



RUGBY TRAINING TEMPLATE 5

Training Focus: Catching and Passing

Primary Objectives: To have players focus on the fundamentals of accurate and efficient catching & passing.

Equipment Required: Rugby balls, cones, players' mouth guards and your training plan.



ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
WARM UP 1. Rugby Netball 2. Two Ball Touch	15-20mins	<ol style="list-style-type: none">In a 25m x 25m zone split the squad into 2 groups. Teams play a game of netball but use a rugby ball. Players cannot run with the ball but need to use teamwork to try and get the ball over their opponents "tryline." Players are allowed to pass the ball how ever they want (pop, spiral, overhead) and it can be passed forward.Split the group into 2 teams. Usual game of touch, but with 2 balls – one on the ground and one in hands. When a player is touched, they alternate between each ball e.g., 1st touch, team goes back to the 2nd ball, 2nd touch team goes back to the 1st ball. After 6 touches it's a turnover to the other team.	<ul style="list-style-type: none">To build a progressive warm-up that is specific to the muscle groups and physical aspects required for a training on Catching and Passing.The warm-up focus is one that employs a Game Sense approach to utilise teamwork, play, communication, and fun which are important aspects when working with young athletes.
INDIVIDUAL SKILLS 1. Passing into Air 2. Passing at the Post	5-10mins	<ol style="list-style-type: none">Players have a ball each and spiral pass it as high as they can into the air and catch it again. Repeat 20 passes, changing the top hand/bottom hand on the ball. Players should focus on "firing" the ball into the air and pointing their hands/fingers at the ball once it's released. Can be progressed so players are walking/jogging.Using the rugby post, players move at a jog from 5m away and throw a spiral pass to hit it. Players should swap sides so that they focus on their weaker passing side as well. Remember to point the hands and fingers at the ball once it's released.	<ul style="list-style-type: none">Players will work on accurately giving a strong spiral pass.The progression goes from stationary catching and passing to moving at speed and accurately passing.By emphasising technique the skill becomes more learned and thus becomes habit.

ACTIVITY	TIME	COACHING POINTS	LEARNING OUTCOMES
<p>UNIT SKILLS</p> <ol style="list-style-type: none"> 1. Long Passing Waves (Walking) 2. Long Passing Waves (Running) 3. Catch & Pass Attack 	15-20mins	<ol style="list-style-type: none"> 1. In a large space 15m x 25m, players work in groups of 3-4. The emphasis is for long spiral passes (5-6m). When catching the ball remember to have hands ready to receive and look at where the ball is coming from. When passing, keep ball above waist and pass across the chest. 2. Progress from a walk into a run. 3. In groups of 5, start players standing behind each other. The player in front has the ball. On the coach's call the players fan out and pass the ball from player 1 through to player 5. The emphasis is accurate passes and the last player to run a wider arc so that there is depth and width in the attack. Emphasise speed of attack. 	<ul style="list-style-type: none"> • Technical detail required to execute long spiral passes. • Players should notice a difference with how they receive/catch the ball. • Emphasise speed of the pass first, then bringing in the element of accuracy. • Players will focus on accurate passing while moving at speed. • Incorporating a game scenario will allow players to see how it relates more to "on-field".
<p>COOL DOWN</p> <p>Kick to King</p>	5-10mins	Split into groups of four. Three players are in a row (King, Queen and Jack). The 4th player stands about 5m away and kicks the ball to the King, Queen and Jack. If they drop the ball, they move to the Jack position. The aim is to stay in the King position.	