

# LESSON PLAN 1

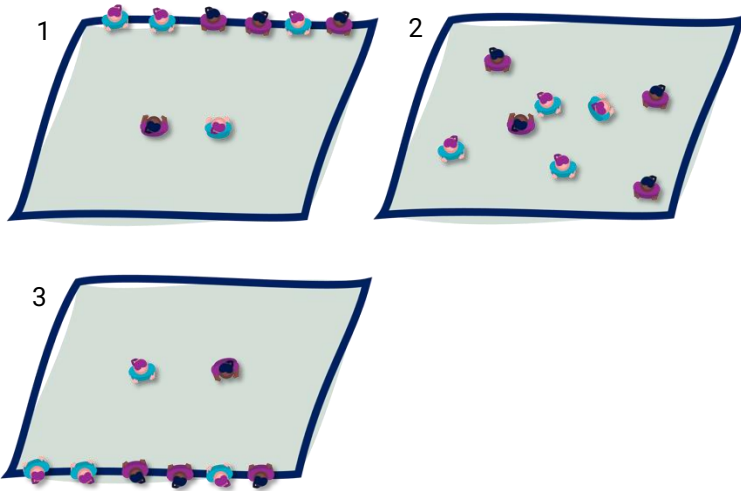
1	Raggy Tag	10
2	Try Scoring Race	10
3	Bulletball	20

## LESSON INTENTIONS

- How to score tries
- How to beat defenders
- How to stop tries
- Play something that looks like rugby



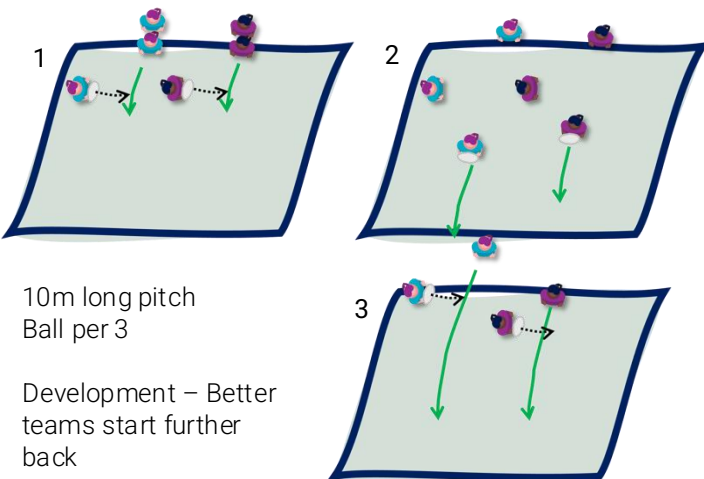
30m pitch, bibs



## RAGGY TAG

- Put two "taggers" in the middle of the box and up to eight players ("runners") at one end. Ideally, each runner has a bib tucked into their shorts.
- On "go", the runners aim to get to the other end without being tagged.
- A tagger can only tag one player in each run.
- Return tags and turn around to play the other way.
- Over four runs, see how many tries are scored.
- Any runner who has not been tagged is worth two tries on the third run and three tries on the fourth run (an incentive to catch them!)

	Make the box narrower. Non-tagged runners have to carry a ball		Make the box wider.
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10m long pitch  
Ball per 3

Development – Better teams start further back

## TRY SCORING RACE

- Split into pairs/threes with a ball.
- One stands about 2m inside the box, the other on the side.
- On "go", the player on the side runs to the other side of the box, receiving a pass on the way.
- Winners start a couple of steps back the next time.
- Swap the passer and the runner.

	Longer passes.		Hand the ball to the runner.
	Add in a change of direction.		

40m pitch for 7v7

## BULLETBALL

One ball

- 3v3 to 7v7
- Score a try as normal.
- Can run with the ball.
- Can pass in any direction unless touch-tackled.
- If touch-tackled have to back towards your try line.
- Defenders can intercept a pass but not a pass from the touch-tackle.

