



# KIDS FIRST RUGBY

PRIMARY TEACHER RESOURCES





# KIDS FIRST

## Session Order

1. Switch on: Mice and Monsters
2. Move It: Ball Manipulation
3. Game Time: End Ball
4. Ruckley Challenge 1: Throw and catch on one leg

## Students can achieve these stickers...

1. I have demonstrated sportsmanship
2. I can work well with others
3. I have good ball handling skills

# SESSION 1

# SWITCH ON: MICE AND MONSTERS

## Task

Split group into two teams (Mice and Monsters). Each player has tag belt. Team Mice stand side by side facing one line of cones, team Monsters does the same and back-to-back with team Mice, facing a separate opposite set of cones. Both teams have hands on head. On the command from the coach (Mice or Monsters), players from the team called try to get to their line of cones without being tagged by the other team. Count how many players made it and how many were tagged. Then back to the middle. Change places of players to vary chasers and chased (to avoid slow player with fast on each and every go). To keep the teams guessing coaches can call a name two or three times in succession

## Tag Rules

Defender must return the Tag to the tagged player before resuming play.  
Players are not allowed to fend the tagger off by using their hands.

## Space

Line of cones about  
20m apart

## Equipment

Tag belts

## People

Whole group

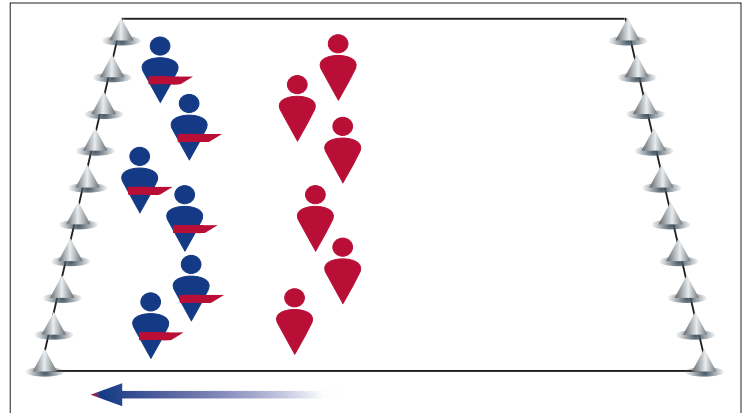
## Questions

1. How can you prepare yourself to move forward or to turn quickly to tag?

**Hint:** on toes, low and leaning slightly forward

2. How can you avoid being tagged?

**Hint:** run fast, don't run straight (especially if slower)



## Switch on...

### Thinking

- Listen carefully to commands.
- Respond quickly.

### Physically

- On toes, leaning slightly forwards.
- Use arms to drive.
- Zig-zag if necessary to avoid being

# MOVE IT! BALL MANIPULATION



## Task

Players have a ball each (doesn't have to be a rugby ball). They then run around a set area and get used to the ball. As they run players perform the following exercises with the ball:

1. Pass the ball from hand to hand
2. Throw the ball in the air and catch it
3. Throw the ball in air, clap three times and catch it
4. Player swaps balls with any player s/he passes to
5. On the coach's instruction place the ball on the ground and continue running. On the second instruction pick up the nearest ball as quickly as possible; who will be last?
6. Combination of the above.

## Progression

1. One ball for every second or third player.
2. Pass the ball to any player who hasn't got a ball. Players who have a ball look to pass as soon as possible, players who haven't got a ball want one as soon as possible.
3. Pass high and pass low.
4. Players touch the ground with the ball when they catch it.
5. Players touch the ground and then pass from high, arms stretched above their head.

## Equipment

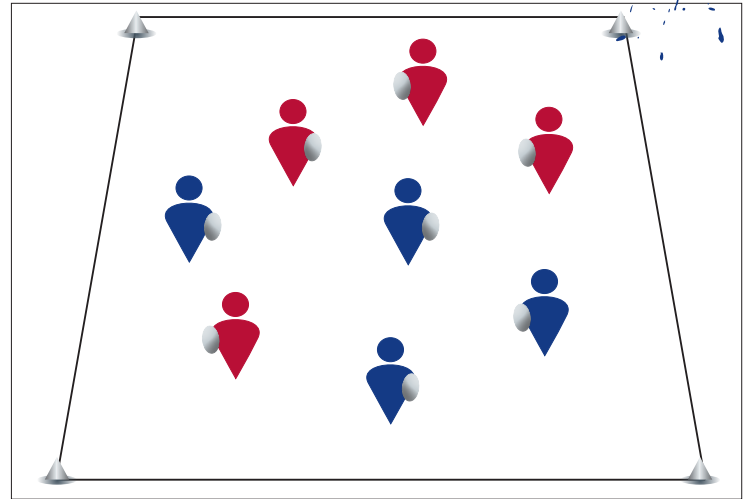
One ball each or one between two or three, balls of different shapes and sizes, 50 cones (grid marking)

## Space

Small grids or one area depending on numbers, age and ability of players (younger and less able players may require more space)

## People

Whole group



## Movement tips

### Grip

- Spread the thumbs greater than a right angle.
- Form a cradle by arching the palm.
- Hold the centre of the ball.
- Keep the elbows out.
- Carry with two hands and at the centre of the body.

### Placing the ball down (scoring a try)

- Grip tightly as hands move above the ball.
- Bend at the knees.
- One leg forwards.
- Head over the ball.
- Extend the arms at the elbows.

# GAME TIME: END BALL



## Task

- The aim of the game is for the team in possession to get the ball to the scorer without running with the ball.
- One player stands behind the line at each end of the pitch (try line) and acts as the try scorer.
- Once the try scorer receives the pass they ground the ball on the floor to score a try.
- Rotate the try scorer after each try or two minutes whichever comes first.
- Player in possession is not allowed to move but all other team members can run into a space and call for the ball.
- All passes must be caught. If they are dropped, go out of play or are touched by a defender then the ball is given to the defending team, who now become the attackers.

## Equipment

Eight bibs, four rugby balls, 50 cones (pitch marking)

## Space

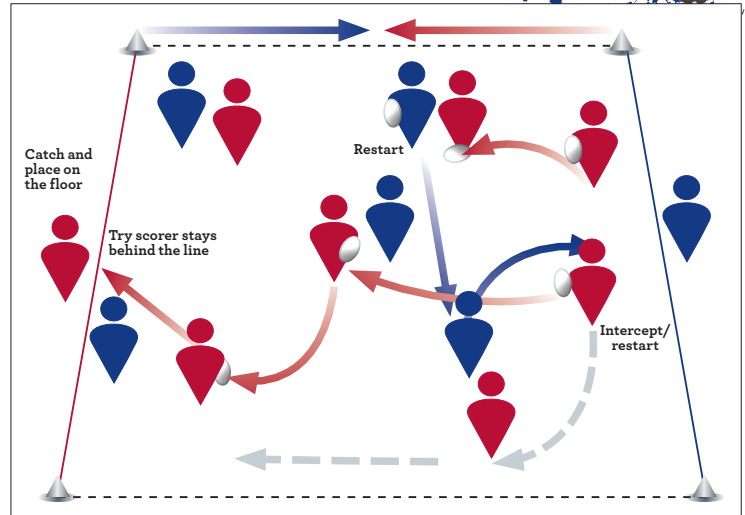
Min 15 x 30/ Max 30 x 60

## People

Min 4 v 4 / Max 6 v 6

## Rules

- This is a non-contact game.
- Players must not move with the ball.
- The ball may be passed in any direction.
- The ball may not touch the ground in the playing area.
- The ball may not leave the playing area.
- If the ball goes out of play, touches the floor or contact is made, the game restarts with a free pass to the non-offending team.



## Questions

**Q:** Who should you be passing to?

**A:** A player in a space.

**Q:** Where are your teammates (support players) trying to go?

**A:** Into a space but close enough to receive a pass.

**Q:** What is more accurate, a long or a short pass?

**A:** A short pass: it is easier to perform and catch.

**Q:** How can you let the player with the ball know you are in a space?

**A:** Communicate specific information; for example, don't say yes, but left or right, short or long.



# RUCKLEY CHALLENGE 1: THROW AND CATCH ON ONE LEG

**Stand on one leg and throw and catch the ball with your partner.**

## **How do we do it?**

1. Support leg still, flat on ground
2. Non support leg slightly bent
3. Head still, eyes looking forward
4. Body upright

## **How does this help in rugby?**

1. Stability
2. Object control
3. Catching and passing

**If they can do this; they'll be better at this...**



**Side stepping**



**Throwing on target**





# KIDS FIRST

## SESSION 2

# SWITCH ON: PIGGY IN THE MIDDLE

### Session Order

1. Switch On: Piggy in the Middle
2. Move It: Ball Manipulation
3. Game Time: Any Direction Tag
4. Ruckley Challenge 2: Throw and catch with one hand

### Students can achieve these stickers...

1. I make good decisions in group work
2. I enjoy playing rugby
3. I have good ball handling skills

### Task

Groups of four, 3 v 1, three attacking players have the ball and pass it around to each other trying to keep it from the defender. If the defender intercepts the ball the offending passer becomes the defender.

