



THE HONG KONG RUGBY UNION  
**RUGBY ACADEMY**  
E-LEARNING

# THE HKRU RUGBY ACADEMY MINI COACHING PLANNER



## SEASON PLANS (U11)

Date	Session Number	Principle	Core Skills	Warm Up	Games	Skill Development 1	Skill Development 2	Games
Aug 25	1	Go Forward Support Continuity Pressure	Evasion, Offload, Fend, Present	Rugby Netball Bear Hug Sumo (Progression 1) Sumo (Progression 2)	Offload Touch Present Touch	Sumo (Progression 3) Tackle Game 1v3 (Fends allowed)	Scrum Progressions Attack Drill 07-11	Contact Games
Sept 1	2	Go Forward Support	Tackle	Evasion Drill 01 Animal Walks Sumo (Progression 1) Wrestles	Present Touch Roll Away Touch	Tackle Technique Tackle Technique (Progression) Side on Tackle 1v1 Tackle	Scrum Progressions Attack Drill 07-11	Contact Games
Sept 8	3	Go Forward Support	Evasion, Offload, Fend, Present	Rugby Netball Animal Walks Sumo (Progression 2) Wrestles	Offload Touch Present Touch	Sumo (Progression 3) Advance Tackle Drill 02 (Fend Allowed)	Lineout Progressions Attack Drill 07-11	Contact Games
Sept 15	4	Go Forward Support Continuity	Evasion, Present, Ruck, S/H pass	Rugby Netball Animal Walks Sumo (Progression 1) Wrestles	Offload Touch Present Touch	Clean Out Technique Clean Out 1v1	Scrum Progressions Attack Drill 07-11	Contact Games





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Sept 22	5	Go Forward Support Continuity	Tackle, Counter Ruck	Rugby Netball Bear Hug Sumo (Progression 1) Sumo (Progression 2)	<u>Present Touch</u> <u>Roll Away Touch</u>	Side on Tackle 1v1 Tackle Clean Out 1v1	<u>Lineout Progressions</u> <u>Attack Drill 07-11</u>	Contact Games
Sept 29	6	Go Forward Support Continuity Pressure	Offload, Present, Ruck, Wide passing	Corner Ball Animal Walks Sumo (Progression 1) Wrestles	<u>Offload Touch</u> Guard Touch	Lateral Attack 4v1 Clean Out 1v1 Clean Out 2v1	<u>Scrum Progressions</u> <u>Attack Drill 07-11</u>	Contact Games
Oct 6	7	Restart Continuity	Scrum, Ruck, Maul, S/H and Wide passing	Corner Ball Animal Walks Sumo (Progression 2) Wrestles	<u>Offload Touch</u> Guard Touch	Clean Out Technique Clean Out 1v1 Clean Out 2v1	<u>Scrum Progressions</u> <u>Attack Drill 07-11</u>	Contact Games
Oct 13	8	Restart Continuity	Scrum, Ruck, Maul, S/H and Wide passing	Rugby Netball Animal Walks Sumo (Progression 1) Wrestles	<u>Offload Touch</u> Guard Touch	Ripping Technique Ripping Technique (Progression) 2 Men Maul in General Play	<u>Scrum Progressions</u> <u>Attack Drill 07-11</u>	Contact Games







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Oct 20	9	Restart	Scrum, Ruck, Maul,	Rugby Netball	<a href="#">Present Touch</a>	<a href="#">Clean Out Technique</a>	<a href="#">Scrum Progressions</a>	Contact Games
		Continuity	S/H and Wide passing	Animal Walks Sumo (Progression 2) Wrestles	<a href="#">Guard Touch</a>	<a href="#">Clean Out 1v1</a> <a href="#">Clean Out 2v1</a>	<a href="#">Attack Drill 07-11</a>	
Oct 27						USRC Tigers Festival		
Nov 3	10	Pressure	Space in Attack, Scrum and Lineout	Rugby Netball	<a href="#">Roll Away Touch</a>	<a href="#">Clean Out 3v2</a>	<a href="#">Scrum Progressions</a>	Contact Games
				Animal Walks Sumo (Progression 1)	<a href="#">Guard Touch</a>	<a href="#">Counter Ruck Drill 02 - 1v2 Jackal</a> <a href="#">Lateral Attack 4v1</a>	<a href="#">Attack Drill 07-11</a>	
Nov 10	11	Pressure	Space in defence, Scrum and Lineout	Corner Ball	<a href="#">Roll Away Touch</a>	<a href="#">Advance Tackle Drill 02 (Fend Allowed)</a>	<a href="#">Lineout Progressions</a>	Contact Games
				Animal Walks Wrestles Catch & Pass Drill 02 - Short Pass	<a href="#">Guard Touch</a>	<a href="#">Double Tackle</a>	<a href="#">Attack Drill 07-11</a>	





