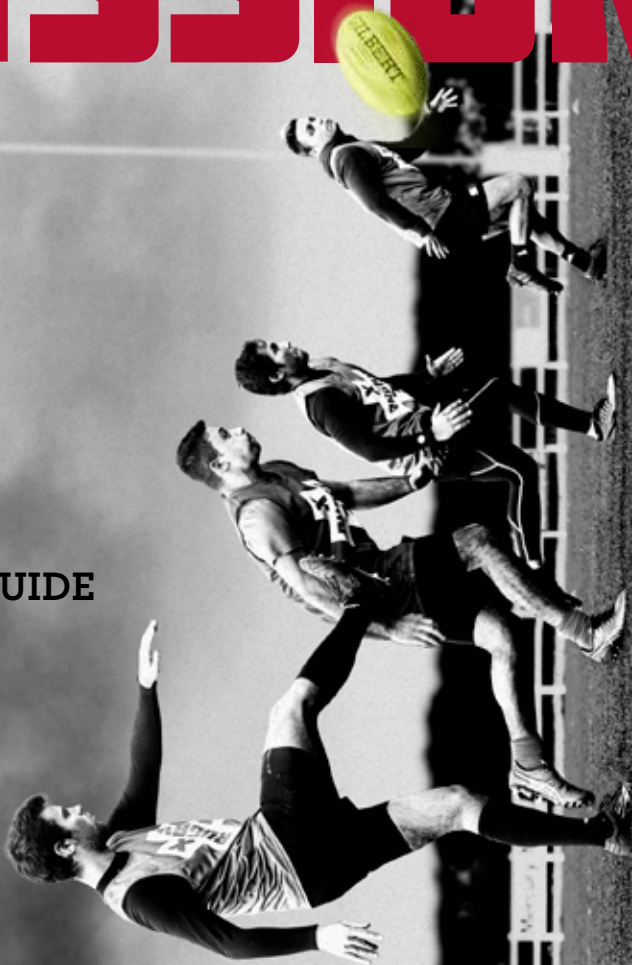


MIX-UP SESSION

YOUR



COACHING GUIDE

www.XRugby7s.com

Rugby Football Union.



WEEK 1

ENGAGEMENT

(45-50 MINS)

SESSION AIMS: Increasing motivation to support regular participation.

- Setting a positive learning environment through active, purposeful, enjoyable and safe sessions
- Provide for successful experiences through co-coaching
- Use verbal and non-verbal praise

SESSION OBJECTIVES: Development of handling, catching, passing and evasion.

PRINCIPLES OF PLAY: Go forward and support.

PLAYER SKILLS: Creativity and awareness through team work and communication.

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks (5 mins)

5 PASS GAME in 2-3 teams building in tempo and dynamic movements as appropriate. Objective is to complete 5 passes to win a point. Multi-directional game in terms of support and ball carrier cannot run with the ball. Progress to 10 passes if needed (5-10 mins)

MOVEMENT SKILL BASED PREPARATION: Pair work - spar the knee and spar the shoulder (5-10 mins)

GAME ZONE 1: Rugby netball (15 mins)

- Score at end of rectangular pitch
- Pass in any direction
- Ball carrier cannot run (1 step allowed)
- Defenders can intercept but no contact permitted

SKILL ZONE 1: Keep ball 3 v 1

- 3 attackers have the ball vs 1 defender
- Pass in any direction
- Ball carrier cannot run (1 step)
- Defender can intercept but no contact permitted
- Swap defender in where appropriate

GAME ZONE 2: Drop off touch (15 mins)

- Run forwards and pass backwards
- Two handed touches below waist for defenders
- Ball carrier to pass once touched
- Touching defender to drop off to own try line before re-joining game
- The rest of the defenders to drop back 5 metres after a touch
- Can progress to an overloaded attack if needed

SKILL ZONE 2: Continuous touch (3 v 1)

- 3 players always attacking 1 defender
- Defender to make two handed touch below waist to stop attack
- When ball carrier is touched game restarts within 3 seconds by a pass
- If a try is scored, attackers to play the other way in a continuous manner
- Swap players as appropriate

WEEK 2

CONNECTION AND CONFIDENCE

(45-50 MINS)

SESSION AIMS: Building connection to rugby and peers.

- Keep coaching practices active, purposeful, enjoyable and safe
- Reward effort over success
- Develop confidence through safe practice around contact with the floor

SESSION OBJECTIVES: Development of skills around contact with the floor and each other.