#### Variations

- How many times can the group pass without it being intercepted?
- Ball given to defender if it touches the ground or goes outside the area.
- Players not able to move with ball.
- Players able to move with ball.
- Only have three seconds to hold the ball.
- Defender able to tag ball carriers to change role.
- No over head height passes.

#### Tag Rules

Defender must return the Tag to the tagged player.

#### Space

8 x 8 or 10 x 10 metre grids

#### Equipment

Tag belts

#### People

Groups of four, 3 v 1

### Switch on...

#### Thinking

- Make decisions quickly (close space, mark defender).
- Be aware of space, run or

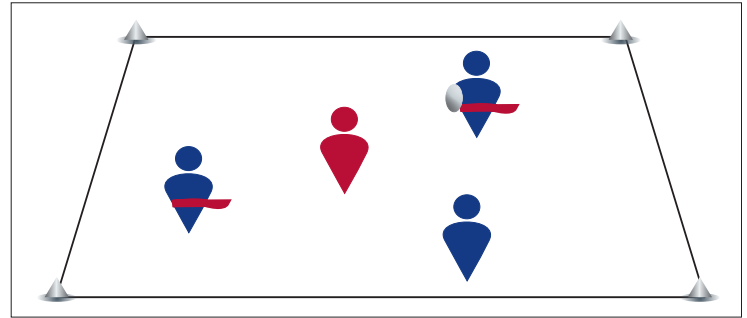
pass into it.

#### Physically

- Make a target when receiving.
- Move quickly into space.

#### Socially

- Communicate your intentions to others clearly.



### Questions

**Q:** Where is the ball carrier looking to pass?

**A:** A player in space, ready to receive the ball.

**Q:** What prevents them from passing?

**A:** Defender in the way.

**Q:** Is it easier to keep the ball when the defender is closer or further away?

**A:** It is easier when further away.

**Q:** Why might a defender want to force the player to pass?

**A:** If you force a bad pass, then you make them pass to someone in a worse position.

**Q:** How can the defender force a bad pass?

**A:** With pressure (cutting down time and space).

**Q:** How might the ball carriers create a little more time and space?

**A:** Movement, quicker passing.

# MOVE IT! BALL MANIPULATION



## Task

Players have a ball each (doesn't have to be a rugby ball). They then run around a set area and get used to the ball. As they run, players perform the following exercises with the ball:

1. Pass the ball from hand to hand
2. Throw the ball in the air and catch it
3. Throw the ball in air, clap three times and catch it
4. Player swaps balls with any player s/he passes to
5. On the coach's instruction place the ball on the ground and continue running. On the second instruction pick up the nearest ball as quickly as possible; who will be last?
6. Combination of the above.

## Progression

1. One ball for every second or third player.
2. Pass the ball to any player who hasn't got a ball. Players who have a ball look to pass as soon as possible, players who haven't got a ball want one as soon as possible.
3. Pass high and pass low.
4. Players touch the ground with the ball when they catch it.
5. Players touch the ground and then pass from high, arms stretched above their head.

## Equipment

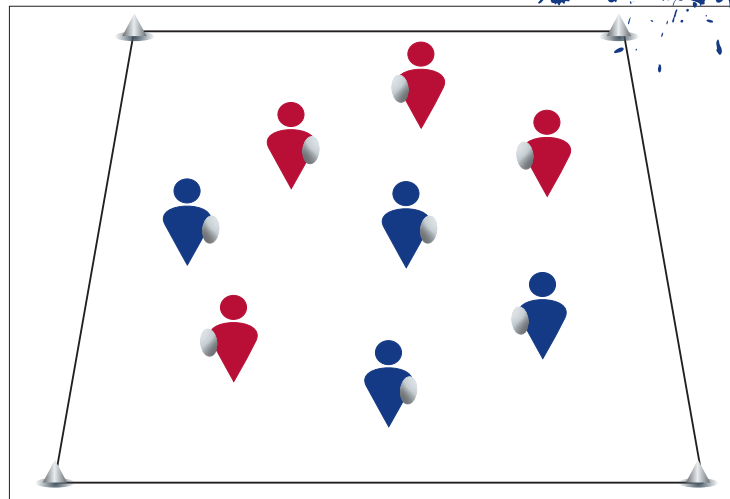
One ball each or one between two or three, balls of different shapes and sizes, 50 cones (grid marking)

## Space

Small grids or one area depending on numbers, age and ability of players (younger and less able players may require more space).

## People

Whole group



## Movement tips

### Grip

- Spread the thumbs greater than a right angle.
- Form a cradle by arching the palm.
- Hold the centre of the ball.
- Keep the elbows out.
- Carry with two hands and at the centre of the body.

### Placing the ball down (scoring a try)

- Grip tightly as hands move above the ball.
- Bend at the knees.
- One leg forwards.
- Head over the ball.
- Extend the arms at the elbows.

# GAME TIME: ANY DIRECTION TAG



## Task

- Rules as for End Ball but now players are permitted to run with the ball.
- The aim of the game is for the team in possession to ground the ball on or over the opposition try line.
- A try is scored by a pass being made to a player who is stood at the opposition's try line or who runs over the opposition's try line without being tagged and grounds the ball.
- The game starts with a free pass from the centre.
- All passes must be caught. If they are dropped, go out of play or are touched by a defender then the ball is given to the defending team, who now become the attackers.

## Equipment

Eight bibs, four rugby balls, 50 cones (pitch marking)

## Space

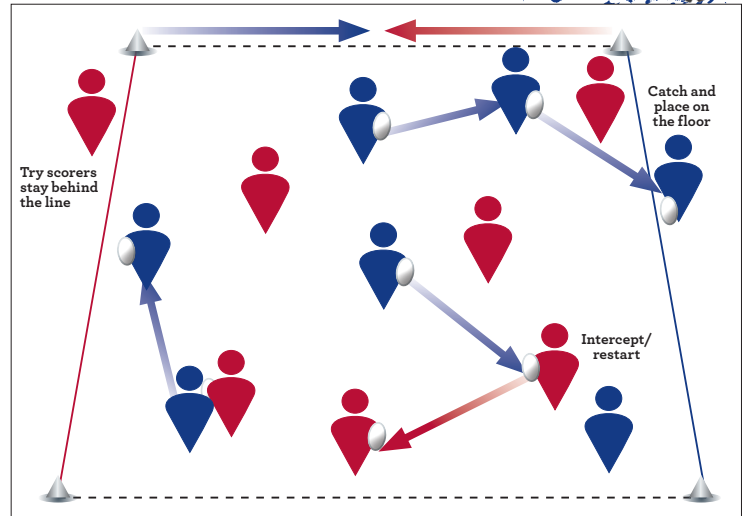
Min 15 x 30 / Max 30 x 60

## People

Min 4 v 4 / Max 6 v 6

## Rules

- This is a non contact game.
- A player can run with the ball until tagged.
- Only the ball carrier can be tagged.
- Once tagged the ball carrier must pass the ball within three steps or three seconds.
- The tagging player can only tag one player at a time and must hand the tag back to the attacker before resuming play.
- Once tagged the tag must be reattached to the belt before rejoining the game.
- The ball can be passed in any direction.
- The ball may not touch the ground in the playing area.
- The ball may not leave the playing area.
- If the ball goes out of play, touches the floor or contact is made the game restarts with a free pass to the non-offending team.



## Questions

**Q:** What are the benefits of carrying the ball in two hands?

**A:** More control and passing options.

**Q:** What is easier to Tag: a player running at you or a player running around you?

**A:** A player running around you, force the tagger to reach you.

**Q:** Why would you pass before being tagged?

**A:** Because there is a player in a better position to make ground or to score.



# RUCKLEY CHALLENGE 2: THROW AND CATCH WITH ONE HAND

**Throw a small ball to a partner and catch with the opposite hand.**

## How do we do it?

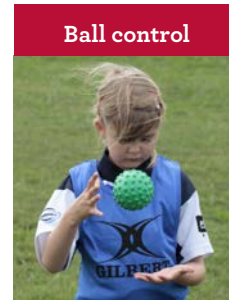
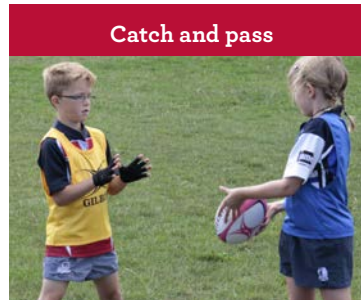
1. Keep eyes on the ball
2. Feet still, knees bent, shoulder width apart
3. Arms slightly bent and relaxed
4. Non throwing hand ready to catch the ball
5. Throw underarm



## How does this help in rugby?

1. Object control
2. Catching
3. Throwing

**If they can do this; they'll be better at this...**





# KIDS FIRST

## SESSION 3

# SWITCH ON: TEAM TAG

### Task

Two groups of three attackers and two defenders. Attacking players have the ball and pass it around to each other trying to keep it away from the defenders. If a defender intercepts the ball, the intercepted passer becomes the defender.

