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 [WATCH VIDEOS
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BINDY BIND

While this starts the idea of binding together for a scrum, it links into peer pressure value

YOU SAY

- Let's play Bulletball.
- After every third tag, let's Bindy Bind!
- Every restart is also a Bindy Bind.
- Two attackers bind together.
- Another attacker rolls the ball between these two's feet and passes to restart the game.

3

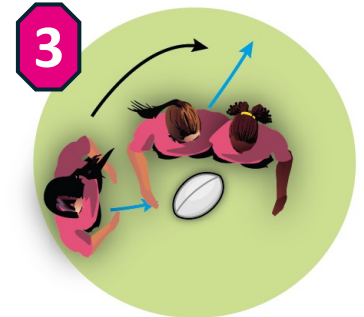
SESSION 4: ACTIVITY 1

1



YOU DO

- Demonstrate what a bind is. That is, one player stands hip-to-hip with a teammate, and they put their inside arms around the back of another player.



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LINKS TO PEER PRESSURE VALUE

PEER PRESSURE

DISCIPLINE

- Peer pressure
- Conflict

YOU SAY

- Let's split into pairs.
- In pairs, how did you feel when you were under pressure? What tends to happen to your skills under pressure?
- What are your thoughts?
- I will give you seconds to think about the question. I am then going to ask one of you, but it could be any one of you for the answer.
- "What is the worst thing about feeling under pressure"?

SESSION 4: ACTIVITY 2



YOU DO

- With the second question, there is a lot of pressure!
- If necessary, ask a very confident player for the answer after 20 seconds or ask a co-coach if you have one.
- Then ask the general question: how did that feel?
- Then ask:
- In pairs, here's a different sort of pressure: "What do others feel they need to do to fit in?"
- Find out answers and then ask the group to rate the answers as to which one they think they least like the sound of.

LINKS TO BINDY BIND

SCRUM TIME

Learning how to form a T1 Rugby scrum

YOU SAY

- Everyone in the box jogging around.
- When I shout scrum, you need to find a group of three.
- Don't be the odd one out!
- When you are in a group of three, you have to bind as a three, like in Bindy Bind.
- When I say "Go", unbind and run around again.

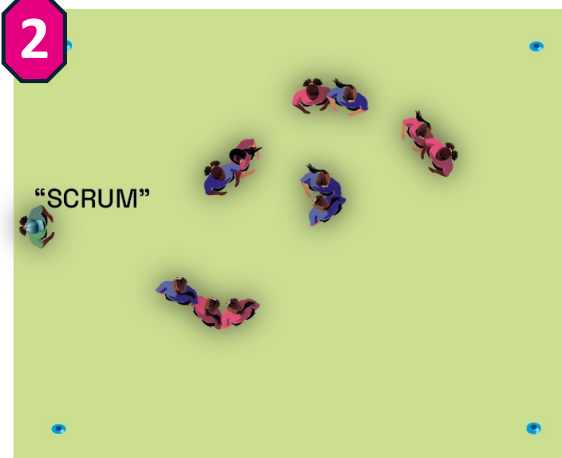
1

2

1



2



YOU DO

- Demonstrate what a three-player scrum looks like.
- If a player isn't finding anyone to bind with after a few rounds, ask someone to work as their buddy.

PROGRESSIONS

- Ask threes to work together to form a T1 Rugby scrum. That is three players from each team bond together, facing each other, with the free outside arms of each group on the shoulder of the outside players in front of them.

3



PEER PRESSURE

YOU SAY

- Let's get into pairs.
- It is hard to say no to our friends, even if we know it is wrong. Let's have some ideas on how to resist this pressure.
- In your pairs, see if you can come up with two.
- Here are three good reasons to say "no".
 - Avoid trouble or getting hurt
 - Feel good about saying no (integrity)
 - Positive influence on others
- Let's support our friends in making the right choices.

SESSION 4: ACTIVITY 4



YOU DO

Here are some ideas to listen out for or build on.

- Look for support from friends who are making healthy choices or who won't judge us or leave us if we make a decision that is different than theirs.
- Avoid friends or peers who are pressuring us.
- Be confident in yourself and your decisions.
- Look for positive role models.
- Make an excuse and walk away from the situation.
- If the person is giving you a hard time try telling them, "I respect your choice to do that, so please respect mine not to."
- Find other things to do with friends.
- Maybe even choose different friends – true friends show respect to each other.

