

WEEK 1

Session Aims:

For players to understand how to Go Forward and Score Tries

- Create a positive learning environment through Active, Purposeful, Enjoyable & Safe sessions
- Use appropriate developments within session for the players

Session Objectives: Develop of running, catching, passing and evasion skills

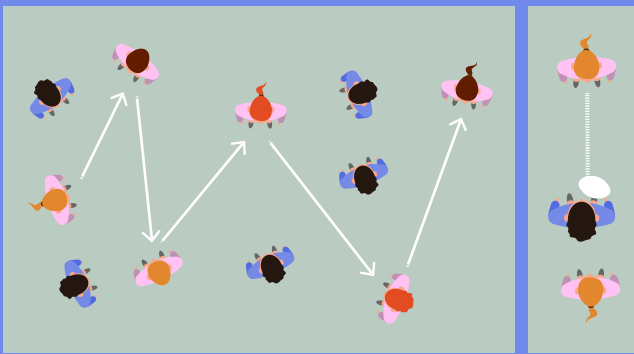
Principles of Play: Go forward & Support

Player Skills: Creativity and awareness through teamwork and communication

Key: = Develop = Stretch

WARM UP

'Free play.' - Encourage players to start passing and catching a rugby ball amongst themselves. Option to set mini challenges such as; catch and pass on one leg, how many passes in 30 seconds. Opportunity for peer to peer feedback generation.

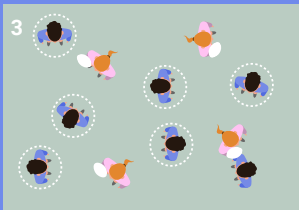
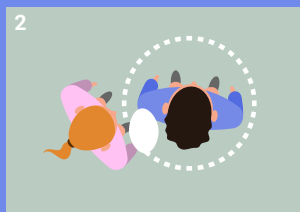
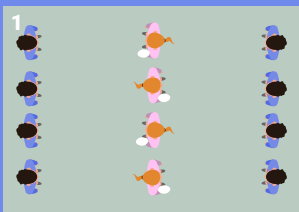


5 pass game in 2-3 teams. (4 minutes)

- Objective is to complete 5 passes. 1 pass = 1 point
- Multi directional game, ball passed in any direction
- Ball carrier cannot run with the ball.
- Ball goes on the floor or intercepted by the opposition = turnover of possession

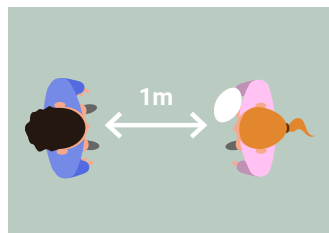
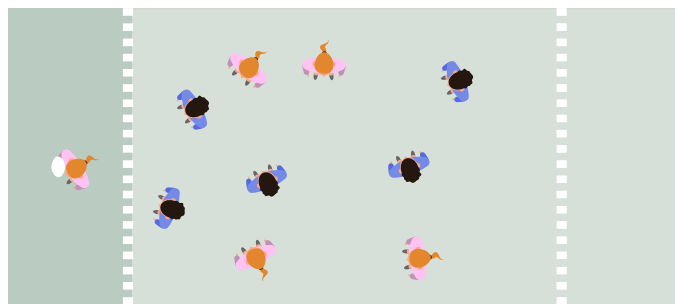
Player's can't pass back to the person who passed to them

All players on the team need to touch the ball to score a point



MOVEMENT SKILL BASED PREPARATION: Stuck in the mud (5 minutes)?

- Assign 4 'taggers'.
- 4 x 'taggers' share 2 rugby balls
- Taggers try to 'tag' a player by touching them with the ball (ball must be in the taggers hands to make a tag).
- Taggers can run with the ball or pass the ball to another tagger to make the tag
- Once a player is tagged, they are stuck and must stand still
- Aim is to 'stick' all players in 30 seconds
- After 30 seconds change the taggers and repeat

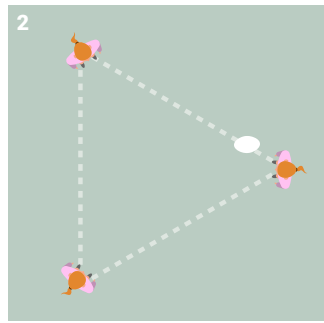
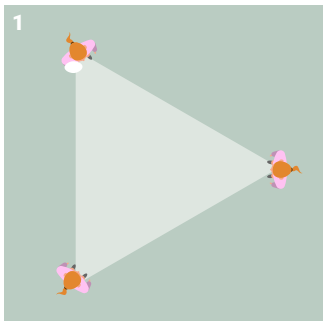


Game Zone 1: Try it 15 MINS - INTRODUCE

- Score by touching the ball down over the try line at end of rectangular pitch
- Pass in any direction
- Players cannot run with the ball
- Defenders must be 1m away from ball carrier
- Ball dropped = play on

Players can run with the ball
 Defenders aim, to make a touch on the ball carrier below the line of the armpit
 First touch = ball carrier can pass or continue running, second touch ball carrier must stop and pass in any direction to a support player.

Ball carrier cannot score after first touch
 Ball dropped = turnover of possession



Optional Skill Zone 1: Catch & Pass - Passing Triangle INTRODUCE

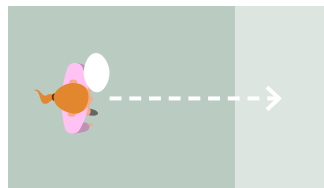
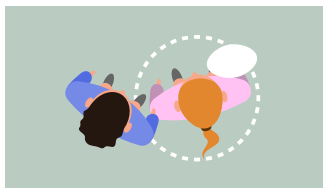
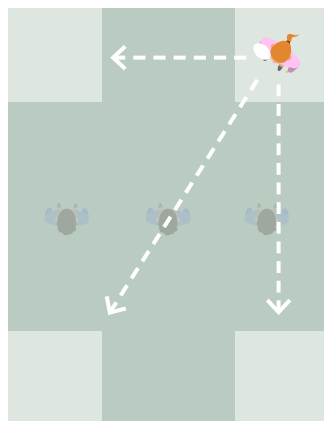
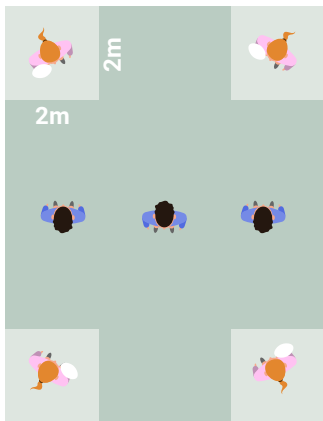
• 3 x players form a triangle and pass the ball whilst walking on the spot (walking on the spot allows players to connect feet moving whilst passing which is a key skill in the game of T1 Rugby)



• Players now run three steps forward and pass the ball to another player in their triangle then return to start position



• 2 x attackers 1 x defender
 • Attackers try to pass the ball around the outside line of the triangle
 • Defender attempts to intercept
 • Change defender after 40 seconds



