



Middle SCHOOL

THREE 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)



Middle SCHOOL

THREE DAY PLAN



DURING CLASS – SKILLS AND GAMES

DAY 1

Relay Races

5-10 Minutes

Circle Passing

5-10 Minutes

Rugby Freeze Tag

5-10 Minutes

Sharks & Minnows

5-10 Minutes

Ultimate Rugby

10-15 Minutes

DAY 2

Day 1 Review

3-5 Minutes

Stars & Stripes

5-10 Minutes

Cold & Hot Potato

5-10 Minutes

Just Score

5-10 Minutes

Flag Rugby

10-15 Minutes

DAY 3

Day 1 & Day 2 Review

10-15 Minutes

Depth Running

5-10 Minutes

2v1 & 3v2

10-15 Minutes

Flag Rugby Tournament

20-30 Minutes

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

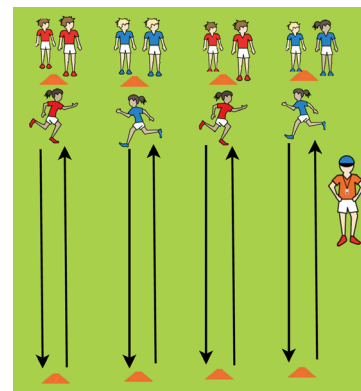
Go Forward

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

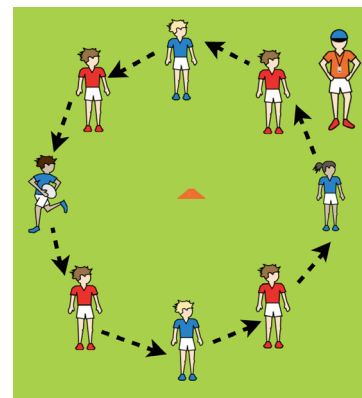
Continuity

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

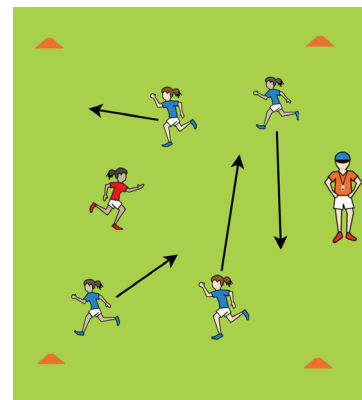
Create Continuity

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

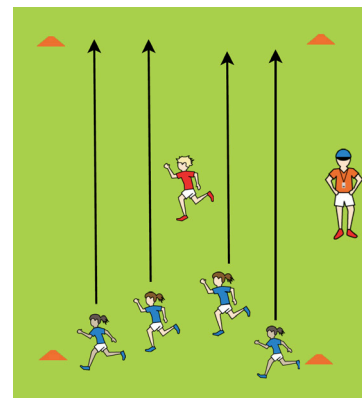
Apply Pressure • Contest Possession

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

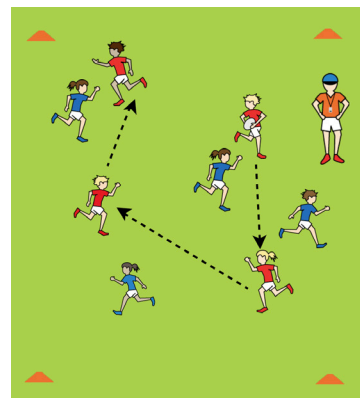
Contest Possession • Go Forward
Provide Support • Create Continuity

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.



GAME CARD

STARS AND STRIPES

LEVEL: INTERMEDIATE



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

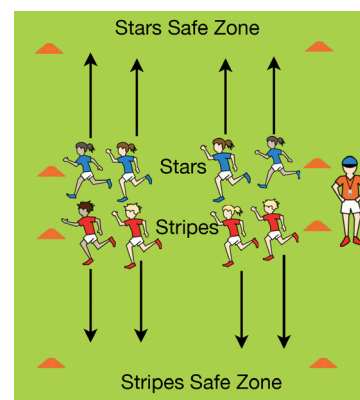
Apply Pressure • Go Forward

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.



