

Session 4

Kicking, Throwing & Jumping, Ball Presentation, Game Application

TRAINING SESSION FORMAT

Session 4– Kicking, Throwing & Jumping, Group – TryRugby Walla

Ball Presentation & Game Application

Session Objectives

- Develop an understanding of lineout skills
- Develop an understanding of the Ball Take
- Use catch & pass in a game situation
- Develop an understanding of attack & defence
- Develop an understanding of working as a team

Equipment Required

- 24 Markers
- 4 Spare balls

Session Plan.

Group Warm Up – Zig-Zag Relay

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers

Activity 1 - Kicking Relay

Key Points

- Carry ball in two hands
- Turn the foot when dribbling
- Lock out the foot when kicking
- Hands up
- Look at the ball/target

Activity 2 – Lineout Captain Ball

Key Points

Jumping

- Crouch by bending knees and have weight on the balls of feet
- Arms bent at chest level, fingers spread
- Drive legs and arms and reach for the ball
- Land on two feet, bend knees on landing

Throwing

- With feet shoulder width apart face the target
- Hands and elbows high, fingers spread
- Elbows in, extend the arms forcefully towards the target, keeping the trunk still
- Fingers point at the target after throw
- Throw for accuracy before distance

Activity 3 – Ball Take Stuck in the Mud

Key Points

Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up
- Tagging
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Tagging

- Deny time and space by moving forward quickly
- Place lead foot in close to the ball carrier
- Head to side or behind when making a tag

Activity 4 – Ball Take Walla

Key Points

- As above

Warm Down

Evaluation

Injuries

Next Session – Coach

Next Session – Players

Players to bring water bottle & ball

ACTIVITY NAME:	Zig-zag Relay	NUMBERS:	2+
EQUIPMENT:	<input type="checkbox"/> 4 Footballs <input type="checkbox"/> 8 Markers <input type="checkbox"/> Shields <input type="checkbox"/> Tackle bags <input type="checkbox"/> Contact suits <input type="checkbox"/> Agility poles Other:		

Description

- In a grid that is 20m wide and 40m long, set out a series of agility poles as gates or use markers.
- Ensure these are off set to create a zig-zag pattern.
- Have players arranged in groups of three or four and take turns to move through the course.
- One the way out face forward, on the return stay facing the same direction and move laterally and backward
- Individuals race each other, or a group can race another group as a team relay.

Variations/Progressions

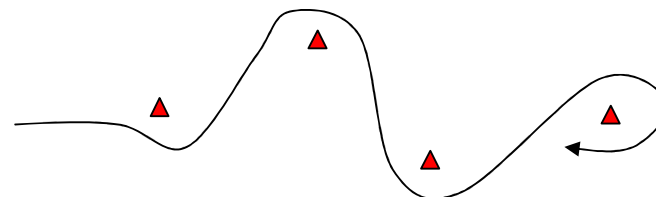
- Carry a ball

Coaching Points

- Maintain good running mechanics
- Lower centre of gravity and shorten strides when changing direction
- Use fast feet and accelerate between the poles or markers

Diagram

A1
A2
A3



ACTIVITY NAME:	Kicking Relay				NUMBERS:	6 + players		
EQUIPMENT:	<input type="checkbox"/> 8	Footballs	<input type="checkbox"/> 8	Markers	<input type="checkbox"/>	Shields	<input type="checkbox"/>	Tackle bags
	<input type="checkbox"/>	Contact suits	<input type="checkbox"/>	Agility poles	Other:			

Description

- A1, B1 start on the coaches call running out to the marker, turn around the marker and run back, kicking the ball to the next player in their group (A2,B2,C2)
- Once the whole group has been through then they sit down, the winner is the first team to sit down
- Depending on the skill level, players will perform the skill while stopped at the end marker or while running
- Progress according to skill level in order to maintain interest i.e.. from ball in two hands – dribble the ball – kick and regather – kick clap and catch – grubber and receive etc

Variations/Progressions

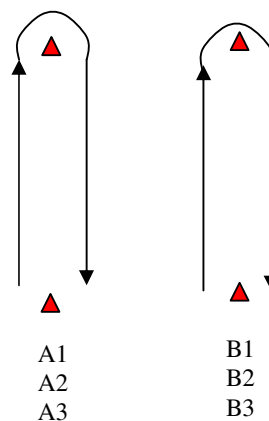
- Change the drill to a four corners drill or cross-over drill (2)
- Extra markers can be set up for the players to weave in and out of (3)
- Anything the coach can think of to increase the difficulty or make more interesting

Coaching Points

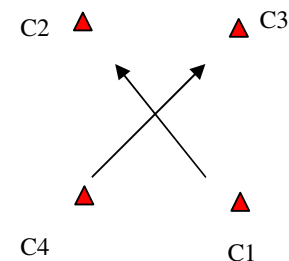
- Hold the ball in two hands, fingers spread
- Watch the ball closely as you guide it onto your kicking foot
- Kick through the ball with a hard foot
- Extend the kicking leg forcefully towards the target
- Kick for accuracy before distance practicing with both feet

Diagram

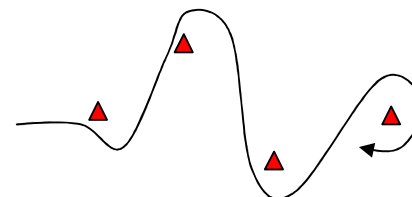
1.