PRINCIPLES OF PLAY: Go forward and support.

PLAYER SKILLS: Creativity and decision making around how to fall safely through team work and communication.

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks (5 mins)

CHECK LEARNING WEEK 1 (Q&A): Use rugby netball game building tempo and dynamic movements as appropriate (5 mins)

MOVEMENT SKILL BASED PREPARATION:

Pair work - steal the sock (5 mins)

In teams of 3 - introduce fall to floor and parachute fall touch game (5 mins)

GAME ZONE 1: Pop off the floor rugby (15 mins)

- Run forwards and pass backwards
- Two handed touch below waist for defence
- On touch ball carrier must fall safely (knee-hip-shoulder)
- Ball carrier pops the ball to support player
- Defenders can intercept, but not around tackle area, no contact permitted

SKILL ZONE 1: 2 v 1 doubles

- Ball carrier tries to beat a defender
- On touch ball carrier falls safely to floor and defender gets back 3m
- Ball carrier pops to support player
- Keep going until both attackers have popped ball at least twice
- If a try is scored, turn and attack the opposite direction

GAME ZONE 2: Overload touch (15 mins)

- Run forwards and pass backwards
- Two handed touch below waist for defence
- Ball carrier to fall safely once touched (knee-hip-shoulder)
- Nominate a group of players who are permanent attackers and always on the team with the ball
- Ensure success for attack is balanced with enough practice at falling to ground safely

WEEK 3

CONFIDENCE IN CONTACT

(45-50 MINS)

SESSION AIMS: Developing contact skills through easy stages that build confidence.

- Through one-on-one fun energetic exercises
- Set challenges for all levels of ability through active, purposeful and enjoyable activities
- Feedback and reinforcement around safe practice

SESSION OBJECTIVES: Introduction of the grab tackle, Tower of Power body position and the maul.

PRINCIPLES OF PLAY: Contest of possession and further develop go forward with support.

PLAYER SKILLS: Decision making in contact and awareness around adopting the Tower of Power.

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks (5 mins)

CHECK LEARNING WEEK 2 (Q&A): Use bear walk keep ball game building tempo and dynamic movements as appropriate (5 mins)

MOVEMENT SKILL BASED PREPARATION:

Pair work - tag the tail and introduce Tower of Power (10 mins)

GAME ZONE 1: Grab and pose-off rugby (15 mins)

- Run forwards and pass backwards
- Grab below armpit in defence
- On grab ball carrier can offload immediately
- If ball goes to ground = turnover
- If ball carrier cannot offload they adopt the Tower of Power in front of defender with the ball placed on the floor
- The best body shape wins the possession

SKILL ZONE 1: 1 v 1 Scrum (uncontested)

Focus on the Tower of Power position

Feet shoulder width apart, knees flexed, core activated, hip tilt, shoulder blades together, chest up and out, head in neutral

GAME ZONE 2: Grab and maul rugby (15 mins)

- Run forwards and pass backwards
- Grab below armpit in defence and grabber can keep hold
- On grab ball carrier can offload immediately
- If ball goes to ground = turnover
- If ball carrier cannot offload immediately a team mate can join to make a maul and drive forward. The ball must be played away when the maul stops moving forward
- 3 v 3 maximum permitted in the maul, including the ball carrier

SKILL ZONE 2: Crab and bear football (2 v 2)

- Score by making a set number of passes in the crab position
- Bear is on all fours in Tower of Power position
- Crab is on back in Tower of Power position
- Can transition to bear walks to move into support positions

WEEK 4

CONTACT CONFIDENCE

(45-50 MINS)

SESSION AIMS: Develop the players' ability to adapt to contact situations.

- Through one-on-one fun energetic exercises
- Set challenges for all levels of ability through active, purposeful and enjoyable activities
- Feedback and reinforcement around safe practice

SESSION OBJECTIVES: Introduction of the tackle and uncontested scrums.

PRINCIPLES OF PLAY: Further develop go forward and support (in attack and defence).

PLAYER SKILLS: Decision making in and around the tackle area. Awareness around adopting the Tower of Power in context.

