



THE HONG KONG RUGBY UNION
RUGBY ACADEMY
E-LEARNING

THE HKRU RUGBY ACADEMY MINI COACHING PLANNER



SEASON PLANS (U7)

Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Aug 25	1	Go Forward	Running, Evasion	Identify Direction and Color Identify Direction and Color (Progression 2) Stuck in the mud Lion Walk	Cat and Mouse Mirror Z Run	Go Forward Touch Festival Game
Sept 1	2	Go Forward Support	Running, Evasion, Passing	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 3) Cups and Saucers Bear Crawl	Catch & Pass Drill 01 - Pop Pass Catch and Pass Drill 02 - Short Pass Z Run	Quick Pass Touch Festival Game
Sept 8	3	Go Forward Support	Running, Evasion, Supporting, Passing	Identify Direction and Color (Progression 3) Basic Turning Coordination Stuck in the mud Orangutan	T Shape Racing Z Run 1v1 Touch and Pass Drill	Quick pass touch Festival Game
Sept 15	4	Go Forward Support	Running, Evasion, Supporting, Passing	Basic Turning Coordination Basic Turning Coordination (Progression) Lion Walk Kicking Drill 01 - Single Leg Balance	Passing Gate Passing Gate Progression Touch and Pass Drill	Go Forward Touch Quick pass touch Festival Game





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Sept 22	5	Go Forward Support Continuity	Tackling, Running backwards	Identify Direction and Color (Progression 1) Deliverer Frog Jump Cat and Mouse	Linear Attack 1v1 T Shape Mirror T Shape Racing	Onside Touch Festival Game
Sept 29	6	Go Forward Support Continuity	Running, Evasion, Tackling, Retreating	Basic Turning Coordination Basic Turning Coordination (Progression) Bear Crawl Kicking Drill 02 - Kick Swing	T Shape Mirror T Shape Racing Z Run 1v1	Go Forward Touch Onside Touch Festival Game
Oct 6	7	Pressure	Running, Evasion, Tackling, Retreating	Identify Direction and Color (Progression 2) Basic Turning Coordination Orangutan Cups and Saucers	Diamond 1v1 T Shape Racing Z Run 1v1	Go Forward Touch Onside Touch Festival Game
Oct 13	8	Pressure	Tackling, Retreating, Maintain width.	Identify Direction and Color (Progression 2) Identify Direction and Color (Progression 3) Bear Crawl Cat and Mouse	T Shape Mirror T Shape Racing Z Run 1v1	Onside Touch Festival Game





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Oct 20	9	Go Forward Support Continuity Pressure	Tackling, Retreating	<u>Identify Direction and Color</u> <u>Deliverer</u> <u>Lion Walk</u> <u>Kicking Drill 02 - Kick Swing</u>	<u>Y Shape Racing</u> <u>Z Run 1v1</u> <u>Diamond 1v1</u>	<u>Onside Touch</u> <u>Festival Game</u>
Oct 27				<u>USRC Tigers Festival</u>		
Nov 3	10	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	<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>Z Run</u> <u>Z Run 1v1</u> <u>Touch and Pass Drill</u>	<u>Go Forward Touch</u> <u>Turnover Touch</u> <u>Festival Game</u>
Nov 10	11	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	<u>Basic Turning Coordination</u> <u>Identify Direction and Color (Progression 2)</u> <u>Bear Crawl</u> <u>Kicking Drill 03 - Static Kick</u>	<u>Z Run</u> <u>Z Run 1v1</u> <u>Touch and Pass Drill</u>	<u>Go Forward Touch</u> <u>Quick pass touch</u> <u>Festival Game</u>





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Nov 17				Sandy Bay Festival		
Nov 24	12	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 3) Cups and Saucers Bear Crawl	Cross Shape Mirror Diamond 1v1 Defense Line Shape	Onside Touch Festival Game
Dec 1				Flying Kukris Festival		
Dec 8	13	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination Basic Turning Coordination (Progression) Lion Walk Kicking Drill 03 - Static Kick	4 Corner Passing Drill (Progression 3) Diamond 1v1 Touch and Pass Drill	Turnover Touch Festival Game





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Dec 15	14	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	Identify Direction and Color (Progression 2) Basic Turning Coordination Orangutan Cups and Saucers	Y Shape Racing Diamond 1v1 Defense Line Shape	Onside Touch Festival Game
Dec 22	15	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination Deliverer Frog Jump Cat & Mouse (Progression 2)	Cross Passing Drill (Progression 1) Cross Passing Drill (Progression 2) Passing in 3	Go Forward Touch Quick pass touch Festival Game
Dec 29				Christmas Break		
Jan 5	16	Go Forward Support	Running, Evasion, Passing	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 2) Cups and Saucers Bear Crawl	Catch & Pass Drill 01 - Pop Pass Catch and Pass Drill 02 - Short Pass Touch and Pass Drill	Go Forward Touch Quick pass touch Festival Game





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Jan 12	17	Go Forward Support	Tackling, Running backwards	Basic Turning Coordination Deliverer Frog Jump Kicking Drill 03 - Static Kick	Cat and Mouse Linear Attack 1v1 Y Shape Racing	Go Forward Touch Onside Touch Festival Game
Jan 19	18			Tai Po Festival		
Jan 26	19			Lunar New Year		
Feb 2	20	Go Forward Support Continuity	Running, Evasion, Pass, ID Space	Identify Direction and Color (Progression 2) Body Control and Identify Direction Bear Crawl Cat and Mouse	Z Run 1v1 Catch and Pass Drill 02 - Short Pass Touch and Pass Drill	Go Forward Touch Onside Touch Festival Game





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Feb 9	21	Go Forward Support Continuity	Tackling, Retreating, Maintain width.	Basic Turning Coordination Basic Turning Coordination (Progression) Lion Walk Kicking Drill 03 - Static Kick	Diamond 1v1 Cross Shape Racing Defense Line Shape	Onside Touch Festival Game
Feb 16	22	Go Forward Support Continuity	Running, Evasion, Pass, ID Space	Identify Direction and Color (Progression 2) Basic Turning Coordination Orangutan Cups and Saucers	Z Run 1v1 Catch and Pass Drill 02 - Short Pass Touch and Pass Drill	Go Forward Touch Onside Touch Festival Game
Feb 23				Valley Festival		
Mar 1	23	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination Deliverer Frog Jump Cat & Mouse (Progression 2)	Diamond 1v1 Cross Shape Racing Cross Shape Mirror	Go Forward Touch Onside Touch Festival Game





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Mar 8	24	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	Identify Direction and Color (Progression 1) Identify Direction and Color (Progression 3) Cups and Saucers Bear Crawl	Cat and Mouse Linear Attack 1v1 Defense Line Shape Progression	Onside Touch Go Forward Touch Festival Game
Mar 15				HKFC Festival		
Mar 22	25	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination Deliverer Frog Jump Kicking Drill 03 - Static Kick	Diamond 1v1 Catch and Pass Drill 02 - Short Pass Touch and Pass Drill	Quick pass touch Onside Touch Festival Game
Mar 29	26	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	Identify Direction and Color (Progression 2) Body Control and Identify Direction Bear Crawl Cat and Mouse	Diamond 1v1 Cross Shape Racing Defense Line Shape Progression	Onside Touch Festival Game





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Apr 5				Hong Kong Sevens		



