



Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Aug 25	1	Go Forward	Evasion, Offloading, Falling,	Cat and Mouse	Offload Touch	Bear Hug (Progression)	Present Touch Roll Away
			Presenting	Crab Walk	Present Touch	Sumo (Progression 1)	
				Bear Crawl		Hit, Down and Present	80
				Evasion Drill 02 - Agi	lity/Balance/Speed		
Sept 1	2	Go Forward Support	Offloading, Falling,		Present Touch	Bear Hug (Progression)	One Tackle Turnover game 3 Tackle
			Presenting, Tackling	<u>Orangutan</u>	Roll Away Touch	Sumo (Progression 3)	Turnover game
				Frog Jump Catch and pass drill 02 S/H		1v1 Tackle	
Sept 8	3	Go Forward Support	Offloading, Falling, Presenting,	Rugby Netball	Go Forward Touch	Hit, Down and Present	One Tackle Turnover game 3 Tackle Turnover
			Tackling	<u>Lions Walk</u>	Offload Touch	<u>1v1 Tackle</u> <u>1v1 Tackle</u>	game
				Frog Jump		(Progression 1) 1v1 Tackle (Progression 2)	
Sept 15	4	Go	Presenting,	Pick Up the Ball		(Progression 2)	1v1 Ruck
		Forward	Tackling,	Corner ball	Present Touch	Sumo (Progression 2)	Game
		Support	Ruck, S/H Pass	<u>Orangutan</u>	Guard Touch	Clean Out Technique	
				Frog Jump Catch and pass drill 02 S/H		Clean Out 1v1	







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Sept 22	5	Go	Presenting	, // /			1v1 Ruck
		Forward	Tackling,	Cat and Mouse	Present Touch	<u>1v1 Tackle</u>	<u>Game</u>
		Support				<u>1v1 Tackle</u>	2v2 Ruck
			Ruck	Wrestles	Guard Touch	(Progression 1)	game
		Continuity		Crab Walk		Clean Out Techniqu	<u>e</u>
				Frog Jump		Clean Out 1v1	
Sept 29	6	Go	Presenting				1v1 Ruck
		Forward	Tackling,	Corner ball	Present Touch	<u>1v1 Tackle</u>	Game Game
		Support				<u>1v1 Tackle</u>	2v2 Ruck
		Support	Ruck	Wrestles	Guard Touch	(Progression 1)	game
		Continuity		Bear Crawl		Clean Out Techniqu	<u>e</u>
				Bear Hug		Clean Out 2v1	
Oct 6	7						
			Scrum,	Cat & Mouse		Scrum Drill 01 -	
			Compete	(Progression 1)	Go Forward Touch	<u>Crawl</u>	rip game
							2v2 Ruck
			Ruck, Rip,	<u>Wrestles</u>	Offload Touch	1v1 Knee Scrum	Game
		Continuity	S/H and Wide				
			passing	Lions Walk		1v1 Scrum	Scrum Game
				Bear Hug			
				(Progression)		3 Men Scrum	
Oct 13	8		111				
			Scrum,				
			Compete	Corner ball	Go Forward Touch	Clean Out 2v2	rip game
							2v2 Ruck
			Ruck, Rip,	Wrestles	Offload Touch	Ripping Technique	Game
			S/H and Wide				
			passing	<u>Lions Walk</u>		Scrum Progressions	Scrum Game







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Oct 20	9		Scrum,				
			Compete	Corner ball	Go Forward Touch	Clean Out 2v2	rip game 2v2 Ruck
			Ruck, Rip, S/H and Wide	<u>Wrestles</u>	Offload Touch	Ripping Technique	Game
			passing	Lions Walk		1v1 Scrum	Scrum Game
	1. S.	Pressure		Bear Hug		3 Men Scrum	
Oct 27				USRC Festival			
Nov 3	10						
			Space in		000 17 1		2v2 Ruck
			Attack	Rugby Netball	Offload Touch	Clean Out 3v2	Game
				<u>Lions Walk</u>	Guard Touch	Clean Out 2v2	S/H must pass
				Frog Jump		<u>Lateral Attack 4v1</u>	
		Pressure		Pick Up the Ball			
Nov 10	11			11 /			
			Space in			<u>1v1 Tackle</u>	3 Tackle
			defence	Corner ball	Offload Touch	(Progression 2)	turnover
				<u>Orangutan</u>	Guard Touch	<u>Double Tackle</u>	Scrum Game
				Frog Jump		<u>1v1 Scrum</u>	
		Pressure		Catch and pass dr 02 S/H	il	3 Men Scrum	







Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Nov 17				Sandy Bay Festival			
Nov 24	12	Go Forward	Decision making in			<u>Linear Attack 3v1</u> <u>Offload During</u>	2v2 Ruck
			attack	Pick Up the Ball	Offload Touch	<u>Tackle</u>	Game
		Support				<u>Linear Attack 3v1</u>	
				<u>Lions Walk</u>	Present Touch	Offload on the Floo	or Scrum Game
		Continuity		Frog Jump			
	اللا	Pressure		Rugby Netball			
Dec 1				Flying Kukris Festival			

Dec 8 13	Forward making in			<u>1v1 Tackle</u>	<u>Turnover</u>
	defence	Stuck in the Mud	Roll Away Touch	(Progression 1)	game
	Support				3 Tackle Turnover
		<u>Sumo</u>	Guard Touch	<u>Double Tackle</u>	game
	Continuity	Catch and pass drill 02 S/H			
	Pressure				
		Catching High Ball			







Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Dec 15	14	Go Forward		Mini Tournament			
		Support					
		Continuity Pressure					
Dec 22	15	Go Forward Support		Mini Tournament			
		Continuity					
		Pressure					
Dec 29				Christmas Break			
Jan 5	16	Go Forward	Evasion, Offloading,	. <u>Corner ball</u>	Present Touch	Bear Hug (Progression)	One Tackle Turnover game
Jan 5	16		Offloading,		Present Touch		Turnover game 3 Tackle
Jan 5	16	Forward			Present Touch Roll Away Touch		Turnover game 3 Tackle Turnover
Jan 5	16	Forward	Offloading, Presenting	. /==		(Progression)	Turnover game 3 Tackle Turnover







Date	Session Numbe r	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Jan 12	17	Go Forward					One Tackle
			Evasion,			Hit, Down and	Turnover
			Offloading	<u>Corner ball</u>	Go Forward Touch	<u>Present</u>	game
		Support					3 Tackle
			Presenting		Office LTs. of	(, , , , , , , , , , , , , , , , , , ,	Turnover
			Tackling	<u>Lions Walk</u>	Offload Touch	1v1 Tackle	game
				Frog Jump		1v1 Tackle (Progression 1)	
				riog Julip		1v1 Tackle	
				Catching High Ball		(Progression 2)	
Jan 19	18			<u>catering riight ban</u>		<u>(1110g1c3310112)</u>	
Jan 13	10			Tai Po Festival			
				Tal PO restival			
Jan 26	19			Lunar New Year			
	<i> _</i> _			$1 \times L$	/ /		1X
Feb 2	20	Go Forward					One Tackle
			Evasion,			Hit, Down and	<u>Turnover</u>
			Offloading	Rugby Netball	Go Forward Touch	<u>Present</u>	<u>game</u>
		Support					3 Tackle
			Presenting				Turnover
			Tackling	<u>Lions Walk</u>	Offload Touch	<u>1v1 Tackle</u>	game
		Continuity		10 10		1v1 Tackle	
				Frog Jump		(Progression 1)	
						<u>1v1 Tackle</u>	
				<u>Pick Up the Ball</u>	Trough	(Progression 2)	







Ripping Technique Scrum Game

Scrum

Progressions

SEASON PLANS (U10)

Continuity

<u>Lions Walk</u> <u>Bear Hug</u>

(Progression)

Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Feb 9	21	Go					1v1 Ruck
		Forward		Catching High Ball	Present Touch	1v1 Tackle	<u>Game</u>
		Support	Tackling, Ruck	Mrastlas	Guard Touch	1v1 Tackle	2v2 Ruck
		6 11 11	KUCK	Wrestles	Guard Touch	(Progression 1) Clean Out	game
		Continuity		Crab Walk		<u>Technique</u>	
				Frog Jump		Clean Out 1v1	
eb 16	22	Go		Troguilly		<u>Clean Out 1v1</u>	1 . 1 D1
en 10	~ ²²	Forward	Dresenting	Catching High Ball	Present Touch	<u>1v1 Tackle</u>	1v1 Ruck Game
		Cupport		Catching riigh ball	<u>Fresent rouch</u>		
		Support	Tackling, Ruck	Wrestles	Guard Touch	1v1 Tackle (Progression 1)	2v2 Ruck
		Caratinavita	RUCK	<u>wresties</u>	Guara rouch	Clean Out	game
		Continuity		Crab Walk		<u>Technique</u>	
				Frog Jump		Clean Out 1v1	
eb 23				Valley Festival		Cicaii Odt 1V1	
ED 23				valley i estival			
/lar 1	23						
	1117		Scrum,				
			Compete	Corner ball	Go Forward Touch	Clean Out 3v2	rip game
							2v2 Ruck
			Ruck, Rip	Wrestles	Offload Touch	Clean Out 2v2	Game







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









Date Session Number

Principle

Core Skills

Warm Up

Skill

Development

Games

Apr 5

Hong Kong Sevens







SEASON PLANS (U9)

Date

Session Number

Principle

Core Skills

Warm Up

Skill

Development

Games

