




SESSION FIVE

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

WINNERS GRINNERS

Learning to race and using handling skills, with an element of competition to link into value

YOU SAY

- Let's play Winners Grinders.
- Split into groups of three with a ball.
- Each team starts at the end of the box.
- When I say go, each team runs to the cone in front of them and makes three passes.
- Then run to the end of the box.
- The winners are the grinders. Their reward is to start the next race two paces in front of everyone else

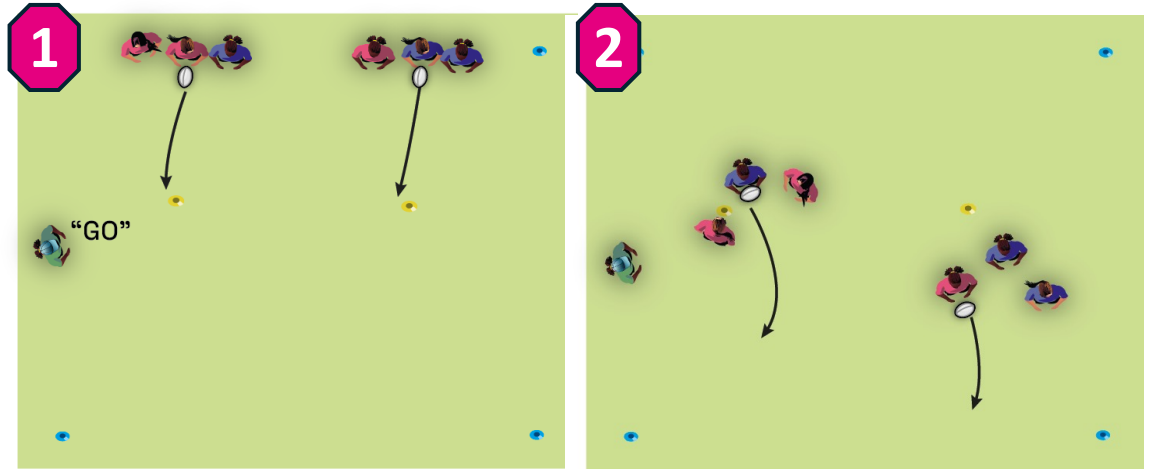


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LINKS TO PASSION VALUE

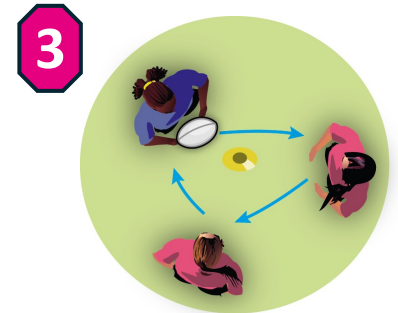


SESSION 5: ACTIVITY 1



YOU DO

- Run the game for three to four goes. Then reset the game, but with a different task at the cone. Examples:
 - Overhead passes
 - Pass while hopping
 - Pass, sit down, stand up



PASSION

PASSION

- Passion
- Leadership

YOU SAY

- Split into pairs, but let's first think about this as a group.
- What did you think of the rules? How did the rules affect you?
- What are your thoughts?
- In pairs, what are the reasons that people give that girls shouldn't play rugby?
- Now, in pairs, what other things in life are girls not allowed to do?
- Who makes up these rules?
- **If these rules are not part of law or part of our religious beliefs, we should be prepared to challenge them. For rugby, rugby should be the same for all genders.**

SESSION 5: ACTIVITY 2



YOU DO

For the first question: "What did you think of the rules? How did the rules affect you?" the answers might be:

- Unfair
- Why could I not be on that team
- I enjoyed winning!

Second question: "What are the reasons that people give that girls shouldn't play rugby?" the answers might be:

- Religion
- Culture

Third question: "What other things in life are girls not allowed to do?" the answers might be:

- Other sports
- Places (clubs)
- Work

And who makes up these rules:

- Patriarchy, government, our peers.

LINKS TO WINNER GRINNERS

QUICK RAP

Help players learn how to exploit a defence that's not in position quickly enough

YOU SAY

- Get into groups of three.
- Two groups will work at the same time, one in attack, one in defence.
- Each starts at the side of the box.
- When the attack runs into the box with a ball, the defence needs to intercept to make a tag/touch.
- When the tag is made, the tagger stands still until the other taggers have touched that player at the same time.
- In the meantime, the ball carrier turns and the next player rips and passes to the other player.
- The attack aims to score before the defenders can make another touch/tag.

1

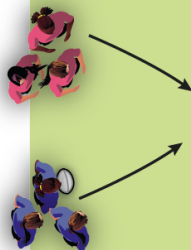
2

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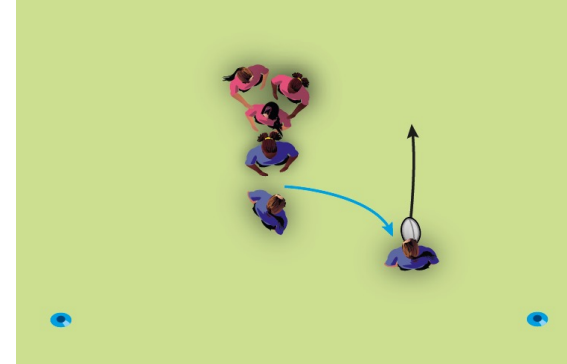


SESSION 5: ACTIVITY 3

1



2



YOU DO

- Show them what happens after a tag/touch: RIP AND PASS for the attack, and the defender has two players touch them at the same time before they can be released.
- This is an introduction to the tackle triangle, which they will learn more about later.

