





# SESSION SEVEN

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 [WATCH VIDEOS  
FOR ACTIVITIES  
1,3,5 & 6 HERE](#)

# JUMPER BUMPS

Using a lineout game to think about the values to avoid conflicts

## YOU SAY

- Let's play Jumper Bumps.
- Split into teams of three (or four).
- Each team starts in a lineout shape (one thrower, two jumpers) on the cones.
- When I say "go", each thrower throws in, and the catcher passes the ball back to the thrower (or fourth player).
- That ball carrier then runs to the next cone. If they reach it before the other team has thrown in, then that team is "bumped" out and leaves the box.
- Otherwise, the group of three resets and repeat.
- We will play until there is only one team left!
- Now, in your teams, work out how you won't get bumped in the next game!

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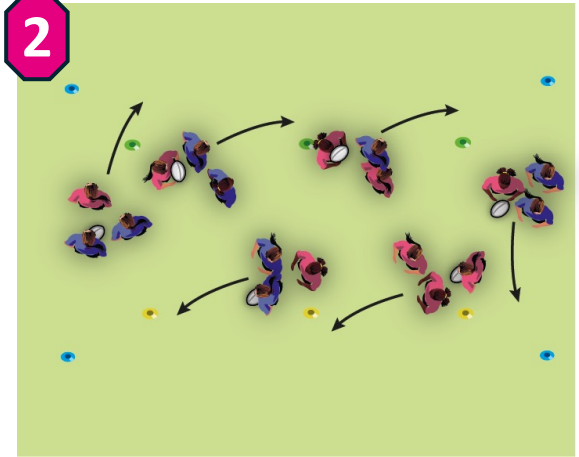
LINKS TO CONFLICTS VALUE

## SESSION 7: ACTIVITY 1

1



2

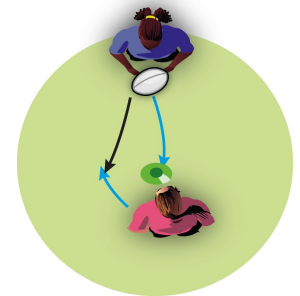


## YOU DO

- The cones should be about 5m apart.
- You might put a cone down for where the thrower stands and the first receiver stands.

## PROGRESSIONS

- Can you throw to the back player?



## VALUES: CONFLICT

### DISCIPLINE

- Conflict
- Peer pressure

### YOU SAY

- Split into pairs.
- What did your team agree on in Jumper Bumps? Do you think everyone agreed in their teams?
- Sport has lots of chances for disagreement. Look at how other sports players argue with the referee or fans boo certain players.
- In life, we can disagree. Here's an open question, how does this make you feel?
- Here are some examples of how to handle ourselves if we disagree and feel sad; which one would you choose...
- Here is the list:
- (Choose from the You do list)

## SESSION 7: ACTIVITY 2



### YOU DO

Talk these options out, then review them to see if people put their hands up.

They can choose one or more if they want.

- Count to 10 or take some deep breaths before answering.
- Walk away from a discussion or argument with a friend and come back when feeling calmer.
- Play music or sing to calm myself down.
- Tell someone why I am upset and angry.
- Think of a funny story that will make me laugh.
- We might be able to seek support or advice from friends or someone we trust.

