

# WEEK 7 SESSION PLAN

## WEEK 7 - ADVANCED PASSING



### Warm Up & Fun Game

Begin the sessions with any fun game to get the children moving and interacting with one another, use any of the warmup games provided in the Coaching Manual. The warmup must involve the whole group but it can be done or in pairs / trios depending on the exercise. Always try to make it as enjoyable as possible, adding fun elements as the drill progresses.



### Passing Related Drill

Aim to build on the fundamentals and grow basic techniques of passing. Reinforce pushing hands towards the intended target of the pass and ensure hands are up and ready when receiving the pass. In this session, aim to improve technique by increasing difficulty for the ages groups as the session progresses.



### Matchplay Game

Select an appropriate match play style game from the sessions provided in the Coaching Manual that fit best with the sessions learning objectives. Add elements as you see fit to progress the game, or to make it easier for the participants. Be dynamic in adjusting the game and perceptive of the ability or age group to ensure that the children remain interested and engaged.

#### Learning Objectives



Develop Technique



Passing Under Pressure



Type of Pass (Loopy or Flat)



Understanding of When to Pass



Body Position at all Stages

FUN, FRIENDLY  
AND  
FEARLESS... **ONE  
PASS AT A TIME**

# WEEK 7- BREAKDOWN

## WEEK 7 - ADVANCED PASSING

Appropriate drills for different age groups:

### Cygnets

#### Warm Up

- Fun Multi-Skill Warmup Game
- 5 Pass Game
- Rats and Rabbits
- Sharks and Fishes
- Corner Ball

#### Skills Based Drills

- Corner Ball
- 5 Pass Game
- Any Directional Touch
- Design Obstacle Course (Include Passing Element)
- Relay Races (Include Passing Element)

#### Matchplay Games

- Touch Rugby Match
- 5 Pass Game
- End Ball
- Two Ball End Ball
- Multi Directional End Ball

### Little Swans

#### Warm Up

- Fun Multi-Skill Warmup Game
- 5 Pass Game
- Rats and Rabbits
- Sharks and Fishes
- Corner Ball

#### Skills Based Drills

- All the Cygnet age-appropriate drills will be suitable for the Little Swans age group too. In addition, the follow could be selected:
- Passing Gauntlet
- Simple Passing
- Passing Relay

#### Matchplay Games

- All Cygnet age-appropriate Matchplay games will be suitable for the Little Swans age group too.

### Swans

#### Warm Up

- Fun Multi-Skill Warmup Game
- 5 Pass Game
- Rats and Rabbits
- Sharks and Fishes
- Corner Ball

#### Skills Based Drills

- All the Cygnet and Little Swans age-appropriate drills will be suitable, in addition:
- L-Shaped Passing Practice
- Lineout Circle

#### Matchplay Games

- All Cygnet and Little Swans age-appropriate Matchplay games will be suitable for the Swans age group too, the following games can be used if preferred or the group is of a high quality:
- Drop off Touch
- Drop Down Touch
- Parramatta Touch

FUN, FRIENDLY  
AND  
FEARLESS... **ONE  
PASS AT A TIME**