GAME CARD

COLD AND HOT POTATO

LEVEL: BEGINNER



OBJECTIVE

To improve skills of different types of passes.

GAME SETUP

EQUIPMENT: 2 Rugby Balls

PLAYERS: Any group size

TIME: 10-15 Minutes

SPACE: 40 x 40 yard grid

PRINCIPLES OF PLAY

Create Continuity

FUNDAMENTAL SKILLS

Passing • Receiving

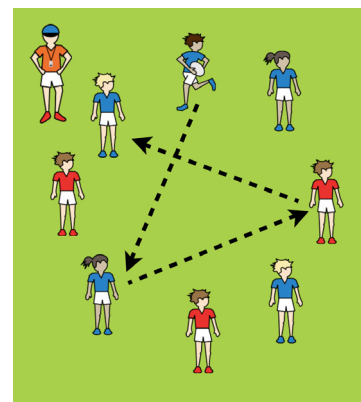
HOW TO PLAY

1. Have players form a circle with one player starting with the rugby ball.
2. Players will start with a "cold potato" rugby ball where they take time to learn a passing skill that the coach chooses by passing the ball around the circle to whoever they choose.

Examples include:

- Pop Pass
- Spin Pass
- One Handed Pass

3. The instructor will then change the ball to a "hot potato" and players should work on quickly passing the ball using the technique showed by coach with the "cold potato".



GAME PROGRESSIONS

1. Have groups of players compete to get the most amount if complete passes in a certain time limit.
2. Incorporate more rugby balls.
3. Have players replace the person they pass to.

MODIFICATIONS

- Incorporate a time limit where players must pass within two seconds in order to increase the speed of the game.

KEY CONCEPTS

- Make sure players continue to use their W's when receiving the ball.
- Help players work to always be in a position to receive the pass.
- Encourage players to count loudly and together every time a successful pass is made.



GAME CARD

JUST SCORE

LEVEL: INTERMEDIATE



OBJECTIVE

To increase the chance of scoring by taking advantage of open space.

GAME SETUP

EQUIPMENT: 1 Rugby Ball, 4 Cones

PLAYERS: Groups of 6

TIME: 10 - 15 Minutes, 5 rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

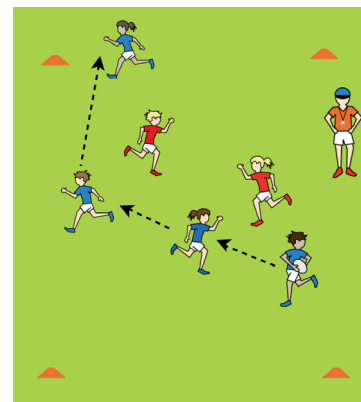
Apply Pressure • Score Points • Contest Possession
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

HOW TO PLAY

1. One team of four players start behind the try line. Two defenders start in the middle of the grid.
2. The object is for the offense to get the ball from one end of the grid to the other to score as many try's as possible.
3. The defensive players can only gain possession by intercepting the ball.
4. Running the ball is not allowed, and support players should be encouraged to look for space to be in a position to receive the ball. The ball can be passed in any direction.
5. The offense reverses the direction of attack after a try is scored.
6. A drop ball results in a re-start at the try line.
7. Defensive players change with offensive players to allow everyone a turn.



GAME PROGRESSIONS

1. Passes can only be lateral or backwards.
2. Adjust the ratio of offense / defense, grid size and time limits.

MODIFICATIONS

- Modify the rules to increase full team participation such as time limits for the ball carrier to speed up play or full team scoring where each player must receive a pass before the team can score.

KEY CONCEPTS

- Encourage players to work together on offense to create space.
- Encourage defenders to communicate and call out who they are defending.
- Encourage players to keep moving forward, always attempting to score.



