



MIDDLE SCHOOL

DAY FOUR PLAN



SCHEDULE

	Day 1	Day 2	Day 3	Day 4
Values	Inclusion	Leadership	Sportsmanship	Respect
Warm Up	Great Escape	Walking Sharks and Minnows	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"> • Attacking Shape • Advanced Passing 	<ul style="list-style-type: none"> • Continuity • Go Forward
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 4 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: 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, as well as each individual taking ownership of their own area to positively contribute back to the team. In rugby we practice this every day with our coaches and teammates.

Remind players at the beginning, end, and throughout the practice of how they can show respect to their teammates. Maintain this value as a focus for the session.

RULES SUMMARY: 1 MINUTE

- Flag belt needs to be hip height with 2 flag, 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: 10 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

Go Forward- Students should focus on moving the ball forwards always. Making sure that players move forward rather than horizontal is critical when working towards scoring a try.

[Go Forward Skill Card](#)

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](#)

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