



# HIGH SCHOOL

## DAY ONE PLAN



### SCHEDULE

	Day 1
Values	Inclusion
Warm Up	Mirrored Lines
Skills	<ul style="list-style-type: none"><li>• Ball Familiarization</li><li>• Pass</li><li>• Catch</li></ul>
Games	Flag Fury

### 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 (5 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: INCLUSION

Inclusion means making sure that everyone is accepted and valued for their unique qualities and strengths that they bring to the group. We want to create a welcoming and supportive environment where everyone feels like they belong and can participate fully.

Remind players at the beginning, end, and throughout the practice of the importance of inclusion. 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](#).

### 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](#)



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### 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** – Players should hold their hands up in front of their chest with thumbs together and fingers spread wide, forming a “W”. Players should only pass to teammates with their W’s up so that they are able 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](#)

### FLAG RUGBY PROGRESSION: 15 MINUTES

**1 v 1** – To apply all skills to a mini game-like situation between an attacking player and a defensive player where the offence can effectively execute an overload on the defense.

[1v1 Video](#)

### GAMES: 10 MINUTES

**Flag Fury** - This game is great for teaching proper flag pulling technique to your students.

[Flag Fury Game Card](#)

### 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.