



# HIGH SCHOOL

## ONE DAY PLAN



### PREPARATION

- Overview and refer to lesson plan on pg. 2 to keep class fluid and to assure you explain all key points and a brief history of the sport.
- Have a least one rugby ball per five students for the class (size 4 or 5 rugby balls are recommended for this age group).
- If you have any rugby apparel, please wear it.
- Set up the pitch(s) to appropriate dimension for the class size.

### DURING CLASS - INTRODUCTION

Provide students with a brief history and overview of rugby:

- Birthplace: Rugby, England
- "Rugby was invented when a boy playing soccer, picked up the ball and began to run with it. A player from the other team decided to tackle him. That's how rugby was invented!"
- "Rugby came to America in the early 1800's and was popular on college campuses. They began to change the rules in the early 1900's and that's how we got American Football!"
- Rugby 7's is in the Olympics.
- USA will host the 2031 (Men's) and 2033 (Women's) Rugby World Cups.

### INTRODUCE THE SKILL

**Rugby Ball** – "The rugby ball is fatter than a football and more pointy than a soccer ball. Everyone gets a chance to carry, pass and catch the ball and score in rugby".

**Catch** – "Everyone hold your hands up in front of your chest with your thumbs together and fingers spread wide, forming a "W". This means you are ready to catch the ball. We only want to pass to players with the W's up, reach to catch the ball."

**Pass** – "In rugby we pass across our bodies. This pass is an underhand pass similar to scooping or shoveling". (demonstrate)



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### DURING CLASS – SKILLS AND GAMES

#### Relay Races: 5-10 Minutes

Rugby Relays are a great way to gain familiarity with rugby terms and also become comfortable holding the ball. Lead students in four or five quick relay races. During the relay races educate them on important aspects of the game such as how to hold a ball, what a try is, and how to pass and catch a rugby ball.

#### Sharks & Minnows: 5-10 Minutes

This game is great for emphasizing our USA National Teams, as well as teaching teamwork and defense. Executing this game at least two times will keep the kids engaged and active.

#### Stars & Stripes: 5-10 Minutes

This game will simulate the quickness of switching from offense to defense much like actual gameplay.

#### 2v1 & 3v2: 5-10 Minutes

Odd numbers will encourage students to think quickly and tactically with the game in mind.

#### Ultimate Rugby: 10-15 Minutes

A fun game that will allow students to use all of the skills they have learned.

### DURING CLASS – REVIEW AND ADDITIONAL INFORMATION

- What is a score called? - A Try
- How many points is a try worth? 5 points
- What is the name of the USA National Team? The Eagles
- Be sure to encourage students to learn about Major League Rugby on <https://www.majorleague.rugby/>

**OBJECTIVE** To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving.

**GAME SETUP**

**EQUIPMENT:** 5 Rugby Balls, 10 Cones  
**PLAYERS:** Any group size  
**TIME:** 10-15 Minutes  
**SPACE:** 10 x 25 yard grid

**PRINCIPLES OF PLAY**

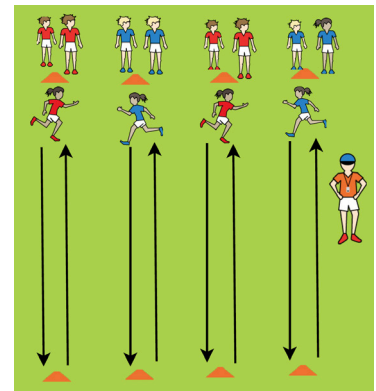
Go Forward

**FUNDAMENTAL SKILLS**

Agility • Coordination • Passing • Catching • Running

**HOW TO PLAY**

1. Start by separating players into equal relay teams of two or more and have them stand in line behind a cone.
2. Make the first race a simple down and back with a rugby ball in hand, passing to the next player in line on the way back. Be sure to instruct on proper passing and catching techniques prior.
3. Next, have players ground the ball and yell "Try!" when they get to the far cone. Have them run back and pass to the next player in line.
4. The next race should have two players from a team race down and back, completing three passes in between each cone, scoring at each end.
5. Last, let players have fun by celebrating a "try dance" at the furthest cone before running back to pass to their teammates.



**GAME PROGRESSIONS**

1. Make the cones further apart each race.
2. Add defenders in the middle that players must evade to complete their turn in the race.
3. Award the first team to finish a point and make it a competition for teams.
4. Incorporate various skills including tossing the ball, kick and chase, low positioning, etc.



[VIEW VIDEO](#)

**MODIFICATIONS**

- If you have varying ages and/or abilities, create two cones at the end and have the older or more experienced kids go to the furthest cone.

