



THE HONG KONG RUGBY UNION
RUGBY ACADEMY
E-LEARNING

THE HKRU RUGBY ACADEMY MINI COACHING PLANNER



SEASON PLANS (U10)

Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Aug 25	1	Go Forward	Evasion, Offloading, Falling, Presenting	Cat and Mouse Crab Walk Bear Crawl Evasion Drill 02 - Agility/Balance/Speed	Offload Touch Present Touch	Bear Hug (Progression) Sumo (Progression 1) Hit, Down and Present	Present Touch Roll Away Touch
Sept 1	2	Go Forward Support	Offloading, Falling, Presenting, Tackling	Corner ball Orangutan Frog Jump Catch and pass drill 02 S/H	Present Touch Roll Away Touch	Bear Hug (Progression) Sumo (Progression 3) 1v1 Tackle	One Tackle Turnover game 3 Tackle Turnover game
Sept 8	3	Go Forward Support	Offloading, Falling, Presenting, Tackling	Rugby Netball Lions Walk Frog Jump Pick Up the Ball	Go Forward Touch Offload Touch	Hit, Down and Present 1v1 Tackle 1v1 Tackle (Progression 1) 1v1 Tackle (Progression 2)	One Tackle Turnover game 3 Tackle Turnover game
Sept 15	4	Go Forward Support	Presenting, Tackling, Ruck, S/H Pass	Corner ball Orangutan Frog Jump Catch and pass drill 02 S/H	Present Touch Guard Touch	Sumo (Progression 2) Clean Out Technique Clean Out 1v1	1v1 Ruck Game





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Sept 22	5	Go Forward Support Continuity	Presenting, Tackling, Ruck	Cat and Mouse Wrestles Crab Walk Frog Jump	Present Touch Guard Touch	1v1 Tackle 1v1 Tackle (Progression 1) Clean Out Technique Clean Out 1v1	1v1 Ruck Game 2v2 Ruck game
Sept 29	6	Go Forward Support Continuity	Presenting, Tackling, Ruck	Corner ball Wrestles Bear Crawl Bear Hug	Present Touch Guard Touch	1v1 Tackle 1v1 Tackle (Progression 1) Clean Out Technique Clean Out 2v1	1v1 Ruck Game 2v2 Ruck game
Oct 6	7		Scrum, Compete Ruck, Rip, S/H and Wide passing Continuity	Cat & Mouse (Progression 1) Wrestles Lions Walk Bear Hug (Progression)	Go Forward Touch Offload Touch	Scrum Drill 01 - Crawl 1v1 Knee Scrum 1v1 Scrum 3 Men Scrum	rip game 2v2 Ruck Game Scrum Game
Oct 13	8		Scrum, Compete Ruck, Rip, S/H and Wide passing	Corner ball Wrestles Lions Walk Bear Hug	Go Forward Touch Offload Touch	Clean Out 2v2 Ripping Technique Scrum Progressions	rip game 2v2 Ruck Game Scrum Game





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Oct 20	9		Scrum, Compete	<u>Corner ball</u>	<u>Go Forward Touch</u>	<u>Clean Out 2v2</u>	rip game 2v2 Ruck Game
			Ruck, Rip, S/H and Wide passing	<u>Wrestles</u> <u>Lions Walk</u> <u>Bear Hug</u>	<u>Offload Touch</u>	<u>Ripping Technique</u> <u>1v1 Scrum</u> <u>3 Men Scrum</u>	<u>Scrum Game</u>
		Pressure					
Oct 27				USRC Festival			
Nov 3	10		Space in Attack	<u>Rugby Netball</u> <u>Lions Walk</u> <u>Frog Jump</u> <u>Pick Up the Ball</u>	<u>Offload Touch</u> <u>Guard Touch</u>	<u>Clean Out 3v2</u> <u>Clean Out 2v2</u> <u>Lateral Attack 4v1</u>	2v2 Ruck Game S/H must pass
		Pressure					
Nov 10	11		Space in defence	<u>Corner ball</u> <u>Orangutan</u> <u>Frog Jump</u> <u>Catch and pass drill</u> <u>02 S/H</u>	<u>Offload Touch</u> <u>Guard Touch</u>	<u>1v1 Tackle</u> <u>(Progression 2)</u> <u>Double Tackle</u> <u>1v1 Scrum</u> <u>3 Men Scrum</u>	<u>3 Tackle</u> <u>turnover</u> <u>Scrum Game</u>
		Pressure					





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Nov 17				Sandy Bay Festival			
Nov 24	12	Go Forward Support Continuity Pressure	Decision making in attack	Pick Up the Ball Lions Walk Frog Jump Rugby Netball	Offload Touch Present Touch	Linear Attack 3v1 Offload During Tackle Linear Attack 3v1 Offload on the Floor	2v2 Ruck Game Scrum Game
Dec 1				Flying Kukris Festival			
Dec 8	13	Go Forward Support Continuity Pressure	Decision making in defence	Stuck in the Mud Sumo Catch and pass drill 02 S/H Catching High Ball	Roll Away Touch Guard Touch	1v1 Tackle (Progression 1) Double Tackle	One Tackle Turnover game 3 Tackle Turnover game





