test and use the work-on video to review</p>			<p>45° Skill Test Click Here</p> <p>45° Skill Work-Ons Click Here</p>	

Week 8 Conditioning:

Running - Fartlek

Warm up with light jog, and dynamic exercises, Squat, Lunge, Hamstring Bridge, etc.,
 Jog @ 70% for 3 mins
 50m stride through @ 85%
 Jog @ 70% for 2 mins
 100m Sprint @ 95-100%
 Repeat 4 times

Speed and Agility

Warm Up incl Dynamic Stretches	3mins	Sample Video Here
Walk easy for 5m then 10m acceleration	10m x 2	Rest for 1 min in between Sprints
10m static start & sprint	10m x 2	2 feet together start & then sprint
10m hard accelerations (chest on the ground)	10m x 2	Pop off ground fast and sprint (rest 1min in between sprints)
10m Hill sprint	10m x 2	Rest 1min in between sprints
Lateral shuffle into 20m sprint	20m x 2	Don't let your feet touch in shuffle (Rest 1min in between sprints)
Jog easy for 5m then 30m sprint	30m x 2	Rest 1min between sprints
Weaving Sprints	30m x 2	Weaving like a snake (Rest between sprints and cool down)

Speed Tech – “A” March Drills



Body Weight Exercises:

X10 reps