2.



3.



ACTIVITY NAME:	Lineout Captain Ball			NUMBERS:	6 + players
EQUIPMENT:	<input type="checkbox"/> 2 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- A1 (Captain) starts with the ball and performs a lineout throw or pass to A3 who catches it over his/her head and passes it to the scrumhalf (A2) who passes it back to A1. A3 sits down and A1 then throws the ball in to A3 etc
- When A5 gets the ball he/she runs to be scrum half and they run to be the thrower and the thrower runs to the start of the line and the process is repeated
- It is repeated until everyone has been captain (throwing the ball)
- When everyone has finished the team that all sits down first and yells 'stop'

Variations/Progressions

- Increase the distance between players and the marker
- Catchers jump to catch ball

Coaching Points

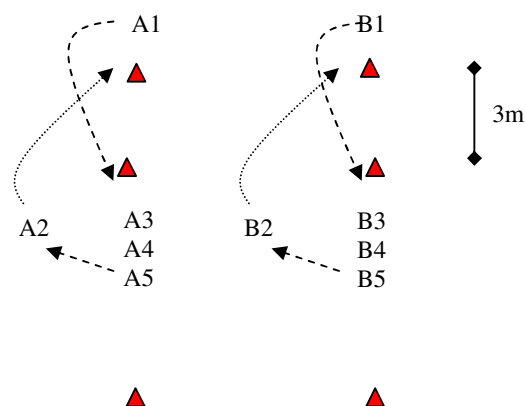
Throwing

- With feet shoulder width apart face the target
- Hands and elbows high, fingers spread
- Elbows in, extend the arms forcefully towards the target, keeping the trunk still
- Fingers point at the target after throw
- Throw for accuracy before distance

Catching

- Head facing the ball, hands up & fingers spread
- Turn the shoulders towards the target
- Reach for the ball with both hands, elbows up
- Watch the ball into soft hands

Diagram



ACTIVITY NAME:	Ball Take Stuck in the Mud			NUMBERS:	8+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- 6 players start with 2 balls (A) and 2 defenders (D)
- Defenders attempt to tag the Ball carriers with a two handed Walla tag
- When a ball carrier is tagged they must remain stationary (stuck) and turn and hold the ball out to perform a ball take. Other attackers can free the tagged (stuck) players by grabbing the ball with two hands and passing the ball to another attacker
- Attackers freeing stuck players cannot be tagged when completing a Ball Take
- Once time has run out the defenders and attackers should swap roles

Variations/Progressions

- Add more defenders
- Ball carriers can't run when they have the ball

Coaching Points

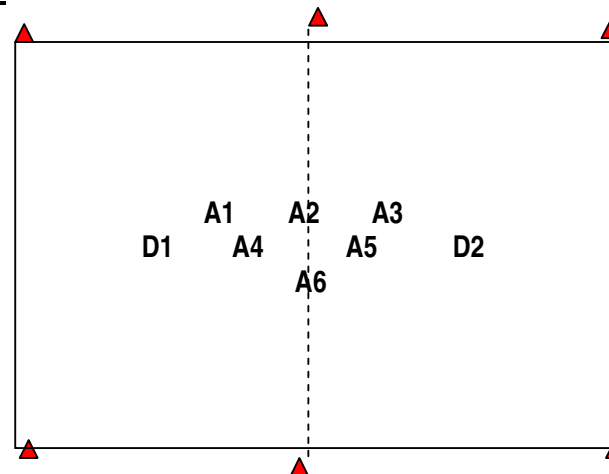
Ball carrier

- Carry the ball in two hands
- Run forward, at the defender to commit them
- Lower centre of gravity (body height) and shorten strides when changing direction
- Use fast feet to run into space

Tracking

- Deny time and space by moving forward quickly
- Lower centre of gravity and approach the target from the side
- Look forward at the target, hands up

Diagram



ACTIVITY NAME:	Ball Take Walla			NUMBERS:	6+
EQUIPMENT:	<input type="checkbox"/> 1 Footballs	<input type="checkbox"/> 6 Markers	<input type="checkbox"/> Shields	<input type="checkbox"/> Tackle bags	
	<input type="checkbox"/> Contact suits	<input type="checkbox"/> Agility poles	Other:		

Description

- This is similar to a game of Walla with 4 – 7 players on each team
- Two teams (A and D) attempt to score a try
- Defenders attempt to tag attackers with a two handed Walla tag below the waist
- When a player is tagged the ball carrier must turn and hold the ball out to perform a 'Ball Take'. Another attacker must then take the ball from the ball take and pass it to another player to restart play
- The defending team must get back 5m after every ball take
- Each team gets 6 tags before a changeover
- There is no kicking, lineouts or scrums

Coaching Points

- Encourage players to pass the ball to space and run straight
- Encourage good tag technique
- Encourage players to support the ball carrier

Variations/Progressions

- Have more attackers than defenders to encourage space and hopefully ball movement
- If the ball is dropped then it results in a changeover
- If the attacker is tagged that results in a loss of territory then there is a turn over of possession

Diagram

