

SESSION EIGHT

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

PASS PERFECT

While focusing on being accurate with passing, it will link to encouragement

YOU SAY

- Let's play Pass Perfect.
- Line up at each end of the box, in four columns, 2m apart.
- We are going to start at one side and run across, passing the ball once each.
- The last player passes to the first player in the opposite column, and they repeat.
- Let's play one round.
- Now let's decide what passing skill we want to be "perfect".
- Let's repeat so every line goes four times.
- How many less than "perfect" passes did we make?

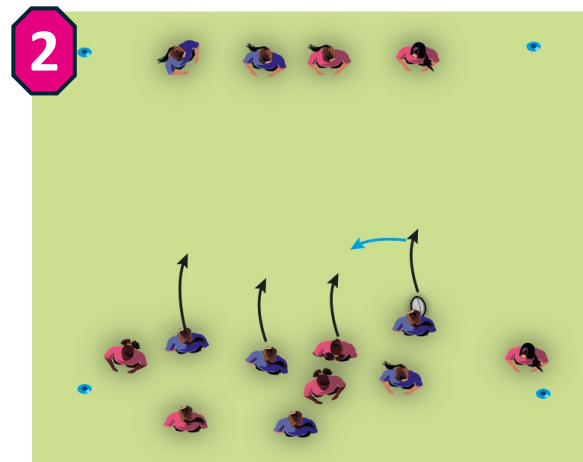
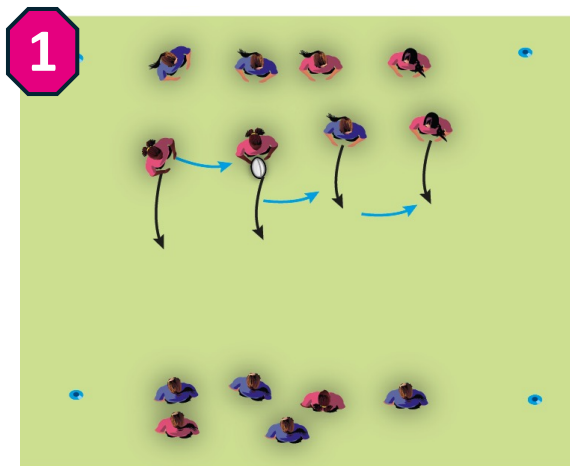


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LINKS TO THE BEST WORDS

SESSION 8: ACTIVITY 1



YOU DO

- Perfect: catch the ball away from the body, pass in front of the catcher, call for the ball.
- If you don't have exact numbers, players can swap in.

PROGRESSIONS

- Swap starting sides.
- You might be making it easy rather than progression, so closer together and perhaps at a walking pace.

THE BEST WORDS

RESPECT

- Violence
- Male and female

YOU SAY

- Replay Pass Perfect
- I'm appointing two player coaches.
- *Tell them secretly they are only allowed to say the following:*
- *"That was bad", "That was terrible", "Can't you do that better?"*
- Let's get back in as a group.
- It's great to have coaches in your team. Were they helpful?
- How did you feel about that language?
- In pairs, come up with language which would be helpful which would make you feel better
- Okay, let's play again!

SESSION 8: ACTIVITY 2



YOU DO

- You need to choose some good players who will be able to make these negative comments.
- Don't say anything yourself.
- The comments are about ACTIONS, not about the person.

