





SESSION NINE

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 [WATCH VIDEOS
FOR ACTIVITIES
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TRUST ME!

Learning to listen to someone else

YOU SAY

- Let's play Trust Me.
- Split into pairs with a bib.
- Half of you start one side of the box, and the other half on an adjacent side.
- Use the bib to create a blindfold for one of the pairs*.
- When I say go, the blindfolded player walks slowly across the box, with their partner just behind giving them direction.
- Aim to get to the other side without bumping into someone else.
- Swap and repeat.
- * Or they can put their hands over their eyes.

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LINKS TO TRUST VALUE

SESSION 9: ACTIVITY 1



YOU DO

- You can instead set out a path of cones for the player to follow.
- It is best if they are not moving in opposite directions.

TRUST & CIRCLE GAME

SOLIDARITY

- Teamwork
- Emotions

YOU SAY

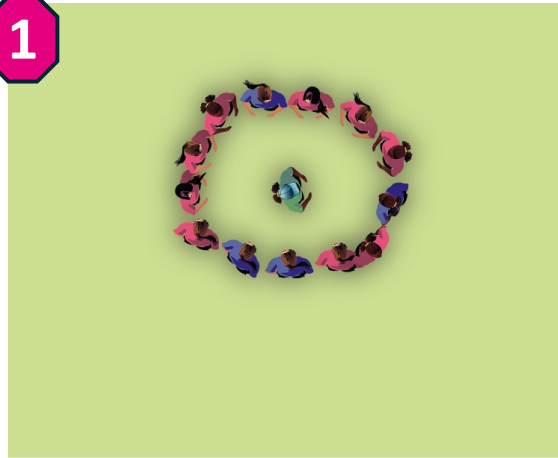
- Let's get into pairs.
- What was the goal of the game Trust Me? How did you work as a pair to achieve that goal?
- Let's play the circle game.
- Everyone, let's make a circle around me!
- Hold the person next to you by their wrist
- it looks like a daisy chain.
- Now you are ready; don't let me touch the circle.
- What helped you improve as a group? How did that help you TRY to achieve your goals?
- If you didn't achieve your goals but did work as a team, could you spread the load?

1

2

SESSION 9: ACTIVITY 2

1



2



YOU DO

- Don't let the coach touch the edge of the circle.
- Start with walking.
- Change directions a couple of times.
- The players will need to work together to change direction and not let go of each other.

LINKS TO TRUST ME ACTIVITY

CLEARING THE MESS

Learning to pass away from a scrum

YOU SAY

- Let's work on passing from the ground.
- It happens if the ball comes from a scrum.
- Get yourself into fours or fives with a ball on the line.
- When I say go, the ball carrier comes out, and everyone else follows.
- When I say "scrum", the ball carrier turns to face the line of the box on their right.
- The next two players stand opposite each other next to the ball carrier and form a 1 v 1 passive scrum.
- The ball carrier feeds the scrum, and then gathers the ball and passes to another player.
- Repeat.

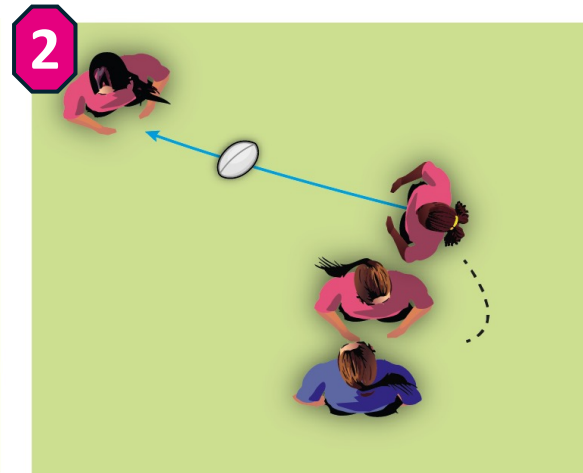
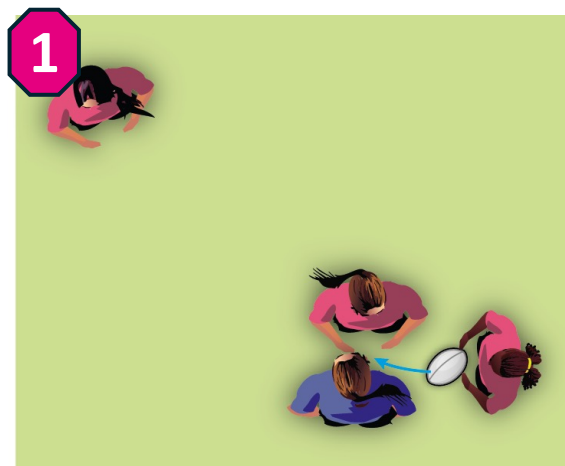
1

2



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SESSION 9: ACTIVITY 3



YOU DO

- You will need plenty of space.
- Demonstrate a 1 v 1 scrum.
- A "clearing" pass from the base of a scrum:
- Sit to reach the ball.
- Fire the hands towards the receiver.

PROGRESSIONS

- This can be repeated in many smaller boxes, with the players setting up the scrums themselves and then playing for two touch-tackles after the scrum.

