

Session Plan – Ready Set Sport Delivery 7

Teacher	CCC Staff	Venue	
Session title	Ready Set Sport Session 7 Rugby League	Time	1 hour
Child Outcome	At the end of this session participants will be able to develop: <ul style="list-style-type: none"> • Basic to Intermediate Rugby League Skills • Hand eye/foot coordination 		
Resources/ Equipment	<i>Rugby League Skills:</i> <ul style="list-style-type: none"> • Footballs • Markers 		
Preparation	<ul style="list-style-type: none"> • Confirm all advertisements have been achieved. • Plan travel arrangements, prepare and pack clinic resources and above. • Complete event checklist, vehicle inspection checklist and risk assessment and safety checklist all held in event booklet 		

Time	Activities
INTRODUCTION	
5 min	<ul style="list-style-type: none"> • Welcome and Introduction – Refer to event booklet. • Introduce yourself and staff to the participants. Confirm the capacity of those in attendance to actively participate.
10 mins	<p>Warm up</p> <p><u>Tiger Crawl:</u></p> <ul style="list-style-type: none"> • Start in the standing position. • Bend over and put both hands on the ground. • Now walk forward with the same leg and arm together. • Try and keep your back straight and look forwards. <p><u>Eel Squirm:</u></p> <ul style="list-style-type: none"> • Start in a standing position and bend over with your legs straight placing your hands on the ground. • Try touching the floor as close to your toes as you can. • Slowly walk your hands away from your feet, as far as you can. Finally walk your feet back to your hands, always keeping your hands on the ground. <p><u>Bunny Hops:</u></p> <ul style="list-style-type: none"> • Starting in the standing position, put both feet together and squat down low, keeping your back straight and chin up. • Jump as long and as high as possible landing on both feet before squatting again ready for the

	<p>next jump.</p> <ul style="list-style-type: none"> • It is important to pause and regain balance between each hop. <p><u>Viking Lunge:</u></p> <ul style="list-style-type: none"> • Standing tall, with arms by your side, take one big step forward, bending your front leg to 90° whilst dropping the back knee to about an inch off the ground. • In the same motion, you will need to raise your hands to the side, and clap above the head. • The next step is to stand tall again before repeating the move with the opposite leg.
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BODY- Rugby League Skills

<p>15 mins</p>	<p><u>Drills</u></p> <p><u>Basic Bulldog Ball Drill</u></p> <ul style="list-style-type: none"> • Demonstrate Hamburger grip (thumbs on top, fingers on bottom), then roll around body, thru the legs and practice throwing ball in air. <p><u>Panther Passing</u></p> <ul style="list-style-type: none"> • In pairs standing 1-3 meters apart, use hamburger grip and explain Point, Point, Swing. Point front foot to where you want to pass, point ball to ground, swing arms and release ball where you are aiming. • practice passing and catching back and forth. <p><u>Cowboys Kicking</u></p> <ul style="list-style-type: none"> • In pairs stand 3-5 meters apart, practice all types of kicks back and forth. First kick should be place kick off a marker. Move in from diagonal position and non-kicking foot should be pointing straight directly in line with ball when striking. • Use hamburger grip and point ball in direction to where you want to kick for all other kicking types.
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	<p>Skills Relay</p> <p><u>Outcomes:</u> This activity aims to improve players fundamental movement skills.</p> <p><u>Set-up:</u></p> <ul style="list-style-type: none"> • Field marked with at least 4 intervals of 3m for each line. • Ensure the space provides enough room for free movement of all the participants. • No more than 3 participants per line. <p><u>Let's play:</u></p> <ul style="list-style-type: none"> • On 'go', the first player runs to the far marker, scores a try, then returns to the start where they hand the ball off to the next person. • The relay continues with the other members of each team running to score a try. <p><u>Progress to more complex skills:</u></p> <ul style="list-style-type: none"> • Play the ball at each marker and the next person comes through picks up the ball and runs to
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	<p>the next marker.</p> <ul style="list-style-type: none"> • Place a person on each marker and pass the ball along the line. <p><u>Questions to ask:</u></p> <ul style="list-style-type: none"> • What was the easiest skill in this activity? Why was this easy? • If you want to make sure your kicks don't go too far, should we use a strong powerful leg or a careful bent leg? • When running what was the most comfortable position to hold the ball?
	<p>Captain Ball</p> <p><u>Outcomes:</u> This activity aims to improve players fundamental throwing, passing and catching skills.</p> <p><u>Set-up:</u></p> <ul style="list-style-type: none"> • Split players up into teams of at least 4. • 2 parallel lines of at least 3 blue markers and 2 yellow markers in the centre. • The ball starts with one player on a blue marker. <p><u>Let's play:</u></p> <ul style="list-style-type: none"> • On 'go', they pass the ball from the first blue marker to their teammate on the yellow marker. • Then they pass the ball back to the next player on the blue marker. • Continue until all players have passed the ball. • Coaches can nominate a type of pass or throw. • Rotate the players after each time. <p><u>Questions to ask:</u></p> <ul style="list-style-type: none"> • Did you discover if your better at passing one way than the other? • When you passed the ball where were your eyes looking, do you think it matters? • If you wanted to throw a quicker pass what movement should our arms, follow?
	<p>Scramble</p> <p><u>Outcomes:</u> This activity aims to improve players fundamental evasive and attacking skills.</p> <p><u>Set-up:</u></p> <ul style="list-style-type: none"> • Grid requires two marked try lines. • Markers spaced evenly on each side of the grid. • Players are split into two teams. • Each player numbered to allocate pairs. • Each team needs at least 3 balls. <p><u>Let's play:</u></p> <ul style="list-style-type: none"> • Attackers and defenders are called in numbered groups of two or more. • On 'go', attackers and defenders run around their cone and into the grid.

	<ul style="list-style-type: none"> • Attackers individually pick up a ball and try to score on their own. • Transition to working in small teams to score a try. • Attackers pick up the ball and attempt to score a try by passing between the group. • Defenders work as a team in attempt to stop them with a tag. <p><u>Questions to ask:</u></p> <ul style="list-style-type: none"> • Can you think of any tactics that may help you team score tries? • How could this skill of evasion help us in other games? • Were there positions that defenders stood that made the attackers job easier? • What were some moves that made them hard to catch?
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COOL DOWN

5 mins	<p>Stretches</p> <ul style="list-style-type: none"> • Create a circle • Explain stretches and why they are important • Dynamic (Leg swings, star jumps, lunges, High skips, high knees) • Static touch toes, quad stretch, arm stretch)
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CONCLUSION

5 mins	<p>Get feedback on how the participants felt doing the program. Video interview with children about the fun they are having.</p> <ul style="list-style-type: none"> • Did you have fun? • Did you learn how to catch a ball? • What was your favourite thing about today?
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