## LINKS TO JUMPER BUMPS

# PASS AND RUN

Learning to pass accurately and then run as soon as the pass is made

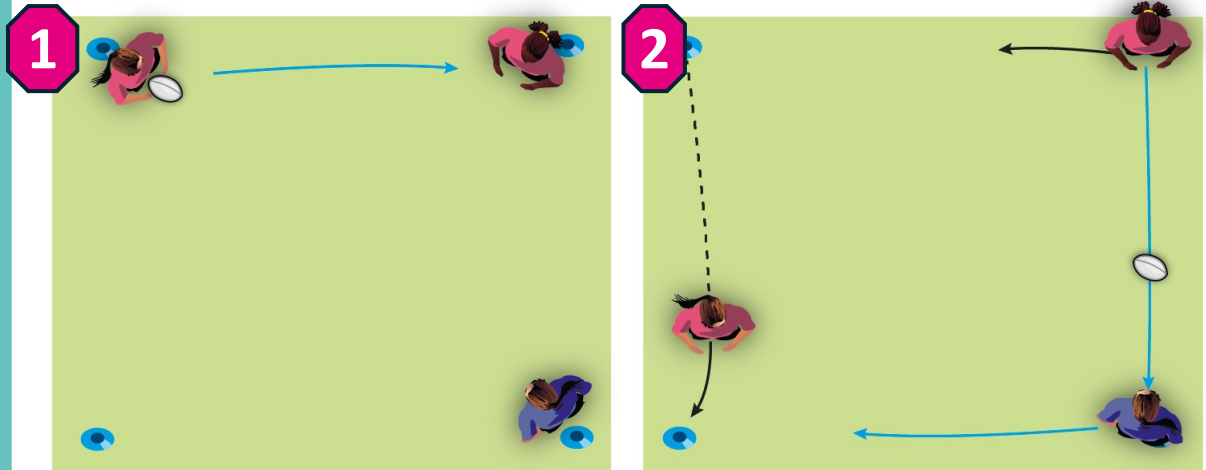
## YOU SAY

- Split into groups of three with a ball.
- Each player stands on the corner of a box.
- When I say “go”, the ball carrier passes the ball to the nearest player. 1
- They then run forward to the spare cone.
- Everyone repeats this until they have made three passes. 2
- Swap teams after two minutes.

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## SESSION 7: ACTIVITY 3



## YOU DO

- Mark out a 5m box for each group.

## PROGRESSIONS

- See how many passes can be made in 30 seconds.
- If they can, face the cone they will be running to because the pass will be backwards or at least sideways.
- Make the box bigger.

## CONFLICT

### YOU SAY

- Staying calm in a disagreement is good.
- In pairs, come up with some ideas to solve disagreements.
- Do we fight? NO!
- But we can tend to use threats or say words that will hurt.  
This is still not acceptable.
- Disagreements make different people feel different emotions, as well as handle it in different ways.
- Can we listen or talk about it in a safe and sincere way to help find a resolution?

## SESSION 7: ACTIVITY 4



### YOU DO

- Add in some of these ideas if they are struggling:
  - Speak politely to the other person or group. Try not to say mean things or call them names.
  - Start sentences with how you feel rather than blaming someone else. For example, saying, 'I feel sad when you ignored me at school the other day' is better than saying, 'You are a bad friend because you ignored me at school.'
  - Try to listen to what the other person or group is saying and how they feel. Think of solutions to help both sides of the argument reach their goal or respect their values.
  - Don't interrupt or shout. Try to remain calm.

# TACKLE TRIANGLE

Introducing the idea of a tackle triangle that will be used in T1 Rugby

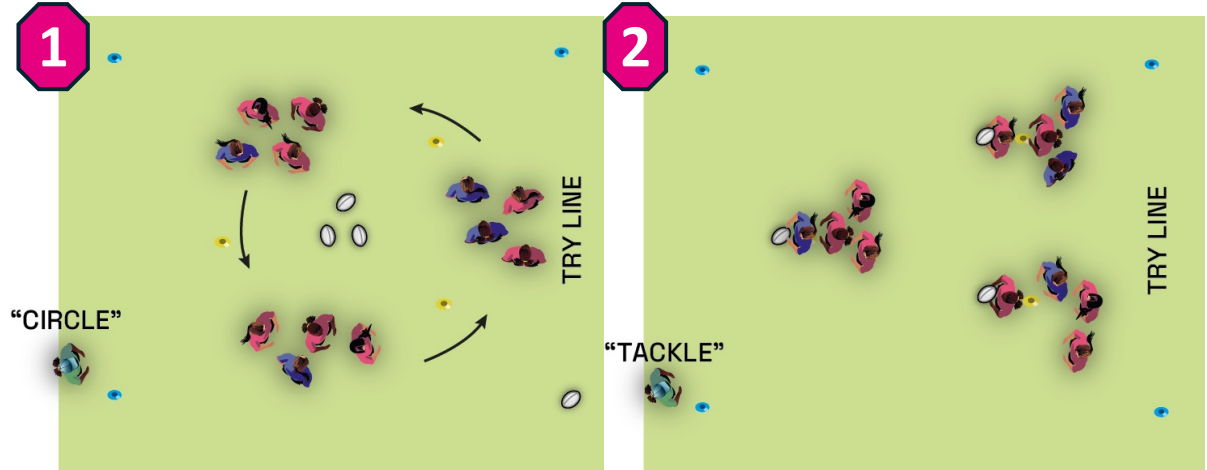
## YOU SAY

- Split into groups of four or five.
- You will have the same number of balls as groups in the middle of the box and the same number of cones near the edges of the box.
- When I say “circle”, everyone jogs around the box.
- When I shout “tackle”, one of the players collects a ball from the middle, finds a cone and faces away from the try line.
- The other three players form a tackle triangle opposite the ball carrier.
- The last group in position lose a life.