Optional Skill Zone 2: Beat the defender

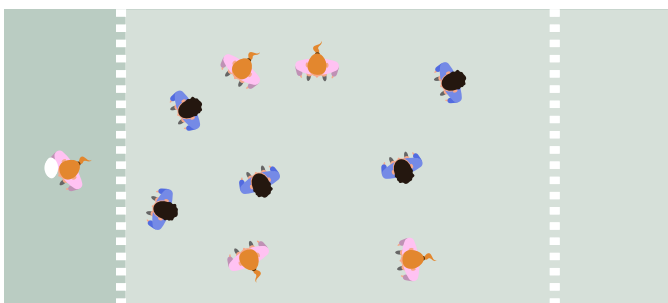
• 4 x attackers with a ball
 • 3 x Defenders
 • 4 x boxes on each corner of the pitch 2m x 2m = score zones
 • Attackers start in a score zone (each attacker in a separate score zone)
 • Attackers have 30 seconds to get to as many score zones as possible
 • Defenders aim to make a touch below the line of the armpit on the attacker
 • If an attacker is touched by a defender they must return to the scoring zone they just came from and start again
 • After 30 seconds rotate defenders



• Make the scoring zones worth different amounts of points to enhance tactical decision making



• Attackers lose a point for every touch by a defender



Game Zone 2: Try it Plus 15 mins - INTRODUCE

• Score by touching the ball down over the try line at end of rectangular pitch
 • Pass in any direction only 2-3 x attackers are allowed to be touched twice before passing
 • Players without the two touch rule must stop and pass in any direction to a support player after one touch



• Players can run with the ball until touched by a defender below the line of the armpit
 • Once touched ball carrier must stop and pass in any direction to a support player



Try points value = number of people on the team who have touched the ball before the try is scored- encourage players to shout out the number each time a new person receives possession e.g. 6 players touch the ball before the try = 6 points

WEEK 2

Session Aims:

Players Go Forward, rip the ball and pass backwards

- Create a positive learning environment through Active, Purposeful, Enjoyable & Safe sessions
- Use appropriate developments within session for the players

Session Objectives: Development of run forwards, pass backwards and ball rip

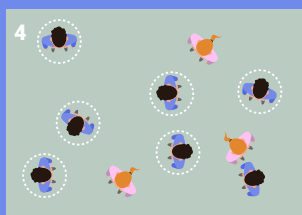
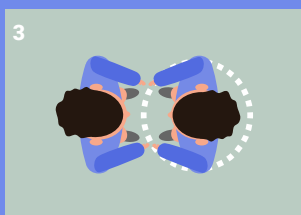
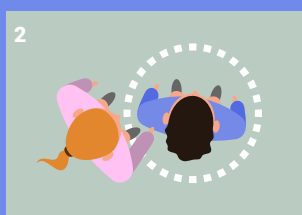
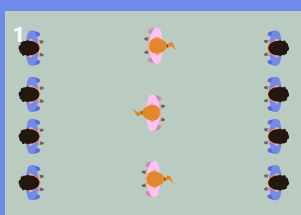
Principles of Play: Go forward & Support

Player Skills: Creativity and awareness through teamwork and communication

WARM UP

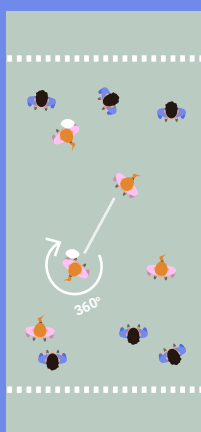
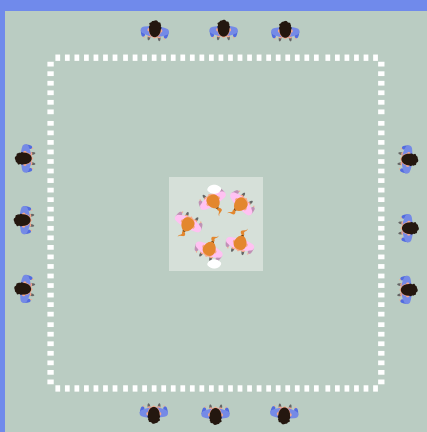
'Free play.' Encourage players to start passing and catching a rugby ball amongst themselves. Option to set mini challenges such as; catch and pass on one leg, how many passes in 30 seconds.

Opportunity: for peer to peer feedback generation



MOVEMENT SKILL BASED PREPARATION: Activate - Stuck in the mud

- 3 x taggers try to touch non taggers and make them stuck in the mud
- When a player is tagged they must stand still
- Stuck players can be released by another player giving them a double high five
- Taggers aim to stick all player in 30 seconds – rotate the taggers



Breakout Game - 5 minutes

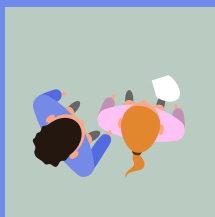
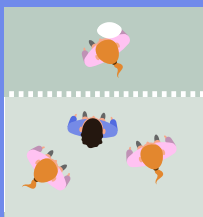
- Attackers start inside a square placed in the centre of the pitch
- Defenders start on the outside lines of the pitch
- Attackers can run and pass in any direction
- Attacking team have 2 x rugby balls and aim to touch the ball down over the outside line of the pitch
- Defenders can only touch attackers with the ball

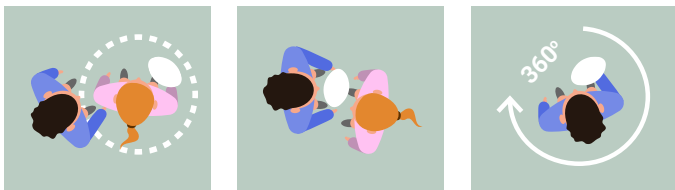
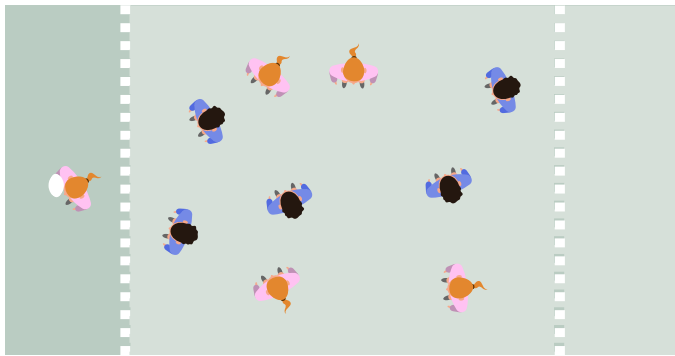


Overload the defence so they have more defenders than attackers



Add Must be 3 passes on each ball before they can score on the outside





Consider playing try it plus from week 1 for 2 minutes to refresh players then move into this game

Game Zone 1: Rip Ball INTRODUCE (15 mins)

- Score by touching the ball down over the try line at end of rectangular pitch
- Attackers can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player (nearest team mate) rips the ball and then run or pass in any direction.