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks (5 mins)

CHECK LEARNING WEEK 3 (Q&A): Use grab and pose-off rugby, beginning with touch and progressing to grab (5 mins)

MOVEMENT SKILL BASED PREPARATION:

Tower of Power stuck in the mud followed by pair work - introduction to tackle technique (10 mins)

GAME ZONE 1: Touch to tackle - 1 v 1 (15 mins)

- Run forwards and pass backwards
- Full XRugby pitch (50m x 70m)
- On touch ball carrier and defender simulate a 1 v 1 tackle (walk/jog/run as chosen by tackler)
- No contest at tackle area
- Ball carrier presents ball and support player must pass
- Offside line is the back foot of breakdown

GAME ZONE 2: Tackle and scrum rugby (15 mins)

- Run forwards and pass backwards
- Full XRugby pitch (50m x 70m)
- Full tackle in defence
- Mauls are allowed
- No contest on the floor once the tackle is complete
- All restarts to the game are a 1 v 1, 2 v 2 or 3 v 3 scrum (crouch-bind-set)

SKILL ZONE 1: 1 v 1 tackle

- Defender focus on key points for safe effective tackle (foot in close, low body position, head to the side)
- Ball carrier focus on safe fall and ball presentation (knee-hip-shoulder)

SKILL ZONE 2: Forming a 3 v 3 scrum (uncontested)

- Focus on the Tower of Power
- Comfortable safe binds with each other and the opposition (crouch-bind-set)
- Understanding of where heads go (heads to the left and ear to ear)

WEEK 5

CONFIDENCE IN CONTACT

(45-50 MINS)

SESSION AIMS: Develop the players' ability to play contact rugby.

- Further develop confidence in tackling and contact areas
- Build on teamwork and communication between all through active, purposeful and enjoyable activities
- Feedback and reinforcement around safe practice

SESSION OBJECTIVES: To further develop the tackle, whilst introducing the contest for possession in open play or ruck. Contact confidence and develop players ability to adapt to contact situations.

PRINCIPLES OF PLAY: Further develop go forward and support (in attack and defence).

PLAYER SKILLS: Decision making and awareness in and around the contact area and use of Tower of Power in these situations.

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet – encourage mini competitions/tasks (5 mins)

TAG-STEAL COMBO GAME: Combination of steal the sock and tag the tail games [1 v 1, 2 v 1, 3 v 2] (5 mins)

MOVEMENT SKILL BASED PREPARATION: Wrestle square (pairs) – 1 v 1 ground based preparation around contact with an opponent in relation to the breakdown. Aim is to push partner out of the playing area or pin them on their back (5 mins).

GAME ZONE 1: Ruck touch (15 mins)

- Run forwards and pass backwards
- Full XRugby pitch (50m x 70m) – 7 v 7
- Two handed touch below waist for defence
- On touch ball carrier falls to floor and presents the ball (knee-hip-shoulder)
- One support player and one defender contest a live breakdown (progress to 2 v 2)
- Offside line is the back foot of breakdown

SKILL ZONE 1: 1 v 1 breakdown

- Square area (different coloured corners)
- One defender and one attacker start in contact (bear crawl position)
- Defender shouts a colour and a support attacker runs around this cone before joining activity over the ball
- Attacker presents the ball

WEEK 5

CONFIDENCE IN CONTACT

(45-50 MINS)

GAME ZONE 2: Tackle and ruck game (15 mins)

- Run forwards and pass backwards
- Full XRugby pitch (50m x 70m) – 7 v 7
- On touch ball carrier and defender simulate a 1 v 1 tackle (walk/jog/run chosen by tackler)
- One support player and one defender contest live breakdown (progress to 2 v 2)
- All restarts are a 3 v 3 scrum
- Build to live tackles to initiate the breakdown contest
- Max Zone (7 points) in use, in addition to 5 points for a normal score

SKILL ZONE 2: 2 v 2 scrum breakdown

- Square area (different coloured corners)
- One defender and one attacker start in contact (bear crawl position)
- Defender and attacker shouts a colour and 2 support attackers plus 2 support defenders run around these cones respectively before joining activity over the ball
- Attacker presents the ball

WEEK 6

AERIAL PLAY AND XRUGBY7S CONFIDENCE

(45-50 MINS)

SESSION AIMS: Develop the players' ability and confidence to play the full version of XRugby7s.

- Further develop confidence in all forms of contact
- Fully understand **why** they are doing something related to the half pitch game
- Connecting to team mates around the various game elements
- Ensure all activities are active, purposeful, enjoyable and safe

SESSION OBJECTIVES: Development of aerial based skills and introduction of the lineup.