GAME CARD

FLAG RUGBY

LEVEL: INTERMEDIATE



OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Two teams of 5-7 players

TIME: 14-20 mins (7-10 min halves)

SPACE: 20 x 30 yard grid

PRINCIPLES OF PLAY

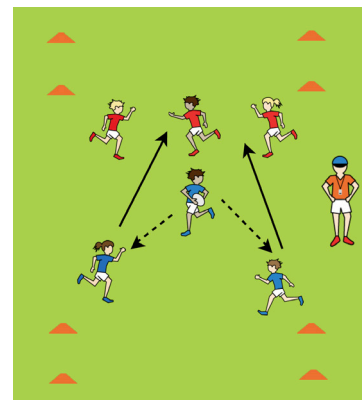
Apply Pressure • Score Points • Contest Possession
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

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

HOW TO PLAY

1. Split players into two equal teams and begin on opposite sides of the field.
2. Have players prepare by wearing flag belts and two flags.
3. Incorporate all lateral/backwards passing.
4. All stoppage in play restarts with a free pass, laterally or backwards.
5. Have players work on all concepts such as offense and defense.



GAME PROGRESSIONS

1. Add scrums.
2. Add lineouts.
3. Add kicking.

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

- Make sure players are mastering skills and game concepts before advancing.



GAME CARD

DEPTH RUNNING

LEVEL: INTERMEDIATE



OBJECTIVE

To help players build depth and space into their attacking lines and shape.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones

PLAYERS: Any group size (Groups of 4)

TIME: 10-15 Minutes

SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

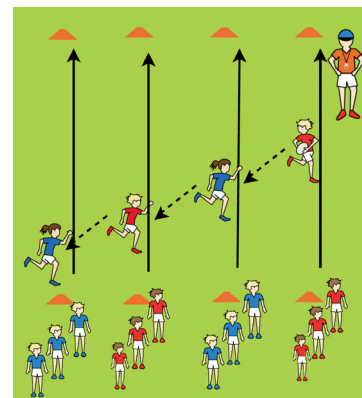
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Balance • Coordination
Running • Passing • Catching

HOW TO PLAY

1. Set up four cones two yards apart and have players line up behind each cone.
2. The first player in each line will be working together to form a rugby passing line.
 - The first line will start standing with the ball.
 - The second line will start on their knees.
 - The third line will start on their stomachs.
 - The fourth line will start on their backs.
3. On the coach's signal, the first player in each line gets up at the same time and start running forward. The player with the ball should run about 5 yards before passing the ball to the teammate next in line.
4. The players catch and pass the ball down a diagonal line, with the final person at the end of the line scoring a try. Be sure passes are all laterally and/or backwards.
5. Players should rotate through the game by joining a different line after every turn.



GAME PROGRESSIONS

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Advance to incorporate the wiggle skill and flag belts.

MODIFICATIONS

- Have the players perform the activity at a slower pace.
- If players are struggling to maintain depth, stagger the starting cones to help create the depth in the beginning

KEY CONCEPTS

- Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
- Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.



GAME CARD

2 v 1

LEVEL: INTERMEDIATE



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

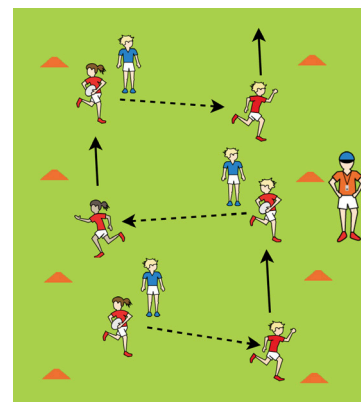
Apply Pressure • Contest Possession
Go Forward • Provide Support

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.



GAME CARD

3 v 2

LEVEL: ADVANCED



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 9)

TIME: 10-15 Minutes

SPACE: 30 x 30 yard grid

PRINCIPLES OF PLAY

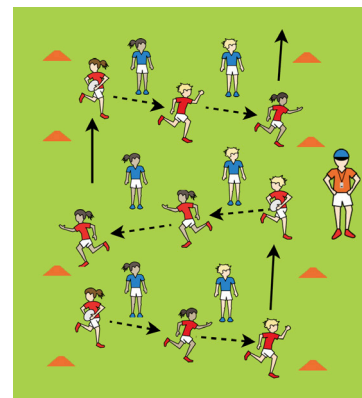
Apply Pressure • Contest Possession
Go Forward • Provide Support

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

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.