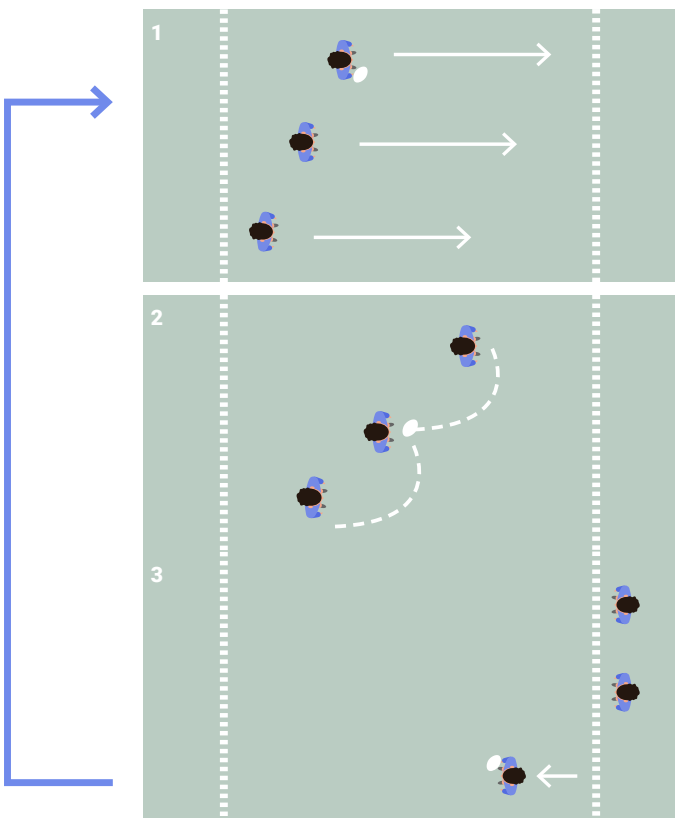
The Rip = Supporting player from attack comes and takes the ball from the ball carrier



• Player who makes the rip must now pass within two steps



- Player who makes the rip must now pass backwards from the direction they are scoring to a supporting player
- Defence must be between the ball and the tryline they are defending.



Optional Skill Zone 1: Run forward & Pass Backwards INTRODUCE

- Players in 3's running up the pitch
- Players pass the ball backwards along the line of 3 whilst running forward
- When ball reaches the end person they run 5 steps fast to get ahead of the other players and then pass back along the line.

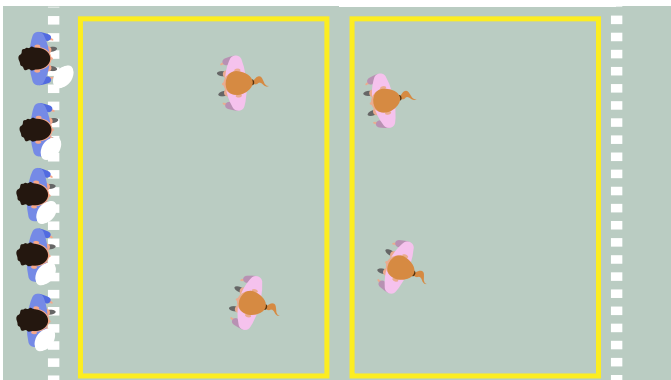
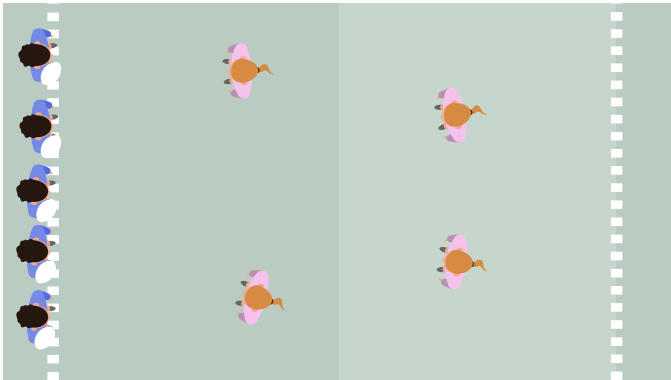


Widen the space between the players so pass can go further



- Add a fourth player who starts facing the player with the ball
- As the ball is passed the fourth player tries to reach the end person before the ball arrives

New additions



Use the two touch rule from week 1 to support players who may be lacking confidence in go forward

Game Zone 2: Rip Ball 7
INTRODUCE (15 mins)

As in Game Zone 1

- Score by touching the ball down over the try line at end of rectangular pitch
- Players can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player rips the ball and then pass the ball backwards form the direction they are scoring

The Rip = Supporting player from attack comes and takes the ball from the ball carrier

New additions

- Split the pitch into two halves across the pitch
- Split the defending team so only half the team can be in each half of the pitch and not cross the line into the other half (this will create an overloaded attack in each half to support go forward with the passing backwards now brought in)
- Attacking team have 7 phases to score – Phase = A touch from a defender on a ball carrier
- After 7 phases the ball is turned over to the opposition who then have 7 phases to score



• Have more defenders in the front half of the pitch than the back half to create less space



• Remove restrictions on defenders
• Defence can now all be in one line if they choose but must still be between the ball and the tryline they are defending when a touch is made

WEEK 3

Session Aims:

Players continue to develop run forward pass backwards in attack – Introduction of Kick and Tackle Triangle

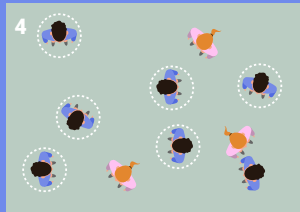
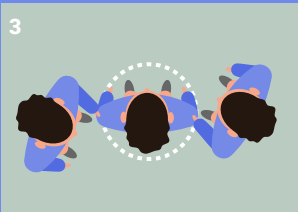
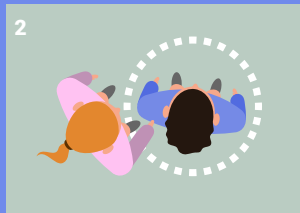
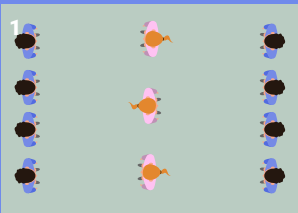
- Create a positive learning environment through Active, Purposeful, Enjoyable & Safe sessions
- Use appropriate developments within session for the players

Principles of Play: Go forward – Support – Continuity – Pressure

Player Skills: Creativity and awareness through teamwork and communication

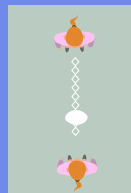
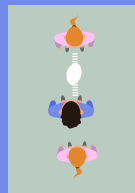
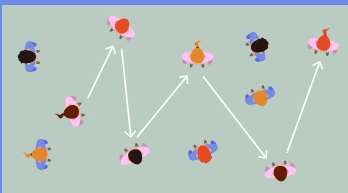
WARM UP

Support players to start passing and catching a rugby ball to each other, option to set mini challenges such as backwards from the direction they are facing. Opportunity for peer to peer feedback generation.



