

**INTRODUCTION TO**

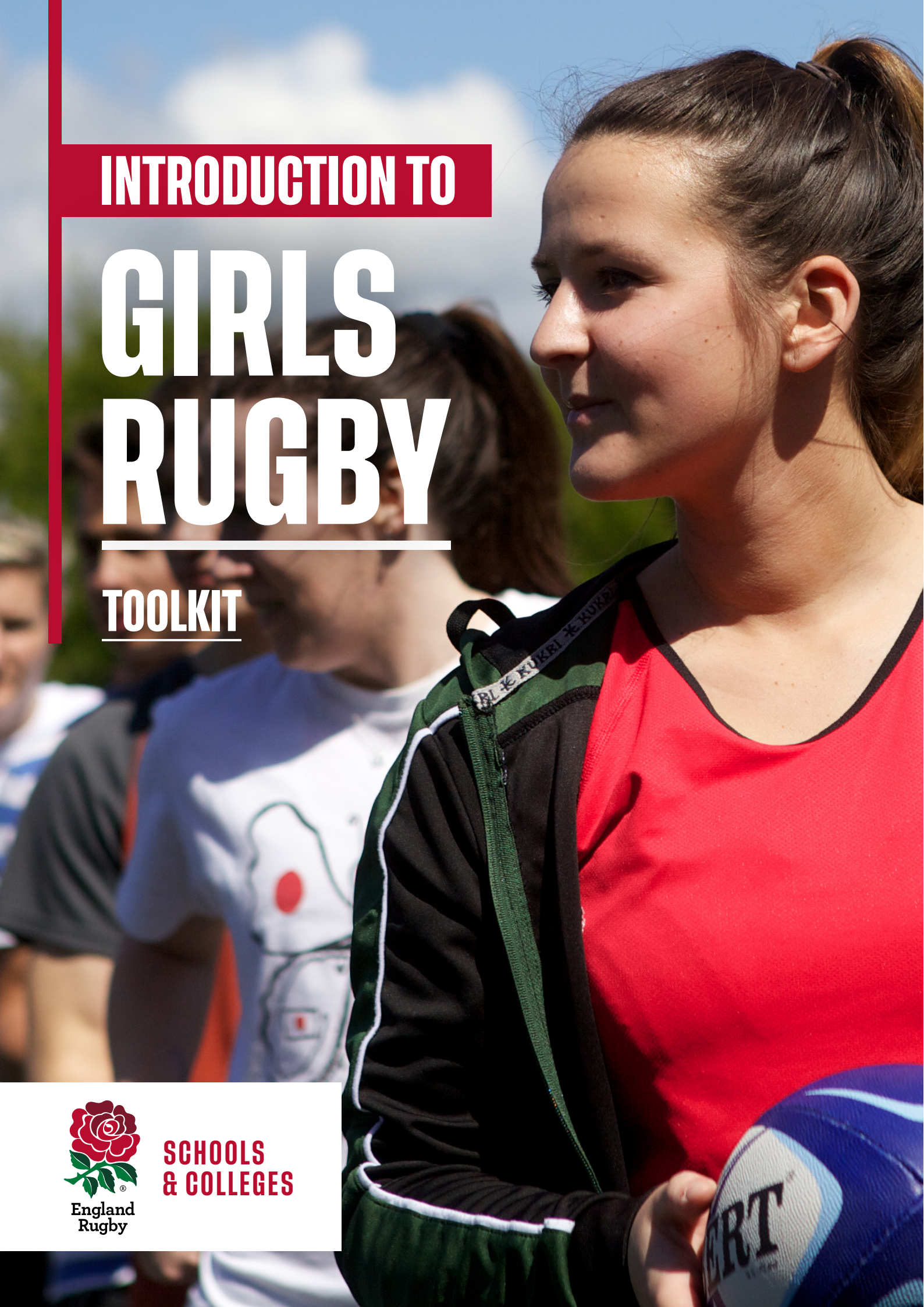
# **GIRLS RUGBY**

**TOOLKIT**



England  
Rugby

**SCHOOLS  
& COLLEGES**



# PLAYER FIRST APPROACH

This toolkit has been produced to support teenage girls participating in Rugby across education, this resource will provide guidance on:

- Social Integration
- Injury prevention
- Session Design
- 6 week session plan

We want coaches and teachers to be confident in introducing rugby across their establishment, be confident in knowing this is the RFUs recommended approach in support teenage girls to transition from Touch Union to contact rugby.

Women in Sport identified **8 principles of success** in their research around reframing sport for teenage girls. Importance is placed on gradual reintroduction of competition and the highlighting of learning and sense of pride felt by playing games and learning new skills in a safe environment.

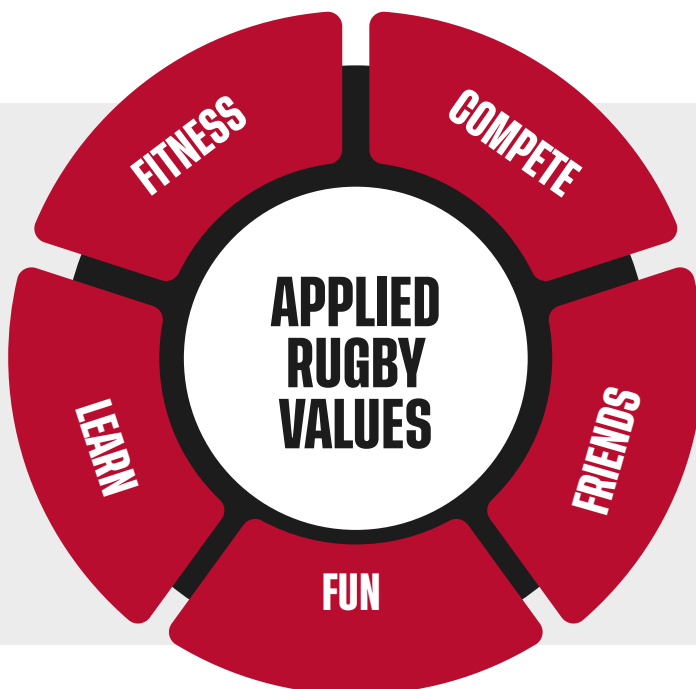
<b>1</b>	 <b>NO JUDGMENT</b> Take pressure off performance and give freedom simply to play.	<b>5</b>	 <b>BUILD INTO EXISTING HABITS</b> Tap into existing behaviours in other spheres.
<b>2</b>	 <b>VOKE EXCITEMENT</b> Bring a sense of adventure and discovery.	<b>6</b>	 <b>GIVE GIRLS A VOICE &amp; CHOICE</b> Allow girls choice and control to feel empowered.
<b>3</b>	 <b>CLEAR EMOTIONAL REWARD</b> Reframe achievement as 'moments of pride' not winning.	<b>7</b>	 <b>CHAMPION WHAT'S IN IT FOR THEM</b> Make it much more than just about health.
<b>4</b>	 <b>OPEN EYES TO WHAT'S THERE</b> Redefine sport as more than school sport.	<b>8</b>	 <b>EXPEND IMAGE OF WHAT 'SPORTY' LOOKS LIKE</b> Create truly relatable role models which inspire.

