



HIGH SCHOOL

DAY FOUR PLAN



SCHEDULE

	Day 1	Day 2	Day 3	Day 4
Values	Inclusion	Leadership	Respect	Sportsmanship
Warm Up	Mirrored Lines	Circle Passing	Relay Races	Rugby Baseball
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	<ul style="list-style-type: none">• Continuity• Advanced Passing
Games	Flag Fury	Rugby Freeze Tag	Playing Flag Rugby	Ultimate 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 4 - SPORTSMANSHIP

To be a good sportsman, we want to make sure we are always playing fairly, showing respect to our teammates and opponents alike, and having a positive attitude, win or lose. We must be gracious in victory and handle defeat with dignity. In essence, sportsmanship is about displaying good character and values both on and off the field. Refer to other class plans for additional values.

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

Rugby Baseball - This game will get your athletes heartrate up as they begin class. Students will be able to practice their passes as they run around the baseball diamond playing a relay style game.

[Rugby Baseball Game Card](#)

INTRODUCE THE SKILLS: 10 MINUTES

Continuity - The goal of continuity is to keep the game consistently moving. Students should always be moving forward or moving the ball.

[Continuity Skill Card](#)

Advanced Passing - We want players to advance their offensive skillset by further developing their passing skills to effectively move the ball into space and increase continuity.

[Advanced Passing Card](#)

GAMES: 20 MINUTES

Ultimate Rugby - This variation of rugby allows players to pass in all directions. There should be a large focus on communication as players work together to score.

[Ultimate 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