- Any number of tackles, but lose a life if you run into touch.
- Three lives.
- If the ball goes on the ground, if the attack can pick it up within three seconds, then play on. Otherwise, a turnover.
- After a try, the conceding team restart from the middle with a pass.

## CHALLENGE

What tactics can help us score more tries?

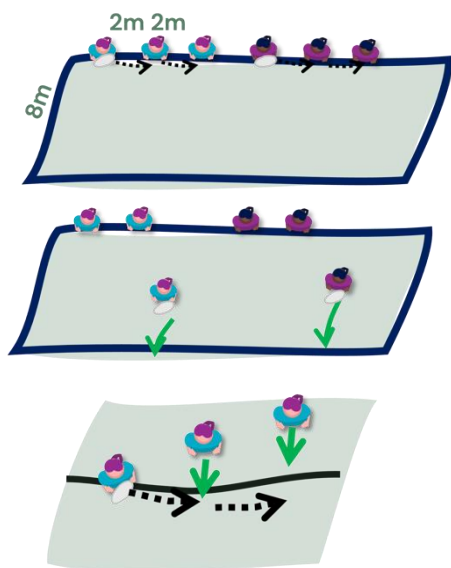
How can I positively support my team-mates?

## LESSON PLAN 2

1	Passing Race	10
2	Pass and Run	10
3	Bulletball upgrade	20

## LESSON INTENTIONS

- How to catch and pass
- How to use catch and pass to score tries
- When to pass
- Passing the ball if not going forward



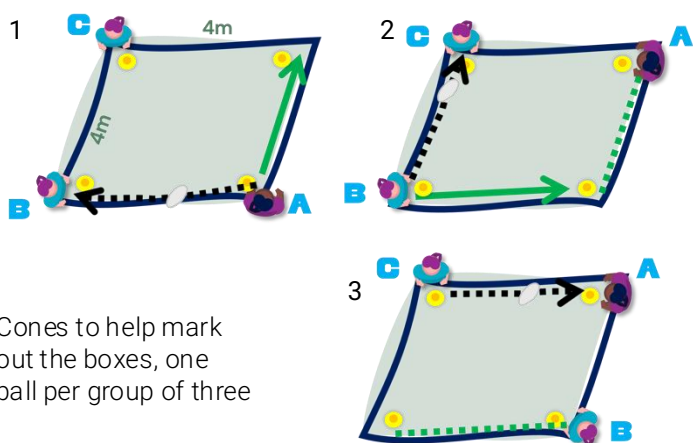
Cones to help mark out starting points, one ball per group of three

Development – players run onto the pass

## PASSING RACE

- Split into groups of three with a ball, and line them up 2m apart.
- The ball carrier stands on the right of their group.
- Say “go” and the ball carrier passes the ball to the nearest player, who then passes to the last player in the group.
- The end player then races forward 8m to see if they can beat the other groups.
- Everyone swaps positions in the group and repeats.
- Quicker groups can start further back.

	Stand wider apart. Must run onto the pass. Be a group of four.		Stand closer together.
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Cones to help mark out the boxes, one ball per group of three

## PASS AND RUN

- Split into groups of three with a ball.
- Each player stands on the corner of a box.
- Say “go,” and the ball carrier passes the ball to the nearest player.
- They then run forward to the spare cone.
- Everyone repeats this until they have made three passes.
- If they can, they should face the cone they will be running to because the pass will be backwards or at least sideways.

	Make the box bigger OR how many passes are completed in 30 seconds.		Make the box smaller.
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40m pitch for 7v7

## BULLETBALL UPGRADE

One ball

- 3v3 to 7v7
- Score a try as normal.
- Can run with the ball.
- No forward passes.
- If touch-tackled have to turn back towards your try line.
- No offside!
- But defence cannot intercept ANY passes.
- Seven tackles to score a try (turnover possession after seven touches)
- If the ball goes on the ground, if the attack can pick it up within three seconds, then play on. Otherwise, a turnover.
- After a try, the conceding team restart from the middle with a pass.

## CHALLENGE

How can we use passing to score tries?