# THE VALUES SYSTEM THAT MOTIVATES PARTICIPATION

Six identified values can influence behaviour; they represent what is important to women in modern life and how they want to spend their time and energy.

**This research is based on women, but provides a framework that will have a similar outcomes for younger female players.**

- Looking good
- Feeling good
- Achieving goals
- Developing skills
- Nurturing friends and family
- Having fun



**We have tested this approach alongside Warrior Camps, and applied the values to rugby in this way:**

- Fitness
- Compete
- Learn
- Friends
- Fun

- **Ask your players to choose one thing that they want to get out of the session.**
- **Review at the end of the session - did you get what you wanted from the session today?**
- **If yes, they are more likely to feel a sense of enjoyment, pride and are more likely to return, and tell others about the positive experience they had.**
- **If no, ask why not and what ideas they have to improve next time.**

# WHAT CAN WE IMPLEMENT FROM THE RESEARCH?

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## CULTURE

- Build in a 'no judgement' approach, allow the freedom to play and re-build confidence
  - Give the girls a voice and the chance to feel empowered to shape the team, squad, activity and experience
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## ACTIVITY

- Incorporate excitement through discovery, question and challenge to enable an achievement
  - Ask the players what they want from the activity, what is their reason for being there? (see Values System)
  - Play games to practice skills which will improve the groups fitness levels
  - Small-sided games will give participants more confidence in gradually increasing involvement
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## SUPPORT

- Encouragement from coaches and peers
  - Talk about achievements as 'moments of pride', of self and others
  - Buddy-Ups may work well for peer to peer support, encourage outside of the rugby club, keep the connection up
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## ENVIRONMENT

- Build time into training for 'down-time', allow chats, free play, connection. Play music, allow the players to choose playlist and have rules on Tunes on/off, who is the DJ for that session?
  - Review sessions together, ask questions
  - Have a comments box where players can anonymously drop in ideas, feedback, wants, needs. These should be reviewed regularly and discussed as a group
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## PREVENTION & PREPARATION

The scientific research into female sports is growing, and the evidence shows that there are increased risks of certain injuries in female compared to male athletes.

One of the major injury concerns in female athletes is the Anterior Cruciate ligament (ACL) injury. Studies have shown females to be 3 x more likely to injure their ACL than males\*

A recent study on young female athletes suggests that neuromuscular training programs, incorporating lower body strength exercises like Nordic hamstrings, lunges and heel-calf raises, with a specific focus on landing stabilisation can reduce the risk for ACL injury. Read the full study [here](#).

**TO FIND OUT MORE ABOUT PHYSICAL PREPARATION IN FEMALE RUGBY YOU CAN READ THIS STUDY GO WRITTEN BY OMAR HEYWARD, (ENGLAND U18 WOMEN S+C)**

## WHAT CAN WE LEARN FROM OTHER SPORTS

**THERE ARE A NUMBER OF SPORTS WHO HAVE IMPLEMENTED INJURY PREVENTION PROGRAMMES THAT HAVE BEEN TESTED ON FEMALE ATHLETES AND PROVEN TO REDUCE THE RISK OF CERTAIN INJURIES, ESPECIALLY THOSE AROUND KNEES AND ANKLES.**

**THEY MAY CONTAIN USEFUL EXERCISES AND INFORMATION FOR COACHES LOOKING TO SUPPORT THEIR FEMALE PLAYERS.**



**NETBALL AUSTRALIA**

**THE KNEE PROGRAM**

Jumping and landing especially relevant to rugby



**FIFA**

**FIFA 11+**

Proven to reduce the risk of injury in female athletes

\*Gornitzky AL, Lott A, Yellin JL, Fabricant PD, Lawrence JT, Ganley. Sport-specific yearly risk and incidence of anterior cruciate ligament tears in high school athletes: a systematic review and meta-analysis. Am J Sports Med. 2016;44(10):2716-272

# ACTIVATE - EXERCISE PROGRAMME

England Rugby have a recommended exercise programme, [ACTIVATE](#), which can be undertaken alongside training or as a stand-alone injury prevention programme.

## RESEARCH FINDINGS

### SCHOOL BOY STUDY

**72%** ↓  
IN OVERALL MATCH INJURIES\*

**59%** ↓  
IN CONCUSSION\*

### ADULT MALE COMMUNITY STUDY

**40%** ↓  
IN LOWER LIMB INJURIES\*

**59%** ↓  
IN CONCUSSION\*

\* When players used the programme 3 times a week.

## WHAT DOES IT DO?

**REDUCE INJURY RISK**  
**SUPPORT REHABILITATION**  
**PREPARE PHYSICALLY**  
**IMPROVE PERFORMANCE**



## WHAT IS IT?

A progressive exercise programme, that focuses on **quality over quantity**.