### Variations

- How many times can the group pass without it being intercepted?
- The ball is given to the defender if it touches the ground or goes outside the area.
- The players are only allowed to hold the ball for three seconds.
- The defender is able to tag ball carriers to change roles.
- No passes over head height.

### Space

20 x 30 or smaller depending on age, ability and number of players

### Equipment

Tag belts, two balls

### People

Two groups of three attackers, two defenders

### Switch on...

#### Thinking

- Recognise the space to run into.
- Work out where the best place is for defenders to get the ball carrier.

#### Physically

- Measure the strength of the pass to ensure it can be caught.
- Use evasion skills learnt previously.

#### Socially

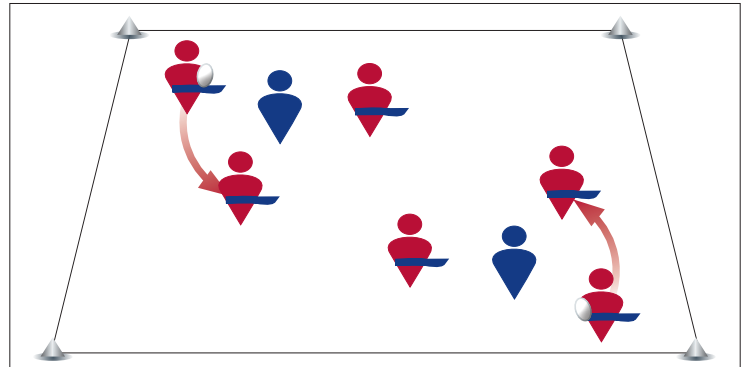
- Communicate with your defensive partner to close down space.

### Session Order

1. Switch On: Team Tag
2. Move It: Pick Up and Pass
3. Game Time: Breakout Tag
4. Ruckley Challenge 3: Zig-Zag Run

### Students can achieve these stickers...

1. I am disciplined
2. I can run in all directions
3. I know how to use the space around me



### Questions

**Q:** What skills are you using in this game?

**Q:** What are the ways to catch the ball carriers? And what are the positive and negative points of each?

**A:** 1. Individually (this is ok early on as there are so many ball carriers, but may be limited later as faster attacker is likely to beat slow defender). 2. As a group (maybe limited early on concentrating on one player as it may slow down the time, however when there are fewer players it might be better to work together). 3. Splitting into two teams (again might be disadvantageous early on, but will help slower players to 'trap' faster players).

**Q:** Where is the best place for the defenders to get the ball carriers?

**A:** At the corners as these limit the direction in which they can go.

# MOVE IT! PICK UP AND PASS



## Task

- All of the balls should be on the floor.
- In pairs players run around dodging in and out of the balls.
- On the whistle the first player picks the nearest ball up, runs three steps and passes to partner.
- Partner runs three steps and places the ball on the floor.
- Once all balls have been placed on the floor blow the whistle again and repeat.
- Ensure both players have a chance to pick up and pass.

## Equipment

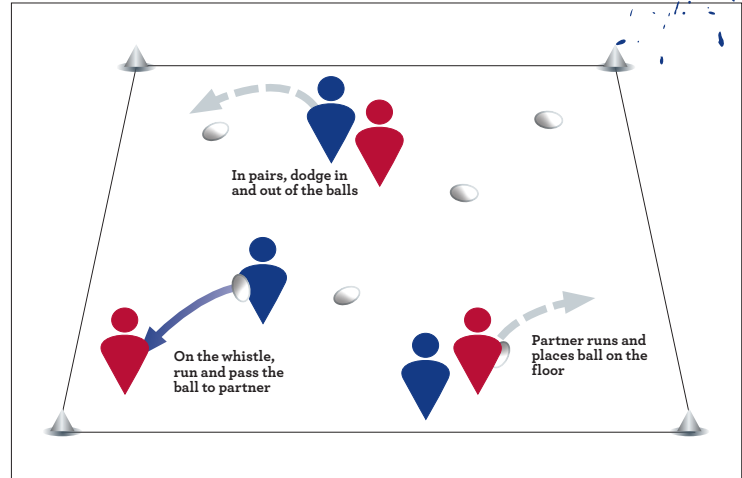
Six rugby balls, balls of different shapes and sizes, 20 throw down markers, four cones

## Space

15 x 30 (or a space big enough for the whole group if necessary)

## People

Whole group



## Movement tips

### Picking the ball up

- Move quickly to arrive at the side of the ball.
- Put one foot next to the ball and lean forwards bending at the waist.
- Scoop ball with one hand behind and underneath and the other at the front, or if ball is pointing forwards place the hands at either side of the ball.

### Passing

- Thumbs point upwards.
- Ball is prepared for the pass in the centre of the body.
- Trunk and shoulders rotate towards throwing side.
- Sideward and forwards shift of body weight.
- Opposite leg strikes ground to throwing side.

# GAME TIME: BREAKOUT TAG



## Task

- Two pairs of attackers with a ball per pair, stand in the middle square.
- Four defenders stand in the outer square.
- Attackers can move around the inner square passing the ball to each other to find a space to attack.
- When the teacher shouts 'BREAKOUT' the attackers run out of the inner square and aim to score over the outer square line.
- Defenders try to tag the ball carriers; if they are tagged the ball carrier can pass to his partner who can then try to score a try.
- Regularly swap the defenders and attackers over.

## Equipment

One tag belt per player, eight bibs, four rugby balls, 50 cones (pitch marking)

## Space

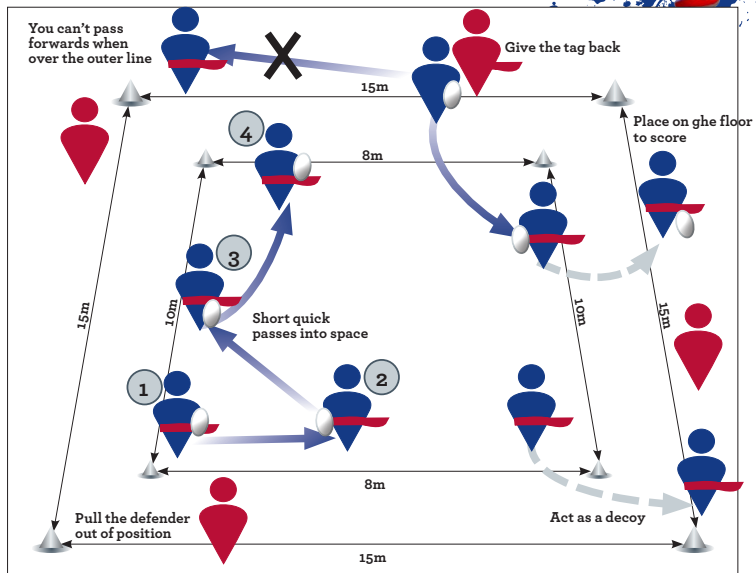
Min 15 x 15

## People

Four attackers (in two pairs) and four defenders

## Rules

- This is a non-contact game.
- Attackers leave the inner square only when the teacher shouts 'BREAKOUT'.
- If tagged, the ball carrier must pass backwards.
- Once tagged, the ball carrier must pass within three steps or three seconds.
- The tagger must hand the tag back to the attacker before resuming play.



## Questions

- Q:** What is the attacking team looking for before choosing to breakout?
- A:** Space, slow defenders, defenders out of position or line.
- Q:** What is the advantage of moving the ball quickly within the inner square?
- A:** Defenders have less time to prepare.
- Q:** As a defender, what can you do to help stop the attackers?
- A:** Anticipate the direction of attack and pressurise the ball carrier once they enter your area.

