



WARRIOR CAMP SESSION FORMAT

GAME ZONES

Wizard Touch

Crazy Tap Touch

Mind The Gap

Traffic Light Touch

360 Touch

1. RUGBY NETBALL - 10 MINS

[OTHER GAME ZONES TO TRY - CLICK ABOVE!](#)

Players aren't allowed to move when in possession of the ball, multi-directional passing. Score by getting the ball over the line (180 2 try lines or 360 4 try lines) for a try. Focus of this game is on the movement of the support players + ball into spaces and communication.

2. END BALL - 10 MINS

Progression from End Ball, After the 1st touch a player can keep running, when touched by a 2nd defender they must stop and pass backwards. Passes must now be backwards. Focus is still 'go-forward' to enable 'support' for players to move onto the ball to help them 'go forward'. Extra rule progression, If touched once the attacker can't score.

3. 2-TOUCH RUGBY - 10 MINS

[CLICK FOR MORE INFO](#)

Progression from End Ball, After the 1st touch a player can keep running, when touched by a 2nd defender they must stop and pass backwards. Passes must now be backwards. Focus is still 'go-forward' to enable 'support' for players to move onto the ball to help them 'go forward'. Extra rule progression, If touched once the attacker can't score.

KEY COACHING POINTS FOR THE PASS:

PASS

- Two hands either side of the ball.
- Point the end of the ball & follow through to the target.

CATCH

- Two 'jazz' hands close together up ready to receive the ball in front of them.

Warm-up activities- 5 mins (Don't forget to use fun upper body warm-up exercises)

Human wheel barrow races
1 v 1 plank game
1 v 1 wrestling



Footwork and evasion

Spar the knee

Steal the sock

Tag Steal combo

SKILL ZONE

[OTHER SKILL ZONES CLICK ABOVE!](#)

4. TAG THE TAIL - TRANSITION TO CONTACT 5-10 MINS

Player tucks a bib or sock in the rear waistband and holds a ball in two hands (always) > Opponent player has to take the bib from opponent. Player with the ball cannot fend off the other player and must focus on evading their opponent whilst staying in a small box. It is a competition to see how long the player with the bib can last / How quickly the defender can get the bib back.

Players can do this whilst the game below is going on!

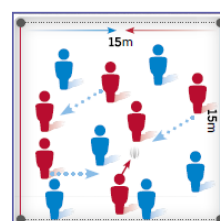
KEY COACHING POINTS: -Focus on feet in close. -Head to the side. -Wrapping both arms around the player

GAME ZONE

5. WRAP RUGBY - 10-15 MINS

Attackers score by getting the ball over the line (180 2 try lines or 360 4 try lines) and for a try. Defenders aim to hold players with both hands in a 'wrap' below the armpit or below the waist for 3 seconds, the ball carrier must then do a parachute fall to the floor before popping to a team mate. Progression - If the attacker is held for 3 seconds then it is a turnover, attackers must fight to offload or get to the floor to pop up to a support player.

SUGGESTED PITCH LAYOUT



WE PLAY RUGBY