



THE HONG KONG RUGBY UNION
RUGBY ACADEMY
E-LEARNING

THE HKRU RUGBY ACADEMY MINI COACHING PLANNER



SEASON PLANS (U6)

Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Aug 25	1	Go Forward	Running	Identify Direction and Color Identify Direction and Color (Progression 2) Cat and Mouse Lion Walk	Relay Races 1 Relay Races 2	Go Forward Touch Festival Game
Sept 1	2	Go Forward	Running, Evasion, Supporting	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 3) Cups and Saucers Bear Crawl	Cat and Mouse Stuck in the mud	Go Forward Touch Festival Game
Sept 8	3	Go Forward Support	Running, Evasion, Supporting	Body Control and Identify Direction Basic Turning Coordination Stuck in the mud Orangutan	Linear Attack 1v1 Touch and Pass Drill	Quick Pass Touch Festival Game
Sept 15	4	Go Forward Support	Tackling, Running backwards	Basic Turning Coordination Basic Turning Coordination (Progression) Lion Walk Kicking Drill 01 - Single Leg Balance	Linear Attack 1v1 Cat and Mouse	Onside Touch Festival Game





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Sept 22	5	Go Forward Support	Tackling, Running backwards	Basic Turning Coordination	T Shape Mirror	Onside Touch
				Cat and Mouse	T Shape Racing	Festival Game
				Kicking Drill 01 - Single Leg Balance Bear Crawl		
Sept 29	6	Go Forward Support	Running, Evasion, Tackling, Retreating	Identify Direction and Color (Progression 2)	T Shape Racing	Onside Touch
				Body Control and Identify Direction	Z Run 1v1	Festival Game
				Bear Crawl		
				Cat and Mouse		
Oct 6	7	Go Forward Support Continuity	Running, Evasion, Pass	Identify Direction and Color (Progression 1)	Relay Race 1	Quick Pass Touch
				Deliverer	Relay Race 2	Festival Game
				Frog Jump		
				Cat and Mouse		
Oct 13	8	Go Forward Support Continuity	Running, Evasion, Pass	Identify Direction and Color (Progression 1)	Relay Races 1	Quick Pass Touch
				Identify Direction and Color (Progression 3)	Touch and Pass Drill	Festival Game
				Cups & Saucers		
				Bear Crawl		





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Oct 20	9	Go Forward Support Continuity Pressure	Tackling, Retreating	Identify Direction and Color <u>Deliverer</u> <u>Lion Walk</u> Kicking Drill 02 - Kick Swing	<u>Linear Attack 1v1</u> <u>Y Shape Mirror</u>	Onside Touch Festival Game
Oct 27				USRC Tigers Festival		
Nov 3	10	Pressure	Running, Evasion, Pass	<u>Basic Turning Coordination</u> <u>Basic Turning Coordination (Progression)</u> <u>Bear Crawl</u> Kicking Drill 02 - Kick Swing	<u>Relay Race 2</u> <u>Cat & Mouse (Progression 1)</u>	<u>Quick Support touch</u> Festival Game
Nov 10	11	Pressure	Tackling, Retreating	Identify Direction and Color (Progression 2) <u>Basic Turning Coordination</u> <u>Orangutan</u> <u>Cups & Saucers</u>	<u>Linear Attack 1v1</u> <u>Y Shape Racing</u>	Onside Touch Festival Game





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Nov 17				Sandy Bay Festival		
Nov 24	12		Running, Evasion, Pass	Basic Turning Coordination Deliverer Frog Jump Cat & Mouse (Progression 2)	Relay Race 01 Cat & Mouse (Progression 1)	Quick Pass Touch Festival Game
Dec 1		Pressure		Flying Kukris Festival		
Dec 8	13		Tackling, Retreating	Identify Direction and Color (Progression 2) Body Control and Identify Direction Bear Crawl Cat And Mouse	Linear Attack 1v1 Y Shape Racing	Onside Touch Festival Game
		Pressure				





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Dec 15	14		Running, Evasion, Pass	Basic Turning Coordination Basic Turning Coordination (Progression) Cups & Saucers Frog Jump	<u>Relay Race 2</u> <u>Cat and Mouse</u>	<u>Quick Pass Touch</u> Festival Game
		Pressure				
Dec 22	15		Tackling, Retreating	Identify Direction and Color Deliverer Lion Walk Kicking Drill 02 - Kick Swing	<u>Linear Attack 1v1</u> <u>Cat & Mouse (Progression 1)</u>	<u>Onside Touch</u> Festival Game
		Pressure				
Dec 29				Christmas Break		
Jan 5	16	Go Forward	Running, Evasion,	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 3) Cups and Saucers Bear Crawl	<u>Cat and Mouse</u> <u>Stuck in the mud</u>	<u>Go Forward Touch</u> Festival Game





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Jan 12	17	Go Forward Support	Running, Evasion, Supporting, Tackling	Basic Turning Coordination Identify Direction and Color (Progression 2) Bear Crawl Kicking Drill 03 - Static Kick	Linear Attack 1v1 Touch and Pass Drill	Turnover Touch Festival Game
Jan 19	18			Tai Po Festival		
Jan 26	19			Lunar New Year		
Feb 2	20	Go Forward Support Continuity	Running, Evasion, Supporting, Tackling	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 3) Cups & Saucers Bear Crawl	Linear Attack 1v1 Touch and Pass Drill	Quick Pass Touch Festival Game





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Feb 9	21	Go Forward Support Continuity Pressure	Running, Evasion, Supporting, Tackling, Passing	Basic Turning Coordination Basic Turning Coordination (Progression) Lion Walk Kicking Drill 03 - Static Kick	Cat & Mouse Touch and Pass Drill	Turnover Touch Festival Game
Feb 16	22	Go Forward Support Continuity Pressure	Running, Evasion, Supporting, Tackling, Passing	Identify Direction and Color (Progression 2) Basic Turning Coordination Orangutan Cups and Saucers	Catch & Pass Drill 01 - Pop Pass Catch and Pass Drill 02 - Short Pass	Turnover Touch Festival Game
Feb 23				Valley Festival		
Mar 1	23		Running, Evasion, Pass	Basic Turning Coordination Deliverer Frog Jump Cat & Mouse (Progression 2)	Relay Race 2 Touch and Pass Drill	Quick Pass Touch Festival Game





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Mar 8	24		Tackling, Retreating	<u>Identify Direction and Color (Progression 1)</u> <u>Identify Direction and Color (Progression 3)</u> <u>Cups and Saucers</u> <u>Bear Crawl</u>	<u>Linear Attack 1v1</u> <u>Y Shape Racing</u>	<u>Onside Touch</u> Festival Game
Mar 15		Pressure		HKFC Festival		
Mar 22	25		Running, Evasion, Pass	<u>Basic Turning Coordination</u> <u>Deliverer</u> <u>Frog Jump</u> <u>Cat & Mouse (Progression 2)</u>	<u>Catch and Pass Drill 02 - Short Pass</u> <u>Touch and Pass Drill</u>	<u>Quick Pass Touch</u> Festival Game
Mar 29	26	Pressure	Tackling, Retreating	<u>Identify Direction and Color (Progression 2)</u> <u>Body Control and Identify Direction</u> <u>Bear Crawl</u> <u>Cat and Mouse</u>	<u>Linear Attack 1v1</u> <u>Y Shape Racing</u>	<u>Onside Touch</u> Festival Game