**6. HIP, KNEE & ANKLE IN-LINE**

**WATCH VIDEO**

ACTIVATE 113-114: PHASE 1 | PART A

**2. WALKING CRUNCH**

**2 SETS** **15 REPS**

**WATCH VIDEO**

- Stabilise two steps then raise one leg
- Opposite elbow and knee touch
- Keep raised leg straight

**ACTIVATES**

- HEAD NEUTRAL
- ENGAGE CORE
- KNEE ABOVE TOES

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**3. PLANT & CUT**

**2 SETS** **15 REPS**

**WATCH VIDEO**

- Run diagonal line
- After 2-3m, plant outmost foot close to body midline, knee bent
- Push off planted foot
- Emphasise plant and cut, control on other foot

**ACTIVATES**

- HEAD NEUTRAL
- CHEST-UP
- HIP, KNEE AND ANKLE IN-LINE
- KNEE ABOVE TOES

ACTIVATE 113-114: EXERCISES | PHASE 1: 113, 114 | PHASE 2: 115, 116 | PHASE 3: 117, 118 | PHASE 4: 119, 120

**THIS CAN BE COMPLETED IN ADDITION TO THE MAXIMUM TRAINING ALLOWED PER WEEK.**

## PLAYER FIRST- SUPPORTING THE INDIVIDUAL





The girls' game is fairly unique in that there are still a large number of players who are brand new to the game age groups. This poses challenges for coaches around differentiating within a session to support the needs of a complete beginner alongside an experienced player. There will also be further challenges this year when players move to their new age bands and start to play games.

**Here are some suggestions to help you:**

TRAINING	GAMES
Split the session into Game Zone and Skill Zone, using the Skill Zone to develop newer players or challenge more experienced players	Use the <u>GAME ON</u> principles to adapt the rules
Group new or less experienced players together for contact training and game play	Play Uncontested scrum or lineout until the players are competent and confident.
Do non contact training with higher or lower age groups to support the development of your players, and the social connection when players are changing age groups.	Play the less experienced players against the other team's less experienced players, then both swap at half time for the more experienced players to play each other.
Vary between grouping beginners together and experienced players together with mixing them up. (Unless doing contact or advanced activities).	In triple age bands, play the younger age group together against the younger age group in the opposition then both swap to the older players after half time.
Use players to support/coach/ feedback to each other in mini skills sessions, developing leaders and building team cohesion.	Play the rules from the age grade below to simplify the game rules/allow players time to adjust to the new rules of their age group.
Ask your players what they want to achieve in the session, and allow them to help shape the content so they feel a sense of achievement and involvement.	Ensure clear opportunities for success for everyone, by setting individual challenges for players based on their experience/needs
Stretch more experienced players by supporting them to play different positions	

# THE 4 BUILDING BLOCKS TO READINESS

Using insight from our Athletic Performance Department we have identified four key building blocks in preparing players for the start of the 21/22 season. The Activate Injury Prevention Programme should run throughout these building blocks.

<b>BLOCK 1</b>  <ul style="list-style-type: none"><li>• General Fitness</li><li>• Fundamental Movements</li><li>• Multisport / General Skills</li></ul>	<b>BLOCK 3</b>  <ul style="list-style-type: none"><li>• Contact Development</li><li>• Rugby Skill Development</li></ul>
<b>BLOCK 2</b>  <ul style="list-style-type: none"><li>• Introduce contact</li><li>• Rugby Skills</li><li>• Sport Specific Movements</li></ul>	<b>BLOCK 4</b>  <ul style="list-style-type: none"><li>• Game / Team Specific</li><li>• Position Specific</li></ul>

# THE F.I.T.T PRINCIPLE

## HERE ARE SOME KEY CONSIDERATIONS WHEN USING F.I.T.T.

### FREQUENCY

- Be mindful of what activity players have been doing
- Factor in game time to overall activity per week
- What other activity do players have per week

### TYPE

- Start general progressing to specific
- Use of skill practice progressing to game play
- Progressive introduction to position specific

### INTENSITY

- Progressive re-introduction to contact & game play
- Reduce intensity through game constraints
- Consider game formats

### TIME

- Gradually increase ball in play within sessions
- Consider how many game involvements players have
- High intensity work in short blocks



# SESSION DESIGN

## WE RECOMMEND ALL SESSIONS SHOULD CONTAIN THE FOLLOWING COMPONENTS:

PURPOSE	ACTIVITY	AIM	TIME
<b>SOCIAL CONNECTION / SKILLS</b>	Free play	<ul style="list-style-type: none"> <li>• Allows players to connect with team mates</li> <li>• Practice a skill such as passing</li> <li>• Peer to peer support and feedback</li> <li>• Opportunity to explore</li> </ul>	5 minutes
<b>WARM UP</b>	Pulse Raiser, Dynamic stretch	<ul style="list-style-type: none"> <li>• Raise heart rate</li> <li>• Activate muscles and joints</li> <li>• Mental preparation for the session</li> </ul>	10- 15 minutes <i>*Add additional time for Activate Injury Prevention Programme</i>
<b>MAIN SESSION</b>	Game Zone – Skill Zone	<ul style="list-style-type: none"> <li>• Identify session purpose</li> <li>• Use of Game Zone and Skill Zone</li> <li>• Option to use Game Zone and Skill Zone simultaneous or individually</li> </ul>	25 – 40 minutes
<b>COOL DOWN</b>	Bring heart rate down	<ul style="list-style-type: none"> <li>• Reduce heart rate</li> <li>• Opportunity for peer to peer reflections</li> </ul>	5 minutes

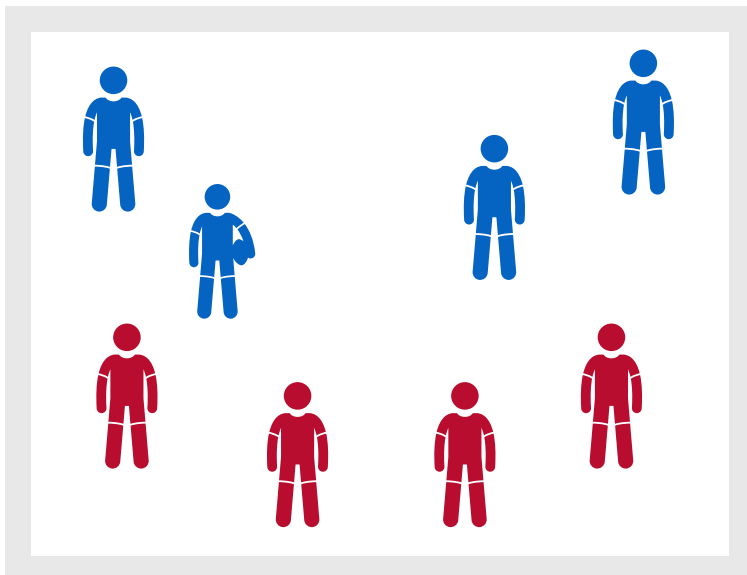
\* Activate can be delivered within or in addition to the recommended session times.