PROGRESSIONS

- Add another attacker if groups are struggling or start the attack inside the box.
- Add more players in attack and defence for better groups. This should still mean there is an overload for the attack after the tag/touch.

PASSION

PASSION

- Passion
- Leadership

YOU SAY

- Let's get into pairs.
- Where do you feel we can change these rules in our lives?
- As a group: Can you think of any examples of things where you can think of someone doing something we don't expect by their gender?
- By not treating people based on gender expectations, we allow boys, girls, men and women to live up to their full potential, share power and responsibilities in their communities, and follow their interests and passions.
- Then, they will not be restricted by unfair and limiting gender roles and ideas

SESSION 5: ACTIVITY 4



YOU DO

Use these examples to help see if anyone has a similar story to tell:

- I sometimes hear from others that the mother is the best person to care for her children, but in my family, my father likes to stay with us and care for us.
- The girls in our national seven's team have always played rugby even when most people said girls shouldn't play.
- My aunt has a senior job, travels a lot and earns the money.
- At our last coach training day, the men prepared all the food!

KICK RAIDERS

Adding in a chaser to Kick Frenzy

YOU SAY

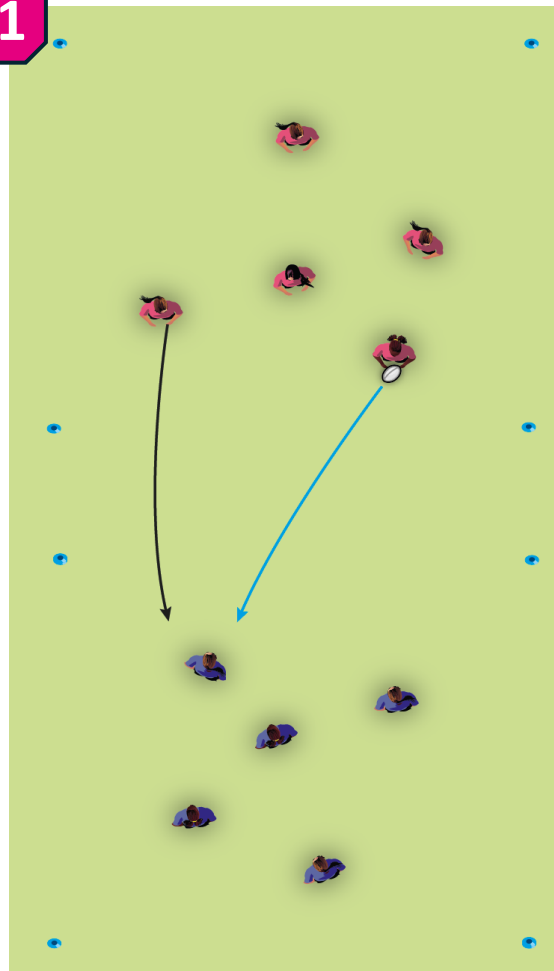
- Here's another chaotic kicking game to play, just like Kick Frenzy.
- Split into two teams, one in each box.
- When a team makes a kick, any player behind the kicker can run into the other box to disrupt or even catch the kick. Each player can only do this once a kicking round.
- Return the ball after each kick.
- Scoring: Kicking team
 - 1 point if the kick lands inside the other box
 - 4 points if they catch one of their own!
- Scoring: Catching team
 - 2 points if the kick is caught
- Once all the kicks have been taken by one team, the other team has a go.
- We will rotate who makes the kicks.



[WATCH THE SESSION VIDEOS HERE](#)



1



SESSION 5: ACTIVITY 5

YOU DO

- Demonstrate how a kick is made.
- A kicker can stand at the front of their box if they want.
- Have some spare balls to give to the kicking group if the balls fly outside the box.

PROGRESSIONS

- No progressions.

T1 RUGBY ALMOST

Nearly playing a full game of T1 Rugby!

YOU SAY

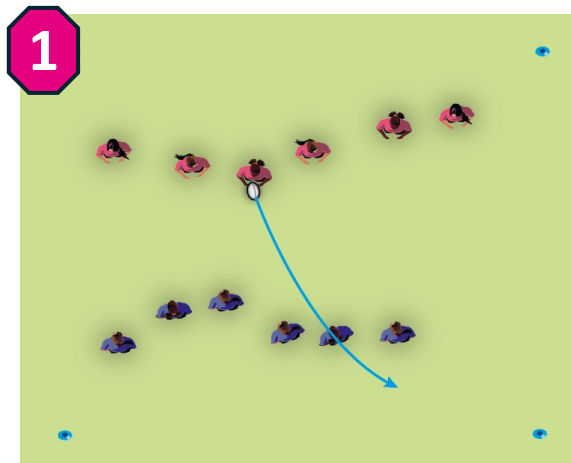
- Let's split into two teams.
- Run and pass backwards.
- Tag: RIP AND PASS
- Defence has to be onside.
- The attack has six lives. You lose a life by:
 - Going out of play
 - Being tagged
 - Breaking a ground rule
- Scrum for forward pass or knock-on.
- Teams can kick, but chasers must start behind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

2

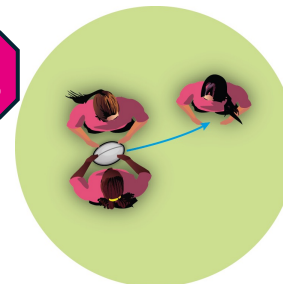
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SESSION 5: ACTIVITY 6



2



3



YOU DO

- Start the game on the halfway line with a kick (any type)
- The other team restart from the last infringement when all the lives are lost.
- *You can try scrum engagement.*

1

3

PASSION 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 do you want to achieve in sport?
 2. What do you want to be when you leave school/grow-up (depending on their circumstances)?

SESSION 5: 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.