# RUCKLEY CHALLENGE 3: ZIGZAG RUN

**Run in a zig-zag pattern and touch each cone or spot with the closest hand.**

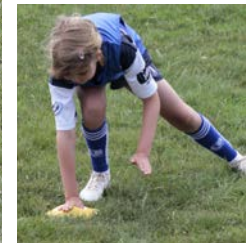
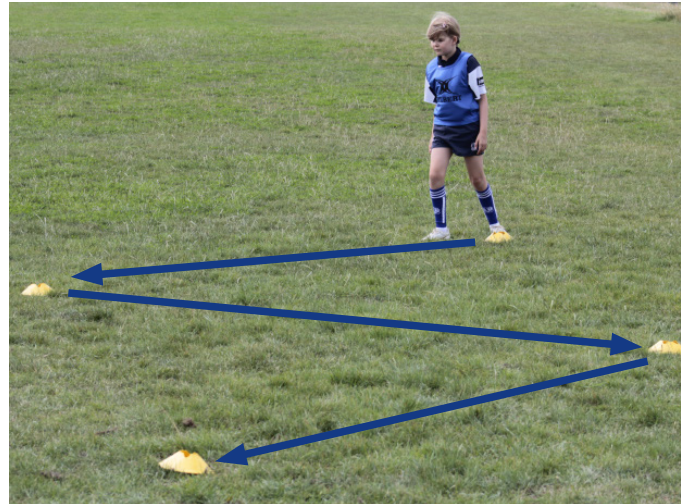
**How do we do it?**

1. Bend knees
2. Touch spot with the closest hand
3. Push off with your foot to change direction
4. Sprint in an upright body position

**How does this help in rugby?**

1. Locomotion
2. Stability
3. Changing direction

**If they can do this; they'll be better at this...**



**Running**



**Changing direction**





# KIDS FIRST

## SESSION 4

# SWITCH ON: SCARECROW TAG

### Task

- Whole group, one defender to every four attackers; defenders to wear bibs
- Ball carriers run around trying to avoid being tagged; when they are tagged, tagger returns tag, they must stand with arms out to their sides like scarecrows
- They are released when another attacker runs under their arms.

### Tag Rules

Defender must return the Tag to the tagged player before resuming play.

### Space

20 x 30 or smaller depending on age, ability and number of players

### Equipment

Tag belts, bibs, cones

### People

Whole group

### Switch on...

#### Thinking

- How will you 'free' your other teammates while avoiding being caught?
- Anticipate what might happen next.

#### Physically

- Use zig-zag skills to avoid being caught.

#### Socially

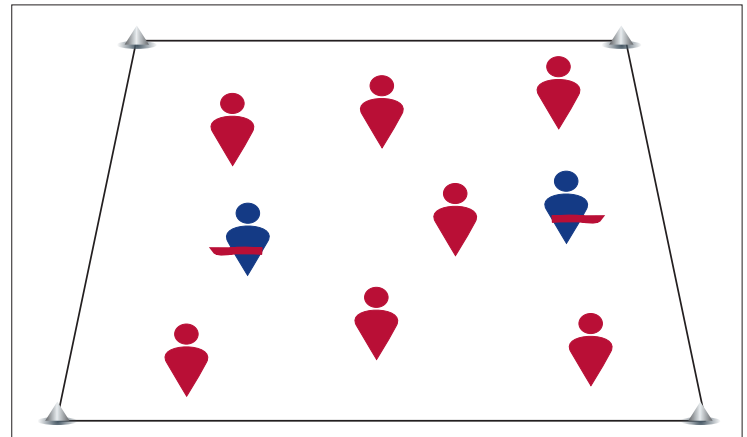
- Plan a team strategy prior to the activity, share your ideas and listen to others.

### Session Order

1. Switch On: Scarecrow Tag
2. Move It: Diamonds are forever
3. Game Time: Numbers Tag
4. Ruckley Challenge 4: Side Gallop

### Students can achieve these stickers...

1. I encourage others when I am playing
2. I am becoming more confident
3. I can side step



### Questions:

**Q:** When you are avoiding being tagged, what are you looking for?

**A:** Defenders, own teammates who have been caught.

**Q:** What are you looking for as a defender?

**A:** Ball carriers who haven't been caught.

**Q:** What else might you look for? How can you try and catch them all?

**A:** Where are the players who have been caught - possibly assign two or three as catchers and the others as guards of the ones who have been caught.



# MOVE IT! DIAMONDS ARE FOREVER



## Task

In diagram one emphasise good catching technique using the movement tips as teams take it in turns to attack the opponents line. In diagram two teams take it in turns to form a diamond and attempt to score a try against the other team of defenders. Normal tag rugby rules apply - set diamond after every tackle and rotate roles. In this task the ball carrier has two options either side or behind. Player B can support either side.

## Equipment

One rugby ball per group, one tag belt per player, four cones

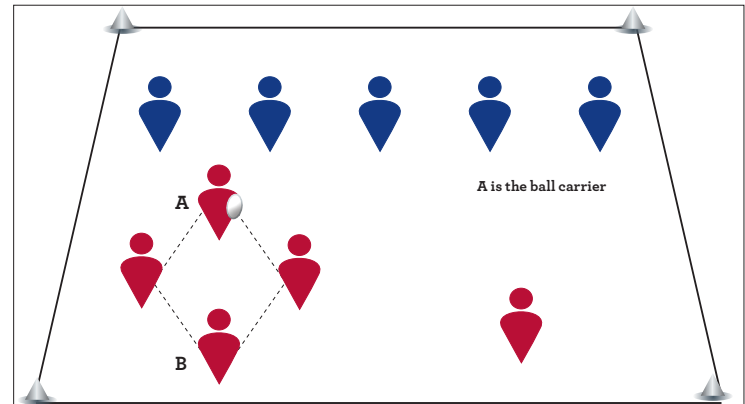
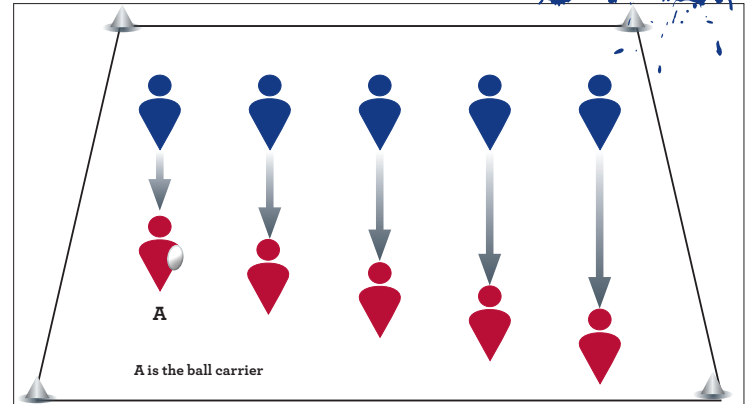
## Space

## People

10m grid, or smaller or larger depending on age, ability and number of players 5 v 5

## Movement tips: Catching the ball

- Eyes follow ball into hands.
- Arms relaxed at side, forearms extended forwards.
- Arms adjust to flight of ball and give on contact.
- Thumbs in opposition to each other.
- Both hands, using fingers, grasp at same time.
- Anticipates the speed and movement of the ball in relation to themselves.



# GAME TIME: NUMBERS TAG



## Task

- Rules as for Tag but the defensive team lose defenders when number is called by the teacher and the defender with that number kneels and so is out of the game.
- Aim of the game is for the attacking team to spot space the kneeling defender creates or the space left by teammates covering for that defender.
- If the attacking team make an error in the act of scoring and the ball is gained by the defending team, all kneeling players are automatically returned to the game.
- Teachers can vary the frequency and timing of when they call the defending players to kneel in order to suit the ability of the group.
- The desired outcome is that the attacking team is faced with fewer defenders and therefore gives them more time and space to score a try.

## Equipment

One tag belt per player, eight bibs, four rugby balls, 50 cones (pitch marking)

## Space

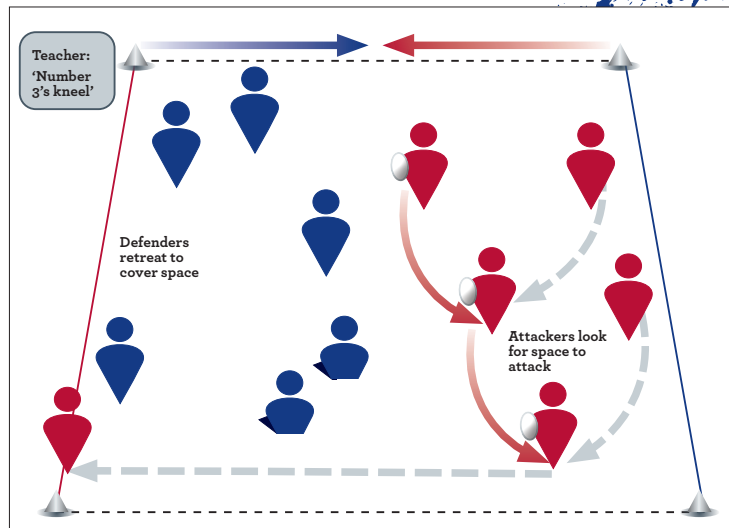
Min 15 x 15

## People

Min 4 v 4 / Max 6 v 6

## Rules

- Same rules as Tag.
- Members of both teams are given a number one, two or three.
- As the attacking team plays, the teacher calls out a number, all players in the defending team of that number are to place one knee on the floor and are out of the game until the ball is turned over or the teacher shouts 'up' – at this point they can re-join the game.