# GAME-BASED DEVELOPMENT

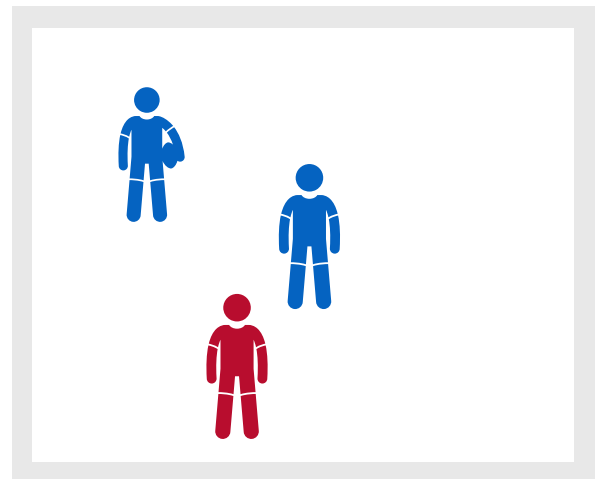
The overriding principle should be “Game-Based” development. In a Game-Based approach, the process is to structure a progression of situations to develop the competency of playing rugby. Players are encouraged to “give it a go” by making tactical decisions and learning technical skills as solutions to solve problems on the pitch rather than in isolation. Technical skills are learned in the context of playing.

The term “Game-Based” however, doesn’t mean that sessions involve players just playing rugby games, which would allow the skills and situations players need to master to occur randomly. With any skill, it is often easier to learn if it is broken down into manageable parts. This is true for tactical skills as well as technical.

## GAME ZONE



## SKILL ZONE



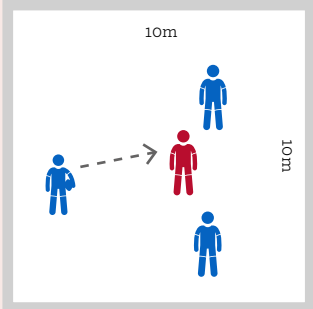
This 6 week programme is a guide for you to use to build confidence and competence in players as they move from touch rugby to modified contact. Before reading on and getting stuck into week 1, please watch the following video, which will outline the progressions from touch to contact rugby.

The priority is to ensure competence and confidence in being able to run, pass, tackle and then ruck... If they can then progress from a 1v1 scrum to a 3v3 that would be a bonus.

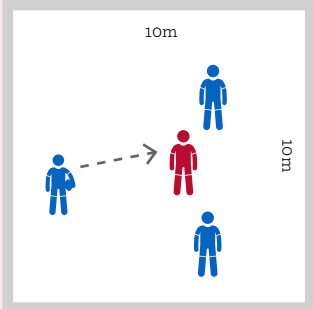
For further guidance on building the Scrum and Lineout please [click here](#).

**[How to build touch rugby to contact rugby.](#)**

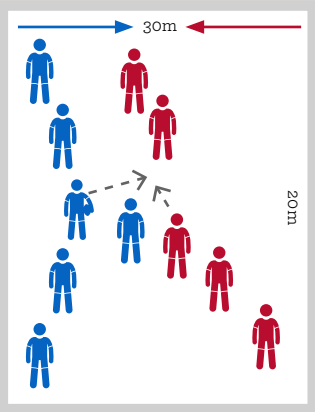
# WEEK 1

<b>Skills and Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Develop ability to Catch and pass</li> <li>• Show use of evasion</li> <li>• Begin to understand concept of 'Go forward'</li> <li>• Develop Confidence in contact</li> </ul>
<b>Principles of Play</b>	Go Forward - Support - Contest Possession
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>• Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks</li> <li>• Can use Keep ball from first Game Zone</li> <li>• Incorporate <b>Activate</b> movements</li> </ul>
<b>GAME ZONE</b>	<b>SKILL ZONE</b>
<p><b>Keep Ball - <u>Watch Here</u></b></p> <ul style="list-style-type: none"> <li>• Multidirectional game</li> <li>• Pass and move any direction</li> <li>• 2 teams. Ball carrier must pass to team mate when touched by defender.</li> <li>• Get to 10 passes to score</li> </ul> <p><b>Coaching Points</b> Encourage ball carrier to run to space, or pass into space</p> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Equipment:</b> Can use any type of ball for this.</li> <li>• <b>Progression:</b> Vary type of pass/movement of ball carrier/pitch size</li> </ul>	<p><b>Piggy in the Middle</b></p> <ul style="list-style-type: none"> <li>• 3 attackers, one defender.</li> <li>• Defender tries to intercept the ball or touch the ball carrier.</li> <li>• Attack keep the ball away from the defender by moving and passing.</li> </ul> <p><b>Coaching Points</b> Grip ball with both hands evenly, point towards target, push/ swing ball across body towards target. Receiver- hands up.</p>  <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Rule:</b> No overhead passes</li> </ul>
<p><b>Any Direction Touch</b></p> <ul style="list-style-type: none"> <li>• 2 teams. Each team has a line to attack and score on</li> <li>• Can pass in any direction.</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Progression:</b> Ball carrier cant move with the ball (changes support play)</li> <li>• <b>Rule:</b> Points awarded if player catches the ball while on the move</li> </ul>	<p><b>In pairs rip/wrestle ball</b></p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Pre contact - Ball in two hands adopt <b>Tower of Power</b></li> <li>• During Contact - Tuck ball away under arm - when ripping/wrestling the ball, get into TOP use opposite shoulder to ball carrier, stay connected/glued together/ Use down and away force/use large patches (forearms)</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Progression:</b> Can go back into any direction touch game where anyone can try to rip the ball out of the ball carriers hands</li> <li>• <b>Rule:</b> Add in that player can drop to ground to score the try in the try area</li> </ul>

