

## RUGBY - 1-2 Grade - Session 1

<b>Equipment:</b>	<b>2 sharpies, 8 pylons, 4 cones</b>
<b>Check-In:</b> (5 min)	<b>Pick up Jersey &amp; Ball / Meet &amp; Greet</b> *Have multiple sharpies so every player can write their name on their soccer ball
<b>Warm-Up:</b> (4 min)	<b>Stretching / Run</b> - Both teams together basic stretches - Line teams up to run a lap or 2 around the field
<b>Rules:</b> (4 min)	<b>Introduction to rules</b> - NO TACKLING = #1 rule of touch rugby - Freeze when you hear the whistle - Boundaries/try to stay inside the lines or cones and stop when you hear the whistle - Sportsmanship: No pushing/shoving, keep your eyes up
<b>Rugby Freeze Tag:</b> (5 min)	Select 1-3 players to be taggers. A rugby ball can be used for tagging or two hand touch. Use cones to set up your boundaries of play. - When a player is tagged, they must freeze with their arms up.

## RUGBY - 1-2 Grade - Session 2

<b>Equipment:</b>	<b>8 pylons, 2 dots, 4 cones</b>
<b>Warm-Up:</b> (4 min)	<b>Stretching / Run</b> - Both teams together basic stretches - Line teams up to run a lap or 2 around the field
<b>Rules:</b> (3 min)	<b>Rule Review</b> - What's the #1 rule of rugby? Kids yell out answer. - What do you do when you hear a whistle? (Freeze) - Point out the field boundaries - stay in bounds - Sportsmanship: No pushing/shoving, keep your eyes up
<b>Whistle Freeze Drill:</b> (8 min)	<b>Line kids up on sideline, each with a ball</b> - Say GO, kids will run across field holding their ball - When whistle blows they must freeze and place the ball down in front of them on the ground - Go back and forth across field 3-4 times

## RUGBY - 1-2 Grade - Session 3

<b>Equipment:</b>	<b>8 pylons, 4 cones, 10 dots</b>
<b>Warm-Up:</b> (4 min)	<b>Stretching / Run</b> - Both teams together basic stretches - Line teams up to run a lap or 2 around the field
<b>Rules:</b> (3 min)	<b>Rule Review</b> - Review 3 previous rules: no tackling, freeze, boundaries - Try zone and scoring - Explain what a roll ball is and how to place the ball on the ground and begin play again—player must step over ball. - Sportsmanship: No pushing/shoving, keep your eyes up
<b>Rollball:</b> (5 min)	<b>Introduce Rollball</b> - Demonstrate placing the ball on the ground after a touch has been called. Step over the ball to resume play. - Line up on dot on sideline - Practice placing the ball down in front of the player and stepping over it.  -Add whistle blowing, freeze, place ball on the ground and step over.

## RUGBY - 1-2 Grade - Session 1 (continued)

	- Frozen players can be released when one of their teammates gives them a high five.
<b>Circle Passing Name Drill:</b> (5 min)	- Players form a circle with an arms length between them. Using one ball, have each player pass the ball around the circle. When a player receives the ball they say their name. Once you have gone around the circle, change directions. - staff can have players go fast or slow alternating speeds
<b>SCRIMMAGE</b> (21 min) (Two 10 minute halves)	<b>STAFF: Get ready for scrimmage</b> - Remind players NO TACKLING! - No more than 7 v 7 can be 5v5, - Keep ball in play as much as possible
<b>Sportsmanship</b>	<b>Group Cheer &amp; High Fives</b>
<b>Homework</b>	<b>Practice Passing with a partner</b>

## RUGBY - 1-2 Grade - Session 2 (continued)

<b>Snake Drill:</b> (8 min)	<b>STAFF: Set up 1 dot 10 ft from the front of try zone, 4 cones evenly spaced, 1 dot 3 ft in front of the try zone</b> - 5 kids line up behind cones on far dot - 1 at a time, snake through cones with ball, then sprint to the try zone and touch the ball to the ground. Can add a tagger to make it harder to score a try.
<b>SCRIMMAGE</b> (21 min) (Two 10 minute halves)	<b>STAFF: Get ready for scrimmage</b> - Remind players NO TACKLING! - No more than 7 v 7, can be 5 v 5 - Keep ball in play as much as possible
<b>Sportsmanship</b>	<b>Group Cheer &amp; High Fives</b>
<b>Homework</b>	<b>Practice passing with a partner</b>

## RUGBY– 1-2 Grade - Session 3 (continued)

<b>Sharks and Minnows:</b> (5 min)	<b>STAFF: Put one player in the middle facing the others</b> - The middle player will yell "fishy, fishy come out and play," and all other players will begin walking across the field. At any time the shark can yell "Shark Attack" - players must run to the opposite boundary line without being tagged. If a minnow is tagged, they become a shark.  -When only 2 minnows are left, restart and those 2 become sharks next round.
<b>Over Under Passing:</b> (5 min)	-Create teams of even numbers and have them line up at a dot facing one direction. The first person in line has the ball and when the whistle is blown they pass the ball above their head to the player behind them and run to the end of the line. The next player will then pass the ball under through their legs and run to the end of the line. Continue alternating passes over and under until they reach the dots across from the start. Once kids get the idea, run a relay race.
<b>SCRIMMAGE</b> (21 min) (Two 10 minute halves)	<b>STAFF: Get ready for scrimmage - Add Rollball</b> - No more than 7 v 7, can be 5 v 5  -remind players NO TACKLING! - Keep ball in play as much as possible
<b>Sportsmanship</b>	<b>Group Cheer &amp; High Fives</b>
<b>Homework</b>	<b>Practice rollball with a friend.</b>

