

# St Paul's College Senior Cup Rugby Session Plan:

## Phase: Introduction, basic skills and fitness assessment.

September 11<sup>th</sup> 2017

Coach – David Hare

### **Warm up,**

Small introduction to the playing squad.  
Introduction of Modern S&C methods, Stretches and core work. Introduction of "Tackle" call, Cone grab drill and more. Fun intro.

**Athlete Feedback:** Get used to new stretches and speed drills. Will take time to get used to

### **Handling,**

Basic 4 line handling lines continuous.

**Athlete Feedback:** This needs work, hands to a "target", time your run, Last player sprints to make passing line work again.

### **Basics of Ball Presentation and Safe Landing skills,**

Snake line, one player jogs on with ball, hits deck "knee, hip, shoulder present". Player behind times run and rugby style picks up ball and repeats, continuous.

**Athlete Feedback:** A St Paul's Classic, proper "score a try" placement, Proper "pick up the ball" -HIP KNEE SHOULDER PRESENT.

### **Basics of Tackling.**

Lines of 4 players on their knees practising proper skill execution. Cue here is "cheek to cheek" and "ring of steel" grip.

### **Decision making Drill**

2 v 1 Loop around cone drill into tackle. Assess skill set.

**Athlete Feedback:** Defenders get wide and make a decision, Attackers proper timed pass – "Soft Hands".

### **Fitness Work – MAS Conditioning**

**Athlete Feedback:** Fitness will need continuous work, we will have to commit to some extra (but smart" homework.

### **Other:**

**Well done on a great first session. Aches and pains are normal after your first session back. Stay hydrated and plenty of rest.**