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 [WATCH VIDEOS
FOR ACTIVITIES
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CATCH AND RELEASE

Think about game values
Create teamwork opportunities
Develop evasive movements

YOU SAY

- Spread yourself around the box.
- We are going to have two chasers.
- When I say “go”, the chasers aim to touch you or tag you.
- If you are touched/tagged, stand still.
- You can be released if another player “high fives” you.
- How many players can the chaser make stand still?

1

2

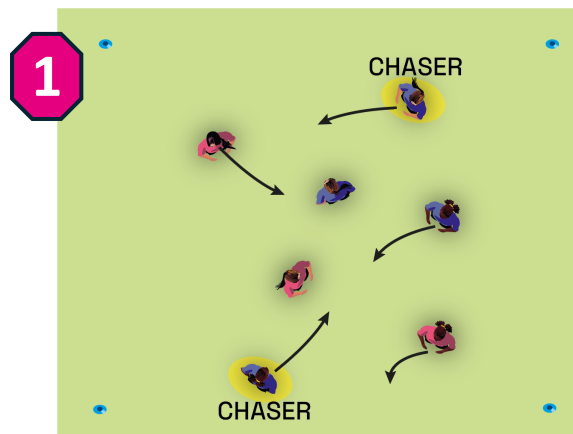
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LINKS TO GROUND RULES VALUE

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SESSION 1: ACTIVITY 1



YOU DO

- Use tags or just touch.
- After two minutes swap who is chasing.
- Good ratios: one chaser for four players.

PROGRESSIONS

- Make the area smaller.
- Increase the ratio of chasers to players.
- Give the chasers a ball.

GROUND RULES

INTEGRITY

- Ground rules
- Speaking up

YOU SAY

- We want our training to be:
 - Enjoyable
 - Competitive
 - Active
- Let's split into pairs.
- In your pair, pick out two ways in which YOU can make training ENJOYABLE for you and for others.
- I will give you 20 seconds to think about this.
- Pair A, what did you think?
- Pair B, do you agree? What can you add?

SESSION 1: ACTIVITY 2



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 and pick out a good pair to answer.
- Ask another pair to compare and add.

LINKS TO CATCH AND RELEASE

TRY SCORING RACE

Learning how to score tries
Introducing simple catch
and pass

YOU SAY

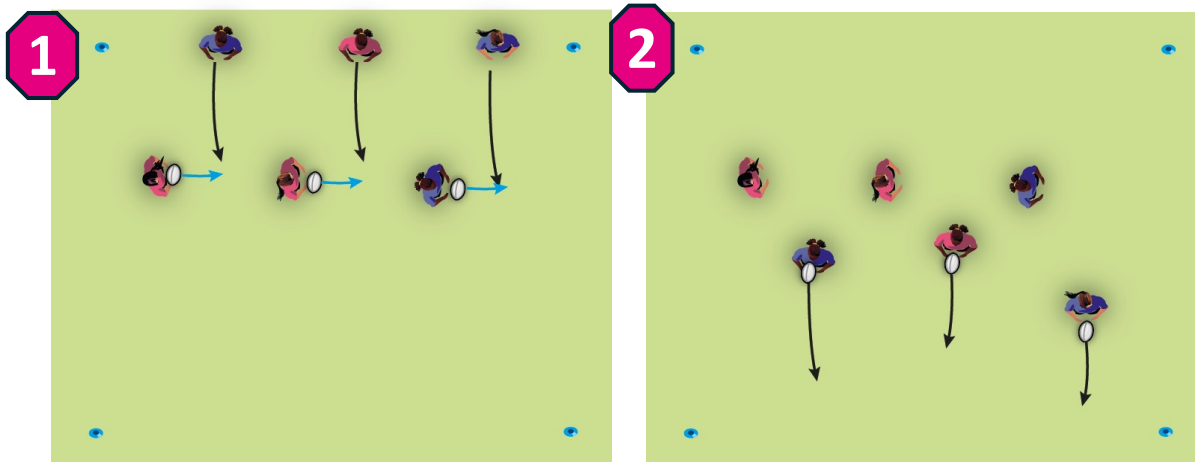
- Does anyone know how we score points in rugby?
- Let's play a game of *try scoring race*.
- Split into pairs with a ball.
- One stands about 2m inside the box, the other on the side.
- When I say "go", the player on the side runs to the other side of the box, receiving a pass on the way.



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SESSION 1: ACTIVITY 3



YOU DO

- Make the run about 7m.
- If you don't have enough balls, have groups of three or four rotating.

PROGRESSIONS

- Quicker groups can start a bit further back.
- Make the passers longer
- Have two players run out, and the first receiver makes a pass.

