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Date	Session Number	Principle	Core Skills	Warm Up	Games	Skill Development 1	Skill Development 2	Games
Aug	1	Go Forward	Evasion,		<u>Offload</u>	Sumo (Progression		Contact
25			Offload,	Rugby Netball	<u>Touch</u>	<u>3)</u>	Scrum Progressions	Games
		Support	Fend,		<u>Present</u>	<u>Tackle Game 1v3</u>		
			Present	Bear Hug	Touch	(Fends allowed)		
		Continuity		Sumo				
				(Progression 1)			Attack Drill 07-11	
		Pressure		Sumo				
<b>a</b> .				(Progression 2)				
Sept 1	2	Go Forward	-	E : D :!! 04	Present		с в .	Contact
÷			Tackle	Evasion Drill 01		Tackle Technique	Scrum Progressions	Games
		Support			Roll Away	Tackle Technique		
				Animal Walks	<u>Touch</u>	(Progression)		
				Sumo		Sido on Tacklo	Attack Drill 07 11	
				(Progression 1)		Side on Tackle	Attack Drill 07-11	
				<u>Wrestles</u>		<u>1v1 Tackle</u>		
Sept	3	Go Forward	Evasion,		<u>Offload</u>	Sumo (Progression	<u>Lineout</u>	Contact
8			Offload,	Rugby Netball	<u>Touch</u>	<u>3)</u>	Progressions	Games
		Support				Advance Tackle		
			Fend,		Present	Drill 02 (Fend		
			Present	Animal Walks	<u>Touch</u>	<u>Allowed)</u>		
				Sumo (Progression 2)			Attack Drill 07-11	
							ALLACK DIM 07-11	
				<u>Wrestles</u>				
Sept	4	Go Forward	Evasion,		<u>Offload</u>	<u>Clean Out</u>		Contact
15			Present,	Rugby Netball	<u>Touch</u>	<u>Technique</u>	Scrum Progressions	Games
		Support	Ruck, S/H		<u>Present</u>			
			pass	Animal Walks	<u>Touch</u>	<u>Clean Out 1v1</u>		
		Continuity		<u>Sumo</u>				
				(Progression 1)			Attack Drill 07-11	
				Wrestles				







Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development 1	Skill Development 2	Games
Sept	5	Go Forward			<u>Present</u>		<u>Lineout</u>	Contact
22			Tackle,	Rugby Netball	<u>Touch</u>	Side on Tackle	Progressions	Games
		Support	Counter		<u>Roll Away</u>			
			Ruck	<u>Bear Hug</u>	<u>Touch</u>	<u>1v1 Tackle</u>		
		Continuity		Sumo				
				<u>(Progression 1)</u> <u>Sumo</u>		<u>Clean Out 1v1</u>	Attack Drill 07-11	
				(Progression 2)				
Sept	6	Go Forward	Offload,		Offload			Contac
29			Present,	<u>Corner Ball</u>	Touch	Lateral Attack 4v1	Scrum Progressions	
		Support	Durali					
			Ruck, Wide	<u>Animal Walks</u> <u>Sumo</u>	Guard Touch			
		Continuity	passing	(Progression 1)			Attack Drill 07-11	
		Pressure		Wrestles			17 5	
Oct 6	7		Scrum,	N N	Offload	<u>Clean Out</u>		Contact
		Restart	Ruck,	Corner Ball	<u>Touch</u>	<u>Technique</u>	Scrum Progressions	Games
			Maul,	Animal Walks	Guard Touch	<u>Clean Out 1v1</u>		
		Continuity	C/LL and	Sumo		Clean Out 211	Attack Drill 07 11	
			S/H and Wide	(Progression 2		<u>Clean Out 2v1</u>	Attack Drill 07-11	
			passing	<u>Wrestles</u>				
Oct	8			15-				
13			Scrum,		<u>Offload</u>			Contact
		Restart	Ruck,	<u>Rugby Netball</u>	<u>Touch</u>	<b>Ripping Technique</b>	Scrum Progressions	Games
						Ripping Technique		
			Maul,	<u>Animal Walks</u>	Guard Touch	(Progression)		
				<u>Sumo</u>		2 Men Maul in		
		Continuity	S/H and	(Progression 1)		General Play	Attack Drill 07-11	
			Wide					
			passing	<u>Wrestles</u>				





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Date	ession umber	Principle	Core Skills	Warm Up	Skills Games	Skill Development 1	Skill Development 2	Games
Oct	9		Scrum,		Present	<u>Clean Out</u>		Contact
20		Restart	Ruck,	Rugby Netball	<u>Touch</u>	<u>Technique</u>	Scrum Progressions	Games
			Maul,	<u>Animal Walks</u> <u>Sumo</u>	Guard Touch	<u>Clean Out 1v1</u>		
		Continuity	S/H and Wide	(Progression 2		<u>Clean Out 2v1</u>	Attack Drill 07-11	
			passing	<u>Wrestles</u>			<u> </u>	
Oct 27						USRC Tigers Festiva	al	
Nov 3	10							
		Pressure	Space in Attack, Scrum	Rugby Netball	<u>Roll Away</u> <u>Touch</u>	<u>Clean Out 3v2</u>	Scrum Progressions	Contact Games
			and Lineout	Animal Walks	Guard Touch	<u>Counter Ruck Drill</u> <u>02 - 1v2 Jackal</u>		
				Sumo		Lateral Attack 4v1	Attack Drill 07-11	
				(Progression 1				
Nov 10	11		Space in		Roll Away	<u>Advance Tackle</u> <u>Drill 02 (Fend</u>	Lineout	Contact
		Pressure	defence, Scrum	<u>Corner Ball</u>	<u>Touch</u>	<u>Allowed)</u>	Progressions	Games
			and Lineout	Animal Walks	Guard Touch	<u>Double Tackle</u>		
				<u>Wrestles</u>			Attack Drill 07-11	
				<u>Catch &amp; Pass D</u> <u>Pass</u>	<u>rill 02 - Short</u>			





