



THE HONG KONG RUGBY UNION
RUGBY ACADEMY
E-LEARNING

THE HKRU RUGBY ACADEMY MINI COACHING PLANNER



SEASON PLANS (U9)

Date	Session Number	Principle	Core Skills	Warm Up	Skills Games	Skill Development	Games
Aug 25	1	Go Forward	Evasion, Offloading, Falling, Presenting	Cat and Mouse Lion Walk Frog Jump Evasion Drill 01 - Agility/Balance	Go Forward Touch Offload Touch	Bear Hug Sumo Down and Present	Present Touch
Sept 1	2	Go Forward Support	Offloading, Falling, Presenting	Cat & Mouse (Progression 1) Crab Walk Bear Crawl Evasion Drill 02 - Agility/Balance/Speed	Offload Touch Present Touch	Bear Hug (Progression) Sumo (Progression 1) Hit, Down and Present	Present Touch Roll Away Touch
Sept 8	3	Go Forward Support	Falling, Presenting, Tackling	Corner ball Orangutan Frog Jump Catch & Pass Drill 01 - Pop Pass	Present Touch Roll Away Touch	Bear Hug (Progression) Sumo (Progression 3) Tackle Game 1v3 (Knees)	One Tackle Turnover game
Sept 15	4	Go Forward Support	Offloading, Falling, Presenting, Tackling	Cat & Mouse (Progression 1) Wrestles Orangutan Catch & Pass Drill 01 - Pop Pass	Offload Touch Present Touch	Hit, Down and Present Tackle Game 1v3 (Knees) Side on Tackle 1v1 Tackle	One Tackle Turnover game 3 Tackle Turnover game





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Sept 22	5	Go Forward	Presenting, Tackling, Tackle Offside	Pick Up the Ball	Present Touch	Sumo (Progression 3)	One Tackle Turnover game
		Support		Wrestles	Guard Touch	Side on Tackle	3 Tackle Turnover game
		Continuity		Bear Crawl		1v1 Tackle	
				Frog Jump			
Sept 29	6	Go Forward	Presenting, Tackling, Tackle Offside	Catching High Ball	Present Touch	Sumo (Progression 3)	One Tackle Turnover game
		Support		Wrestles	Guard Touch	Side on Tackle	3 Tackle Turnover game
		Continuity		Crab Walk		1v1 Tackle	
				Frog Jump			
Oct 6	7		Compete Ruck, Rip	Cat & Mouse (Progression 1)	Roll Away Touch	Sumo (Progression 2)	1v1 Ruck Game
		Continuity		Sumo	Guard Touch	Clean Out Technique	
				Catch & Pass Drill 02 - Short Pass		Clean Out 1v1	
Oct 13	8		Compete Ruck, Rip	Catching High Ball	Guard Touch	Side on Tackle	Ruck/Rip decision making game
		Continuity		Wrestles	Rip Touch	1v1 Tackle	
				Crab Walk		Clean Out Technique	
				Frog Jump		Clean Out 1v1	





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Oct 20	9	Pressure	Compete Ruck, Rip	<u>Corner ball</u>	<u>Roll Away Touch</u>	<u>Side on Tackle</u>	<u>1v1 Ruck Game</u> <u>2v2 ruck game</u>
				<u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	<u>Guard Touch</u>	<u>1v1 Tackle</u> <u>Clean Out Technique</u> <u>Clean Out 1v1</u>	
Oct 27				USRC Tigers			
Nov 3	10	Pressure	Space in Attack	<u>Catching High Ball</u>	<u>Present Touch</u>	<u>Passing in 4 Progression</u>	<u>1v1 Ruck Game</u> <u>2v2 ruck game</u>
				<u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	<u>Guard Touch</u>	<u>Passing in 4 with Support</u>	
Nov 10	11	Pressure	Space in defence	<u>Corner ball</u>	<u>Roll Away Touch</u>	<u>1v1 Tackle</u>	<u>1v1 Ruck Game</u> <u>2v2 ruck game</u>
				<u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	<u>Guard Touch</u>	<u>1v1 Tackle (Progression 1)</u>	





