



HIGH SCHOOL

DAY THREE PLAN



SCHEDULE

	Day 1	Day 2	Day 3
Values	Inclusion	Leadership	Respect
Warm Up	Mirrored Lines	Circle Passing	Relay Races
Skills	<ul style="list-style-type: none"> • Ball Familiarization • Pass • Catch 	<ul style="list-style-type: none"> • Evasion • Flag Pulling 	<ul style="list-style-type: none"> • Go Forward • Defensive Shape
Games	Flag Fury	Rugby Freeze Tag	Playing Flag Rugby

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 rugby 5 balls are recommended for this age group).
- Set up the pitch(s) to the appropriate dimension for the class size.

VALUE OF THE DAY: DAY 3 - 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.

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

Relay Races - 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.

[Relay Races Game Card](#)



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INTRODUCE THE SKILLS: 10 MINUTES

Go Forward - To keep players focused on scoring by developing the instinct to move forward when carrying the ball.

[Go Forward Skill Card](#)

Defensive Shape - The next step in developing athletes as defenders is to have them work as a team to prevent the offensive team from scoring.

[Defensive Shape Skill Card](#)

FLAG RUGBY PROGRESSION: 10 MINUTES

3v2 - To apply all skills to a mini game-like situation between 3 attacking players and 2 defensive players where the offence can effectively execute an overload on the defense.

[3v2 Game Card](#)

GAMES: 20 MINUTES

Playing Flag Rugby - This game is great for teaching teamwork and defense. Executing this game at least two times will keep the kids engaged and active.

[Flag Rugby 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 American sport originated from Rugby? American Football!
- What is the name of the USA National Team? The Eagles