

## Session 5

### Objective:

- Effecting a touch
- Defending
- Communicating
- Catch and pass
- Running and evading
- Making decisions

### Introduction

***Duration: 5 minutes***

- Safety rules
- Size of playing area
- Intro to objectives of the session

### Warm-up

**Moderate intensity**

***Duration: 5 minutes***

- Cross over hand-off grid
  - 10 x 10m grid
  - Players on each corner hat
  - 1 ball being handed off between opposite corners and 1 on the other side of the grid. This allows players to “cross over” in the middle of the grid

### Activity 1

***Duration: 15 minutes***

**Remember “frequent drink breaks”**

- Skill circuit (2 minutes at each station with 1 minute recovery between stations). Each station to have 6 participants.

**Number of stations will depend on the size of the group. If group is smaller choose 2 or 3 stations.**

- Station 1:** 2 on 1 shoot-out (rotate defenders)
- Station 2:** 3 person angle rucking (6 rucks)
- Station 3:** 3 on 2 shoot-out
- Station 4:** Stationary catch and pass drill (recovery). Players stand at a comfortable distance away and pass the ball to their partner. Passes should be passed from the side of the body that the ball was received ie. if a pass was received on a player's left side, they must pass from left to right.

## Activity 2

**Duration: 15 minutes**

- 2 x 5 minute, 6 on 6 games, with 2 minutes recovery in between each game. The following rules apply
  - No drop ball rule (THIS RULE DEPENDS ON AGE OF GROUP)
  - If an infringement occurs in attack, they retain possession and the touch counts
  - Defenders cannot run up to make a touch (they can jog)
  - Acting half cannot run
  - *Use a player as a referee where possible*

## Warm-down

**Duration: 5 minutes**

- 6 attackers jog up the field (no defenders) passing the ball, performing a roll ball, inside pass, or any other skill. All players must receive the ball in the 6 touches.
- Static stretching

## Finish

- Ask the participants if they had fun
- Ask if there were any injuries
- Ask what they learnt
- Let them know about next week's session
- Thank them for their efforts