RAGGY TAG

Learn how to go forward to score tries and how to avoid defenders

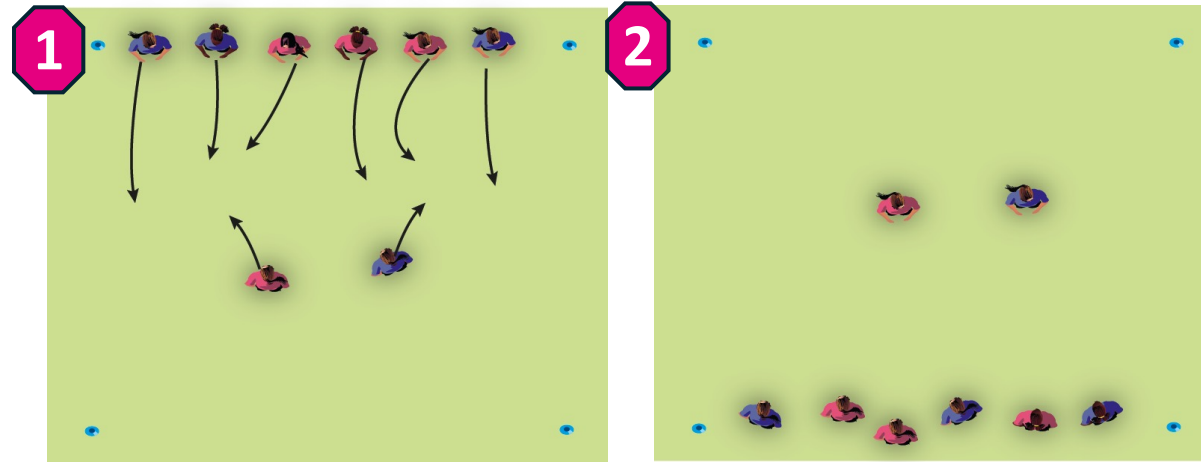
YOU SAY

- Now we can score tries, let's play *Raggy tag*.
- With ten players, two are the taggers, and seven are the try scorers.
- Each try scorer has one tag hanging from their waist (a bib tucked into the waist back, for example).
- The try scorers will have four runs in total.
- If a try scorer is tagged, the tag is returned, and the try scorer remains a try scorer.
- So, the two taggers remain taggers for ALL the runs.
- Let's play two rounds and see who scores the most!



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SESSION 1: ACTIVITY 4



YOU DO

- Five points for a try. It would be great if all the try scorers have a ball.
- If a player has been tagged once, that try only counts as 2 points.
- If a player has been tagged twice or more, that try is only worth one point.
- The taggers are always taggers! And the slow runners have another chance.
- To score, the try scorers either carry a ball and put it over the line or just put their foot over the line.

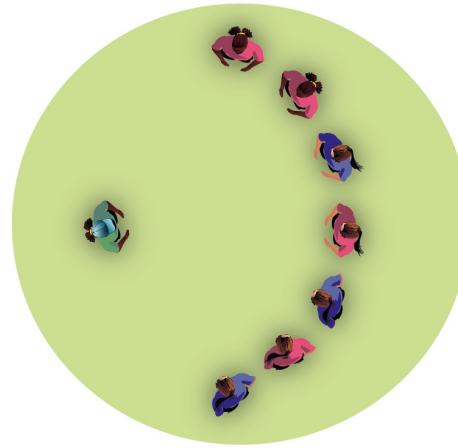
GROUND RULES CHECK

Building on the first ground rules value

YOU SAY

- Let's score that last game (Raggy Tag) for our ground rules!
- Was it enjoyable?
Was it active?
Was it competitive?
- Back into your pairs.
- If you made a mistake in the game, how can a team-mate help you?
- What would you like them to say to you?

SESSION 1: ACTIVITY 5



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.

BULLETBALL

Introducing a game which builds towards T1 Rugby

YOU SAY

- Let's split into two teams.
- To score, you must run to score a try!
And you can run with the ball.
- If you are tagged, you must stop and pass to a team-mate.
- You can pass in any direction.
- The attack has six lives. You lose a life by:
 - Going out of play.
 - Being tagged.
 - Breaking a ground rule.
- The defending team can intercept a pass but not stop a pass being made.

1

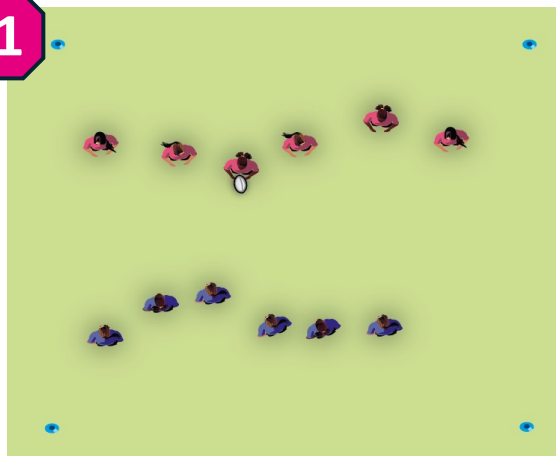
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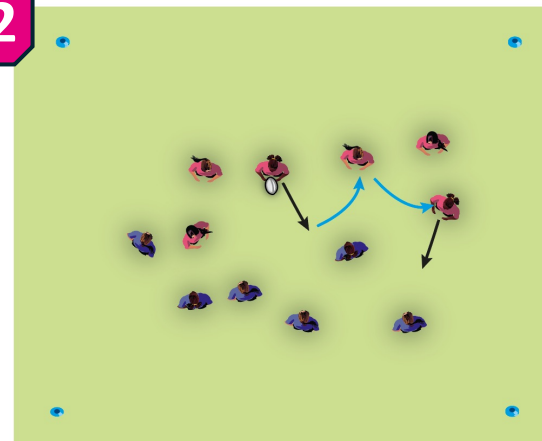
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SESSION 1: ACTIVITY 6

1



2



YOU DO

- Start the game on the halfway line.
- If the ball is dropped, if the attack picks it up within 3 seconds, then play on.
- When all the lives are lost, the other team restart from the last infringement.
- *This is the first step towards playing rugby.*
- *The players must run forward to score. Don't allow passes to players in the try zone for a try.*

GROUND RULES WRAP

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. Was the session active, competitive and enjoyable?
 2. What rule made that happen do you think?

SESSION 1: ACTIVITY 7



YOU DO

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