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Nov 17				Sandy Bay Festival			
Nov 24	12	Go Forward Support Continuity Pressure	Decision making in attack	<u>Pick Up the Ball</u> <u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	<u>Guard Touch</u> <u>Rip Touch</u>	<u>Linear Attack 3v1</u> <u>Offload During Tackle</u> <u>Linear Attack 3v1</u> <u>Offload on the Floor</u>	<u>1v1 Ruck Game</u> <u>2v2 ruck game</u>
Dec 1				Flying Kukris Festival			
Dec 8	13	Go Forward Support Continuity Pressure	Decision making in defence	<u>Stuck in the Mud</u> <u>Sumo</u> <u>Catch & Pass Drill 02 - Short Pass</u> <u>Catching High Ball</u>	<u>Roll Away Touch</u> <u>Guard Touch</u>	<u>1v1 Tackle (Progression 1)</u> <u>Double Tackle</u>	<u>One Tackle Turnover game</u> <u>3 Tackle Turnover game</u>





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Dec 15	14	Go Forward Support Continuity Pressure		Mini Tournament			
Dec 22	15	Go Forward Support Continuity Pressure		Mini Tournament			
Dec 29				Christmas Break			
Jan 5	16	Go Forward Support	Evasion, Offloading, Presenting, Tackling	Cat & Mouse (Progression 1) Wrestles Orangutan Catch & Pass Drill 02 - Short Pass	Offload Touch Present Touch	Hit, Down and Present Tackle Game 1v3 (Knees) Side on Tackle 1v1 Tackle	One Tackle Turnover game 3 Tackle Turnover game





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Jan 12	17	Go Forward	Evasion, Offloading,	Cat & Mouse (Progression 1)	Offload Touch	Sumo (Progression 3)	One Tackle Turnover game
		Support	Presenting, Tackling	Crab Walk	Present Touch	Side on Tackle	3 Tackle Turnover game
				Bear Crawl		1v1 Tackle	
Jan 19	18			Tai Po Festival			
Jan 26	19			Lunar New Year			
Feb 2	20	Go Forward	Presenting, Tackling,	Catching High Ball	Present Touch	Sumo (Progression 3)	One Tackle Turnover game
		Support	Tackle Offside	Wrestles	Guard Touch	Side on Tackle	3 Tackle Turnover game
		Continuity		Crab Walk		1v1 Tackle	
				Frog Jump			





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Feb 9	21	Go Forward Support Continuity	Presenting, Tackling, Ruck	Corner ball Wrestles Crab Walk Frog Jump	Roll Away Touch Guard Touch	Side on Tackle 1v1 Tackle Clean Out Technique Clean Out 1v1	1v1 Ruck Game 2v2 ruck game
Feb 16	22	Go Forward Support Continuity	Presenting, Tackling, Ruck	Corner ball Wrestles Crab Walk Frog Jump	Roll Away Touch Guard Touch	Side on Tackle 1v1 Tackle Clean Out Technique Clean Out 1v1	1v1 Ruck Game 2v2 ruck game
Feb 23				Valley Festival			
Mar 1	23	Continuity	Compete Ruck, Rip	Catching High Ball Wrestles Crab Walk Frog Jump	Guard Touch Rip Touch	Side on Tackle 1v1 Tackle Clean Out Technique Clean Out 1v1	Ruck/Rip decision making game





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Mar 8	24		Compete Ruck, Rip	<u>Pick Up the Ball</u>	Guard Touch	<u>Side on Tackle</u>	Ruck/Rip decision making game
		Continuity		<u>Wrestles</u> <u>Crab Walk</u> <u>Frog Jump</u>	Rip Touch	<u>1v1 Tackle</u> <u>Clean Out Technique</u> <u>Clean Out 1v1</u>	
Mar 15				HKFC Festival			
Mar 22	25	Go Forward	Decision making in attack	<u>Catching High Ball</u>	Guard Touch	<u>Linear Attack 3v1</u> <u>Offload During Tackle</u>	<u>1v1 Ruck Game</u>
		Support		<u>Wrestles</u>	Rip Touch	<u>Linear Attack 3v1</u> <u>Offload on the Floor</u>	2v2 ruck game
		Continuity		<u>Crab Walk</u>			
		Pressure		<u>Frog Jump</u>			
Mar 29	26	Go Forward	Decision making in defence	<u>Cat & Mouse (Progression 1)</u>	<u>Roll Away Touch</u>	<u>1v1 Tackle (Progression 1)</u>	<u>One Tackle Turnover game</u>
		Support		<u>Sumo</u>	Guard Touch	<u>Double Tackle</u>	
		Continuity		<u>Catch & Pass Drill 02 - Short Pass</u>			
		Pressure					





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