**KEY CONCEPTS**

- Players should work on mastering each skill they perform while playing.
- Make sure players are encouraging each other as they race.

## OBJECTIVE

To effectively build a defensive line against an attacking team.

### GAME SETUP

**EQUIPMENT:** 4 Cones, Flag Belts  
**PLAYERS:** Any group size  
**TIME:** 10-15 Minutes or 3-5 Rounds  
**SPACE:** 10 x 20 yard grid

### PRINCIPLES OF PLAY

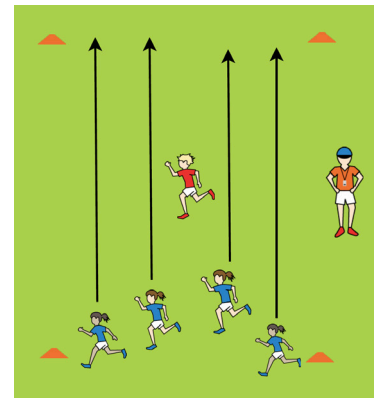
Apply Pressure • Contest Possession

### FUNDAMENTAL SKILLS

Agility • Running • Pulling

## HOW TO PLAY

1. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
2. Players must attempt to run from one side of the grid to the other without being tagged. When they arrive at the other side, they stop and wait for a restart.
3. To start the game, the instructor yells "Go!" and the offensive players will attempt to run to the other side of the grid without getting tagged. Players must remain within the boundaries of the grid during the game.
4. If tagged, the tagged player joins in with the center tagging group and attempts to tag others on the next round.



## GAME PROGRESSIONS

1. Call on one player to cross at a time. If caught, they join the middle.
2. Incorporate a rugby ball and have players pass the ball while avoiding the tag.
3. Players leave in waves; include a ball.
4. Incorporate flag belts.

### MODIFICATIONS

- If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

### KEY CONCEPTS

- Work together on defense to hold back the runners.
- The offense should look for holes in the defense to run through.
- Flat line defense.

## OBJECTIVE

To improve player reaction time when switching from offence to defense.

### GAME SETUP

**EQUIPMENT:** 6 Cones, Flag Belts  
**PLAYERS:** Any group size (in pairs)  
**TIME:** 10-15 Minutes or 5 Rounds  
**SPACE:** 30 x 15 yard grid

### PRINCIPLES OF PLAY

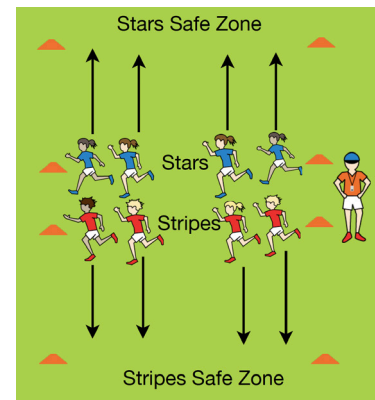
Apply Pressure • Go Forward

### FUNDAMENTAL SKILLS

Agility • Coordination • Pulling

## HOW TO PLAY

1. Each player finds one partner and together they designate one partner "stars" and one partner "stripes".
2. One team (stars) lines up along the center line, facing the "star's safe zone". The other team (stripes) lines up next to their partner, arms length apart, facing the "stripe's safe zone".
3. The instructor calls either "Stars!" or "Stripes!" The team called tries to get to their safe zone before getting tagged by the other team.
4. The team that is not called reacts to become taggers. They attempt to tag the opposition before they cross into their respective "safe zones".
5. Repeat various rounds, allowing players to quickly switch from offense to defense with quick reactions.



## GAME PROGRESSIONS

1. Give points every time a tag is made. Have players compete to get the most points.
2. Vary the starting position of the players: sitting down, kneeling, or lying down.
3. Incorporate fitness activities such as jumping jacks, jump squats, etc. before calling a team.
4. Incorporate flags.



[VIEW VIDEO](#)

### MODIFICATIONS

- Shorten the distance to the safety zone for players who may struggle to reach the safety zone in time.
- Reduce the speed of the game to a fast walk or walking pace to build success.
- Rotate players through the line so they can practice with various partners to find one that is more evenly matched.

### KEY CONCEPTS

- Remind players to go through the proper steps when making a tag.
- Players should work on their offensive moves to avoid getting tagged.
- Quick reaction –switching from offense to defense.