## Questions

**Q:** What are you looking for as the ball carrier?

**A:** Where there is space and where the defender is inactive.

**Q:** What can the support players do without the ball?

**A:** Scan and communicate the space options to ball carrier.

**Q:** What do you need to do when the player next to you is asked to kneel?

**A:** Fill the space so defensive line is intact.

# RUCKLEY CHALLENGE 4: SIDE GALLOP

**Gallop from one cone to another sideways.**

**How do we do it?**

1. Eyes facing forward
2. Weight on the balls of your feet
3. Travel in a straight line
4. Arms move in time with legs

**How does this help in rugby?**

1. Locomotion
2. Changing Direction

**If they can do this; they'll be better at this...**





# KIDS FIRST

## SESSION 5

# SWITCH ON: HARE AND HOUNDS

### Session Order

1. Switch On: Hare and Hounds
2. Move It: Kick Darts
3. Game Time: Kick Tag
4. Ruckley Challenge 5: Ball Control

### Students can achieve these stickers...

1. I encourage others when I am playing
2. I can stop under control
3. I know how to use the space around me

### Task

- In pairs, number players one and two.
- Number one has a ball.
- When the teacher shouts 'GO' number one runs away, dodging in and out of other players.
- When the teacher shouts 'CHASE' number two tries to catch and tag their partner
- Swap roles each time.

### Tag rules

Defender must return the Tag to the tagged player before resuming play.

### Space

20 x 30 or smaller depending on age, ability and number of players.

### Equipment

Tag belts, ball each, bibs, cones

### People

Whole group

### Switch on...

#### Thinking

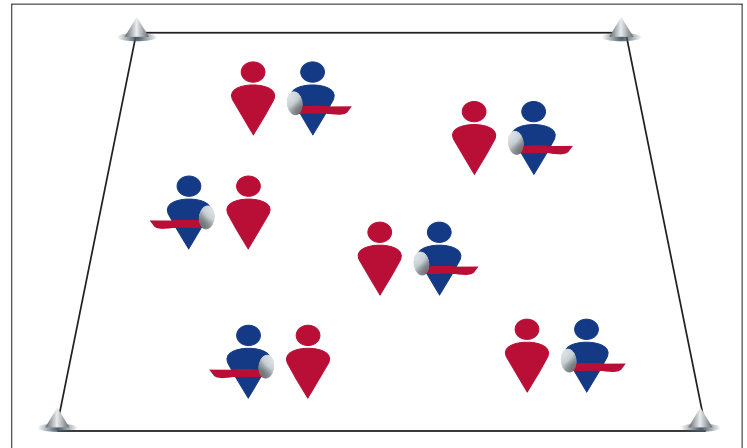
- Anticipate space that the ball carrier might use.
- When will the skills being used here be useful in the game of rugby?

#### Physically

- When running with the ball, use carrying skills.
- Use zig-zag skills to avoid being caught.

#### Socially

- Respect the other player by not moving before the call of 'GO'.



### Questions

**Q:** What skills does the ball carrier use to get away from the chaser? (evasion)

**Q:** What types of evasion skills are used?

**A:** Change of direction, change of pace, footwork using feints (make it seem you are going one way, then accelerate the other way – sidestep)

**Q:** What skills do you use as the chaser?

**A:** Anticipation. Look at feet, head where other players are, space, try to guess movements and observe.

# MOVE IT! KICK DARTS



## Task

Players to have five attempts each at spot kicking for accuracy into the squares: One point for the metre square and two points for the two metre square. Score from where the ball lands, not finishes.

## Equipment

Five rugby balls, cones

## Space

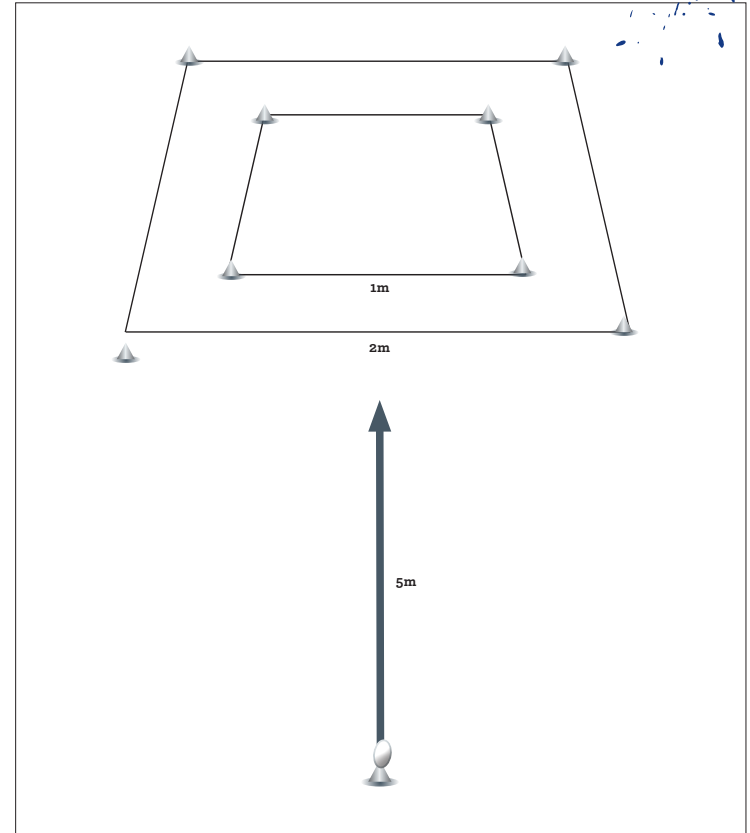
- Enough 10 x 5m channels for group.
- Kicking spot can be moved forwards or backwards and the size of the target squares can be increased or decreased to change difficulty.

## People

Groups of four: one kicker and three retrievers.

## Movement tips: Kicking from the spot

- Approach to the ball is either a run or a leap.
- Arms swing in opposition to each other during kick.
- Trunk bends at waist during follow-through.
- Force from kicking leg is generated from the hip.
- Follow through is high. Standing foot rises to toes.



# GAME TIME: KICK TAG



## Task

- Rules as for End Ball but now players are permitted to run with the ball.
- All passing is to be achieved by kicking to a teammate.
- The aim of the game is for the team in possession to ground the ball on or over the opposition try line.
- A try is scored by a pass being made to a player who is stood at the opposition's try line or who runs over the opposition's try line without being tagged and grounds the ball.
- The game starts with a free kick pass from the centre.
- All kick passes must be caught. If they are dropped, go out of play or are touched by a defender then the ball is given to the defending team, who now become the attackers.

## Equipment

One tag belt per player, eight bibs, one rugby ball per group, 50 cones (pitch marking)

## Space

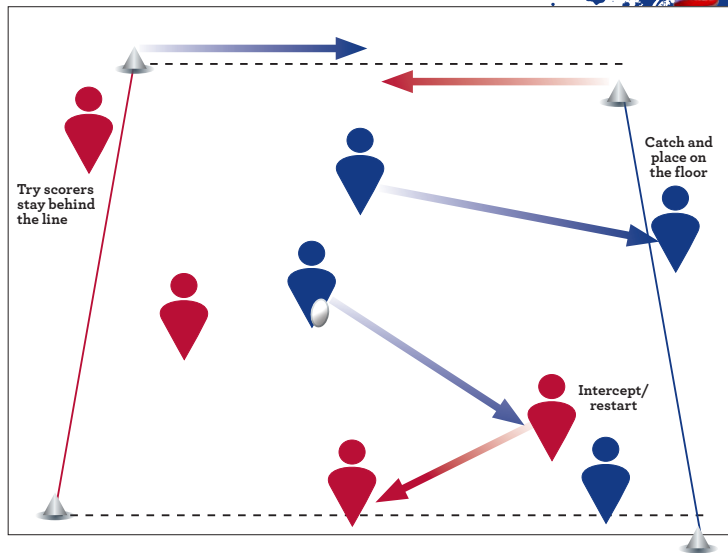
Min 10 x 10

## People

4 v 4

## Rules

- This is a non-contact game.
- A player can run with the ball until tagged.
- Only the ball carrier can be tagged.
- Once tagged the ball carrier must kick pass the ball within three steps or three seconds.
- The tagging player can only tag one player at a time and must hand the tag back to the attacker before resuming play.
- Once tagged the tag must be reattached to the belt before rejoining the game.
- The ball may be kick passed in any direction.
- The ball may not touch the ground in the playing area.
- The ball may not leave the playing area.
- If the ball goes out of play, touches the floor or contact is made the game restarts with a free kick pass to the non-offending team.