Can we play with one less defender?

## LESSON PLAN 3

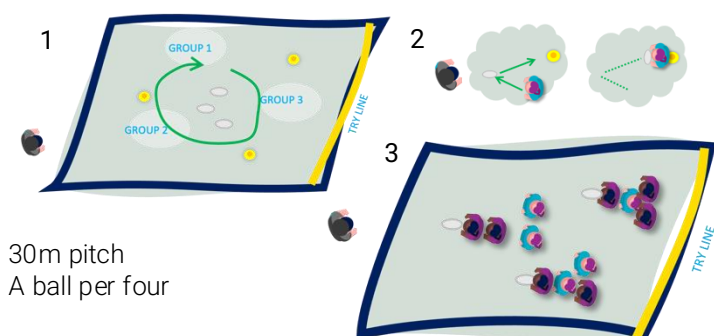
1a	Tackle Triangle	10
1b	Onsides	5
2	Rip and Pass	10
3	AB v C	20

### LESSON INTENTIONS

- How to form a rip and pass after the tackle
- How to get back onside in defence
- How to attack when there is an overload (more attackers than defenders)
- Organising a defence in play



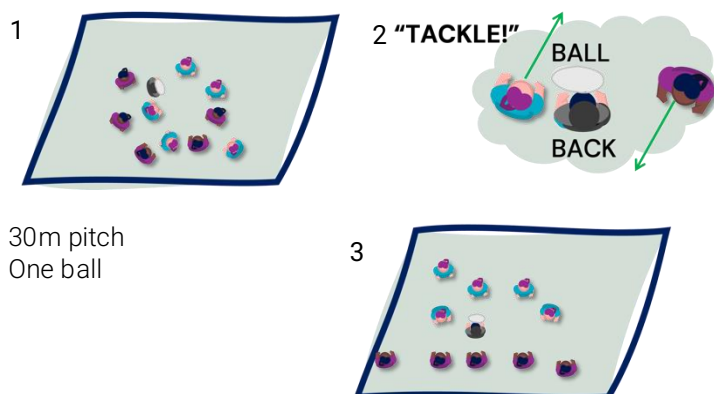
▶ SCAN ME



30m pitch  
A ball per four

### TACKLE TRIANGLE

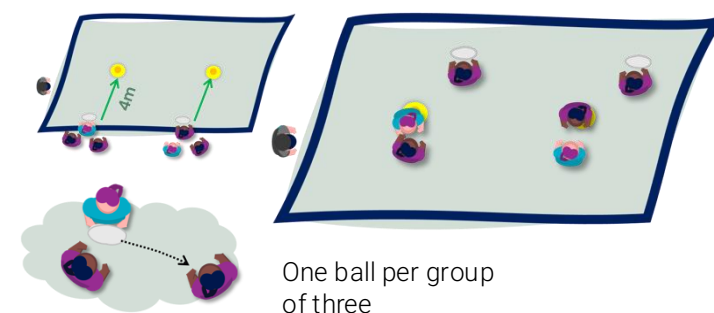
- Split into groups of four.
- Spread out have the same number of balls as groups in the middle of the box and the same number of cones near the edges of the box.
- Say "circle", and everyone jogs around the box.
- Shout "tackle". One of the players from each group collects a ball from the middle, finds a cone and faces away from the try line.
- The other three players form a tackle-triangle opposite the ball carrier.
- The last group in position lose a life.



30m pitch  
One ball

### ONSIDES

- Split into two teams, 'ball' and 'back' with a player in a bib with a ball.
- Everyone jogs around inside the box, with the bibbed player moving around inside the box.
- When the coach shouts: "tackle", teams see where the bibbed player is standing and facing.
- The 'ball' team must spread out in a line to the edges of the box, facing the bibbed player and able to see the ball.
- The 'back' team must do the same, but able to see the bibbed player's back.
- The winners are the first team to be a line that spreads across the pitch.



