



ELEMENTARY SCHOOL

DAY ONE PLAN



SCHEDULE

	Day 1
Value	Respect
Warm Up	Mirrored Lines
Skills	<ul style="list-style-type: none">• Ball Familiarization• Catch• Pass
Games	<ul style="list-style-type: none">• Circle Passing• Sharks & Minnows

PREPARATION

- Review and refer to this lesson plan to keep class fluid and to ensure you explain all key points and a brief history of the sport.
- Have at least one rugby ball per five students for the class (size 3 or 4 rugby balls are recommended for this age group).
- Set up the pitch(s) to the appropriate dimension for the class size.

VALUE OF THE DAY - RESPECT

To show respect towards others, we must treat others the way you would like to be treated, listening to their ideas and feelings, and being kind and polite. Respect involves understanding that everyone is unique and deserves to be valued and accepted for who they are. In rugby we practice this every day with our coaches and teammates.

Remind players at the beginning, end, and throughout the practice of how they can show respect to their teammates. Maintain this value as a focus for the session.

RULES SUMMARY : 1 MINUTE

- Flag belt needs to be hip height with 2 flags, one velcroed to each hip
- A try is worth 5 points
- To score a try, you must press the ball into the ground, like you are squashing a bug!

For extended Flag Rugby rules, please see [Page 2 of the Imagine Rugby Handbook](#).



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WARM UPS : 5 MINUTES

Mirrored Lines - Set up two lines of players and have them face one another. Players will copy the reaction of the opposing side by shifting in various directions to mimic their movements. This game is great for practicing reaction time.

Mirrored Lines Game Card

INTRODUCE THE SKILLS: 10 MINUTES

Ball Familiarization – 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. Ball Familiarization can be accomplished in many ways, such as relay races (holding the ball in one hand, holding the ball in two hands, moving the ball around your body, figure 8 through your legs, picking and placing).

Ball Familiarization Skill Card

Carry the Ball Skill Card

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, to reach to catch the ball.

Receiving the Pass Skill Card

Pass – In rugby we pass across our bodies. This pass is an underhand pass similar to scooping or shoveling. (demonstrate) From there, have the kids stand in a line arms distance away, or sit in a circle, and hand the ball down the line in a race.

Basic Pass Skill Card

GAMES: 25 MINUTES

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

Circle Passing Game Card

Sharks & Minnows - This game is great for teaching teamwork and defense. Executing this game at least two times will keep the kids engaged and active.

Sharks and Minnows Game Card

Feel free to utilize games from previous days, especially if the class really likes them!



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CLASS CLOSE

Allow time at the end of class to hand out marketing materials (stickers, player cards) and try to integrate in some of the below rugby questions.

- What is the birthplace of Rugby? Rugby, England
- How was rugby invented? 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.
- What American sport originated from Rugby? American Football!
- What is the name of the USA National Team? The Eagles