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## **What is Rugby?**

Rugby is a game that is played in over 120 countries throughout the world. Much of its value comes from its rich history, traditions, camaraderie and community involvement with the sport. The game was ‘invented’ in 1823 in England when William Webb Ellis a young student of the Rugby School “with fine disregard for the rules of football (soccer)” picked up the ball and ran with it. American Football emerged from rugby in the 1880’s.

Rugby is essentially a team-invasion game. In Flag Rugby all players are given the opportunity to run, catch, pass, tag, evade and score. This makes it a great sport for boys and girls of all ages, sizes and abilities. The fast pace and continuity of rugby also brings a new dimension to teamwork, leadership, discipline and respect requiring all team-members to work together to achieve their goal. Above all, Flag Rugby is FUN - so what better way to develop values, skills and fitness!

The Rugby World Cup takes place every 4 years with the top 20 countries from around the world competing for the Webb Ellis trophy. Over 3.6 billion people watched the 2003 Rugby World Cup on TV.

## **Curriculum Details: Give Rugby a Try!**

“Give Rugby a Try!” is a fun game based curriculum that gives students a basic understanding of the teamwork, rugby values, basic vocabulary, game knowledge and skills required to play flag rugby. The curriculum has been designed to meet NASPE standards for physical education. It is organized through a series of 10 lesson plans that have been developed for 45 minute activity sessions. The lesson plans are easily expanded to suit the length of a school’s class or after school program.

Each lesson plan is designed around a rugby theme such as Pass and Receive, Support, Space, Evasion and Tag and Defend. Additionally each lesson plan focuses on one of Play Rugby’s 10 values, which can be reinforced throughout the lesson. Our Team Charter outlines these values and sets the ground rules for flag rugby participants. Worksheets can also be used post activity to further reinforce learning of the rugby theme and value. There is one worksheet per lesson. Lesson Plans and worksheets are contained within the coaches’ manual and provided in printable form on the DVD. The games and drills within the each lesson plan are listed in the Activity Index and most are demonstrated on the DVD with video images and descriptions to enhance the curriculum document. There are also a few additional games in the curriculum pack that you might like to explore. Give Rugby a Try is meant as an introduction to the game and therefore uses the most basic rules of Flag Rugby detailed in the Rules section of this DVD.

We are sure you and your students will really enjoy Give Rugby a Try.

Now, get out there - Pick up the Ball and Run with it!

The following pages include some examples of items on the Give Rugby a Try DVD:

- 1) Sample Lesson Plan
- 2) Activity Index
- 3) Rugby Rounders
- 4) The DVD contains a video of the Rugby Rounders game being demonstrated by a group of middle school children.

**Program Costs:**

Give Rugby A Try DVD \$50

Rugby Balls - \$15 each

Holy Moly Flag Belts \$15 each

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# Lesson Plan 2

## Performance Objectives:

- Fun introduction to static passing
- Learn passing through various games

## Activity Theme: Pass

### Intro

- 3 mins: Explain passing & receiving

### Warm Up

- 5 mins: Ball familiarization relays

### Skill Introduction

- 5 mins: Circle passing

### Skill Practice

- 8 mins: Rugby rounders (base runners can pair up and make passes between bases)

### Conditioned Game

- 10 mins: 3 on 1 (No running game)

### Rugby Conditioned Game

- 10 mins: End Ball

### Reflection

- 4 mins: Review passing & receiving skills

### Today's Value

"Leadership" – because the game is continuous, all rugby players have to make quick decisions for their team. This shows...