One ball per group of three

### RIP AND PASS

- Split into groups of three with a ball.
- Each group starts at one end of the box.
- Say "go". The ball carrier races to the cone in front of them.
- They turn as if they have been touch-tackled and hold out the ball to their team.
- The next player comes into rip and pass to a third player who races to the end of the box.
- Swap roles and turn around for another race.
- After a couple of runs, mix up groups.

### AB v C

- Split into three teams. Combine two teams for the attack.
- They have three touch-tackles to score. If tackled, they rip-and-pass. There is NO tackle-triangle. There is no kicking.
- They have three attempts to score. They always restart 10m from their own line.
- After the three attempts, the defending team swap with one of the attacking teams.

30m pitch  
One ball e.g. 8v4

### CHALLENGE

Can we rip and pass fast enough to prevent the defending time repositioning?

## LESSON PLAN 4

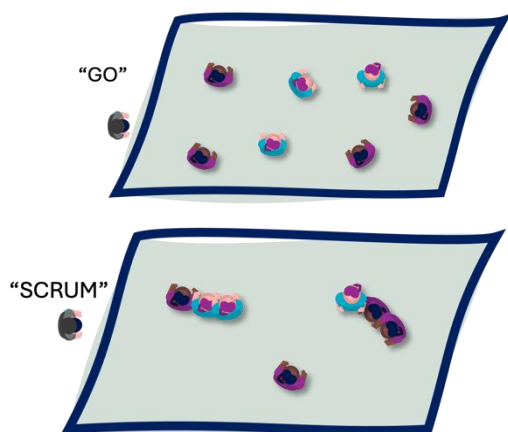
1	Scrum Time	8
2	Outs then Ins	8
3	Tiktok T1 Rugby	24

## LESSON INTENTIONS

- Setting up a scrum and lineout
- Playing from a scrum and lineout
- Using the two "games" to establish what set-piece looks like
- Using the T1 Rugby game to formalise the set-pieces



Any sized pitch

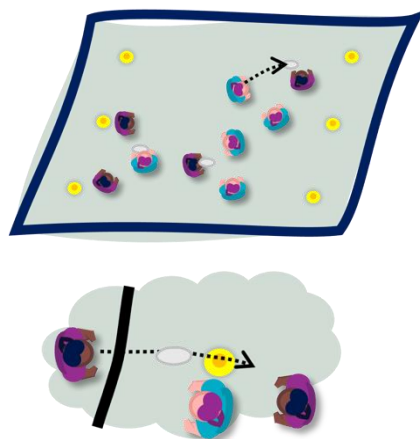


## SCRUM TIME

- Everyone in the box jogs around.
- When the coach shouts "Scrum", the players must find a group of three.
- They aim not to be the odd one out.
- They have to bind as a three when they are in a group of three.
- When the coach says "Go", everyone unbinds and runs around again.

	Find another group to 'scrum' against		Walking pace
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Cones 2m inside the pitch, a ball per three



## OUTS THEN INS

- Split into groups of three with a ball.
- Run around inside the box, passing the ball. If a player or ball goes outside the box (or randomly), the coach blows the whistle, and everyone in their group must form a lineout.
- When the coach blows the second whistle, they throw the ball in (see rules) and every team that's successful gets a point.

	Throw to the second player in lineout.		Have players weaving in and out of cones so they are closer to edge.
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40m pitch for 7v7  
One ball

## TIKTOK T1 RUGBY

Quick set-up scenario restarts

- 3v3 to 7v7
- Play T1 Rugby rules but no kicking.
- Start games with scrums or lineouts.
- If touched, the attacker turns to their team, and the ball must be ripped and passed away.
- The defending team must form a tackle-triangle after a touch-tackle and get back onside.

- Use this game to rehearse tackle-triangles, rip-and-pass, onsides, scrums and lineouts. Stop the game for a 15s recap.
- The teams must be 5m back from scrums. One player puts the ball in and then passes to their team.
- From a lineout, both teams must be 5m back from the lineout. The throwing team passes out the ball.

## CHALLENGE

How quickly can you form up a lineout or scrum?

Can a player be in charge of 'set-pieces'?