# WEEK 1

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GAME ZONE	SKILL ZONE
<p><b>Keep Ball - Watch Here</b></p> <ul style="list-style-type: none"> <li>• Multidirectional game</li> <li>• Pass and move any direction</li> <li>• 2 teams. Ball carrier must pass to team mate when touched by defender.</li> <li>• Get to 10 passes to score</li> </ul> <p><b>Coaching Points</b> Encourage ball carrier to run to space, or pass into space</p> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Equipment:</b> Can use any type of ball for this.</li> <li>• <b>Progression:</b> Vary type of pass/movement of ball carrier/pitch size</li> </ul>	<p><b>Piggy in the Middle</b></p> <ul style="list-style-type: none"> <li>• 3 attackers, one defender.</li> <li>• Defender tries to intercept the ball or touch the ball carrier.</li> <li>• Attack keep the ball away from the defender by moving and passing.</li> </ul> <p><b>Coaching Points</b> Grip ball with both hands evenly, point towards target, push/ swing ball across body towards target. Receiver- hands up.</p>  <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Rule:</b> No overhead passes</li> </ul>
<p><b>Any Direction Touch</b></p> <ul style="list-style-type: none"> <li>• 2 teams. Each team has a line to attack and score on</li> <li>• Can pass in any direction.</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Progression:</b> Ball carrier cant move with the ball (changes support play)</li> <li>• <b>Rule:</b> Points awarded if player catches the ball while on the move</li> </ul>	<p><b>In pairs rip/wrestle ball</b></p> <p><b>Coaching Pnts</b></p> <ul style="list-style-type: none"> <li>• Pre contact - Ball in two hands adopt Tower of Power</li> <li>• During Contact - Tuck ball away under arm - when ripping/wrestling the ball, get into TOP use opposite shoulder to ball carrier, stay connected/glued together/ Use down and away force/use large patches (forearms)</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Progression:</b> Can go back into any direction touch game where anyone can try to rip the ball out of the ball carriers hands</li> <li>• <b>Rule:</b> Add in that player can drop to ground to score the try in the try area</li> </ul>

# WEEK 2

<b>Skills and Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Develop ability to Catch and pass</li> <li>• Show use of evasion</li> <li>• Begin to understand concept of 'Go forward'</li> <li>• Develop Confidence in contact</li> </ul>
<b>Principles of Play</b>	Go Forward - Support - Contest Possession
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>• Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks</li> <li>• Check learning from week 1</li> <li>• Can use Any Direction Touch from Game Zone 1</li> <li>• Incorporate <b>Activate</b> movements</li> </ul>
<b>GAME ZONE</b>	<b>SKILL ZONE</b>
<p><b>Any Direction Touch</b></p> <ul style="list-style-type: none"> <li>• 2 teams. Each team has a line to attack and score on</li> <li>• Can pass in any direction.</li> </ul> <p><b>Coaching Points</b> Encourage ball carrier to run to space, or pass into space</p> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Rule:</b> Only ball carrier can be touched by Defender</li> <li>• <b>Progression:</b> Progress to 'must pass backwards'</li> </ul> 	<p><b>Stuck in the Mud</b></p> <ul style="list-style-type: none"> <li>• 10x10 m</li> <li>• Groups of 5/8</li> <li>• When touched, player must fall to ground safely and then return to game.</li> </ul> <p><b>Coaching Points</b> Fall onto knees, hips, shoulder, keeping head off the ground and arms tucked in (holding ball).</p> <p><b>Contact with the ground</b></p> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Progression:</b> Introduce ball, when on the ground, ball carrier can pass the ball up to someone else</li> </ul>
<p><b>Touch Rugby Game (with ball rip/wrestle allowed)</b></p> <ul style="list-style-type: none"> <li>• 2 teams</li> <li>• On 1st touch ball carrier can pass, or keep running</li> <li>• 2nd touch all carrier must fall to ground safely and present the ball (no contest on the ground)</li> <li>• Encourage defenders to get onside when ball carrier is on the ground.</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Rule:</b> Ball carrier can pass the ball while falling or when they have fallen.</li> <li>• <b>Rule:</b> Player who makes the 2nd touch has to do a burpee.</li> </ul>	<p><b>Sock Game/Tag Tail</b></p> <p><b>Watch Here</b></p> <ul style="list-style-type: none"> <li>• 5x5m</li> <li>• Pair work</li> </ul>

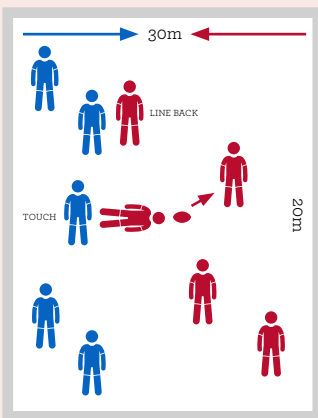
## WEEK 2

GAME ZONE	SKILL ZONE
<p><b>Grab Touch Game</b></p> <ul style="list-style-type: none"><li>Defender tries to grab the ball carrier, referee shouts 'tackle', they pass immediately (offload) or go on the ground and present the ball if there is no one available to pass to.</li></ul> <p><b>Options</b></p> <ul style="list-style-type: none"><li><b>Progression:</b> Can go back into any direction touch game where anyone can try to rip the ball out of the ball carriers hands</li><li><b>Rule:</b> Defender must hold on to the ball carrier for 3 seconds before it's a tackle.</li></ul>	

# WEEK 3

<b>Skills and Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Refine ability to Catch and pass,</li> <li>• Demonstrate understanding of Go forward by using running, passing and evasion</li> <li>• Develop Confidence in contact</li> <li>• Demonstrate safe way to Fall</li> <li>• Understand key safety points on making a tackle.</li> <li>• Develop body position using TOP</li> </ul>
<b>Principles of Play</b>	Go Forward - Support - Contest Possession
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>• Free play' for early arrivals as part of an informal meet and greet - encourage mini competitions/tasks</li> <li>• Check learning from week 2</li> <li>• <b>Animal walks</b> and <b>wrestling games</b></li> <li>• Incorporate <b>Activate</b> movements</li> </ul>