TRUST

YOU SAY

- Rugby is a great community game. How could we encourage others to be part of this group or part of rugby?
- What might be the barriers to allowing this happen?
- How can we work together to overcome some or all of these barriers?
 - Find experts
 - Ask our community – be clear on what we want and how it should be delivered
- How do we persuade them?
 - Know the benefits, clearly defined
 - Show others where it has worked
 - Split the load of explaining amongst the players
- This is team goal – build our community – let others know the joy of being part of our team

SESSION 9: ACTIVITY 4



YOU DO

- Here are some possible **barriers** to explore:
- We might have an idea, but we don't have enough funds, resources or the proper plan or tools to implement
- We might feel passionately about an issue, but some others in our community might disagree.
- Some people might think we are too young to work in this way.

LAST SCRUM STANDING

Revising scrum and lineout set-pieces

YOU SAY

- Let's play Last Scrum Standing.
- Split into two teams.
- We will play normal Bulletball.
- When I shout "Scrum!" I want to see to get into groups of three, bound like a scrum
- Some teams might have one or two players left over, don't worry.
- The last team to form the right number of scrums won't start with the ball.
- The winning team start with the ball and a scrum, with two threes coming together
- Enjoyed that? Let's now play Last Lineout Standing!

1

2

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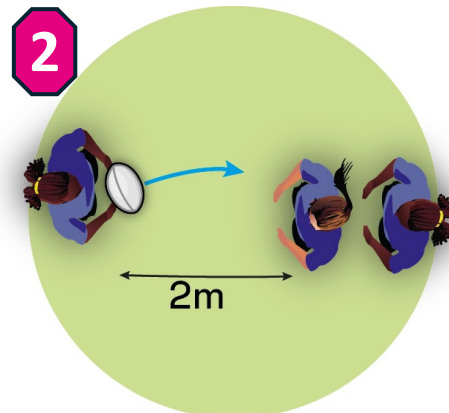


SESSION 9: ACTIVITY 5

1



2



YOU DO

- Identify how many scrums each team can form before a game.
- Set the rules on what looks like a scrum.
- With lots of scrums, you have a chance to help the "hooker" understand their role at hooker.
- With lots of lineouts, you have a chance to help the thrower understand their role at the lineout.

T1 RUGBY SCENARIOS

Let's play T1 Rugby! But with scenarios

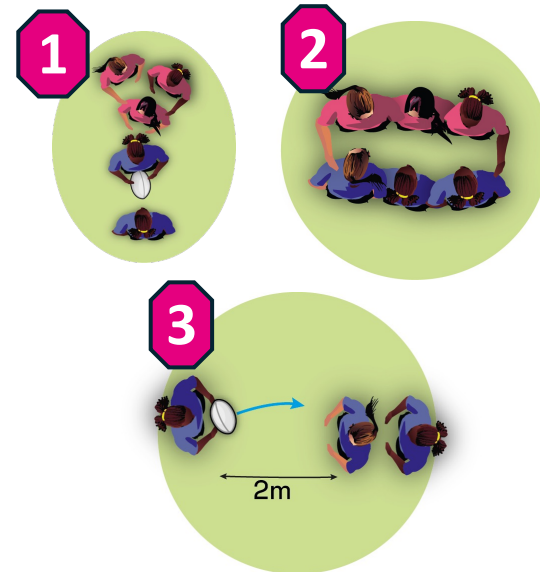
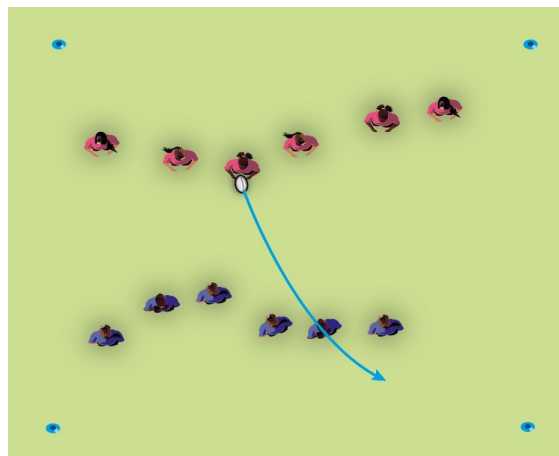
YOU SAY

- Let's split into two teams.
- After every score, we will start with a kick off.
- Run and pass backwards.
- Tag: RIP AND PASS
- Defence must form tackle triangle after a tag. **1**
- Defence has to 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. **2**
- Lineout for the ball going into touch. **3**
- Teams can kick, but chasers have to start behind the kick.



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SESSION 9: ACTIVITY 6



YOU DO

- Start the game on the halfway line with a kick (any type).
- When all the lives are lost, the other team restart from the last infringement.
- Set up "scenarios" for the players. Examples:
 - Three starts for a scrum here (e.g. 15m from a try line)
 - The defence has two fewer players
 - Two starts each from a lineout here (e.g. on the halfway)
 - How do you escape from close to your line

TRUST 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. What is meant by trust?
 2. How do we persuade others to be part of the group?

SESSION 9: 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.