



Middle 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 3 or 4 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.

Circle Passing: 5-10 Minutes

Emphasizing proper passing form, create competitions and variations that get the kids moving and having fun. Speed passing and consecutive passes without a drop are always fun and competitive.

Rugby Freeze Tag: 5-10 Minutes

This game is great to utilize a large space and get the kids running around. Rotate taggers around so that every student gets a chance to participate. Emphasize communication amongst players as well as teamwork.

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.

Ultimate Rugby: 10-15 Minutes

Starting with the first progression of Ultimate Rugby will help kids apply the skills they learned earlier in the class to be successful.

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/>



GAME CARD

RELAY RACES

LEVEL: BEGINNER



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

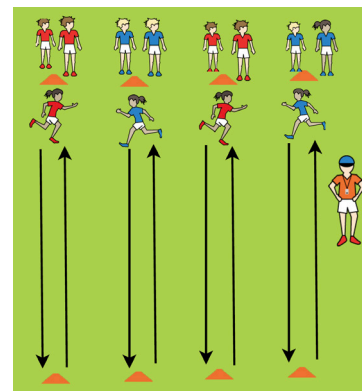
Go Forward

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.



GAME CARD

CIRCLE PASSING

LEVEL: BEGINNER



OBJECTIVE

To improve proper passing and receiving techniques.

GAME SETUP

EQUIPMENT: 1-2 Rugby Balls, Cones

PLAYERS: Any group size (in pairs)

TIME: 5-10 Minutes

SPACE: 10 x 10 yard grid

PRINCIPLES OF PLAY

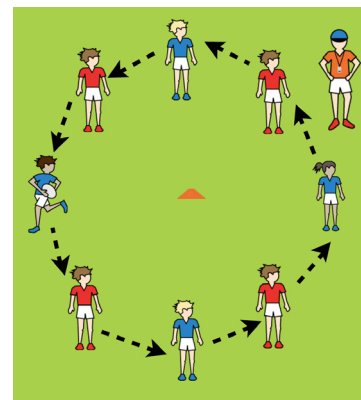
Continuity

FUNDAMENTAL SKILLS

Running • Passing • Catching

HOW TO PLAY

1. Have players form a circle with about 2 yards in between each other.
2. Start by having players attempt to complete passes around the entire circle without dropping the ball.
3. Once players can get around the circle, make the game harder by adding a time limit.
4. After the time limit, play a game of standing "Duck, Duck, Goose" with the circle. Instead of the tagger running away from the "Goose", have the two players switch places and have the "Goose" race a ball being passed around the circle.
5. Choose a tagger to walk around the circle clockwise with a rugby ball playing "Duck, Duck, Goose". Once the tagger choose a "Goose", the "Goose" will start running around the circle while the other players work to pass the ball around the circle. The goal is for the "Goose" to beat the ball around the circle. Have each player take turns.



GAME PROGRESSIONS

1. Create two circles and have them compete against each other for time.
2. Use two balls in one circle.
3. Have players use different passing techniques such as a pop pass, a spiral pass or pass backwards.
4. Incorporate fitness including jumping jack feet, shuffling, etc.
5. Pass across circle and replace.



[VIEW VIDEO](#)

MODIFICATIONS

- If players are struggling to race the rugby ball around the circle, have players take a step in towards the middle to make the circle smaller.

KEY CONCEPTS

- Emphasize the "W" formation with their hands when receiving the ball.
- Work with players to improve their passing skills.



GAME CARD

RUGBY FREEZE TAG

LEVEL: BEGINNER



OBJECTIVE

To become familiar with spatial awareness as it relates to evading the defensive attack.

GAME SETUP

EQUIPMENT: 8 Rugby Balls, 4 Cones
PLAYERS: Any group size
TIME: 10-15 Minutes or 5 Rounds
SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

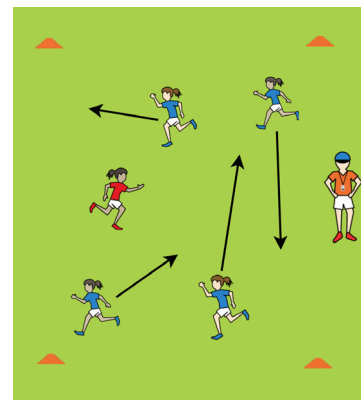
Create Continuity

FUNDAMENTAL SKILLS

Agility • Coordination • Running

HOW TO PLAY

- 1-3 players are picked as taggers. Taggers are given a ball to use for tagging or use two hand touch when necessary.
- All non-taggers evade any taggers by moving into space within the grid.
- When a player is tagged with the rugby ball they remain stationary or "frozen".
- "Frozen" players can be released when their teammates perform a set skill. We suggest giving a high five to un-freeze a player. The game can either run for a set time or until all evading players are "frozen".
- Players crossing over the boundary lines and stepping outside the grid become automatically frozen.



GAME PROGRESSIONS

- Crawl between the legs of a "frozen" player to unfreeze them.
- Incorporate passing so that "frozen" players can only become un-frozen by receiving a pass.
- Roll a ball between the legs of a "frozen" player.
- Incorporate flags.

MODIFICATIONS

- Vary the movement/skill for unfreezing frozen players. This will allow players of all abilities to have success.

KEY CONCEPTS

- Make sure players are focused on teamwork to keep their teammates un-frozen.
- Have the taggers call their tags, by yelling "tag!"
- Emphasize communication by having players call for help when they are frozen.



GAME CARD

SHARKS AND MINNOWS

LEVEL: BEGINNER



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

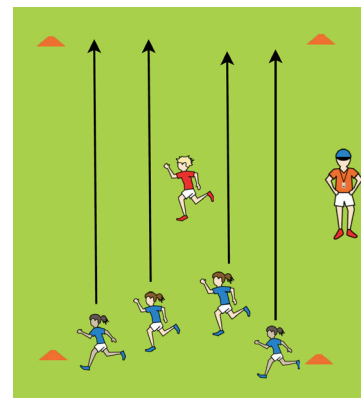
Apply Pressure • Contest Possession

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.



GAME CARD

ULTIMATE RUGBY

LEVEL: INTERMEDIATE



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

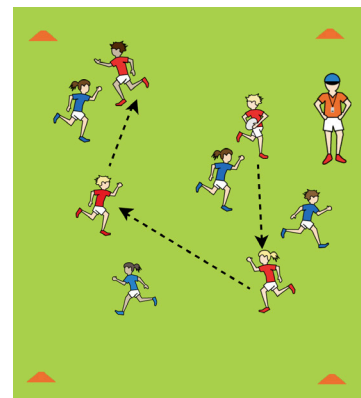
Contest Possession • Go Forward
Provide Support • Create Continuity

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.