



HIGH SCHOOL

DAY FIVE PLAN



SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5
Values	Inclusion	Leadership	Respect	Sportsmanship	Teamwork
Warm Up	Mirrored Lines	Circle Passing	Relay Races	Rugby Baseball	Stars & Stripes
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 	<ul style="list-style-type: none"> • Kicking for Rookies • Uncontested Lineout
Games	Flag Fury	Rugby Freeze Tag	Playing Flag Rugby	Ultimate Rugby	Just Score

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 5 - TEAMMWORK

Teamwork means working together with others to achieve a common goal. It involves sharing ideas, helping each other, and cooperating to get tasks done. We are all working together on the pitch to achieve the same goals of growing as rugby players and having fun!

Remind players at the beginning, end, and throughout the practice of how they can exemplify teamwork with 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](#).



HIGH SCHOOL

DAY FIVE PLAN



WARM UPS: 5 MINUTES

Stars and Stripes - This game will get your athletes heartrate up as they begin class. Students will be able to practice their reaction time when switching from offense to defense.

[Stars and Stripes Game Card](#)

INTRODUCE THE SKILLS: 10 MINUTES

Kicking for Rookies - We can begin to bring kicking into the game to give your athletes something new to bring into their play.

[Kicking for Rookies Skill Card](#)

Uncontested Lineout - In rugby this is called a set piece. This is how the players will pass the ball back into play when the ball goes out of bounds.

[Uncontested Lineout Card](#)

GAMES: 20 MINUTES

Just Score - Players can pass the ball in any direction to work towards scoring a try. They must not run while passing the ball, they have to stand still.

[Just Score 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