|  |  |  |  |
| --- | --- | --- | --- |
| Jc Academy Logo.pngSubject: Rugby | | | |
| Resources: Hockey Equipment/Balls/Discs Cones | | | |
| Warm up (15mins):  Live ball  One person is one and runs with the ball, they  have to touch the other players with the ball to get them out.  Once tagged they join the attacking team and pass the ball between each other | | | Coaching points:  **Listen**  **Concentrate**  **Don’t start to quick** |
| Safety points:  **Area will be checked** |
| Main Activity (35mins):  Steal the egg: Group separated into 4 teams and positioned in opposite corners of the game.  Balls placed in the middle they have to run out from their team one  at a time and collect a ball. Team with the most at the end wins. | | | 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: |