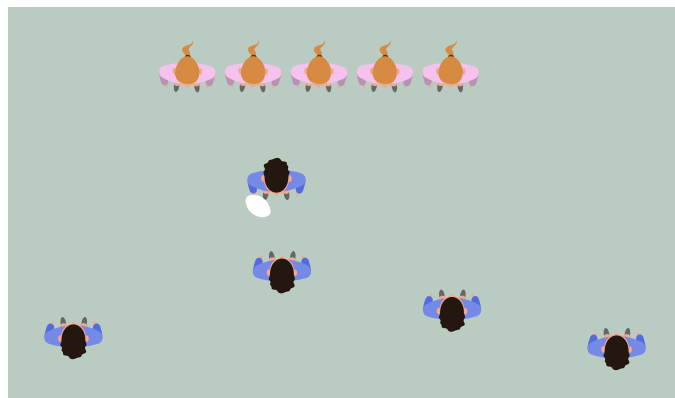
MOVEMENT SKILL BASED PREPARATION: Activate 3 minutes – Stuck in the mud

- 3 x taggers try to touch non taggers and make them stuck in the mud
- When a player is tagged they must stand still
- Stuck players can be released by two players putting their hand on the shoulder of the stuck player at the same time
- Taggers aim to stick all player in 30 seconds - rotate the taggers



5 pass game overhead – 5 minutes

- Teams aim to make 5 passes
- 1 pass = 1 point
- Defenders can intercept passes
- Players can also roll the ball along the floor to a player on their team and if they collect it = 1 point



Consider playing Rip Ball 7 from session 2 for 2 minutes to refresh players then move into this game

Game Zone 1: Tackle Chain INTRODUCE (15 MINS)

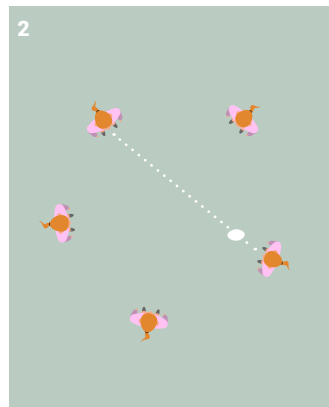
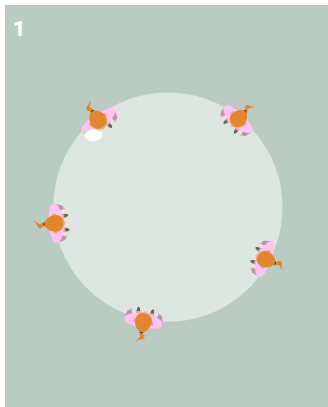
- Score by touching the ball down over the try line at end of rectangular pitch
- Attackers can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player rips the ball and then pass backwards within 3 steps
- The Rip = Supporting player from attack comes and takes the ball from the ball carrier
- Attacking team have 7 phases to score – Phase = A touch from a defender on a ball carrier
- After 7 phases the ball is turned over to the opposition who then have 7 phases to score
- When a defender makes a touch, all defending players must connect the defensive line to form a chain by placing an arm on the shoulder of the next defender to them.
- Once the ball is passed by the attack, defenders can break the chain and defend as normal – repeat this for every touch



- Rather than a chain, only two defenders connect to the person who made the touch by placing a hand on their shoulder – one either side
- All other defenders can form a defensive line across the pitch



- The two defenders who connect to the person who made the touch must now connect by placing their outside arm (furthest away from the player that made the touch) to form the tackle triangle



Optional Skill Zone 1: Kick

INTRODUCE

- Allow players to explore kicking the rugby ball – this can be off the floor like a football kick or out of hand by dropping the ball onto the foot and kicking (aim to drop the ball on the laces of the foot)
- Players take it in turns kicking the ball to the other players in their group
- Kicking should be practised on grass or astroturf

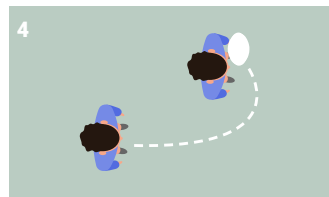
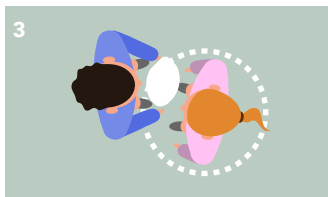
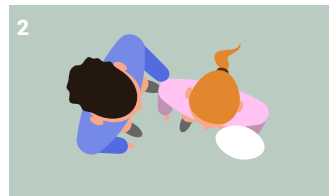
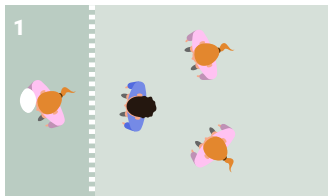


Kicker now aims for a target by asking the other players to set up a position they feel they can kick the ball too.



Players now increase the distance and size of the target they are aiming for

As in Game Zone 1



Game Zone 2: Tackle Triangle with Kick

INTRODUCE (15 mins)

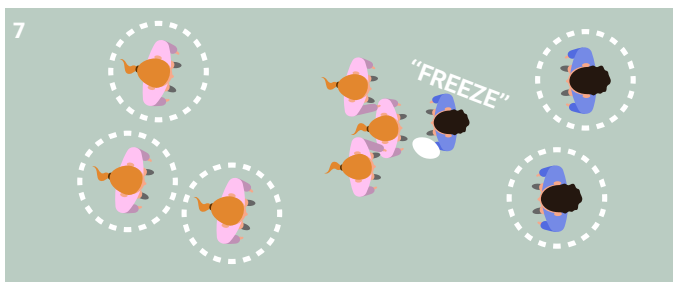
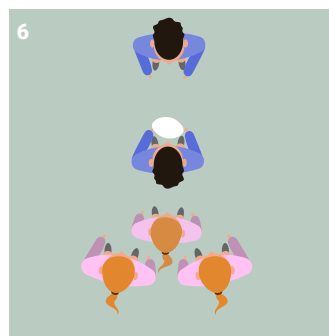
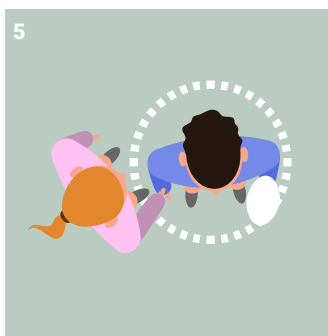
As in Game Zone 1

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- Attackers can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player rips the ball and then pass backwards within 3 steps
- The Rip = Supporting player from attack comes and takes the ball from the ball carrier
- Attacking team have 7 phases to score – Phase = A touch from a defender on a ball carrier
- After 7 phases the ball is turned over to the opposition who then have 7 phases to score



Consider allowing players to roll the ball forward if not confident in

Additions



Additions

- When a defender makes a touch, two defending players must connect by placing their outside arm on the shoulder of the defender who made the touch to form the tackle triangle
- Attack cannot pass the ball away until the Tackle triangle has been formed by the defence
- Attack can now kick the ball – Attacker with the ball can shout FREEZE and in that moment all players on both teams must stop and attacker cannot be touched – Player who calls FREEZE must kick the ball (attacker cannot run or pass if called FREEZE as the aim is to give the attacker space to and time to make the kick)
- If the ball goes out of the field of play the ball is turned over to the opposition

IMPORTANT – to avoid contact once a kick is made if two opposing players are contesting for the ball (running to gather the same ball and in close proximity) Referee calls which team get the ball and are the attack and the other team defend. E.g. Blue team ball



Attacking team only allowed 1 FREEZE call in 7 phases



No Freeze now allowed players must kick the ball in open play if they choose to

WEEK 4

Session Aims:

Players continue to develop run forward pass backwards in attack – Introduction of restarts.

