

# Mini Barbarians (Age 8-9)

## Session 3

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, flag belts, pinnies, whistle

Refreshment Breaks: Every 10-15 minutes



Time	Activity (See below)	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
8 minutes	Mountie in the Middle	To improve defensive tracking in a fun game-like environment.
8 minutes	Follow the Leader	To effectively track an attacking player's movement and react accordingly.
8 minutes	Transition from Ultimate to Flag	<p>Start to transition players to flag rugby using this easy activity that introduces one rule at a time. Be sure not to advance players until they master each set of rules.</p> <p>Game Objective: To help advance players to playing flag rugby by introducing one new rule at a time.</p>
12 minutes	Kicking off a Tee  Free Kick (Ball in Hand)  Drop Kicking	Improve kicking skills with a rugby ball through the mini uprights.
20 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.