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| Jc Academy Logo.pngSubject: Rugby | | | |
| Resources: Rugby balls/Discs Cones | | | |
| Warm up (15mins): | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins): | | | 1 Coaching points:  **Rugby Safety**  **Ball Technique**  **Hand Technique**  2. Safety points:  **Spatial Awareness**  **Listening Skills**  **Rugby Equipment safety**  1 Coaching points:  **Movement with the ball**  **Movement without the ball**  **Spatial awareness**  **Communication**  2 Safety points:  **Rugby Safety**  **Spatial Awareness**  **Rugby 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: |