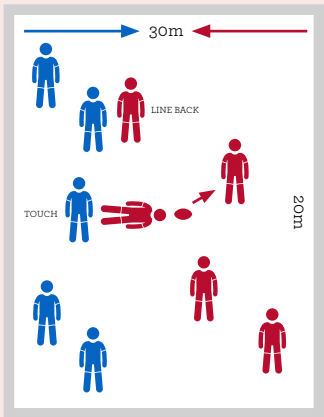
GAME ZONE	SKILL ZONE
<p><b>Grab Touch Game</b></p> <ul style="list-style-type: none"> <li>• 2 teams</li> <li>• Defender tries to grab the ball carrier, referee shouts 'tackle', they pass immediately (offload) or go on the ground and present the ball if there is no one available to pass to.</li> <li>• Ball carrier to free arms to offload</li> </ul> <p><b>Coaching Points</b> Encourage ball carrier to try to keep running</p> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Rule:</b> 2 defenders can try to grab ball carrier, or rip the ball from them</li> <li>• Can build up to walking or jogging</li> </ul>	<p><b>Hold Up</b></p> <ul style="list-style-type: none"> <li>• In pairs - ball carrier tries to get on the ground,</li> <li>• Defender tries to rip ball/wrestle off them (before they go to ground) or hold them up and not let them go on the ground (not around head or neck)</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• Defender starts by holding on to ball carrier,</li> <li>• Move further away to challenge</li> </ul>



GAME ZONE	SKILL ZONE
<p><b>Touch Tackle</b></p> <ul style="list-style-type: none"><li>• On touch, ball carrier and defender simulate a 1 v 1 tackle (walk/jog/run chosen by tackler)</li><li>• Game stops</li><li>• Defender gets into position to make 1v1 tackle and receives points for technique.</li><li>• Game continues</li></ul>	<p><b>Tackle technique and falling in pairs.</b></p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"><li>• Defender focus on key points for safe effective tackle, tower of power at the forefront of the movement (foot in close, low body position, head to the side)</li><li>• Ball carrier focus on safe fall and ball presentation (knee-hip-shoulder)</li><li>• Both Players to decide what pace to complete the tackles (walk, jog, run).</li></ul> <p><b><u>Side tackle</u></b></p> <p><b><u>Front Tackle</u></b></p> <p><b><u>Tower of Power</u></b></p>



# WEEK 4

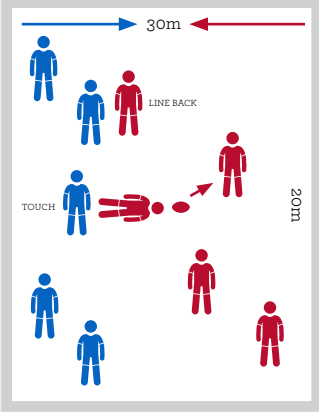
<b>Skills and Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Refine ability to Catch and pass,</li> <li>• Demonstrate understanding of Go forward by using running, passing and evasion (and kicking?)</li> <li>• Develop Confidence in contact as ball carrier and defender</li> <li>• Demonstrate safe way to Fall and present ball or pop from the ground</li> <li>• Understand key safety points on making a tackle.</li> <li>• Demonstrate ability to hold shape in TOP when under pressure</li> </ul>
<b>Principles of Play</b>	Contest possession - Pressure - Go Forward, Support and Continuity
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>• Free play' for early arrivals as part of an informal meet and greet – encourage mini competitions/tasks</li> <li>• Exploration: Kicking in warm up- basic technique – ball on laces, bend knee, follow through. (kick tennis game)</li> <li>• Check learning from week 3</li> <li>• Can use stuck in the mud from Game Zone 1</li> <li>• Incorporate <b>Activate</b> movements</li> </ul>
<b>GAME ZONE</b>	<b>SKILL ZONE</b>
<p><b>Stuck in the mud</b></p> <ul style="list-style-type: none"> <li>• Defender makes the touch, ball carrier falls safely and passes (pops) to team mate from the floor or presents ball and another player picks it up.</li> <li>• Defenders only touch ball carrier</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• Defender has to grab the ball carrier</li> </ul>	<p><b>Tackle technique and falling to present</b></p> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Defender focus on key points for safe effective tackle, tower of power at the forefront of the movement (foot in close, low body position, head to the side)</li> <li>• Ball carrier focus on safe fall and ball presentation (knee-hip-shoulder)</li> <li>• Both Players to decide what pace to complete the tackles (walk, jog, run)</li> </ul> <p><b>Side Tackle</b></p> <p><b>Front Tackle</b></p> <p><b>Parachute Fall</b></p>
<p><b>Grab Touch</b></p> <ul style="list-style-type: none"> <li>• Two teams</li> <li>• Play to score – pass backwards</li> <li>• Choose whether the ball carrier is allowed to offload, or go to ground and present the ball</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Progression:</b> Game Challenge: <b><u>CLIMB THE LADDER</u></b></li> </ul> 	<p><b>Steal Practise</b></p> <ul style="list-style-type: none"> <li>• In threes, ball carrier tries to go to ground, defender holds them up, when they go to ground</li> <li>• Defender gets into strong body position to take the ball off them and freeze.</li> <li>• 3rd player test how strong they are by pushing them (not head)</li> </ul> <p><b>Laws</b></p> <p>Ball carrier must release the ball when they are on the ground. Defender must release the ball carrier before trying to steal the ball.</p>

GAME ZONE	SKILL ZONE
<p><b>Grab Touch</b></p> <ul style="list-style-type: none"><li>• On Grab/touch attacker go to ground and present</li><li>• If defender can demonstrate good body position to 'steal' they get the ball.</li><li>• If support player can get over the ball carrier in a strong body position first, then the attack keep the ball.</li></ul> <p><b><u>Ruckers and Tacklers Game</u></b></p> <p><b>Options</b></p> <ul style="list-style-type: none"><li>• <b>Rule:</b> Pair up attacker and defender ability wise. Game is grab for everyone, but confident players can tackle their confident partner.</li><li>• <b>Rule:</b> Attacking support player can try to drive the person trying to steal the ball (as if tackling them, must wrap their arms around them)</li></ul>	