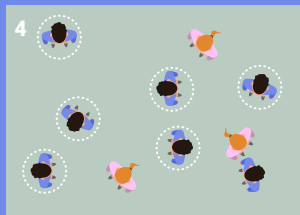
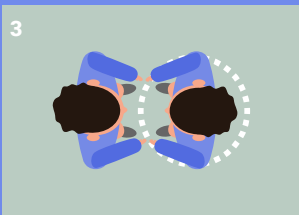
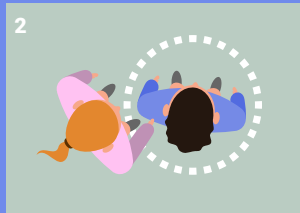
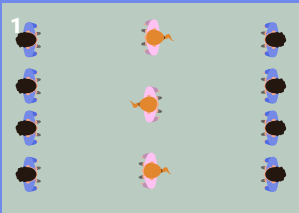
- Create a positive learning environment through Active, Purposeful, Enjoyable & Safe sessions
- Use appropriate developments within session for the players

Principles of Play: Go forward – Support – Continuity – Pressure

Player Skills: Creativity and awareness through teamwork and communication

WARM UP

'Free play' – Support players to start passing and catching a rugby ball to each other, option to set mini challenges such as backwards from the direction they are facing. Opportunity for peer to peer feedback generation

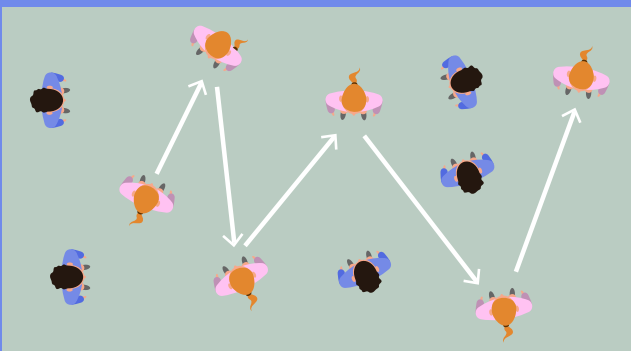


MOVEMENT SKILL BASED PREPARATION: Activate 3 minutes - Stuck in the mud

- 3 x taggers try to touch non taggers and make them stuck in the mud
- When a player is tagged they must stand still
- Stuck players can be released by the stuck player and the player releasing double high five whilst jumping in the air (both players feet must be off the ground)
- Taggers aim to stick all player in 30 seconds



Consider changing how the player is released to a player from their team standing either side of them at the same time shoulder to shoulder (players can't be touched when in this position). This can help when introducing the scrum restart later in the session



5 pass game overhead – 5 minutes

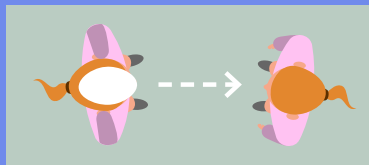
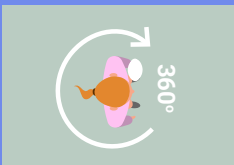
- 2 x teams
- Team aims to complete 5 passes without the ball hitting the ground or being intercepted by the opposition
- Attackers can pass in any direction
- All passes must be from overhead – Players start with the ball over the head points of the ball facing forward

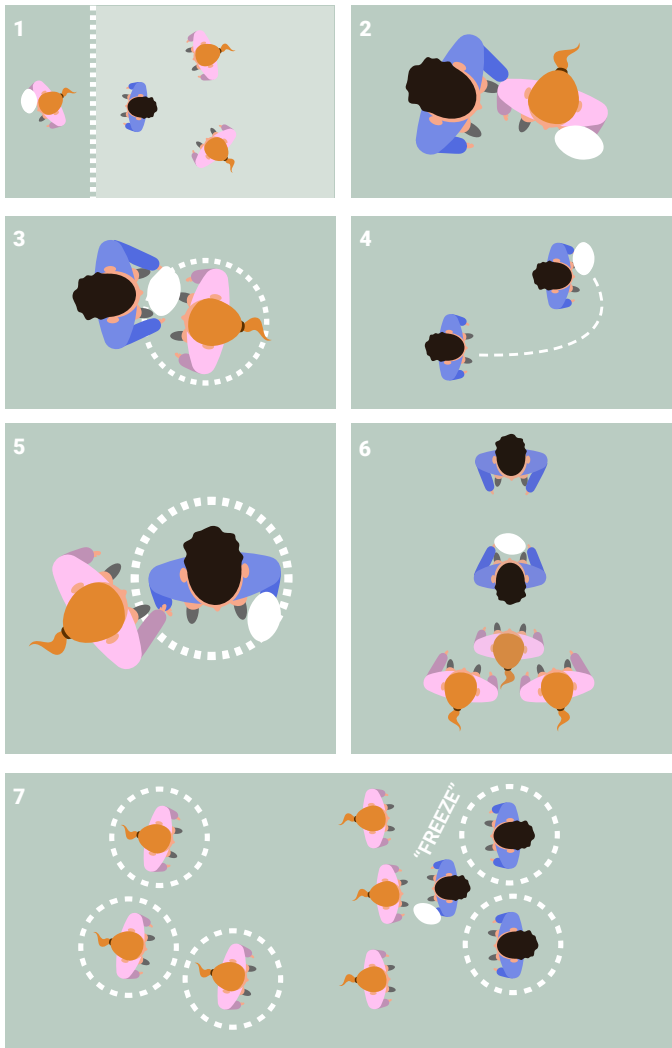


All catches must be overhead to count as one of the 5



Players must be in the air when they catch the ball





Game Zone 1: Restart Rugby

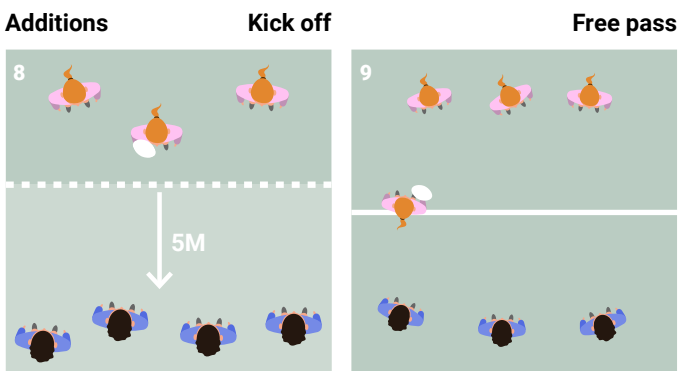
INTRODUCE - 15 mins

As in Game Zone from previous session

- Score by touching the ball down over the try line at end of rectangular pitch
- Attackers can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player rips the ball and then pass backwards within 3 steps
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- Attacking team have 7 phases to score – Phase = A touch from a defender on a ball carrier
- After 7 phases the ball is turned over to the opposition who then have 7 phases to score
- When a defender makes a touch, two defending players must connect by placing their outside arm on the shoulder of the defender who made the touch to form the tackle triangle
- Attack cannot pass the ball away until the Tackle triangle has been formed by the defence
- Attack can now kick the ball – Attacker with the ball can shout FREEZE and in that moment all players on both teams must stop and attacker cannot be touched – Player who calls FREEZE must kick the ball (attacker cannot run or pass if called FREEZE as the aim is to give the attacker space to and time to make the kick)
- If the ball goes out of the field of play the ball is turned over to the opposition

