

# September

7th

14th

21st

28th

Core Skills, Conditioning

U11-U12

Tackle  
Ruck  
Defence Shape

Catch and Pass  
Scrum Tech  
Attack  
Principles

Tackle and Ruck  
Defence  
Principles

Kick Chase  
Kick Offs

Skills Acquisition, Game Laws

U10

Tackle

Catch and pass  
Offload  
Tackle

Rucking

Tackle  
Team  
defence

U8-U9

Tackle

Catch and pass  
Offload  
Tackle

Tackle

Catch and  
pass  
Present  
Tackle

Skills Acquisition, Game Laws

U5-U7

Running and  
Evasion

Catch and Pass

Touch Tackle  
Running and  
Evasion

Evasion