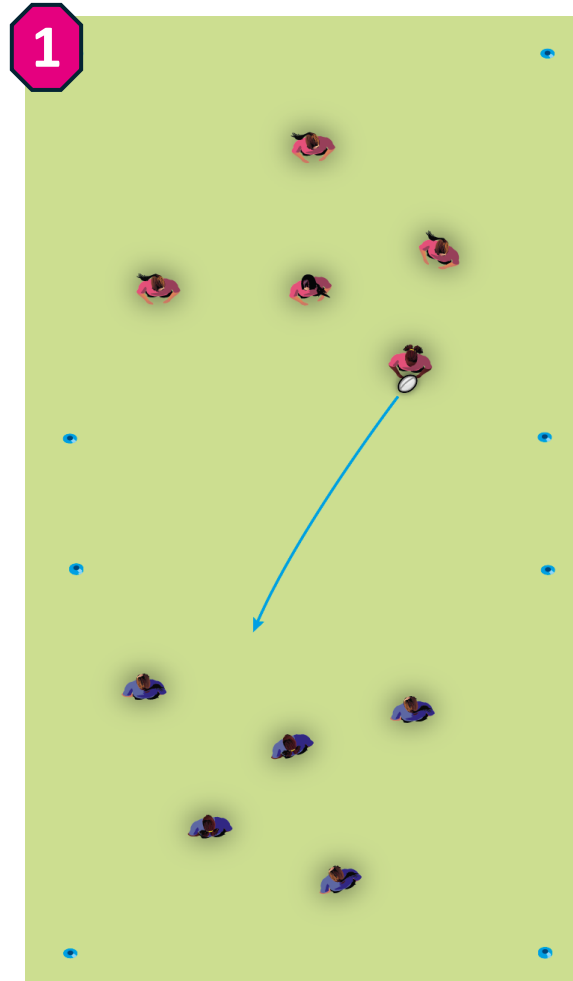
KICK FRENZY

Learning how to kick, but also why to kick (to find space)

YOU SAY

- Here's a chaotic game to play!
- One team is going to stand in this box, and the other in this box.
- Every third player has a ball in one box (or one per two if you can!)
- One team are going to kick into the other box, but one ball at a time.
- Scoring: Kicking team
 - 1 point if kick lands inside the other box
- Scoring: Catching team
 - 2 points if kick is caught
- Return the ball after every kick.
- Once all the kicks are taken by one team, the other team has a go
- We will rotate who makes the kicks.

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SESSION 4: ACTIVITY 5

YOU DO

- Demonstrate how a kick is made.
- A kicker can stand at the front of their box if they want.

PROGRESSIONS

- Make the boxes bigger so the receivers have to work harder.
- Make the distances between the boxes bigger.

BULLETBALL 4

Adding scrums into games

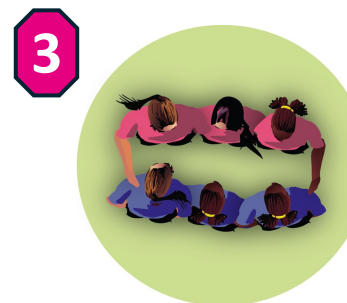
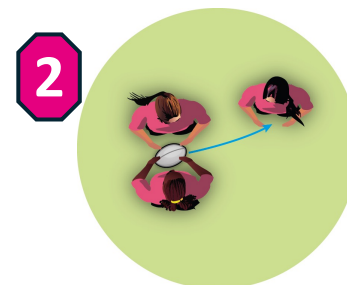
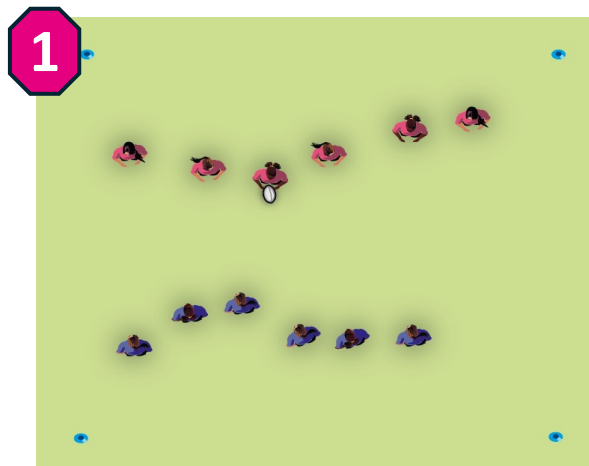
YOU SAY

- Let's split into two teams. 1
- Run and pass backwards.
- If you are tagged, then you have to stop and the next player has to RIP AND PASS. 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
- If the ball is passed forwards or dropped and it goes forward, then three players from each side form a T1 Rugby scrum each other. The non-offending team pass the ball away. 3

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SESSION 4: ACTIVITY 6



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 game has onside and scrum "bunches" but not scrum engagement.*
- *From a scrum, the non-scrum players need to stand 5m back from the scrum.*

PEER PRESSURE 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. Identify two good reasons to say "no" sometimes.
 2. How can you support each other to avoid harm or help with difficult situations?

SESSION 4: 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.