



# ROOKIE RUGBY DEMONSTRATION OUTLINE

<b>Instructor:</b>	<b>Date:</b>	<b>Duration (minutes)</b> 45
<b>Focus:</b> Tag/Flag Rugby	<b>Grade</b>	
<b>Concept:</b> Basic Skills	<b>Number of Students:</b> 40	
<b>Type and quantity of equipment</b>	Rugby Balls	<b>10</b>
	Flags (2-4 different colors)	<b>40</b>
	Cones (30 orange & 10 yellow)	<b>40</b>
<b>Safety</b>	<ul style="list-style-type: none"> <li>✓ Inspect training area.</li> <li>✓ Establish specific directions for game fields.</li> <li>✓ Establish buffer zones between group activity areas.</li> </ul>	
<b>Objectives</b>	<ul style="list-style-type: none"> <li>✓ Introduce the history, community and basic concepts of rugby</li> <li>✓ Highlight elements of fun and physical activity found in the game</li> <li>✓ Create interest in athletes through use of active games</li> <li>✓ Build confidence and create demand with basic skill introduction</li> </ul>	

Activity/Time	Explanation	Instructional Cues
<b>Introduction 5 minutes</b>	<p><b>Create interest and understanding:</b> First, introduce yourself and all assistant coaches/educators. Next, take time to question athletes understanding and rugby experience. <i>"How many athletes have heard of, watched or played rugby before?"</i></p> <p>Provide feedback based on answers. Reference USA Eagles national team &amp; players, local programs and history of the game. <i>"Rugby was invented in England by William Web Ellis who decided to pick up the ball and run with it. Thanks to him, we have the game of rugby where everyone can run, pass and score points."</i></p> <p>Question athletes on sport participation and relate all skills back to rugby. <i>"How many of you enjoy football? What are some of the skills you use in football? The same basic skills (passing, running, kicking) are used in rugby - some are used differently which is what makes the game fun for everyone."</i></p> <p>Transition into skill work (Ball Familiarization Relays). Number players off by 4 to establish 4 equal lines/teams for relays and other activities.</p>	<p>Use volume</p> <p>Stand where all can see away from distractions</p> <p>Engage several athletes in answering questions</p>





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<p><b>Warm-Up Activity</b> 10 minutes</p>	<p><b>Ball Familiarization (See Start Rugby Pack):</b></p> <ul style="list-style-type: none"> <li>▪ Run with ball in two hands</li> <li>▪ Post and pick up</li> <li>▪ Throw ball into air and catch it</li> <li>▪ Move ball around the body</li> <li>▪ Stop short and pass</li> <li>▪ Roll ball forward, step over and pick up</li> </ul>	<p>Have players shout verbal cues such as "Try", "My Ball" and "Post"</p>
<p><b>Initial Game</b> 10 minutes</p>	<p><b>Ultimate Rugby (See Start Rugby Pack):</b>  <i>"If you have the ball, what do you need to do to score points?"</i>  <i>"What do your teammates need to do to help?"</i>  <i>"What are some ways you can stop the other team from scoring?"</i></p>	<p>Defense must be at least three steps away from ball carrier</p>
<p><b>Game Progression</b> 5 minutes</p>	<p><b>Example modification:</b>          Play Ultimate Rugby 'No Running' version. A player receiving the ball can only pivot to make a pass. No overhead passing. This increases emphasis on the support players.  <i>"Which player(s) determine when to pass the ball?"</i>  <i>"When is it best to make a pass?"</i>  <i>"What can the defense do to regain possession?"</i></p>	<p>No overhead passing and only 3 step maximum</p>
<p><b>Secondary Game</b> 8 minutes</p>	<p><b>4 v 4 (See Start Rugby Pack)</b>  <i>"When is it best to pass to a teammate?"</i>  <i>"What can you do to receive a pass?"</i>  <i>"What do you need to do to avoid being tagged?"</i>  <i>"How should you work with your teammates to make a tag?"</i></p>	<p>Use all verbal cues for officiating listed in Rookie Rugby Guidebook</p>
<p><b>Game Progression</b> 5 minutes</p>	<p><b>Example modification:</b>          Players cannot score until all players have touched the ball.  <i>"How can you tell who needs to touch the ball?"</i>  <i>"If you have not touched the ball, what can you do to make yourself available to receive a pass?"</i>  <i>"What are some ways you can force the offense to turnover the ball?"</i></p>	<p>Players must communicate who needs to touch the ball</p> <p>No guarding of players</p>
<p><b>Review</b> 2 minutes</p>	<p><b>Check for understanding:</b>          Repeat information and answer questions.  <i>"Where was rugby invented?"</i>  <i>"Who can name the mascot of the USA Rugby team?"</i>  <i>"Who can name one local rugby team?"</i>  <i>"Name three sports that use the same skills used in rugby – what are those skills?"</i>  <i>"How are those skills used in rugby?"</i></p>	<p>Be sure to leave handouts and contact information</p>