PRINCIPLES OF PLAY: Contest for possession at lineup, scrum and ruck. Go forward and support and use of continuity to exert pressure (in attack and defence).

PLAYER SKILLS: Decision making, awareness and self-organising in and around the scrum, lineup and contact areas. Creativity in open play and resilience to match pressures.

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks (5 mins)

OVERHEAD RUGBY NETBALL GAME: Adapt rugby netball to include a jump to receive the ball followed by an offload from the catch to a team mate [2 progressions] (10 mins)

MOVEMENT SKILL BASED PREPARATION:

Pair work - steal the ball. Aim is to rip the ball from your partner - best of three (5 mins)

GAME ZONE 1: Tackle and ruck game - with lineouts and scrums (15 mins)

- Run forwards and pass backwards, full XRugby pitch (50m x 70m)
- 7 v 7 with two handed touch below the waist in defence
- On touch ball carrier and defender simulate a 1 v 1 tackle (walk/jog/run chosen by tackler)
- Progress to support players and defenders being able to contest a live breakdown (up to 2 v 2)
- Build to live tackles to initiate breakdown contest and offside line is the back foot of breakdown
- Scrums, lineouts, tap restarts, open play kicks directed into the ground only
- Max Zone (7 points) in use, in addition to 5 points for a normal score

GAME ZONE 2: XRugby7s full game (15 mins)

- 50m x 70m maximum playing area (7 v 7) - Full XRugby pitch
- Max Zone (7 points) in use, in addition to 5 points for a normal score
- All kick offs are replaced with a *tap-and-play*, kicking is only allowed in open play and must be directed into the ground
- All knock on's/held up mauls are a 3 v 3 scrums (strike no push: crouch-bind-set)
- Tackles and hand offs below armpit height with wrapped arms in tackle
- 2 v 2 max rucks, 3 v 3 max mauls
- 3 v 3 lineouts including the thrower with opponent in the 5m line - no lifting
- Penalty offences result in a *tap-and-play*

WEEK 7

PLAYING XRUGBY7S

(30-60 MINS)

SESSION AIMS: Build on the players ability to play the full version of XRugby7s.

- Ensure all elements remain active, purposeful, enjoyable and safe
- Allow players to take part in an XRugby7s match or event (7 v 7)
- Officiate the activity based on law variations (7 min halves)
- Rotate players as appropriate from up to 5 replacements per team

WARM UP: 'Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks (5 mins)

Any warm up games or activities can be used from the previous weeks building in dynamic movement skills as appropriate (10 mins).

Any players or groups of players who require further confidence or competence around specific elements can be coached through appropriate game zones or skill zone from the previous weeks whilst matches are underway.

GAME ZONE: XRugby7s - Full games (15-45 mins)

- 15 minute games consisting of 7 minute halves with 1 minute for half time
- Participants can take part in 3-4 blocks of playing activity within a session
- Pitch maximum of 70m in length and 50m in width (fits within half a full pitch)
- 7-a-side with up to 5 replacements permitted
- Scoring in the Max Zone is worth 7 points, in addition to 5 points for normal scores outside of the Max Zone

SESSION OBJECTIVES: To be confident and competent in playing the full version of XRugby7s.

PRINCIPLES OF PLAY: Contest for possession at lineout, scrum, maul and ruck. go forward and support in general play plus the use of continuity to exert pressure (in attack and defence).

PLAYER SKILLS: Creativity within game play as well as awareness, resilience, decision making and self-organising in and around the scrum, lineout and contact areas.

- Rolling substitutions can be made when the ball is dead and with the referee's permission
- Taps for kick-offs and restarts, behind centre of half way line (non-scoring team restarts)
- Kicks are only allowed in open play and must be directed into the ground
- Kick into touch on the full and without touching the floor results in free tap from the point of kick
- All knock on's or held up mauls result in 3 v 3 scrums (strike no push)
- Tackles and hand-offs must be below armpit height with wrapped arms in the tackle, simultaneous with shoulder impact
- 2 v 2 maximum in rucks over the tackle
- 3 v 3 maximum in mauls including the ball carrier
- 3 v 3 lineouts including the thrower with an opponent within the 5m line - no lifting
- Penalty offences result in a *tap-and-play*
- Yellow cards can be issued for foul play with the offending player returning at the next set piece