### Vocabulary

- Pass
- 'W's
- Receive
- Leadership

### Worksheet Activity

- Pass & Receive word search

## Rules in Effect

- No Contact  Knock On  Forward Passing  Off Side  Advantage
- No one on the ground  Tackle Transaction

## Key Skill Factors

### Today's Skills

- Give a target to receive pass.
- Hands in 'W'
- Reach out for ball
- Hold ball in two hands
- Swing arms
- Look at receiver
- Pass at chest height
- Support pass (if running)

### Skill outcomes

- Promotes team work
- Hard to defend a moving ball
- Puts players in better positions
- Uses space on field
- Creates continuity

### Coach notes

- Encourage 'soft hands'
- Arms slightly bent and relaxed
- Lateral arm motion enhanced with wrist and fingertips
- Focus on accuracy rather than speed



# Activity Index

The activities are listed below in the order in which they appear on the DVD. While DVD menus have been broken down by drill theme, the index includes multiple themes as they relate to each drill. This should be of help to you when planning your lesson plans or coaching sessions. Each activity page also lists the relevant themes to the right side of the page.

Activity Name	Page #	DVD?	Warm Up/ Cool Down	Pass & Receive	Tag & Defend	Evasion	Space	Support
Dynamo Warm Up	8-9	y	★					
Flexibility Run	10	n	★					
Tag & Pass Grid	11-12	n	★	★	★	★	★★	★★
In Line Race	13	y	★	★				
Ball Familiarization Relays	14	y	★	★				
Reaction Drop	15	y	★	★				
Ball Fan	18	y	★	★				
T.A.P.S.	17	y	★	★				
H.O.R.S.E	18	y	★	★				
Turn & Catch	19	y	★	★				
1,2,3,4	20	y	★					
Point Ball	21	y	★	★				
Hot Potato	22	n	★	★★				
Apples & Oranges	23	y	★		★	★		
Bugs & Spiders	24	y			★	★★	★	
Eagle's Flight	25	y			★★	★	★	
Cat & Mouse	28	y			★	★★	★	
Stuck in the Mud	27	y		★	★★	★★	★	★
Shark in the Tank	28	y			★	★★	★	
Tail Tally	29	y			★★	★	★	
Cross the River	30	y			★	★	★	
Mirrored Lines	31	y	★		★			★
Tag Transaction	32	n			★★			
2 vs 1 – Lateral Support	33	y		★	★	★	★★	★★
Indian File Passing	34	y	★	★	★	★		★★
Rugger-ball	35	y		★★	★	★	★★	★
3 vs 3 Flag Rugby	38	y		★★	★★	★	★	★
Just Score I	37	y		★	★	★	★	★
Just Score II	38	y		★	★	★	★	★
Touchdown	39	n		★★	★	★	★	★
3 vs 1 – No Running Game	40	n	★	★	★	★	★★	★★
Rugby Rounders	41	y		★★				
Circle Passing	42	y	★	★★				
Standing Passing Chain	43	n		★				★

# Rugby Rounders

## Overview



- A large grid (20x20) is set up.
- One team forms a circle within the grid and on the coach's signal attempt to perform as many passes around the circle as they are able. Each pass counts as a score.
- The second team forms a line behind first base. On the coach's signal, the first student sets off around the bases, carrying the ball in two hands.
- Once the first runner has completed all of the bases, the ball is passed to the next runner in the team, who sets off immediately. This continues as a relay until all team members have run.
- Swap team roles and repeat.
- The winning team will be the team that made the highest number of passes.

### *Variations & Progressions*

- Play multiple innings.
- Change the direction of passing every 20 passes.
- Vary the passing distance.
- Runners to go in pairs and pass a ball between bases
- Include evasion skills between the bases (e.g. side stepping)

## Coaching Points

- ✦ Turn the shoulders towards the intended target.
- ✦ Both arms provide the force for the pass equally as they swing through, and push towards the target.
- ✦ The ball is released from the hands by extending the grip of the fingers and providing a push with the little fingers of both hands.
- ✦ The hands and arms should follow through pointing at the target.
- ✦ The receiver should have their hands up and out at chest height, with their hands and fingers making a 'W' shape.
- ✦ The receiver should catch the ball before it reaches their body.

Support

Space

Evasion

Tag &amp; Defend

Pass &amp; Receive

Warm Up/Cool Down