



Allianz  **INNER WARRIOR**

# SESSION PLAN

**WARM UP - 5 MINS**

**Stuck in the mud**

**For more information about Activate [click here](#)**

# GAME ZONE

## RUGBY NETBALL - 10 MINS

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.

## END BALL - 10 MINS

Progression from Rugby Netball. The ball carrier can now run with the ball to 'go forward' when touched with two hands, below the base of the sternum, they must pass to a player on their team (defender lets them pass). The pass can be in any direction. Score as above by getting the ball over the line.

## TWO TOUCH RUGBY - 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.

[Click for more info](#)

## KEY COACHING POINTS

Defender: Two handed touch below the base of the sternum, try to adjust body height to be lower than the ball carrier  
Passing: Two hands on either side of the ball, point the tip and follow through to the target with your hands.  
Catching: Reach hands towards the ball, creating a 'jazz hands' shape.

## OTHER SUGGESTIONS

[Tag Bear  
Crawls](#)

[Crazy tap  
touch](#)

[Beat the  
square](#)

[Magic  
circle](#)

[360  
touch](#)

# SKILL ZONE

## TAG THE TAIL - 5 - 10 MINS

Player tucks a bib/sock in the rear waistband and holds a ball. Aim is to take the bib/sock from opponent. Player with the ball cannot fend off players and must focus on evading players. Player must evade 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.

Progression: Ball carrier tries to 'go forward' score a try.

Focus: Defender try to adjust body height to bend to get bib, trying to get close to the ball carrier.

### KEY COACHING POINT

Defender: Head to the side, shoulder contact, fire arms through and grip.

## OTHER SUGGESTIONS

Footwork  
and evasion

Steal the  
sock

Parachute  
falls

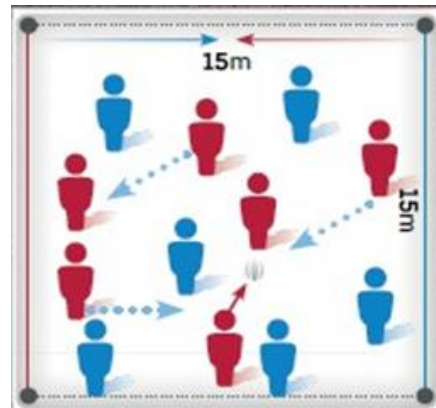
# GAME ZONE

## GRIP & HOLD RUGBY - 10 - 15 MINS

Attackers score by touching the ball on the ground over the line (180 2 try lines) for a try. Defenders aim to hold on to ball carrier with both hands/arms in a 'grip' **below the base of the sternum** for 3 seconds, the ball carrier must then do a parachute fall to the floor before passing 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 a support player.

### SUGGESTED PITCH LAYOUT





England  
Rugby