## Questions

- Q:** What are you looking for as the ball carrier?
- A:** Where there is space and where the defender is inactive.
- Q:** What can the support players do without the ball?
- A:** Scan and communicate the space options to ball carrier.



# RUCKLEY CHALLENGE 5: BALL CONTROL

**Dribble a ball between a line of cones.**

**How do we do it?**

1. Move in and out of the cones
2. Push the ball away from the cones with the outside of your foot
3. Move it back across with the inside of your foot
4. Head still, eyes looking forward
5. Body upright

**How does this help you in rugby?**

1. Object control
2. Stability
3. Kicking

**If you can do this; you'll be better at this...**





# KIDS FIRST

## SESSION 6

# SWITCH ON: RUCKLEY TAG

### Task

One person is allocated as the chaser. Players use the set area. When a player is tagged by the chaser, s/he joins the chase. Chasers are identified by either removing their tag belts OR by placing their ball out of the set area (therefore, not being in possession of the ball). Players also join the chasers if they go outside of the set area.

### Rules

- Tagger must return the tag to the tagged player before resuming play.
- The ball carrier can run and dodge potential taggers but cannot fend them off using their hands or the ball and cannot guard or shield their tags in any way.
- Similarly, the ball carrier or a potential tagger must not deliberately make contact with an opponent. If such contact is made, the game must be stopped, the offender spoken to, and reminded of the non contact rules of tag; the ball must not be pulled from the ball carrier's grasp.

### Space

20 v 30

### Equipment

Tag belt each, ball each for non-chasers

### People

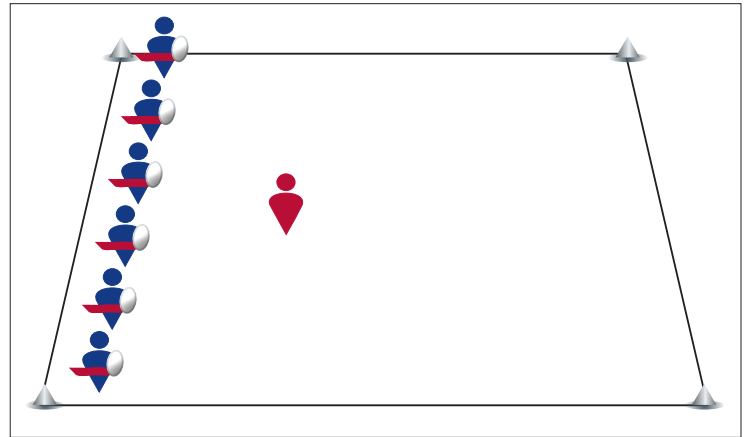
Whole group

### Session Order

1. Switch on: Ruckley Tag
2. Move It: Jump to it
3. Game Time: Tag Rugby
4. Ruckley Challenge 6: Horizontal Jump

### Students can achieve these stickers...

1. I can run in all directions
2. I make good decisions in group work
3. I can catch



### Questions

- Q:** How did the players avoid being caught?
- Q:** Once the numbers of chasers increased, did they work together on their own? What might be the best and why?
- Q:** How did the players carry the ball (if appropriate)? What is the advantage of carrying the ball under one arm?
- A:** Speed.
- Q:** What is the possible advantage of carrying the ball in two hands?
- A:** Prevents fend off, balance, increases options (explored further in later activities).

# MOVE IT! JUMP TO IT



## Task

In pairs, children are to design their own jumping course using a range of equipment. Use a range of jumping: for height, for distance, over hurdles. Challenge your partner on your course and then swap. Offer advice on how they can improve. On the second go, introduce a ball to increase the difficulty.

## Equipment

Five rugby balls, cones, canes

## Space

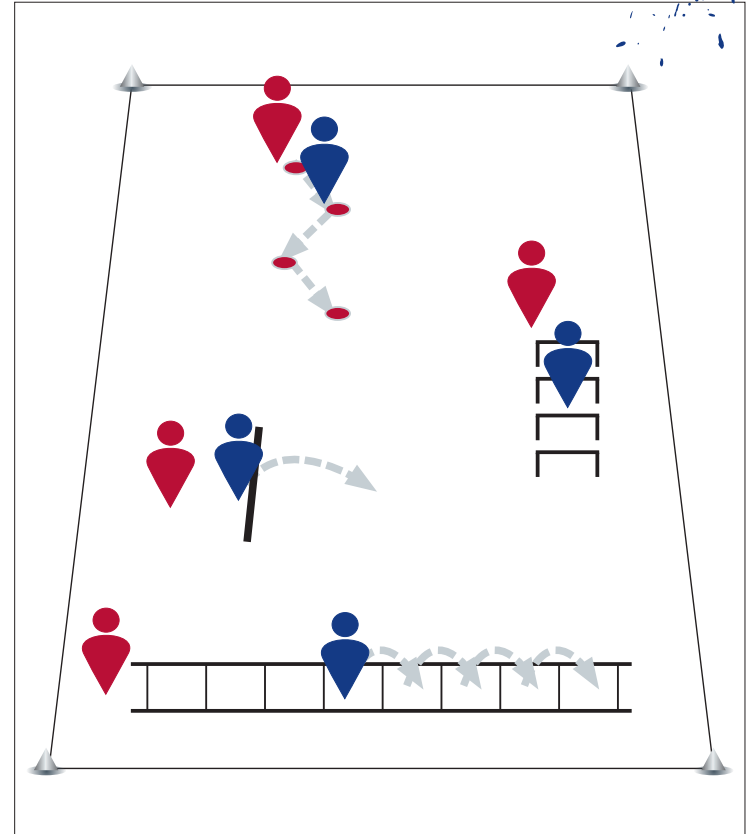
20 x 20m

## People

Pairs

## Movement tips: Jumping vertically

- Arms move high and rear in preparation.
- Deep and stable crouch position.
- During takeoff, arms swing forward with force and reach high.
- Complete extension of ankles, knees and hips at takeoff.
- Body weight forward at landing.



# GAME TIME: TAG RUGBY

## Task

- Players are allowed to run in any direction (although you should encourage them to run forwards according to the Principles of Play). Introduce rules gradually and build on them (all the full Tag Rugby rules introduced so far in other games also apply here).
- Ball carrier can only pass backwards.
- If the ball carrier passes forward it is a free pass to the opposition.
- If the ball is knocked forward to the ground or a player of the same team (knock-on) a free pass should be awarded to the opposition.
- From all free passes the defenders must be seven metres back.
- To score, the ball carrier must place the ball over the opposition try line (no diving).
- If the ball carrier is tagged within one metre of the try line, they can go to score.
- Tagged players must either pass by stopping and passing within three seconds, or by running and passing within three steps.
- After each score, the team who has conceded the try takes a free pass from the centre.
- No free passes can be taken within seven metres of the try line.

## Progression

- Introduce the offside rule.
- When the ball carrier has been tagged, the defending players cannot prevent the pass by blocking it or by obstructing/blocking an intended receiver.
- When the ball carrier is tagged, the ball becomes the offside line. This means that all defending players must attempt to get in front of the ball until it is passed. If they are unable to do this, they must not interfere with play, until the ball has been passed. If they break this rule, a free pass should be awarded to the attacking team.
- A dropped pass results in a free pass to the opposition.
- After five tags, possession is awarded to the opposition (the number of tags can be higher or lower, depending on the ability of the players).

## Space

Min 30 x 20, or smaller depending on age and ability of players

## Equipment

One tag belt per player- two teams, bibs, two rugby balls, 50 cones (pitch marking)

## People

Min 4 v 4 / Max 6 v 6

## Refereeing Tips

- Remind the players (and yourself) that the game is about fun.
- Explain decisions briefly (this will become briefer as you and the players become more familiar with them).
- Don't be too strict with the players at first. But as they get used to the activity apply the rules more strictly and explain why you have done this.
- Call 'pass' after each tag.
- Be seen to be fair.
- Be vocal but do not shout at players. Say please and thank you, e.g. 'defending team seven metres pack please'. Respect for the players will engender respect for the game and for you as the referee.
- Get in line with the pass (be unobtrusive).
- Praise players.

## Questions

**Q:** What happens if the attacking team keep the ball for a number of tags?

**A:** The more tags the defending team takes, the more players are out of the game; therefore, putting them under pressure.

