



MIDDLE SCHOOL

DAY FIVE PLAN



SCHEDULE

	Day 1	Day 2	Day 3	Day 4	Day 5
Values	Inclusion	Leadership	Sportsmanship	Respect	Teamwork
Warm Ups	Great Escape	Walking Sharks & Minnows	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"> • Attacking Shape • Advanced Passing 	<ul style="list-style-type: none"> • Continuity • Go Forward 	<ul style="list-style-type: none"> • Defensive Shape • Go Forward
Games	Flag Fury	Freeze Tag	Playing Flag Rugby	Ultimate Rugby	Recycle Run

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: TEAMWORK

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 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

Stars and Stripes - This game will get your athletes heart rate up as they begin class. Students will be able to practice switching from attacking to defense as well as their reaction time during this switch.

[Stars and Stripes Game Card](#)

INTRODUCE THE SKILLS: 10 MINUTES

Defensive Shape - Athletes should focus on maintaining a flat line as they move towards the attacking team. By maintaining a flat line with no large gaps between offensive players, it is difficult for the attacking team to get past the defense.

[Defensive Shape Skill Card](#)

Defense with Flags - Students will grab the flag, put it in the air, and announce, "FLAG" so that the offender knows that they have three steps to pass the ball. Then the defender will return the flag and the offender will put their flag back on and continue to play.

[Defense with Flags Skill Card](#)

GAMES: 20 MINUTES

Recycle Run - This game is the next step in a 2v1. Students rather than resetting each time have the opportunity to practice continuously performing a draw and pass.

[Recycle Run 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