How do you score from set-pieces?

## LESSON PLAN 5

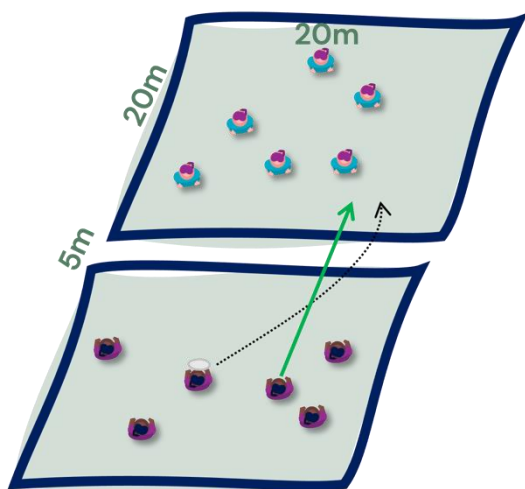
1	Kick Raiders	10
2	Save the World	10
3	T1 Rugby Scenarios	20

### LESSON INTENTIONS

- How to kick to gain territory
- How to return a kick
- How to chase a kick
- How to play from different parts of the pitch



A ball

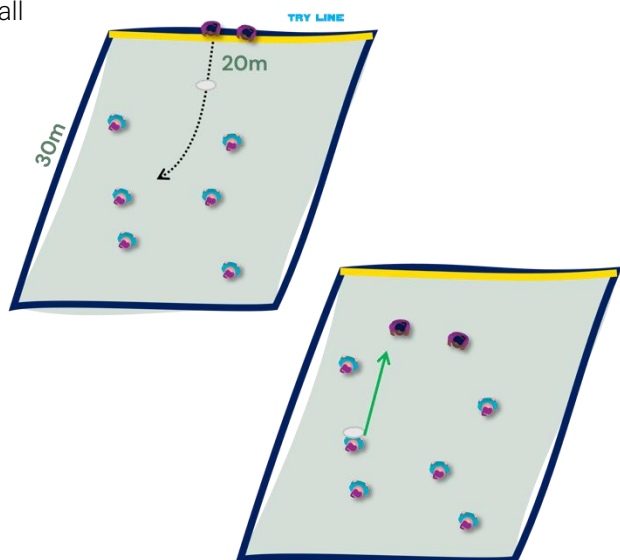


### KICK RAIDERS

- Split into two teams and put each team in a box.
- The kicker makes a kick from hand and tries to get the ball to land in a space in the other team's box.
- Kicking team score 1 point if the kick lands inside the other box.
- Catching team score 1 point if kick is caught.
- Once all the kicks have been taken by one team, the other team has a go. Rotate who makes the kicks.

	Make a pass immediately when caught		Make the box wider and longer
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A ball



### SAVE THE WORLD

- Two pairs will be the supervillains, the rest will be split into two groups of superheroes.
- One pair of supervillains will start at one end of the box with a ball.
- One group of superheroes will start at least 5m inside the box.
- The supervillains will kick the ball as far into the box as possible and then chase the kick.
- The superheroes must "diffuse" the kick by returning the ball to where it came. Swap groups at end of round.
- They can run forward, pass backwards, but if they are tackled-touched by a supervillain they must stop and pass.

	Add in another supervillain. Only allow rip-and-pass from tackle.		30 seconds to save the world.
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### T1 RUGBY SCENARIOS

- Split into teams and give each team three scenarios.
- Then give each team a number of touch-tackles to achieve their aim.
- Scenario starts: Lineout, scrum or a tackle-triangle.
- Add in or take out defenders.
- Aim can be to make ground or score tries.

#### CHALLENGE

What are the easiest and hardest scenarios?

