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| Jc Academy Logo.pngSubject: Rugby | | | |
| Resources: Hockey Equipment/Balls/Discs Cones | | | |
| Warm up (15mins):  **Warm-up will consist of participants running in a square, RIGHT/LEFT hand down, stopping and changing directions**  **A couple of dynamic stretches will follow mainly arms and legs with slight stretches to the neck**  **Participants will start with passing the rugby ball to each other to help them recap from the previous session** | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Participants will start by passing to each other and getting used to the ball  that they will play the game with.  Diagonal passing.  Participants will then use running techniques with the ball that they learned the  lesson previously.  Running in straight lines then running using agility | | | 1 Coaching points:  **Hockey safety**  **Ball Technique**  **Hand Technique**  2. Safety points:  **Spatial Awareness**  **Listening Skills**  **Hockey Equipment safety**  1 Coaching points:  **Movement with the ball**  **Movement without the ball**  **Spatial awareness**  **Communication**  2 Safety points:  **Hockey Safety**  **Spatial Awareness**  **Hockey equipment Safety** |
| Cool Down(10mins)  **Movement around the area- Using various breathing techniques** | | | Safety points: |
| RED  Bring the practice down a level | AMBER  Continue with practice | GREEN  Develop the session accordingly | Outcome of the session: |