Additions

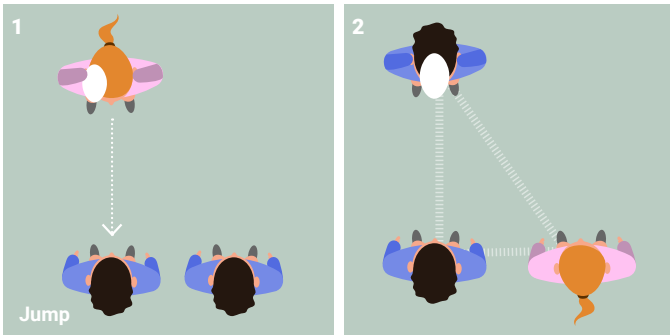
- Start the game with a kick off – This can be kicked from the floor like a football or out of hand
- Kick must go 5 metres
- Restart with a kick from the centre after a score by the team that scored
- If ball goes out of play on the side line – possession is turned over and game is restarted by a pass from the side line



- Attack can play the ball as soon as they are ready and don't have to wait for the tackle triangle to be formed



- Ask attack to consider what are the tactical benefits of playing the ball early (defence not organised) and playing the ball once the tackle triangle is formed (Defence players taken out of the game creating space in defensive line)



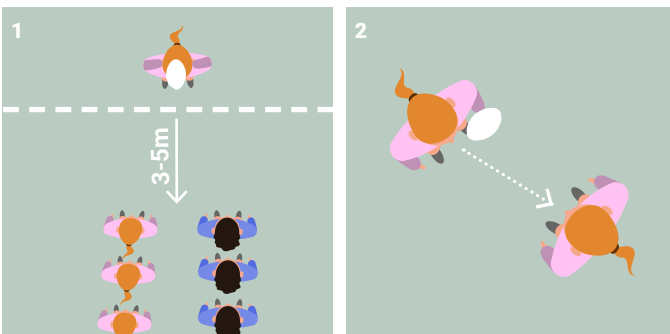
Optional Skill Zone Lineout:

- Players in 3's
- 1 player with the ball stands facing a receiver
- Third player stands to the side of the receiver
- Thrower throws the ball from an overhead position to the receiver who aims to catch the ball whilst having their feet off the ground (can they jump and land in the same place)
- Players repeat the practice rotating into a different position each time

- ▲ Players not throwing the ball now stand side by side approximately 1 metre gap in between
- Thrower now throws the ball to one receiver and then runs around so the receiver can pass the ball to them

- ▲ Receiver passes the ball to the thrower who has come to collect the ball and now aim to score as the non receiver becomes a defender to complete a 2 v 1

Lineout



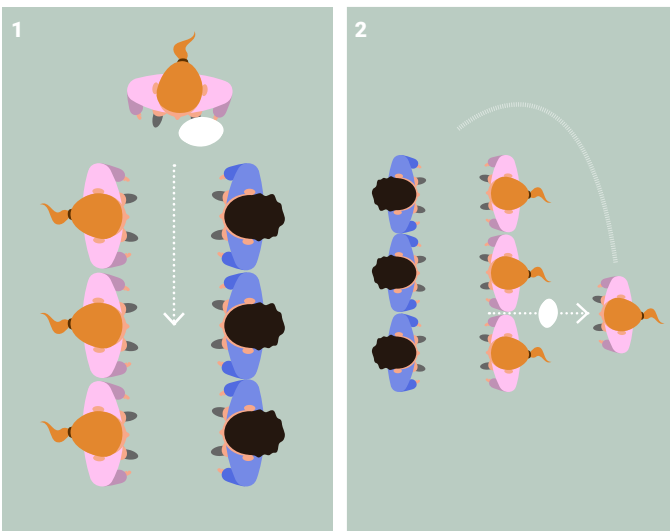
- 💡 Consider introducing lineout then scrum incrementally to help keep the game

Return to playing Game Zone 1 Restart Rugby

Additions

- If ball now goes over the sideline, Possession is given to the opposition and the game is restarted by a lineout
- Lineout = thrower from the team in possession stood on the side line from where the ball went out of play, and three players from each team stood side by side- Ball is thrown approx. 3-5 meters uncontested to the receivers on the throwers team – once caught receiver must pass to a support player on their team.
- If the ball is dropped forward opposition gain possession and game is restarted with a scrum
- Scrum = 3 x players from each team stood side by side and facing the opposition 3 players with an arms length distance apart – Players on the outside of the 3 place their hands on the shoulder of the player opposite – Players from the team in possession rolls the ball in the middle of the two lines of players and uncontested the ball is rolled back by the foot – player who rolled the ball in runs round and collects the ball and passes to a supporting player

Scrum



CONGRATULATIONS YOU ARE NOW PLAYING T1 RUGBY

WEEK 5

Session Aims:

Play T1 Rugby and start to develop tactics around the game

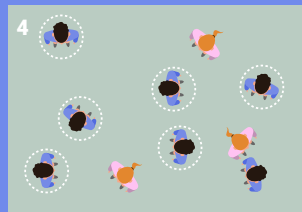
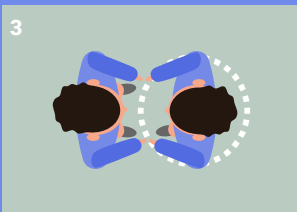
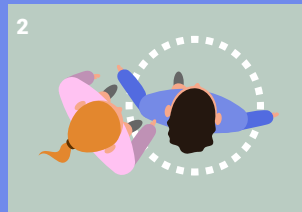
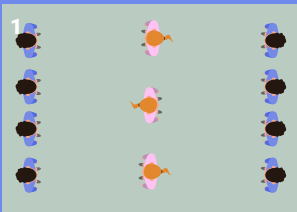
- Create a positive learning environment through Active, Purposeful, Enjoyable & Safe sessions
- Use appropriate developments within session for the players

Principles of Play: Go forward – Support – Continuity – Pressure

Player Skills: Creativity and awareness through teamwork and communication

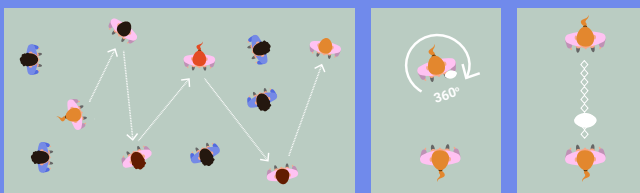
WARM UP

'Free play' - Support players to start passing and catching a rugby ball amongst one another. Option to set mini challenges around the skill required in the game. Opportunity for peer to peer feedback generation