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## SESSION 7: ACTIVITY 5

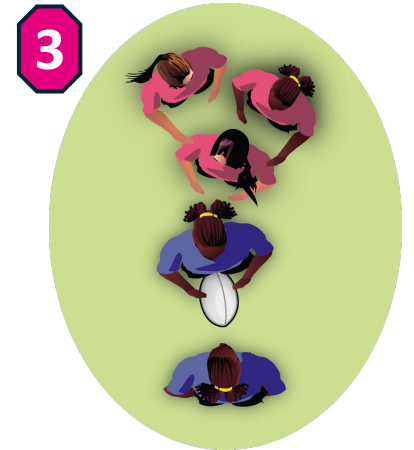


## YOU DO

- Demonstrate how a tackle-triangle is made before you start the game.
- One player stands opposite the ball carrier. The other two put their outside arm on the shoulder of that defender.

## PROGRESSIONS

- Start with a walking pace as they circle.



# T1 RUGBY

This is basically T1 Rugby!

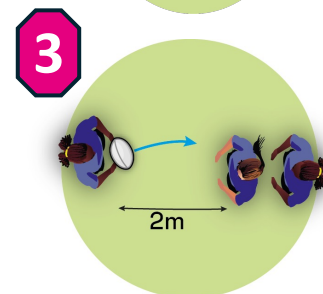
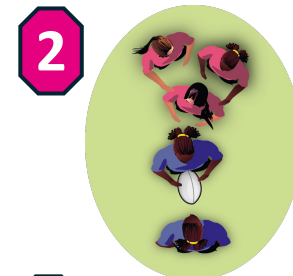
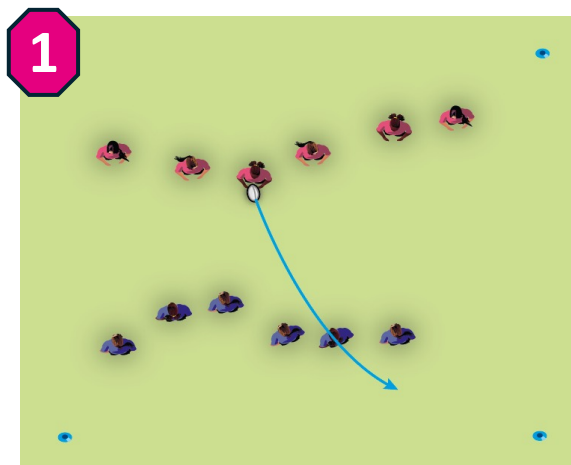
## YOU SAY

- Let's split into two teams.
- Run and pass backwards.
- Tag: RIP AND PASS.
- Defence must form a tackle triangle after a tag. 2
- Defence must be onside.
- The attack has six lives. You lose a life by:
  - Going out of play
  - Being tagged
  - Breaking a ground rule
- Scrum for forward pass or knock-on.
- Lineout for the ball going into touch.
- Teams can kick, but chasers have to start behind the kick. 3



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## SESSION 7: ACTIVITY 6



## YOU DO

- Start the game on the halfway line with a kick (any type). 1
- When all the lives are lost, the other team restart from the last infringement
- *If a tackle is made the defenders must make a tackle-triangle at the tackled player, even if the ball has been passed away.*

## CONFLICT

### YOU SAY

- Can you believe that's the end of the session already?
- Find a different person to pair up with.
- You have two questions to answer:
  1. What might a team disagree about?
  2. What is a good way to deal with a disagreement?

## SESSION 7: ACTIVITY 7



### YOU DO

- Form a semi-circle around the coach. Can everyone see?
- Split them into pairs
- Ask question. Circulate and listen
- Ask the question again, pick out a good pair to answer.
- Ask another pair to compare and add.