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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: |
| REDBring the practice down a level  | AMBER Continue with practice | GREENDevelop the session accordingly | Outcome of the session:  |