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Dec 15	14	Go Forward Support Continuity Pressure		Mini Tournament			
Dec 22	15	Go Forward Support Continuity Pressure		Mini Tournament			
Dec 29				Christmas Break			
Jan 5	16	Go Forward Support	Evasion, Offloading, <u>Corner ball</u> Presenting, Tackling	<u>Orangutan</u> <u>Frog Jump</u> <u>Catch and pass drill</u> <u>02 S/H</u>	<u>Present Touch</u> <u>Roll Away Touch</u>	<u>Bear Hug (Progression)</u> <u>Sumo (Progression 3)</u> <u>1v1 Tackle</u>	<u>One Tackle Turnover game</u> <u>3 Tackle Turnover game</u>





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Jan 12	17	Go Forward	Evasion, Offloading	Corner ball	Go Forward Touch	Hit, Down and Present	One Tackle Turnover game
		Support	Presenting Tackling	Lions Walk	Offload Touch	1v1 Tackle 1v1 Tackle (Progression 1) 1v1 Tackle (Progression 2)	3 Tackle Turnover game
				Frog Jump			
				Catching High Ball			
Jan 19	18			Tai Po Festival			
Jan 26	19			Lunar New Year			
Feb 2	20	Go Forward	Evasion, Offloading	Rugby Netball	Go Forward Touch	Hit, Down and Present	One Tackle Turnover game
		Support	Presenting Tackling	Lions Walk	Offload Touch	1v1 Tackle 1v1 Tackle (Progression 1)	3 Tackle Turnover game
		Continuity		Frog Jump		1v1 Tackle (Progression 2)	
				Pick Up the Ball			





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Feb 9	21	Go Forward Support Continuity	Presenting , Tackling, Ruck	<u>Catching High Ball</u> <u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	<u>Present Touch</u> <u>Guard Touch</u>	<u>1v1 Tackle</u> <u>1v1 Tackle (Progression 1)</u> <u>Clean Out Technique</u> <u>Clean Out 1v1</u>	<u>1v1 Ruck Game</u> <u>2v2 Ruck game</u>
Feb 16	22	Go Forward Support Continuity	Presenting , Tackling, Ruck	<u>Catching High Ball</u> <u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	<u>Present Touch</u> <u>Guard Touch</u>	<u>1v1 Tackle</u> <u>1v1 Tackle (Progression 1)</u> <u>Clean Out Technique</u> <u>Clean Out 1v1</u>	<u>1v1 Ruck Game</u> <u>2v2 Ruck game</u>
Feb 23				Valley Festival			
Mar 1	23		Scrum, Compete Ruck, Rip Continuity	<u>Corner ball</u> <u>Wrestles</u> <u>Lions Walk</u> <u>Bear Hug (Progression)</u>	<u>Go Forward Touch</u> <u>Offload Touch</u>	<u>Clean Out 3v2</u> <u>Clean Out 2v2</u> <u>Ripping Technique</u> <u>Scrum</u> <u>Progressions</u>	<u>rip game</u> <u>2v2 Ruck Game</u> <u>Scrum Game</u>





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Mar 8	24		Scrum, Compete	<u>Corner ball</u>	<u>Go Forward Touch</u>	<u>Clean Out 3v2</u>	rip game 2v2 Ruck Game
		Continuity	Ruck, Rip	<u>Wrestles</u> <u>Lions Walk</u> <u>Bear Hug</u> <u>(Progression)</u>	<u>Offload Touch</u>	<u>Clean Out 2v2</u> <u>Ripping Technique</u> <u>Scrum Progressions</u>	Scrum Game
Mar 15				HKFC Festival			
Mar 22	25	Go Forward	Decision making in attack	<u>Catching High Ball</u>	Guard Touch	<u>Linear Attack 3v1</u> <u>Offload During Tackle</u>	<u>1v1 Ruck Game</u>
		Support		<u>Wrestles</u>	Rip Touch	<u>Linear Attack 3v1</u> <u>Offload on the Floor</u>	2v2 Ruck game
		Continuity		<u>Crab Walk</u>			
		Pressure		<u>Frog Jump</u>			
Mar 29	26	Go Forward	Decision making in defence	<u>Stuck in the Mud</u>	<u>Roll Away Touch</u>	<u>1v1 Tackle</u> <u>(Progression 2)</u>	<u>One Tackle Turnover game</u> 3 Tackle Turnover game
		Support		<u>Sumo</u>	Guard Touch	<u>Double Tackle</u>	
		Continuity		<u>Catch and pass drill</u> <u>02 S/H</u>			
		Pressure					





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Apr 5				Hong Kong Sevens		





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SEASON PLANS (U9)

Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games