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Nov 17						Sandy Bay Festival		
Nov 24	12	Go Forward Support Continuity Pressure	Decision making in attack	Rugby Netball Animal Walks Sumo (Progression 4)	Roll Away Touch Present Touch	Lateral Attack 4v1 Lateral Attack 4v1v1	Scrum Progressions Attack Drill 07-11	Contact Games
Dec 1						Flying Kukris Festival		
Dec 8	13	Go Forward Support Continuity Pressure	Decision making in defence	Corner Ball (Progression) Sumo Animal Walks	Roll Away Touch Guard Touch	Advance Tackle Drill 02 (Fend Allowed) Double Tackle	Lineout Progressions Attack Drill 07-11	Contact Games







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Dec 15	14	GF+S+C+P	Tackle, Ruck, DM in A+D	Internal Tournament				
Dec 22	15	GF+S+C+P	Tackle, Ruck, DM in A+D	Internal Tournament				
Dec 29						Christmas Break		
Jan 5	16	Go Forward Support	Evasion, Offload, Fend, Present	Rugby Netball	Roll Away Touch	Sumo (Progression 3)	Scrum Progressions	Contact Games
			Bear Hug	Sumo (Progression 3)	Present Touch	Tackle Game 1v3 (Fends allowed)	Attack Drill 07-11	
			Sumo (Progression 4)					





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Jan 12	17	Go Forward  Support	Tackle	<u>Corner Ball (Progression)</u>  <u>Animal Walks Sumo (Progression 3)</u>  <u>Wrestles</u>	<u>Present Touch</u>  <u>Roll Away Touch</u>	<u>Tackle Technique (Progression)</u>  <u>Side on Tackle</u>  <u>1v1 Tackle</u>	<u>Scrum Progressions</u>          <u>Attack Drill 07-11</u>	Contact Games
Jan 19	18							Tai Po Festival
Jan 26	19							Lunar New Year
Feb 2	20	Go Forward  Support  Continuity	Evasion, Present, Ruck, S/H pass	<u>Corner Ball</u>  <u>Animal Walks Sumo (Progression 4)</u>  <u>Wrestles</u>	<u>Offload Touch</u>  <u>Guard Touch</u>	<u>Clean Out Technique</u>  <u>Clean Out 1v1</u>  <u>Clean Out 2v1</u>	<u>Scrum Progressions</u>          <u>Attack Drill 07-11</u>	Contact Games







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Feb 9	21	Go Forward Support Continuity	Tackle, Counter Ruck	Corner Ball Animal Walks Sumo (Progression 4) Wrestles	Roll Away Touch Guard Touch	Clean Out Technique Clean Out 1v1 Clean Out 2v1	Scrum Progressions Attack Drill 07-11	Contact Games
Feb 16	22	Go Forward Support Continuity Pressure	Offload, Present, Ruck, Wide passing	Corner Ball Animal Walks Sumo Wrestles	Offload Touch Guard Touch	Linear Attack 3v1 Offload During Tackle Linear Attack 3v1 Offload on the Floor	Scrum Progressions Attack Drill 07-11	Contact Games
Feb 23						Valley Festival		
Mar 1	23	Restart Continuity	Offload, Present, Ruck, Wide passing	Corner Ball Animal Walks Sumo (Progression 3) Wrestles	Offload Touch Guard Touch	Clean Out Technique Clean Out 1v1 Clean Out 2v1	Lineout Progressions Attack Drill 07-11	Contact Games





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Mar 8	24	Restart	Offload, Present,	Corner Ball (Progression)	Present Touch	Clean Out Technique	Scrum Progressions	Contact Games
		Continuity	Ruck,	Animal Walks Sumo Wrestles	Guard Touch	Clean Out 1v1 Clean Out 2v1	Attack Drill 07-11	
Mar 15		Go Forward Support	Decision making in attack	Corner Ball (Progression)	Offload Touch	Lateral Attack 4v1	Scrum Progressions	Contact Games
		Continuity		Animal Walks	Present Touch	Lateral Attack 4v1v1		
Mar 22	25	Pressure		Rugby Netball			Attack Drill 07-11	
HKFC Festival								
Mar 29	26	Go Forward Support	Decision making in defence	Rugby Netball	Roll Away Touch	Advance Tackle Drill 02 (Fend Allowed)	Lineout Progressions	Contact Games
		Continuity		Sumo	Guard Touch	Double Tackle		
		Pressure		Animal Walks Wrestles			Attack Drill 07-11	









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