



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

# THE HKRU RUGBY ACADEMY MINI COACHING PLANNER



## SEASON PLANS (U8)

Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Aug 25	1	Go Forward Support	Running, Evasion, Passing	Basic Turning Coordination  Lion Walk  Cat and Mouse  Kicking Drill 01 - Ball Dropping	Z Run  Z Run 1v1 Touch and Pass Drill	Go Forward Touch  Festival Game
Sept 1	2	Go Forward Support	Running, Evasion, Passing	Basic Turning Coordination (Progression)  Frog Jump  Corner Ball  Kicking Drill 01 - Ball Dropping	Linear Attack 1v1 Touch and Pass Drill Passing Up & Down	Go Forward Touch Quick Pass Touch  Festival Game
Sept 8	3	Go Forward Support	Tackling, Running backwards	Stuck in the Mud  Bear Crawl  Relay Race 2  Kicking Drill 01 - Ball Dropping	T Shape Mirror  T Shape Racing  Diamond 1v1	Onside Touch  Festival Game
Sept 15	4	Go Forward Support	Running, Evasion, Supporting, Passing	Basic Turning Coordination  Lion Walk  Corner Ball (Progression)  Kicking Drill 01 - Ball Dropping	Catch and Pass 01 Catch and Pass 02 Passing Up & Down	Go Forward Touch Quick Pass Touch  Festival Game





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Sept 22	5	Go Forward Support Continuity	Tackling, Running backwards, Onside	Basic Turning Coordination (Progression) Frog Jump Corner Ball Kicking Drill 02 - Tap & Catch	Linear Attack 1v1 Z Run 1v1 Diamond 1v1	Onside Touch Festival Game
Sept 29	6	Go Forward Support Continuity	Running, Evasion, Tackling, Retreating	Stuck in the Mud Bear Crawl Cat and Mouse Kicking Drill 02 - Tap & Catch	Catch and Pass 01 Catch and Pass 02 Touch and Pass Drill	Onside Touch Festival Game
Oct 6	7	Go Forward Support Continuity Pressure	Running, Passing, Tackling, Retreating	Basic Turning Coordination Lion Walk Rugby Netball Kicking Drill 02 - Tap & Catch	Passing Up & Down Passing in 3 Realign	Onside Touch Festival Game
Oct 13	8	Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination (Progression) Frog Jump Corner Ball Kicking Drill 02 - Tap & Catch	T Shape Racing Linear Attack 2v1 Touch and Pass Drill	Quick Pass Touch Festival Game







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Oct 20	9	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	Stuck in the Mud Bear Crawl Relay Race 2 Kicking Drill 02 - Tap & Catch	<a href="#">Diamond 1v1</a> <a href="#">Defense Line Shape</a>	<a href="#">Onside Touch</a> Festival Game
Oct 27				USRC Tigers Festival		
Nov 3	10		Running, Evasion, Pass, ID Space	Basic Turning Coordination Lion Walk Corner Ball Kicking Drill 03 -Tap & Catch (Progression)	<a href="#">Linear Attack 1v1</a> <a href="#">Linear Attack 2v1</a>	<a href="#">Quick Pass Touch</a> <a href="#">Onside Touch</a> Festival Game
Nov 10	11	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination (Progression) Frog Jump Rugby Netball Kicking Drill 03 -Tap & Catch (Progression)	<a href="#">Touch and Pass Drill</a> <a href="#">Linear Attack 2v1</a>	<a href="#">Quick Pass Touch</a> <a href="#">Onside Touch</a> Festival Game





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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 & Saucers Bear Crawl	<u>Cross Shape Mirror</u>  <u>Diamond 1v1 Defense Line Shape</u>	<u>Onside Touch</u>  Festival Game
Dec 1				Flying Kukris Festival		
Dec 8	13	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	<u>Basic Turning Coordination</u>  <u>Lion Walk</u>  <u>Corner Ball</u>  <u>Kicking Drill 03 -Tap &amp; Catch (Progression)</u>	<u>Cross Shape Mirror</u>  <u>Diamond 1v1 Defense Line Shape</u>	<u>Onside Touch</u>  Festival Game







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Dec 15	14	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination (Progression) Frog Jump Corner Ball (Progression) Kicking Drill 03 -Tap & Catch (Progression)	Catch and Pass 01 Catch and Pass 02 Passing in 3 Realign	Quick Pass Touch Onside Touch Onside Touch
Dec 22	15	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Stuck in the Mud Bear Crawl Relay Race 2 Kicking Drill 03 -Tap & Catch (Progression)	Linear Attack 2v1 Passing in 3 Realign	Go Forward Touch Onside Touch
Dec 29				Christmas Break		
Jan 5	16	Go Forward Support	Running, Evasion, Passing, Tackling	Basic Turning Coordination (Progression) Frog Jump Corner Ball Kicking Drill 03 -Tap & Catch (Progression)	Linear Attack 1v1 Linear Attack 2v1 Touch and Pass Drill	Quick Pass Touch Onside 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 -Tap & Catch (Progression)	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			unar New Year		
Feb 2	20	Go Forward  Support  Continuity	Tackling, Running backwards	Basic Turning Coordination  Lion Walk  Rugby Netball Kicking Drill 03 -Tap & Catch (Progression)	Cross Shape Mirror  Diamond 1v1 Defense Line Shape Progression	Quick Pass Touch  Onside Touch Festival Game







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Feb 9	21	Go Forward Support Continuity Pressure	Running, Evasion, Pass, ID Space	Basic Turning Coordination (Progression) Frog Jump Rugby Netball Kicking Drill 04 - Drop Kick	Touch and Pass Drill Linear Attack 2v1	Quick Pass Touch Onside Touch Festival Game
Feb 16	22	Go Forward Support Continuity Pressure	Tackling, Retreating, Maintain width.	Stuck in the Mud Bear Crawl Corner Ball (Progression) Kicking Drill 04 - Drop Kick	Cat and Mouse Linear Attack 1v1 Defense Line Shape Progression	Quick Pass Touch Onside Touch Festival Game
Feb 23				Valley Festival		
Mar 1	23		Running, Evasion, Pass, ID Space	Basic Turning Coordination Lion Walk Corner Ball Kicking Drill 04 - Drop Kick	Catch and Pass 01 Catch and Pass 02 Linear Attack 2v1	Quick Pass Touch Onside Touch Festival Game





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Mar 8	24	Pressure	Tackling, Retreating, Maintain width.	Basic Turning Coordination (Progression)	Cross Shape Mirror	Quick Pass Touch
				Frog Jump	Cross Shape Racing	Onside Touch
				Rugby Netball	Defense Line Shape	Festival Game
				Kicking Drill 04 - Drop Kick	Progression	
Mar 15				HKFC Festival		
Mar 22	25	Pressure	Running, Evasion,	Stuck in the Mud	Diamond 1v1	Quick Pass Touch
			Pass, ID Space	Bear Crawl	Corner Ball	Linear Attack 2v1
				Kicking Drill 04 - Drop Kick		Festival Game
Mar 29	26	Pressure	Tackling, Retreating,	Basic Turning Coordination	Y Shape Racing	Quick Pass Touch
			Maintain width.	Lion Walk	Defense Line Shape	Onside Touch
				Rugby Netball	Progression	Festival Game
				Kicking Drill 04 - Drop Kick		







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Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Apr 5				Hong Kong Sevens		





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