LINKS TO PASS PERFECT

THE SWARM

Learning how to work as a team in defence

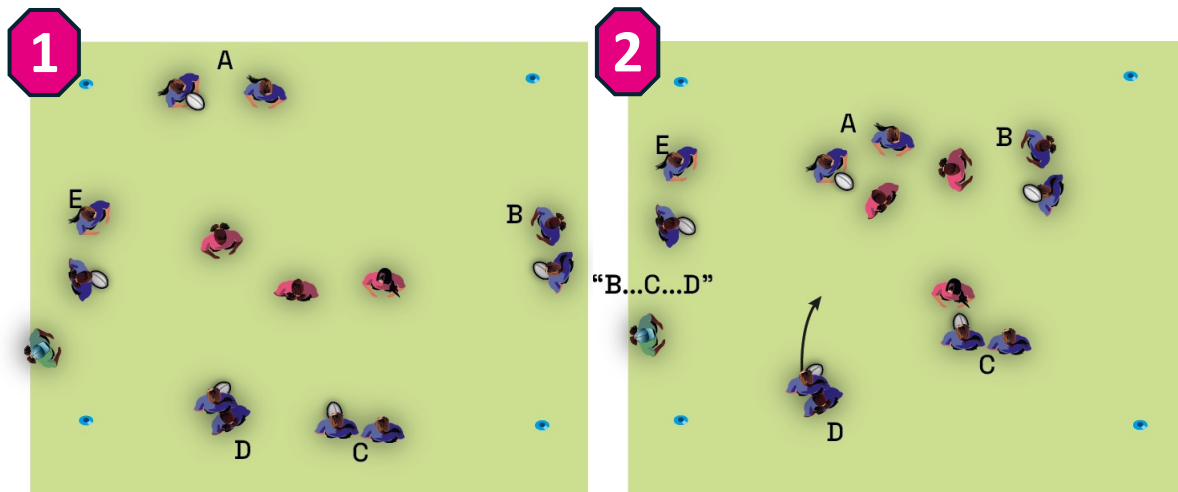
YOU SAY

- Let's play the Swarm, so three of you will be killer bees!
- Killer bees, stand in the middle of the box.
- Everyone else, get into pairs with a ball and put yourselves on any of the sides.
- When I shout out a player's name, that pair has to run and score at the opposite side.
- As a pair, you can run with the ball and pass backwards.
- If the ball carrier is tagged (stung!) by a player from the swarm, then your go is over and you go to a side and wait to go again.
- There may be more than one pair attacking at any one time.
- Let's see how many tries are scored in 60 seconds, before we change the Swarm.

1

2

SESSION 8: ACTIVITY 3



YOU DO

- Initially, the Swarm will make a tackle.
- But as you let out more and more pairs at the same time, it will become difficult.

PROGRESSIONS

- The box's size should start at 15m a side, but you can change it to suit your players.
- The players choose when to go across the box.



THE BEST WORDS

YOU SAY

- Remember in Pass Perfect, there was discouraging language
- If it happened with intent, it could be emotional or verbal abuse because we could feel hurt. It is different to physical abuse.
- Here are some examples of emotional abuse:
 - Bullying, swearing, name-calling, teasing, humiliating, passing remarks, threatening, asking someone to do something they don't want to do.
- We do it sometimes without thinking. It's worse when we do it on purpose. No one deserves to be abused. However, it can happen to anyone.
- In pairs: How do you get help?

SESSION 8: ACTIVITY 4



YOU DO

- Help the players by filling in the gaps, especially when you give examples of emotional abuse.
- Here are people who can help if a player feels abused:
 - Your teacher, coach, police, parents.
- YOU SHOULD FINISH THIS SESSION BY SAYING:

Remember, experiencing aggressive behaviour is not your fault, and you never deserve it.

SAVE THE WORLD

A kicking and kick chase challenge

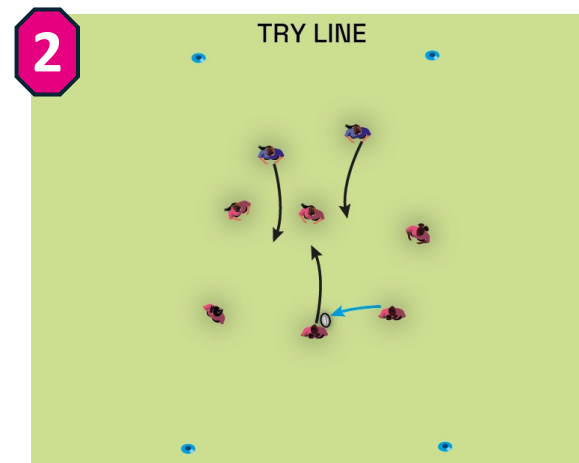
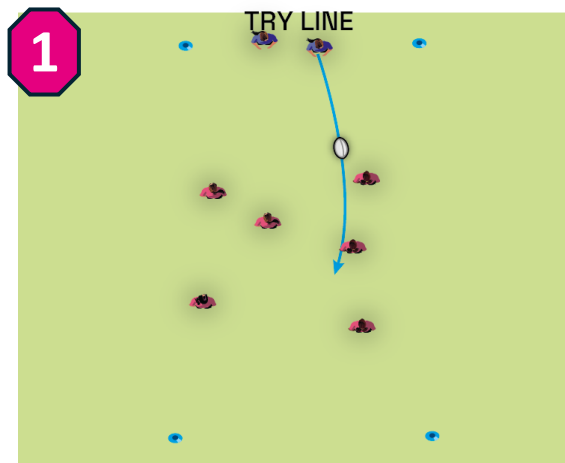
YOU SAY