**Q:** What is the best shape for the defensive line to be in?

**A:** A straight line.

**Q:** How does passing the ball before the tag affect your involvement?

**A:** The longer you have two tags on the belt the more involvement you have.

# RUCKLEY CHALLENGE 6: HORIZONTAL JUMP

**Jump forwards as far as you can.**

## How do we do it?

1. Stand with knees bent, feet shoulder width apart
2. Extend arms quickly forward and above your head
3. Bend knees, drive up and forward, landing on both feet
4. Arms come downward as you land



## How does this help in rugby?

1. Stability
2. Locomotion

**If you can do this; you'll be better at this...**





# KIDS FIRST

## SESSION 7

# SWITCH ON: ROB THE NEST

### Task

The players work in pairs. Starting at the cones on the corner of the big square they take it in turns to run and 'rob' a ball from the nest in the middle - marked out by a smaller square (cones can be used instead of balls in the nest). They then run to bring the ball back to their corner, placing it on the floor to score a try. After scoring their try they tag their partner on the hand and the partner repeats. Once all balls are gone from the nest players can 'rob' balls from other nests. The winner is the team that has the most balls in their nest after one minute.

### Ideas for Progression

Put tag belts on the players. If they are running back to their nest with a ball in their hand and are tagged by an opponent they have to hand the ball over to him/her. This helps to develop evasion and decision making skills. Add a different coloured ball called the "Golden Egg". Whoever has that ball at the end of the activity is the winner regardless of their total number of balls stolen.

### Space

Depends on age of players.  
U7s - 10m by 10m diamond  
and 8 players max.

### Equipment

Eight balls (or cones) and 12  
cones.

### People

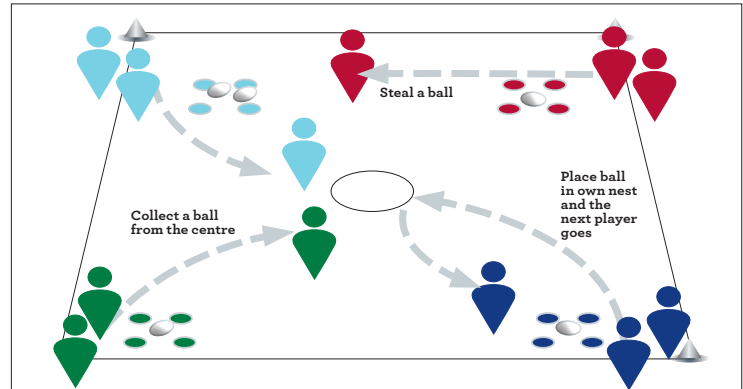
4 v 4 maximum

### Session Order

1. Switch On: Rob the Nest
2. Move It: Crazy Tracks
3. Game Time: Bonus Tag
4. Ruckley Challenge 7: Run - Throw - Catch

### Students can achieve these stickers...

1. I enjoy playing rugby
2. I can stop under control
3. I can run forward with the ball with purpose



### Questions

**Q:** How do you decide which nests to rob?

**A:** Whichever nest has the most balls.

**Q:** How can you work as a team?

**A:** Talk to each other to help spot the best nest to rob.

**Q:** How can you avoid being tagged by another player?

**A:** By looking as I run and dodging opponents.

**Q:** What is this activity good for developing?

**A:** Picking up the ball, dodging, try scoring, making decisions on which nest to rob.

**Q:** What can we do to show good sportsmanship?

**A:** Playing by the rules and not trying to cheat by taking more than one ball.



# MOVE IT! CRAZY TRACKS



## Task

Individually, ask children to dribble the ball around the crazy track using their hands with the ball remaining on the floor. Ask them to consider where the best place to keep the ball is during dribbling and also what the best speed is for doing the exercise. Introduce paired activity and then timed, if appropriate.

## Equipment

One ball each, lots of cones

## Space

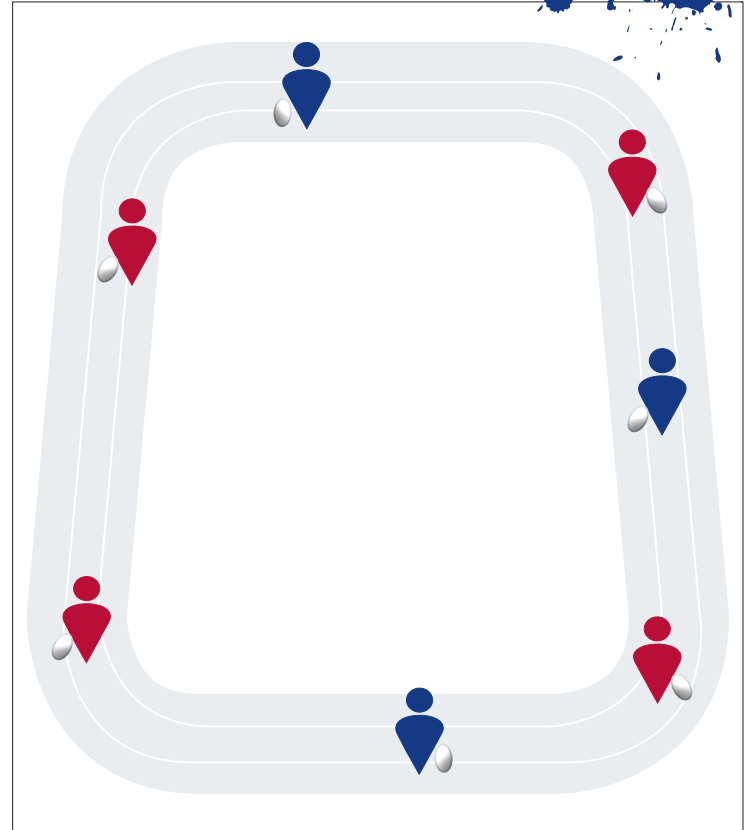
20 x 20m

## People

Whole group, individual and then pairs.

## Movement tips

- Stay low, with bent knees and light on toes.
- Keep ball in front of your feet, but closer to you when you need more control.
- When working with a partner, anticipate where the ball needs to be in front of them when passing.
- Run slowly when more control of the ball is needed and accelerate when there is more space.



# GAME TIME: BONUS TAG



## Task

- Bonus Point Tag allows the teacher to reward players for carrying out a specific skill or technique.
- Before the game starts the teacher should highlight a particular skill they would like to see. The skill can be aimed to allow players of all abilities to have an influence on the game. For example, less able players get one point for just running forward with the ball or the more gifted player to be rewarded for producing a long distance pass that is caught.
- The beauty of this game is that the teacher can change the skill regularly to either challenge players or to discover if prior learning has taken place.
- These scores accumulate throughout the game until one team reaches 30 points and a new skill or challenge is then introduced.
- A try is worth one point, yet if the team makes more than 10 passes before making a mistake that is also rewarded with a point.
- Other examples where points could be awarded:
  1. Number of passes
  2. Number of tags
  3. Number of players beaten before tag.

## Equipment

One tag belt per player, bibs, four rugby balls, 50 cones (pitch marking)

## Space

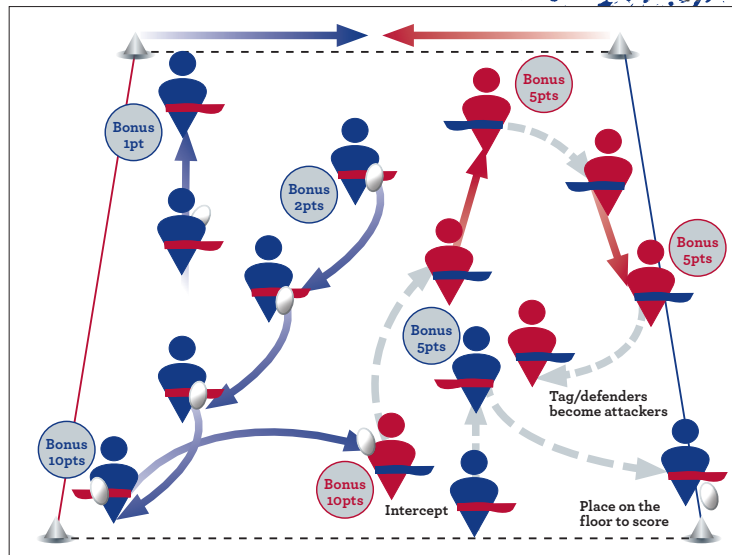
Min 30 x 20, or smaller depending on age and ability of players

## People

Small sided games of 4 v 4

## Rules

The rules are as for Tag but to encourage good technique and habits, rules and or tactic bonus points can be added. See Tag rules support page.