# WEEK 5

<b>Skills and Learning Objectives</b>	<ul style="list-style-type: none"> <li>• Demonstrate use of pass with correct power needed</li> <li>• Demonstrate understanding of Go forward by using running, passing and evasion (and kicking?)</li> <li>• Develop Confidence in contact as ball carrier and defender</li> <li>• Demonstrate safe way to Fall and present ball or pop from the ground</li> <li>• Develop ability to tackle and/or grab to stop safely</li> <li>• Demonstrate ability to hold shape in TOP when under pressure</li> <li>• Develop confidence and understand laws to steal ball when ball carrier is on ground</li> </ul>
<b>Principles of Play</b>	Contest possession - Pressure - Go Forward, Support and Continuity
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>• Free play' for early arrivals as part of an informal meet and greet – encourage mini competitions/tasks</li> <li>• Allow Kicking – Kick Tennis</li> <li>• Check learning from week 4</li> <li>• Can use Stuck in the Mud from first Game Zone.</li> <li>• Incorporate <b>Activate</b> movements</li> </ul>
<b>GAME ZONE</b>	<b>SKILL ZONE</b>
<p><b>Stuck in the mud</b></p> <ul style="list-style-type: none"> <li>• Touched player shows <b>Tower of Power</b> body position when caught. If they stay stable when pushed by support player, they can be free</li> </ul>	<p><b>Tackle technique and falling to present</b></p> <ul style="list-style-type: none"> <li>• Recap on body position for 'steal' and 'rucking' attack player.(as week 4) <b>Ruckers and Tacklers Game</b></li> <li>• In 4s. Ball carrier and support player. Start close to defender – either tackle or grab, ball carrier goes to ground and present ball.</li> <li>• 2nd defender decide if they can steal the ball</li> <li>• 2nd attack player (support) tries to get over the ball first</li> </ul> <p><b>Coaching Points</b></p> <ul style="list-style-type: none"> <li>• Wide base</li> <li>• Shoulders above hips</li> <li>• Use shoulder no head</li> <li>• Wrap arms</li> <li>• Drive low to high</li> </ul>
<p><b>Grab Tackle Game</b> <a href="#">Watch Here</a></p> <ul style="list-style-type: none"> <li>• Ball carrier can't offload when grabbed, must go to ground. (referee can shout tackle if the player is just grabbed)</li> <li>• Defender can steal the ball, attacker can ruck.</li> </ul> <p><b>Options</b></p> <ul style="list-style-type: none"> <li>• <b>Rule:</b> Can play as non contact with just the 'ruck' area as live, keep running on 1st touch, and go to ground on second touch</li> </ul>	<p><b>Using Tower of Power body shape</b> <a href="#">Watch Here</a></p> <ul style="list-style-type: none"> <li>• Allow players to explore 1 v 1</li> <li>• Can build up to 3 v 3</li> </ul>

# WEEK 5

GAME ZONE	SKILL ZONE
 <p>The diagram illustrates a 1v1 progressive game setup on a 30m wide field. At the top, a blue arrow points right and a red arrow points left, both labeled '30m'. Below this, several blue and red player icons are positioned. One red player is lying on the ground with a ball, and a red arrow points from the ball towards another red player. A vertical line is labeled '20m'. Other labels include 'LINE BACK' and 'TOUCH'.</p>	
<p>1v1 Progressive game <a href="#">Watch Here</a></p>	

# WEEK 6

<b>Skills and Learning Objectives</b>	<ul style="list-style-type: none"> <li>Demonstrate use of pass with correct power needed</li> <li>Demonstrate understanding of Go forward by using running, passing, evasion and kicking</li> <li>Display Confidence in contact as ball carrier and defender</li> <li>Demonstrate safe way to Fall and present ball or pop from the ground</li> <li>Display ability to tackle and/or grab to stop a ball carrier safely</li> <li>Demonstrate ability to hold shape in TOP when under pressure 3 v 3</li> <li>Develop confidence and understand laws on how to steal ball when ball carrier is on ground</li> </ul>
<b>Principles of Play</b>	Contest possession - Pressure - Go Forward, Support and Continuity
<b>Warm Up</b>	<ul style="list-style-type: none"> <li>Free play' for early arrivals as part of an informal meet and greet – encourage mini competitions/tasks</li> <li>Allow Kicking</li> <li>Check learning from week 5</li> <li>Can use Keep ball from Game Zone 1</li> <li>Incorporate <b>Activate</b> movements</li> </ul>
GAME ZONE	SKILL ZONE
<p><b>Keep Ball</b></p> <ul style="list-style-type: none"> <li>2 teams 1 ball – or if numbers are high 2 smaller games,</li> <li>Attacking team touch ball on ground first before pass.</li> <li>Try to make 5 passes</li> <li>Defenders can intercept or gain possession through error</li> </ul>	<p><b>2 v 1 Scrum</b></p> <ul style="list-style-type: none"> <li>Recap on Tower of Power learning</li> <li>Build to <b><u>1v1 scrum</u></b></li> <li>Build to <b><u>1v2 scrum</u></b></li> </ul>
<p><b>Scrum Touch</b> <b><u>Watch Here</u></b></p> <ul style="list-style-type: none"> <li>Run forwards and pass backwards</li> <li>Touch below armpit</li> <li>1st touch continue playing – Go forward</li> <li>2nd Touch – stop game and 1 v1 TOP scrum contest</li> </ul>	<p><b>Recap on Tackle Technique</b> <b><u>Watch Here</u></b></p> <ul style="list-style-type: none"> <li>Pair work – same size and weight.</li> <li>Peer to peer coaching</li> <li>Ensure tackle technique is correct before moving onto game</li> </ul>
<p><b>xRugby</b> <b>How to play xRugby - <u>Watch Here</u></b></p> <ul style="list-style-type: none"> <li>50m x 70m maximum playing area, (Max 10 v 10) – ½ pitch</li> <li>All kick offs are replaced with a tap-and play, kicking is only allowed in open play and must be directed into the ground</li> <li>All knock on's/held up mauls are a 1v2 scrums (strike no push: crouch-bind-set) replace with tap and play of players are not ready.</li> <li>Tackles and hand offs below armpit height with wrapped arms in tackle</li> <li>2 v 2 max rucks, 3 v 3 max mauls</li> <li>Penalty offences result in a tap-and-play</li> </ul>	