- Let's play Save the World.
- Two pairs will be the supervillains, and the rest of you will be split into two groups of superheroes.
- One pair of supervillains will start at one end of the box with a ball.
- The supervillains will kick the ball as far into the box as possible and then chase the kick.
- The superheroes have to "diffuse" the kick by returning the ball to where it came.
- They can run forward, pass backwards, but if they are tagged by supervillain they have to stop and pass.
- You have 20 seconds to save the world!

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SESSION 8: ACTIVITY 5



YOU DO

- The superheroes should spread out.
- These tests kicking, defence and attacking.
- If the ball goes out of the box from the kick, the superheroes start from that point and the clock starts when they are back in the box.

PROGRESSIONS

- Add in more supervillains.

T1 RUGBY

This is T1 Rugby. Set up different set pieces (scrums and lineouts) to restart the game

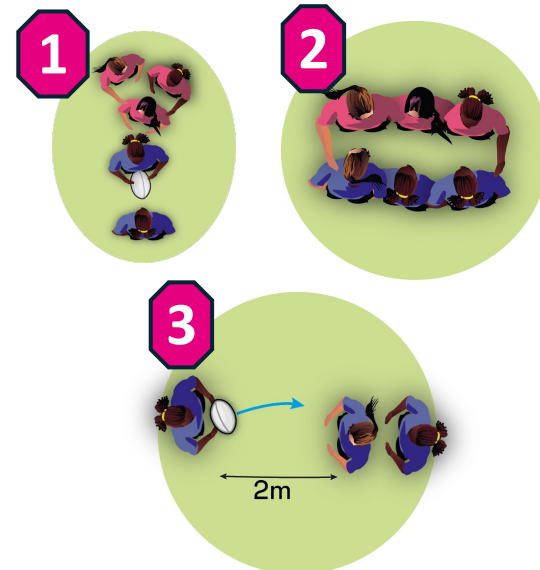
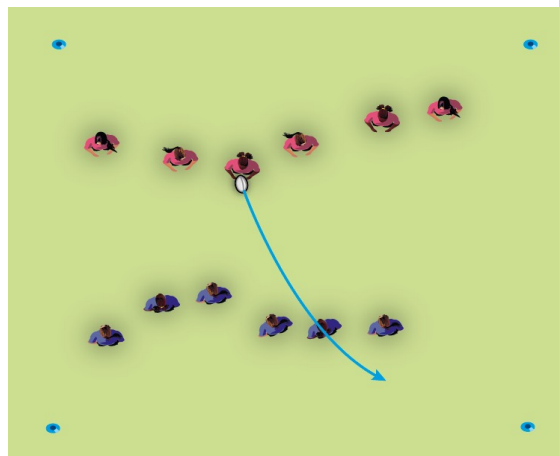
YOU SAY

- Let's split into two teams.
- Run and pass backwards.
- Tag: RIP AND PASS.
- Defence must form a tackle triangle after a tag. **1**
- 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. **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 8: 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
- *We are close to playing a full game of T1 Rugby now!*

THE BEST WORDS 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 words hurt, what words help?
 2. If someone says bad words, what should you do?

SESSION 8: 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.