

SESSION PLAN



Date: 08/11/2024	Time: 1900-2130	Venue: UP3G	Coaches: PW AG
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Session Aims: Developing core skills and game understanding through decision-making games

Time	Detail	Coach
1900-1930	Arrival / Refreshments in Conference Room, DRSV	
1930-1955	Presentations Welcome and introductions / Aims of the evening / UoNWRFC and UNRUC programmes (UNRUC game model)	PW TW
2000-2010	Player-led warm up on the UP3G.	
5	Skill drill: L drill Aims: Attack the gain line / Fixing defenders	AG
15	3x 3 mins / DMG: HURRICANES Aims: Speed of set in attack and defence / Attack space	PW
5	Skill drill: BULLET speed to breakdown Aims: Speed to support / Enter breakdown square and low	PW
15	3x 3 mins / DMG: CLERMONT Aims: Connected support in attack and defence / LQB	PW
5	Skill drill: Chaos 3v2 handling Aims: Accuracy of passing under pressure / Speed of thought	PW
15	3x 3 mins / DMG: HIGHLANDERS Aims: Attack space (run/pass/kick) / Support play	PW
2115	Finish and debrief on UP3G	
2130	Depart	

Easy 0-2	Moderate 3-4	Hard 5-6	Difficult 7-8	Maximal 9-10
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The UNRUC Game Model
Speed of thought, Go Forward, Connected Support

The UNRUC Vision
To deliver the most successful student rugby experience in the UK

The UNRUC Values
Alignment, Belonging, Accountability