



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







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Sept 22	5	Go Forward	Tackling,	Basic Turning Coordination		
			Running	(Progression)	Linear Attack 1v	1 Onside Touch
		Support	backwards, Onside	Frog Jump	<u>Z Run 1v1</u>	Festival Game
		Continuity	Offside			restival Gaine
		Continuity		Corner Ball	<u>Diamond 1v1</u>	
				Kicking Drill 02 - Tap & Catch		
Sept 29	6	Go Forward	Running,		Catch and Pass	
			Evasion,	Stuck in the Mud	<u>01</u>	Onside Touch
		Support	Tackling,		Catch and Pass	
			Retreating	Bear Crawl	<u>02</u>	Festival Game
		Continuity	Ŭ		Touch and Pass	
				Cat and Mouse	<u>Drill</u>	
				Kicking Drill 02 - Tap & Catch		
Oct 6	7	Go Forward				
			Running,	Delia Tarada Conditation	Passing Up &	On side Taylob
		Commont	Passing,	Basic Turning Coordination	<u>Down</u>	Onside Touch
		Support	Tackling, Retreating	<u>Lion Walk</u>	Passing in 3 Realign	Festival Game
		Continuity	Netreating		<u>itealigh</u>	restivai Gaine
				Rugby Netball		
		Pressure		Kicking Drill 02 - Tap & Catch		
Oct 13	8		Rupping	Basic Turning Coordination		Quick Bass
			Running, Evasion,	(Progression)	T Shape Racing	Quick Pass Touch
				<u></u>		N.
			Pass, ID Space	Frog Jump	Linear Attack 2v	1 Festival Game
					Touch and Pass	
				<u>Corner Ball</u>	<u>Drill</u>	
		Pressure		W. L. D. W. CO. T. C.		
				Kicking Drill 02 - Tap & Catch		







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







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Nov 17				Sandy Bay Festival		
Nov 24	12	Go Forward	Tackling, Retreating,	Identify Direction and Color (Progression 1)	Cross Shape Mirror	Onside Touch
		Support	Maintain width.	Identify Direction and Color (Progression 3)	Diamond 1v1	Festival Game
		Continuity	width.	Cups & Saucers	<u>Defense Line</u> <u>Shape</u>	restival dallie
		Pressure		Bear Crawl	<u> </u>	
Dec 1				Flying Kukris Festival		
Dec 8	13	Go Forward	1	/\ X		/ //
			Tackling, Retreating,	Basic Turning Coordination	<u>Cross Shape</u> <u>Mirror</u>	Onside Touch
		Support	Maintain width.	<u>Lion Walk</u>	Diamond 1v1	Festival Game
		Continuity			<u>Defense Line</u>	
				<u>Corner Ball</u>	<u>Shape</u>	
		Pressure		Kicking Drill 03 -Tap & Catch (Progression)		







Date	Session Number	Principle	Core Skills	Warm Up	Skill Development	Games
Dec 15	14	Go Forward	Running,	Basic Turning Coordination	Catch and Pass	Quick Pass
			Evasion,	(Progression)	<u>01</u>	<u>Touch</u>
		Support			Catch and Pass	
			Pass, ID Space	Frog Jump	<u>02</u>	Onside Touch
		Continuity		6	Passing in 3	O. L. T. C. I.
				Corner Ball (Progression)	<u>Realign</u>	Onside Touch
		Pressure		Kicking Drill 03 -Tap & Catch (P	rogression)	
Dec 22	15	Go Forward	Running,			Go Forward
			Evasion,	Stuck in the Mud	Linear Attack 2v	<u>1 Touch</u>
		Support				
			Pass, ID Space	Bear Crawl		
		Continuity			Passing in 3	
				Relay Race 2	<u>Realign</u>	Onside Touch
		Pressure		Kicking Drill 03 -Tap & Catch (P	rogression)	
Dec 29	111 /			Christmas Break		√ √ √
Jan 5	16	Go Forward	//	- / -       / -		11 /
			Running,	Basic Turning Coordination		Quick Pass
			Evasion,	(Progression)	Linear Attack 1v	<u>1 Touch</u>
		Support	Passing,			
			Tackling	Frog Jump	Linear Attack 2v	1 Onside Touch
					Touch and Pass	
				Corner Ball	<u>Drill</u>	Festival Game
				Kicking Drill 03 -Tap & Catch (P	rogression)	







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Jan 12	17	Go Forward	Tackling,	Basic Turning Coordination	Cat and Mouse	<u>Go Forward</u> <u>Touch</u>
		Support	Running backwards	<u>Deliverer</u>	<u>Linear Attack 1v</u>	<u>1 Onside Touch</u>
				Frog Jump Kicking Drill 03 -Tap & Catch (Progression)	Y Shape Racing	Festival Game
Jan 19	18			Tai Po Festival		
Jan 26	19			unar New Year		
Feb 2	20	Go Forward	Tackling,	Basic Turning Coordination	Cross Shape Mirror	Quick Pass Touch
		Support Continuity	Running backwards	<u>Lion Walk</u>	<u>Diamond 1v1</u> <u>Defense Line</u>	Onside Touch
				Rugby Netball  Kicking Drill 03 -Tap & Catch (P	Shape Progression	Festival Game







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







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Mar 8	24		Tackling,	Basic Turning Coordination	Cross Shape	Quick Pass
			Retreating,	(Progression)	<u>Mirror</u>	<u>Touch</u>
			Maintain		<u>Cross Shape</u>	
			width.	Frog Jump	Racing	Onside Touch
					<u>Defense Line</u> <u>Shape</u>	
				Rugby Netball	Progression	Festival Game
		Pressure		Kicking Drill 04 - Drop Kick		
/lar 15				HKFC Festival		
/ldl 12				HKFC FESTIVAL		
/lar 22	25					
			Running,			Quick Pass
			Evasion,	Stuck in the Mud	<u>Diamond 1v1</u>	<u>Touch</u>
					<u>Linear Attack 2v</u>	
			Pass, ID Space	Bear Crawl		Onside Touch
				Corner Ball		Festival Game
		Pressure		Kicking Drill 04 - Drop Kick		
Mar 29	26	Pressure		Kicking Drill 04 - Drop Kick		
Mar 29	26	Pressure	Tackling,			Quick Pass
Mar 29	26	Pressure	Tackling, Retreating,	Kicking Drill 04 - Drop Kick  Basic Turning Coordination	Y Shape Racing	Quick Pass Touch
Лаг 29 	26	Pressure	Retreating,		<u>Defense Line</u>	The second secon
Лаг 29	26	Pressure	Retreating,  Maintain	Basic Turning Coordination	<u>Defense Line</u> <u>Shape</u>	Touch
Лаг 29	26	Pressure	Retreating,	Basic Turning Coordination  Lion Walk	<u>Defense Line</u>	Touch Onside Touch
1ar 29	26	Pressure	Retreating,  Maintain	Basic Turning Coordination	<u>Defense Line</u> <u>Shape</u>	Touch
/lar 29	26	Pressure	Retreating,  Maintain	Basic Turning Coordination  Lion Walk	<u>Defense Line</u> <u>Shape</u>	Touch Onside Touch







#### **SEASON PLANS (U8)**

Date Session Number

Principle

Core Skills

Warm Up

Skill

Development

Games

Apr 5

Hong Kong Sevens







#### **SEASON PLANS (U8)**

Date

Session Number

Principle

Core Skills

Warm Up

Skill

Development

Games