## Questions

Teacher to question if players have understood the tactical or technical intervention of the teacher, for example:

**Q:** Why did I ask you to make four passes?

**A:** Moving the ball before being tagged keeps me in the game.

# RUCKLEY CHALLENGE 7: RUN - THROW - CATCH

**Run in a straight line throwing the ball up and catching it.**

**How do we do it?**

1. Ball in two hands
2. Throw it up in front of you, about head height
3. Thumbs together, fingers pointing up to catch it
4. Repeat until you reach the cone

**How does this help you in rugby?**

1. Object control
2. Catching
3. Passing

**If you can do this; you'll be better at this...**



**Try scoring**



**Tagging**





# KIDS FIRST

## SESSION 8

# SWITCH ON: MISMATCH TAG

### Session Order

1. Switch On: Mismatch Tag
2. Move It: Match and Challenge
3. Game Time: Tag Rugby
4. Ruckley Challenge 8: Travel and Bounce

### Students can achieve these stickers...

1. I can take the lead in a group
2. I am becoming more confident
3. I can side step

### Task

- Same rules as Tag Rugby.
- Two teams.
- One or two players identified from each team (different bibs or no bibs if the other players are wearing them).
- When those players are defending they can only walk.
- All other tag rules apply.
- Coach rotates the players who can walk.

### Space

20 x 30 or smaller depending on age, ability and number of players

### Equipment

One rugby ball per game

### People

4 v 4

### Switch on...

#### Thinking

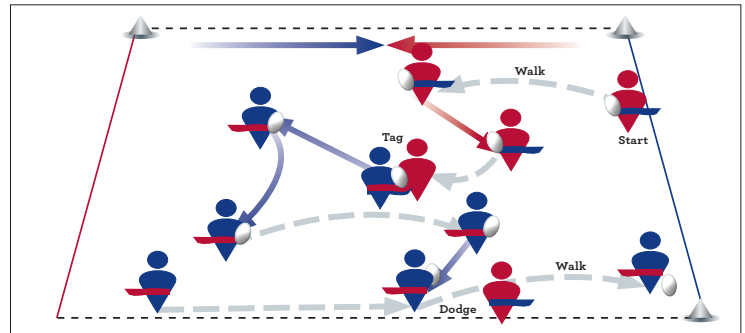
Control the attack by positioning yourself effectively to penetrate the defence when receiving the ball.

#### Physically

Use different speeds to respond to the positioning of the mismatched players.

#### Socially

Support mismatched players by covering the space around them and discussing where they feel they should go to maximise their efforts.



### Questions:

**Q:** What is the ball carrier looking for?

**A:** Space, weak defenders and support.

**Q:** What are the support players looking for?

**A:** The same.

**Q:** Where is the best place for the defence to deploy their slower players and why?

**A:** Maybe in the middle and defend close to them, which will allow faster players to cover the outside. Therefore, forcing the attackers to try and play wide, which will make them pass and perhaps make mistakes.

**Q:** Now the attackers are aware of this, what will they do?

**A:** Attack space between fast and slow defenders to take both out of the game; attack the outside space of fast defenders – if they tag they will be out of the game, leaving space on the outside of the slow defender.

# MOVE IT! MATCH AND CHALLENGE



## Task

- In pairs, with one child facing the other on opposite lines. One child takes the lead in balancing in as many different ways as they can and the other player has to mirror them. Swap roles and ask them to make it harder and then introduce a ball for each player.
- Keep one ball between two and challenge one player to roll the ball through the other player's marked area.

## Equipment

One rugby ball each, cones to mark lines, cones to mark area for each pair

## Space

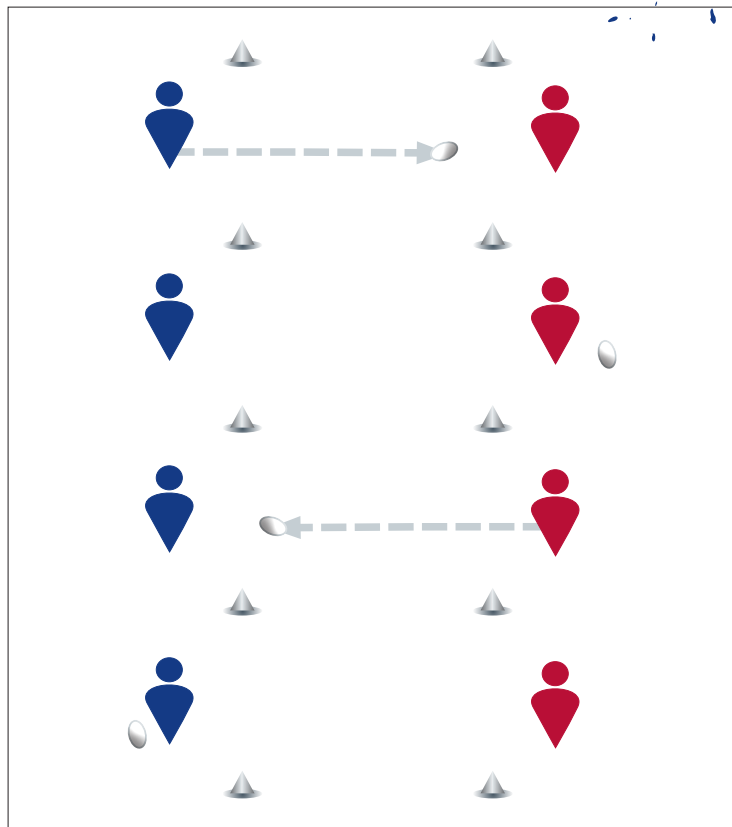
Two-three metres channel with two-three metres of line per pair

## People

Pairs

## Movement tips

- Flex muscles to provide more support in the balance.
- Use arms to counterbalance.
- Only correct the amount needed to regain balance; overcorrecting will cause you to overbalance in the other direction.



# GAME TIME: TAG RUGBY

## Task

- Players are allowed to run in any direction (although you should encourage them to run forwards according to the Principles of Play). Introduce rules gradually and build on them (all the full Tag Rugby rules introduced so far in other games also apply here).
- Ball carrier can only pass backwards.
- If the ball carrier passes forward it is a free pass to the opposition.
- If the ball is knocked forward to the ground or a player of the same team (knock-on) a free pass should be awarded to the opposition.
- From all free passes the defenders must be seven metres back.
- To score, the ball carrier must place the ball over the opposition try line (no diving).
- If the ball carrier is tagged within one metre of the try line, they can go to score.
- Tagged players must either pass by stopping and passing within three seconds, or by running and passing within three steps.
- After each score, the team who has conceded the try takes a free pass from the centre.
- No free passes can be taken within seven metres of the try line.

## Progression

- Introduce the offside rule.
- When the ball carrier has been tagged, the defending players cannot prevent the pass by blocking it or by obstructing/blocking an intended receiver.
- When the ball carrier is tagged, the ball becomes the offside line. This means that all defending players must attempt to get in front of the ball until it is passed. If they are unable to do this, they must not interfere with play, until the ball has been passed. If they break this rule, a free pass should be awarded to the attacking team.
- A dropped pass results in a free pass to the opposition.
- After five tags, possession is awarded to the opposition (the number of tags can be higher or lower, depending on the ability of the players).

## Space

Min 30 x 20, or smaller depending on age and ability of players

## Equipment

One tag belt per player- two teams, bibs, two rugby balls, 50 cones (pitch marking)

## People

Min 4 v 4 / Max 6 v 6

## Refereeing Tips

- Remind the players (and yourself) that the game is about fun.
- Explain decisions briefly (this will become briefer as you and the players become more familiar with them).
- Don't be too strict with the players at first. But as they get used to the activity apply the rules more strictly and explain why you have done this.
- Call 'pass' after each tag.
- Be seen to be fair.
- Be vocal but do not shout at players. Say please and thank you, e.g. 'defending team seven metres pack please'. Respect for the players will engender respect for the game and for you as the referee.
- Get in line with the pass (be unobtrusive).
- Praise players.

## Questions

**Q:** What happens if the attacking team keep the ball for a number of tags?

**A:** The more tags the defending team takes, the more players are out of the game; therefore, putting them under pressure.

**Q:** What is the best shape for the defensive line to be in?

**A:** A straight line.

**Q:** How does passing the ball before the tag affect your involvement?

**A:** The longer you have two tags on the belt the more involvement you have.



# RUCKLEY CHALLENGE 8: TRAVEL AND BOUNCE

**Bounce the ball jogging in a straight line**

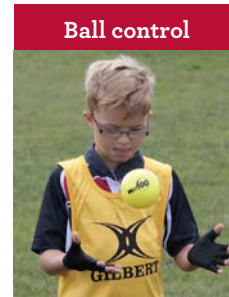
**How do we do it?**

1. Contact ball with one hand (use two hands if you need to)
2. Push ball - don't slap it
3. Ball should bounce in front of your foot
4. Head still, facing forward

**How does this help in rugby?**

1. Object control
2. Locomotion
3. Catching

**If you can do this; you'll be better at this...**





Rugby Football Union. The England rose is an official registered trademark of the Rugby Football Union.