



HIGH SCHOOL

DAY ONE PLAN



SCHEDULE

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



HIGH SCHOOL

DAY TWO PLAN



SCHEDULE

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

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 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: LEADERSHIP

As leaders, we work to set a positive example for others to follow. A leader is someone who encourages and supports their peers, listens to their ideas, and helps their teammates work together towards a common goal. Leaders are good role models who inspire others with their actions and words.

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

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](#)



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INTRODUCE THE SKILLS: 15 MINUTES

Evasion – To make progress up the field towards the try zone, we must evade players that are defending us. We must continue to find holes in the defense and continue to move forward through them via evasion.

[Evasion Skill Card](#)

Flag Pulling – On defense, we must be able to pull flags of the attacking team to slow their progression up the field. Make sure you reach for the hip and grab the flag and call out “FLAG” to make it known so the attacker stops to pass the ball.

[Flag Pulling Skill Card](#)

FLAG RUGBY PROGRESSION: 15 MINUTES

2v1 – To apply all skills to a mini game-like situation between 2 attacking players and one defensive player where the offence can effectively execute an overload on the defense.

[2v1 Game Card](#)

GAMES: 10 MINUTES

Rugby Freeze Tag - This game is great to utilize a large space and get the kids running around. Rotate taggers around so that every student gets a chance to participate. Emphasize communication amongst players as well as teamwork.

[Rugby Freeze Tag 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.

- When did rugby become an Olympic sport? 1900, Rugby 15s was played a total of 4 times in the Olympics until it was brought back to be played as 7s.
- When did Rugby 7s become an Olympic sport? At the Rio Olympics in 2016 rugby was brought back to the Olympics.



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



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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DAY FOUR PLAN



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



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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](#).



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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