## RUGBY - 1-2 Grade - Session 4

**Equipment:** 8 pylons, 2 lines of 10 dots facing each other, 4 cones

**Warm-Up:** **Stretching / Run**

- (4 min)
- Both teams together basic stretches
  - Line teams up to run a lap or 2 around the field

**Rules:** **Rule & Skill Review**

- (3 min)
- Review 3 previous rules: no tackling, freeze, boundaries
  - Sportsmanship: No pushing/shoving, keep your eyes up
  - Rollball, try zone, scoring

**Tigers Tail Relay:** -Create relay lines with equal numbers in each line. First person starts with a ball

- (8 min)
- First person runs to the opposite dot and scores a try with the ball and moves back to the starting point
  - Once the first player returns, the second player links on by grabbing the first players jersey.
  - Each time a player or group of players (tail) returns to the starting point, a new player links on. The first team to add all players together wins.

## RUGBY - 1-2 Grade - Session 5

**Equipment:** 8 pylons, 8 cones

**Warm-Up:** **Stretching / Run**

- (4 min)
- Both teams together basic stretches
  - Line teams up to run a lap or 2 around the field

**Rules:** **Rule & Skill Review**

- (3 min)
- Review 3 previous rules: no tackling, freeze, boundaries
  - Sportsmanship: No pushing/shoving, keep your eyes up
  - Rollball, try zone, scoring
  - Tracking and reacting

**Just Score:** **STAFF: Set up 4 cones evenly spaced**

- (8 min)
- 4 players start behind the try line, 2 defenders start in the middle of the box
  - This is a passing/catching drill. No running with the ball. Players should find open space to progress towards the opposite side of the box to score.
  - the ball can be passed in any direction
  - Offense stays in possession after scoring. They reverse direction of play after the try is scored. Defensive players change with offense players so everyone has a turn

## RUGBY - 1-2 Grade - Session 6

**Equipment:** 16 cones, 8 pylons

**Warm-Up:** **Stretching / Run**

- (4 min)
- Both teams together basic stretches
  - Line teams up to run a lap or 2 around the field

**Rules:** **Rule & Skill Review**

- (3 min)
- Review 3 previous rules: no tackling, freeze, boundaries
  - Sportsmanship: No pushing/shoving, keep your eyes up
  - Rollball, try zone, scoring
  - Tracking and reacting

**Ravens Nest:** **STAFF: Create a 10 x 10 box with 4 cones and a small box in the middle where all of the players rugby balls will be (nest)**

- Have players pair up and station at one of the outer cones
- On the whistle, one player from each team will move to the center and grab a ball. The goal for each team is to get the most balls back to their cone.
- Only one teammate may move at a time. Once one player retrieves a ball, they can pass to their teammate waiting at their cone. Once the retrieved ball is placed at their cone, the next player can move.
- Once all the balls are gone from the center, the game will end. The team with the most balls wins.

## RUGBY - 1-2 Grade - Session 4 (continued)

**Follow the Leader:** **STAFF: Create a box with 4 cones.**

- (8 min)
- Kids find a partner lining up behind the other.
  - On the whistle, the lead partner will begin to move around the grid in all directions as the ball carrier.
  - The partner in the back must try to mirror the movements of the leader and remain withing arms reach.
  - When the instructor yells SWITCH both players turn around and switch roles

**SCRIMMAGE** **STAFF: Get ready for scrimmage**

- (21 min)  
(Two 10 minute halves)
- Remind players NO TACKLING!
  - No more than 7 v 7 can be 5v5,
  - Keep ball in play as much as possible

**Sportsmanship** **Group Cheer & High Fives**

**Homework** **Practice tracking and reacting with a partner**

## RUGBY - 1-2 Grade - Session 5 (continued)

**Rugger in the middle:** - Create 10 x 10 box with 4 cones. Have 4-6 players in the box

- (8 min)
- 1-2 players in the box are defense (ruggers) and the others are on offense
  - The attacking players work as a team with the goal of completing 10 passes without getting tagged by the ruggers.
  - Ruggers goal is to two hand tag a player holding the ball before they can pass to a teammate.
  - After the attacking team completes 10 passes in a row, change the Ruggers to other players so that everyone gets a chance to defend.
  - A dropped pass resets the passing count.

**SCRIMMAGE** **STAFF: Get ready for scrimmage**

- (21 min)  
(Two 10 minute halves)
- Remind players NO TACKLING!
  - No more than 7 v 7 can be 5v5,
  - Keep ball in play as much as possible

**Sportsmanship** **Group Cheer & High Fives**

**Homework** **Practice defense with a partner**

## RUGBY - 1-2 Grade - Session 6 (continued)

**Great Escape:** **STAFF: Create a 20 x 20 box and a 6 x6 box in the middle**

- 4-9 players inside smaller box and 3-6 defenders inside bigger box, but outside of small box.
- Defensive players can only move in the large grid and cannot enter the safe zone (small box)
- On the whistle, the offensive players in the small box must try to escape outside the larger box without being tagged by defense
- If an offensive player escapes the bigger box, they return to the safe zone for the next round. If an offensive player gets tagged, they switch roles and become a defender on the next round.
- Game continues until everyone gets tagged before escaping.

**SCRIMMAGE** **STAFF: Get ready for scrimmage**

- (21 min)  
(Two 10 minute halves)
- Remind players NO TACKLING!
  - No more than 7 v 7 can be 5v5,
  - Keep ball in play as much as possible

**Sportsmanship** **Group Cheer & High Fives**

**Homework** **Keep practicing everything you've learned and we'll see you next season!**