MOVEMENT & SKILL BASED PREPARATION: Activate 3 minutes - Stuck in the mud

- Nominate 2-3 taggers who try and stick the other players by making a touch on the non-tagger
- Players who are stuck to balance on one leg (slight knee bend in the standing leg)
- Stuck players can be free's by another non tagger with a high five with both hands
- Taggers aim to stick all players in 30 seconds – Rotate the taggers



5 pass game - 5 minutes

- Teams aim to make 5 passes
- Players cannot run with the ball
- Ball can be passed in any direction
- A pass = 1 pass
- A Kick pass = 5 passes (Kick pass must be caught without a bounce to count as 5 points)

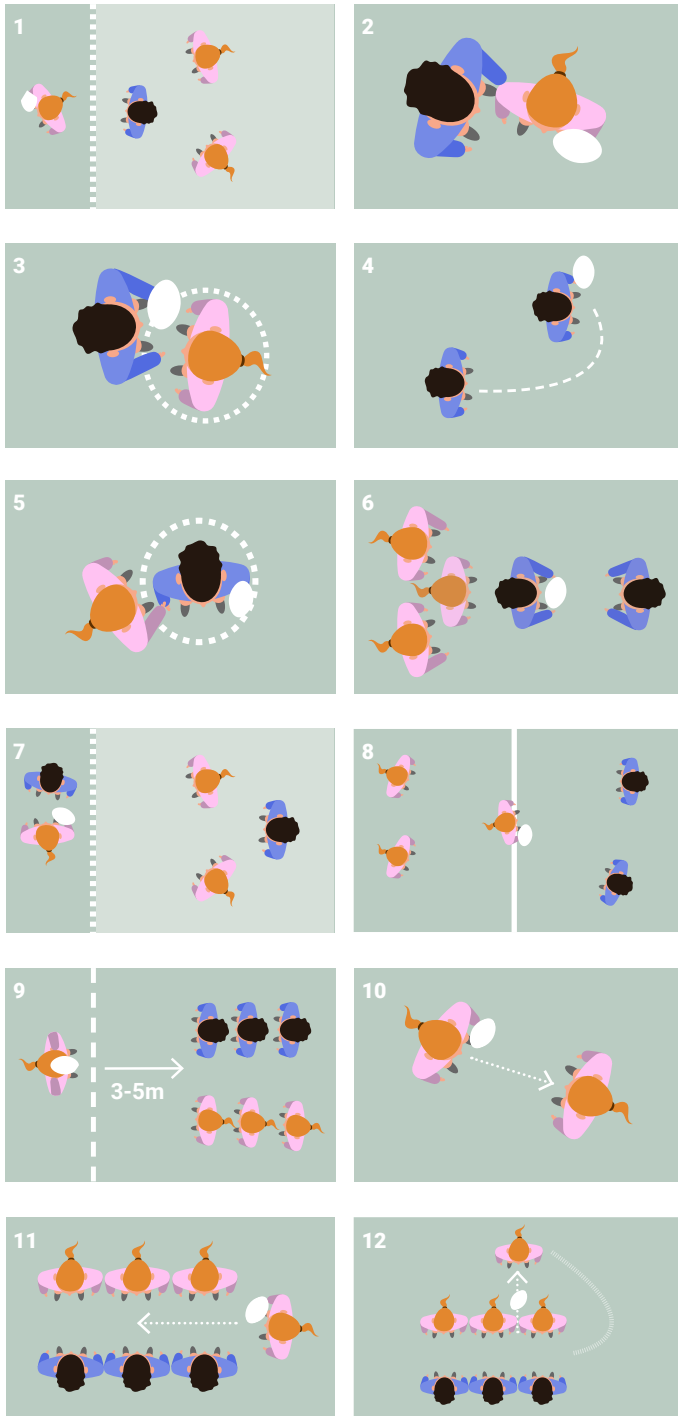
HINTS & TIPS

As players develop throughout the sessions there is a great opportunity for players to either self-officiate games or use players to officiate and develop new skills.

There is also a great opportunity for players to start to bring in their own rules to the games to develop and stretch each other tactically – consider asking them questions such as: What rule would make this more challenging for the Attack? How could we reward the defence?

OTHER GAME ZONE SUGGESTIONS:

- Put lines across the pitch horizontally (try one in between the half way and the try line in each half)
- Teams have 2 phases to get to the next line
- If they are successful they gain two more touchers to get to the next line
- If unsuccessful possession is turned over
- Teams always start with possession in the nearest section to the try line they are defending.



Utilise develop and stretch game changes to support players collectively or individually such as two touch

Game Zone 1: T1 Rugby (15 mins)

- Score by touching the ball down over the try line at end of rectangular pitch
- Attackers can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player rips the ball and then pass backwards within 3 steps
- The Rip = Supporting player from attack comes and takes the ball from the ball carrier
- Attacking team have 7 phases to score – Phase = A touch from a defender on a ball carrier
- After 7 phases the ball is turned over to the opposition who then have 7 phases to score
- When a defender makes a touch, two defending players must connect by placing their outside arm on the shoulder of the defender who made the touch to form the tackle triangle
- If the ball goes out of the field of play the ball is turned over to the opposition
- Start the game with a kick off – This can be kicked from the floor like a football or out of hand
- Kick must go 5 metres
- Restart with a kick from the centre after a score by the team that scored
- If ball goes out of play on the side line – possession is turned over and game is restarted by a pass from the side line
- If ball now goes over the sideline, Possession is given to the opposition and the game is restarted by a lineout
- Lineout = thrower from the team in possession stood on the side line from where the ball went out of play, and three players from each team stood side by side- Ball is thrown approx. 3-5 meters uncontested to the receivers on the throwers team – once caught receiver must pass to a support player on their team.
- If the ball is dropped forward opposition gain possession and game is restarted with a scrum
- Scrum = 3 x players from each team stood side by side and facing the opposition 3 players with an arms length distance apart – Players on the outside of the 3 place their hands on the shoulder of the player opposite – Players from the team in possession rolls the ball in the middle of the two lines of players and uncontested the ball is rolled back by the foot – player who rolled the ball in runs round and collects the ball and passes to a supporting player

Optional

Skill Zone : Built in time for Players to explore and develop skills from the game

Run- Kick – Catch – Pass – Evasion – Lineout

- Players can be supported with what aspects of the game they would like to develop based using Skill Zones from Sessions 1-4

Game Zone 2 – T1 Rugby Drop Off

This Game Zone is designed to tactically challenge players to use the space out wide created by the game rules.

- Rules are the same as T1 Rugby Rules played in Game Zone 1
- One additional rule is that once a touch is made by a defender, one player on the defence (one nearest to the touchline) must go back and touch the tryline they are defending and then return to the game
- Defence still form the tackle triangle.