**OBJECTIVE** To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defense.

### GAME SETUP

**EQUIPMENT:** Rugby Balls, 8 Cones, Flag Belts

**PLAYERS:** Any group size (groups of 6)

**TIME:** 10-15 Minutes

**SPACE:** 30 x 30 yard grid

### PRINCIPLES OF PLAY

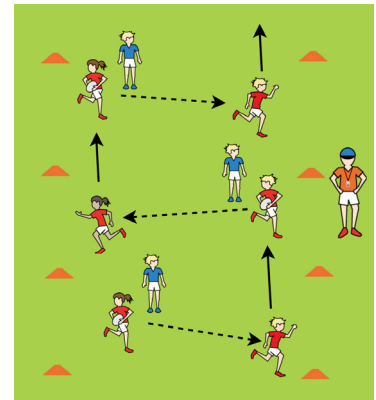
Apply Pressure • Contest Possession  
Go Forward • Provide Support

### FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

### HOW TO PLAY

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have one defensive player stand in between two cones at each 10 yard mark, totaling three defensive players.
3. Have the offensive players form two lines at the beginning of the grid facing the defensive players.
4. Two offensive players will start by running through the grid and attempting to draw the defender towards them. They will then time their pass or run to continue onto the next defender.
5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.



### GAME PROGRESSIONS

1. Make the rule that the defense can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

### MODIFICATIONS

- If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

### KEY CONCEPTS

- Encourage defenders to work on reading the ball carrier's actions.
- Make sure the offensive players without the ball are always in a supporting position.
- Make sure players are communicating clearly when calling for a pass.

**OBJECTIVE** To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defence.

### GAME SETUP

**EQUIPMENT:** Rugby Balls, 8 Cones, Flag Belts

**PLAYERS:** Any group size (groups of 9)

**TIME:** 10-15 Minutes

**SPACE:** 30 x 30 yard grid

### PRINCIPLES OF PLAY

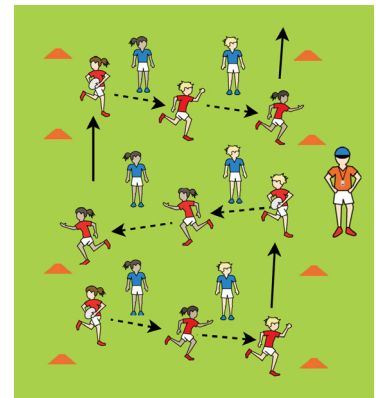
Apply Pressure • Contest Possession  
 Go Forward • Provide Support

### FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

### HOW TO PLAY

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have three pairs of defensive players stand in between two cones at each 10 yard mark.
3. Have offensive players from three lines at the beginning of the grid facing the defensive players.
4. Three offensive players will start by running through the grid and attempting to draw the defender towards them. They will time their pass or run to continue onto the next defensive set.
5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.



### GAME PROGRESSIONS

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### KEY CONCEPTS

- Encourage defenders to work on reading the ball carrier's actions.
- Make sure the offensive players without the ball are always in a supporting position.
- Make sure players are communicating clearly when calling for a pass.

## OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

### GAME SETUP

**EQUIPMENT:** Rugby Balls, 4 Cones

**PLAYERS:** Teams of 5-7 players

**TIME:** 10-20 Minutes

**SPACE:** 20 x 30 yard grid

### PRINCIPLES OF PLAY

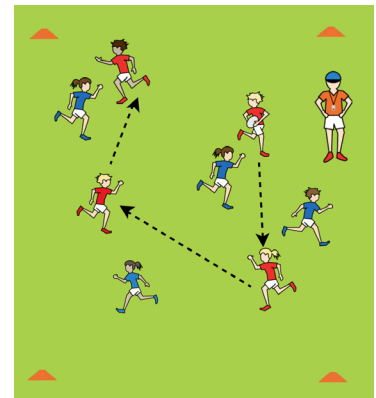
Contest Possession • Go Forward  
 Provide Support • Create Continuity

### FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination  
 Catching • Pulling • Running

## HOW TO PLAY

1. Split players into two equal teams, lining up on opposite end of the field.
2. One team begins with the ball and starts the game with a free pass.
3. Players advance the ball by passing in any direction.
4. Players cannot run with the ball and may only advance it by passing.
5. If a pass is dropped, a turnover occurs.
6. Players score by grounding the ball in their try zone.
7. Defensive players cannot strip the ball from the offensive players and must remain arms-length distance when defending.



## GAME PROGRESSIONS

1. Incorporate three steps -players can take three steps after receiving a pass.
2. Players only have three seconds to pass.
3. Only rugby passes are allowed, no overhead or overhand passes.



[VIEW VIDEO](#)

### MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

### KEY CONCEPTS

- Encourage players to look for space when possessing the ball.
- Help players be prepared to pass quickly.
- Encourage players to be in a position to receive the ball from your teammate.