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Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development 1	. Skill Development 2	Games
Nov 17						Sandy Bay Festival		
Nov 24	12	Go Forward	Decision making in attack	Rugby Netball	<u>Roll Away</u> <u>Touch</u>	Lateral Attack 4v1	Scrum Progressions	Contact Games
		Support		Animal Walks	<u>Present</u> <u>Touch</u>	<u>Lateral Attack</u> <u>4v1v1</u>		
		Continuity					Attack Drill 07-11	
		Pressure		<u>Sumo</u> (Progression 4)				-
Dec 1	<	A	7		Λ×	Flying Kukris Festival	$\rightarrow$	K
Dec 8	13	Go Forward	Decision making in defence	<u>Corner Ball</u> (Progression)	<u>Roll Away</u> <u>Touch</u>	<u>Advance Tackle</u> Drill 02 (Fend <u>Allowed)</u>	<u>Lineout</u> <u>Progressions</u>	Contact Games
		Support		Sumo	Cuard Tauch	Double Tackle		
		Continuity Pressure		<u>Sumo</u> Animal Walks		<u>Double Tackle</u>	Attack Drill 07-11	





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Date	Session Number	Principle	Core Skills	Warm Up	Games	Skill Development 1	Skill Development 2	Games
Dec	14		Tackle,					
15			Ruck, DM	Internal				
		GF+S+C+P	in A+D	Tournament				
Dec	15		Tackle,					
22			Ruck, DM					
		GF+S+C+P	in A+D	Tournament				
						Christmas Break		
29	16	Go Forward				Christmas Break		
29	16	Go Forward	Evasion,		<u>Roll Away</u>	Sumo (Progression		Contact
29	16	Go Forward	Evasion, Offload,	Rugby Netball	<u>Roll Away</u> <u>Touch</u>		Scrum Progressions	
29	16	Go Forward Support		Rugby Netball		Sumo (Progression		
Dec 29 Jan 5	16		Offload,	<u>Rugby Netball</u> <u>Bear Hug</u>	<u>Touch</u>	<u>Sumo (Progression</u> <u>3)</u>		
29	16		Offload, Fend,		<u>Touch</u> <u>Present</u>	<u>Sumo (Progression</u> <u>3)</u> <u>Tackle Game 1v3</u>		
29	16		Offload, Fend,	Bear Hug	<u>Touch</u> <u>Present</u> <u>Touch</u>	<u>Sumo (Progression</u> <u>3)</u> <u>Tackle Game 1v3</u>		
29	16		Offload, Fend,	<u>Bear Hug</u> <u>Sumo</u>	<u>Touch</u> <u>Present</u> <u>Touch</u>	<u>Sumo (Progression</u> <u>3)</u> <u>Tackle Game 1v3</u>	Scrum Progressions	





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





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## **SEASON PLANS (U11)**

Date	Session Number	Principle	Core Skills	Warm Up	Games	Skill Development 1	Skill Development 2	Games
Feb 9	21	Go Forward			Roll Away	<u>Clean Out</u>		Contact
			Tackle,	Corner Ball	<u>Touch</u>	<u>Technique</u>	Scrum Progressions	Games
		Support	Counter					
			Ruck	Animal Walks	Guard Touch	<u>Clean Out 1v1</u>		
		Continuity		<u>Sumo</u> (Progression 4)		<u>Clean Out 2v1</u>	Attack Drill 07-11	
				Wrestles			1	
Feb	22	Go Forward				Linear Attack 3v1		
16			Offload,	o	<u>Offload</u>	Offload During	Scrum Progressions	
			Present,	<u>Corner Ball</u>	<u>Touch</u>	<u>Tackle</u> <u>Linear Attack 3v1</u>		Games
		Support				Offload on the		
			Ruck,	<u>Animal Walks</u>	Guard Touch			
		Continuity	Wide					
			passing	<u>Sumo</u>			Attack Drill 07-11	
		Pressure		Wrestles				
Feb 23						Valley Festival		
Mar 1	23							
		Restart	Offload, Present,	Corner Ball	<u>Offload</u> <u>Touch</u>	<u>Clean Out</u> <u>Technique</u>	Lineout Progressions	Contact Games
		NESLAIL	Fresent,			rechnique	<u>FTOGLESSIONS</u>	Games
			Ruck,	Animal Walks	Guard Touch	<u>Clean Out 1v1</u>		
				<u>Sumo</u>				
			Wide	(Progression 3)				
		Continuity	passing			<u>Clean Out 2v1</u>	Attack Drill 07-11	

<u>Wrestles</u>





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

