WEEK 6

Session Aims:

Play T1 Rugby and start to develop tactics around the game

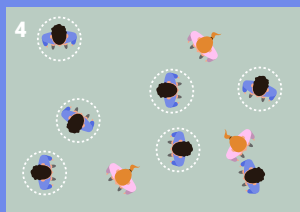
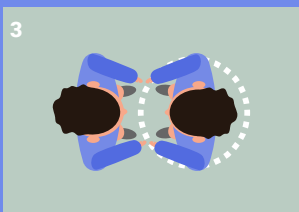
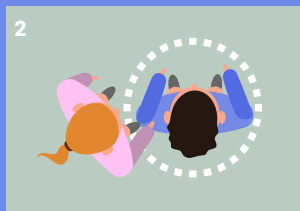
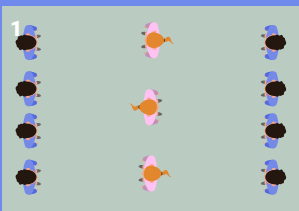
- Create a positive learning environment through Active, Purposeful, Enjoyable & Safe sessions
- Use appropriate developments within session for the players

Principles of Play: Go forward – Support – Continuity – Pressure

Player Skills: Creativity and awareness through teamwork and communication

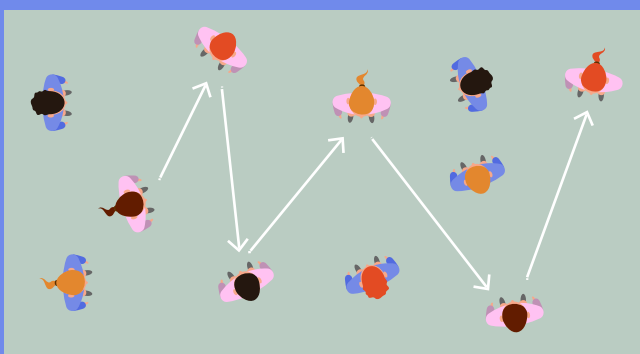
WARM UP

'Free play' – Support players to start passing and catching a rugby ball to each other, option to set mini challenges around the skill required in the game. Opportunity for peer to peer feedback generation



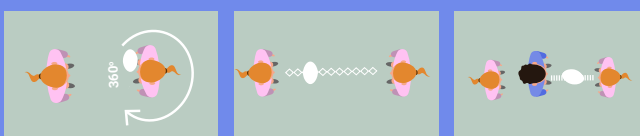
MOVEMENT SKILL BASED PREPARATION: Activate 3 minutes – Stuck in the mud

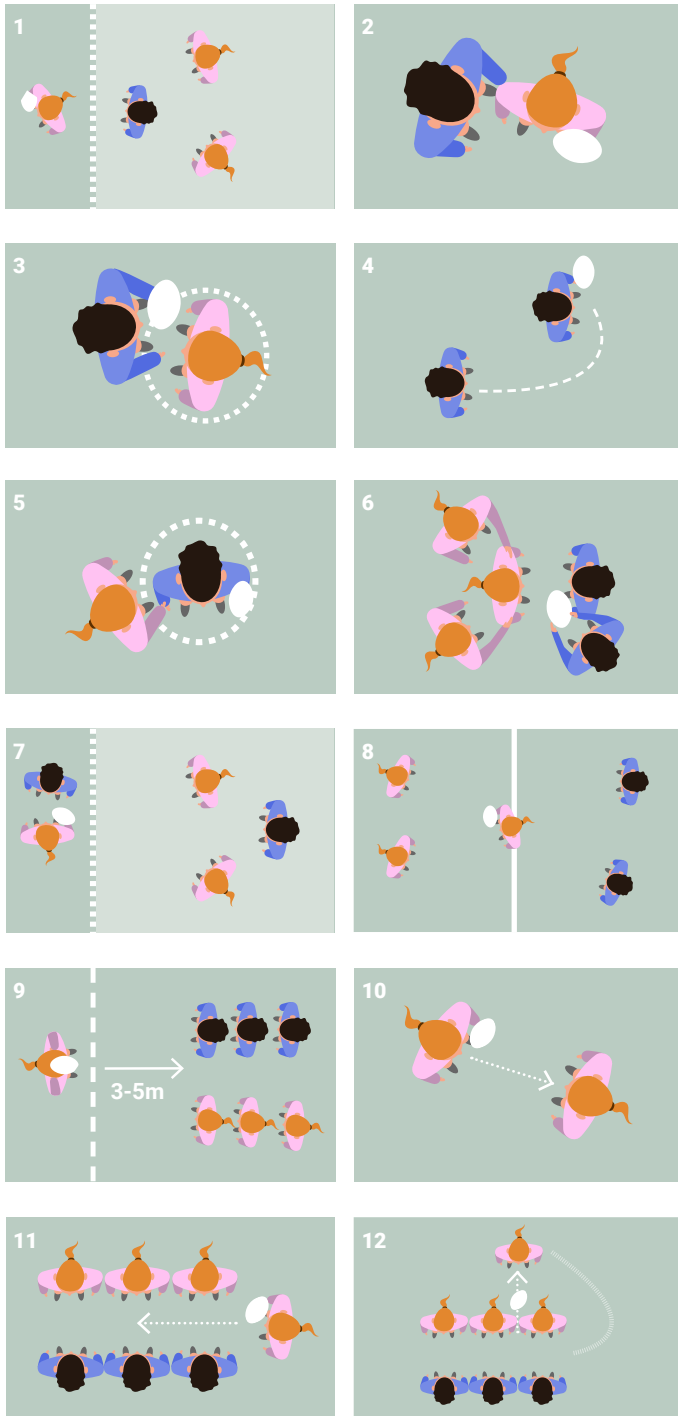
- Nominate 2-3 taggers who try and stick the other players by making a touch on the non-tagger
- Players who are stuck hold a squat position until Freed
- Stuck players can be freed by another non tagger with a high five with both hands
- Taggers aim to stick all players in 30 seconds – Rotate the taggers



5 pass game – 5 minutes

- Teams aim to make 5 passes
- After team score 5 points possession is turned over
- Dropped ball = turnover in possession
- Players cannot run with the ball
- Ball can be passed in any direction
- A pass = 1 point
- A Kick pass = 5 points (Kick pass must be caught without a bounce to count as 5 points)
- Interception = team start on 2 points





Utilise develop and stretch game changes to support players collectively or individually such as two touches

Game Zone 1: T1 Rugby (15 mins)

- Score by touching the ball down over the try line at end of rectangular pitch
- Attackers can run with the ball until touched by a defender below the line of the armpit
- Once touched ball carrier must stop
- Supporting player rips the ball and then pass backwards within 3 steps
- The Rip = Supporting player from attack comes and takes the ball from the ball carrier
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- Start the game with a kick off – This can be kicked from the floor like a football or out of hand
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- If ball now goes over the sideline, possession is given to the opposition and the game is restarted by a lineout
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Optional Skill Zone : Built in time for Players to explore and develop skills from the game

Run- Kick – Catch – Pass – Evasion – Lineout

- Players can be supported with what aspects of the game they would like to develop based using Skill Zones from Sessions 1-4

Game Zone 2 – Stretch activity – T1 Rugby Contest

This Game Zone is designed to tactically challenge players to use the space out wide created by the game rules.

- Rules are the same as T1 Rugby Rules played in Game Zone 1
- One additional rule - If Defence form the tackle triangle before the attack move the ball away with the rip defence gain possession of the ball (this is called a turnover)