## SIGNPOSTING TO RESOURCES AND COURSE BOOKING LINKS

**LEARN ABOUT HEADCASE**  
**[CLICK HERE](#)**

**ACCESS THE ACTIVATE  
E-LEARNING**  
**[CLICK HERE](#)**

**BOOK YOUR COURSE**  
**[CLICK HERE](#)**

<b>Course</b>	TackleSafe <b><u><a href="#">Book On</a></u></b>	England Rugby Coaching Award	England Rugby Advanced Coaching Award	CCD Principles of Scrummaging <b><u><a href="#">Click here</a></u></b> for e-learning	CCD Principles of the Lineout	Breakdown Masterclass e-learning  <b><u><a href="#">Click here</a></u></b>
<b>Brief course information</b>	This course helps to support safe, effective coaching and officiating of the tackle	This course supports you to Safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	4 face to face days, webinars, practical/ video observations and community of practice events. Applicants must have a minimum of 3 years experience as an England Rugby Coaching Award/Level 2 coach before applying.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	John Mitchell masterclass in the breakdown

**TO LOOK AT THE ENGLAND RUGBY TRAINING COURSES [CLICK HERE](#)**



Knowing that every lesson and every student's needs are different, we have created a bank of activities that you can use and adapt to create a fun and engaging Touch Union activity block that provides challenge for all.

Follow [ACTIVATE](#), the RFU injury prevention programme, [here](#).

Want to learn more and develop your skills further, the check out the face to face 3 hour "Kids First TAG" course which gives you all the skills you need to deliver The Touch Union. Find your local course and book [HERE](#).

GAME ZONE ACTIVITIES	<p><b>A</b> Multi-direction touch  <b>P, K</b> Keep Ball  <b>P, K</b> Aussie Rules</p>	<p><b>A</b> Drop off touch  <b>A</b> Powerball  <b>A</b> Interceptors  <b>A</b> Multi-direction touch  <b>A</b> 360Touch  <b>K, P</b> Kick pass game zone</p>	<p><b>A</b> Magic circle  <b>A</b> Wizard Touch</p>	<p><b>A</b> Mind the Gap  <b>A</b> Turnover Touch  <b>A</b> Bozo Touch</p>
MAJOR GAME PROGRESSIONS / MILESTONES	<p style="text-align: center;"><b>RUGBY NETBALL      ANY DIRECTION TOUCH      THE TOUCH UNION      GAMES FOR UNDERSTANDING</b></p>			
SKILL ZONE ACTIVITIES	<p><b>E, P</b> Stuck in the mud  <b>P, K</b> Piggy in the middle  <b>E</b> Tag the Tail  <b>D</b> Noughts and Crosses  <b>E, D</b> Tag Mania  <b>E</b> Astronauts  <b>E</b> Cats and rats  <b>E</b> Tag and chase</p>	<p><b>E, P</b> Bulldog  <b>E, P</b> Stuck in mud  <b>K</b> Piggy in middle with kick  <b>K</b> Rugby rounders  <b>P, K</b> Ring of Chaos Game  <b>P, K</b> Beat the Square  <b>K</b> Kicking golf</p>	<p><b>P</b> Beat the defender  <b>K</b> Kick piggy in the middle  <b>P, E, K</b> Evasion</p>	

**KEY** **P** - Passing and catching      **D** - Decision making  
**K** - Kicking      **A** - Develop core skills and game understanding  
**E** - Evasion

- ✓ Adapt using S.T.E.P principle?
- ✓ Individual challenge?
- ✓ Values based scoring?
- ✓ Inclusive?
- ✓ Peer coaching/feedback?
- ✓ Develops creativity, connection, character, confidence?



The RFU recommend that all those who coach or referee contact rugby are suitably qualified.

Find your nearest Kids First Contact, England Rugby Coaching or Refereeing award [HERE](#).

All staff delivering contact rugby should have completed our concussion awareness module [here](#) and incorporate our injury prevention programme, **ACTIVATE** into their delivery.

Knowing that every lesson and every student's needs are different, we have created a bank of activities that you can use and adapt to create a fun and engaging XRugby block that provides a challenge for all students. These activities are in addition to The Touch Union activities.

GAME ZONE ACTIVITIES	<p><b>CG, GU</b> Touch - present or pop  <b>CG, GU</b> Team Run Touch</p>	<p><b>TT</b> Fitball  <b>CG, GU</b> Traffic lights</p>	<p><b>R</b> Rucktouch  <b>CG, R, GU</b> Breakdown Support.  <b>S, OU</b> Scrum Touch  <b>LO, BP, GU</b> American Football Touch</p>
MAJOR GAME PROGRESSIONS / MILESTONES			
SKILL ZONE ACTIVITIES	<p><b>CG</b> Stuck in mud - parachute fall  <b>CG</b> Parachute roll  <b>PC</b> Activate</p>	<p><b>TT</b> Complete tackle variations  <b>TT</b> Prepare to tackle games  <b>PO, BP</b> Managing Contact  <b>BP</b> Stuck in the mud rugby  <b>BP</b> Crab Football  <b>BP, TT</b> Bulldog  <b>BP</b> Hungry Hippos  <b>BP</b> Bear Crawl Tig  <b>BP</b> Animal Walks  <b>BP</b> Bear Walk Keep Ball  <b>BP</b> 1v1 Contest for Possession  <b>BP</b> 1 v1 wrestling games</p>	<p><b>LO</b> Piggy in middle - with hooker throw  <b>BP, S</b> Stuck in mud into Tower of Power  <b>S</b> Building the 3 person scrum  <b>S</b> Principle of scrum - ball ladder  <b>LO</b> Lineout prep game  <b>S</b> The Tower of Power</p>

- KEY**
- CG - Contact with ground
  - GU - Game understanding
  - TT - Tackle technique
  - PC - Prepare players for contact
  - LO - Line out
  - BP - Preparation for contact and body position
  - R - Ruck
  - S - Scrum

- ✓ Adapt using S.T.E.P principle?
- ✓ Individual challenge?
- ✓ Values based scoring?
- ✓ Inclusive?
- ✓ Peer coaching/feedback?
- ✓ Develops creativity, connection, character, confidence?





England  
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