# LESSON PLAN 6

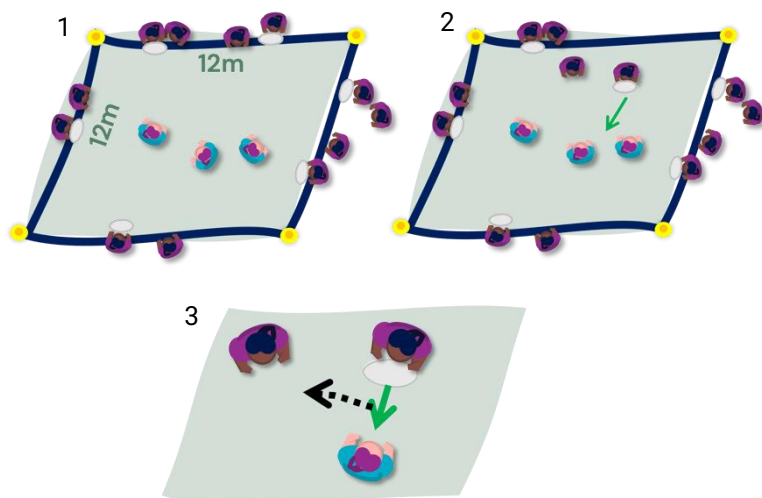
1	The Swarm	5
2	Beat the Ball	5
3a	Beat Us in Five	10
3b	T1 Rugby	20

## LESSON INTENTIONS

- How to defend to win
- How to pass accurately to give chances to score
- How to attack and defend under pressure
- How to play



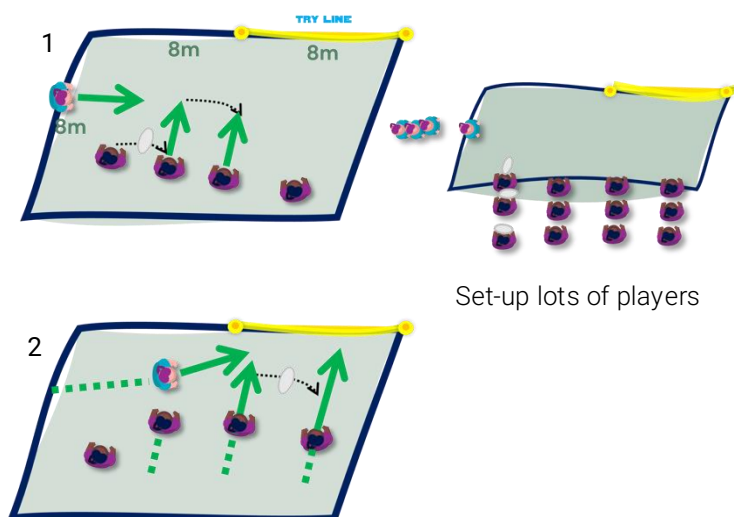
▶ SCAN ME



## THE SWARM

- Put three "killer bees" in the middle of the box and pairs of players with a ball around the edges.
- Shout the names of players in one of the pairs.
- That pair aims to score on the opposite side.
- The pair can run with the ball and pass backwards based on where they started.
- If the ball carrier is touched (stung!) by a player from the swarm, then their run is over, and they go to a side.
- There may be more than one pair attacking at any one time. See how many tries are scored in 60 seconds, then change the Swarm.

	Release lots of pairs. Make the box bigger.		Release lots of pairs. Make the box bigger.
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Set-up lots of players

## BEAT THE BALL

- Split into groups of four to six with a ball.
- One group will act as defenders.
- The first group stands at one end of the box. The first player has a ball.
- The players run forward and pass the ball backwards, aiming not to get caught.
- When the first player passes, a defender standing about 2m from the pass runs across the pitch as the players pass the ball along the line, trying to catch the ball carrier.
- The next team steps up against a new defender.
- Then, swap the defending group and repeat.

	First passer runs to take the last pass.		The defender starts further away.
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20m pitch for 5 v 5  
One ball

## BEAT US IN 5

- No kicking, lineouts or scrums.
- The attack has five touch-tackles to score. Use tackle-triangles and rip-and-pass.
- The defence can challenge the attack to score in less.
- That means the tackle-count goes down to four or three before a turnover.
- Every tackle taken off the tackle count means an extra point scored if a try is scored.
- Knocked-on balls or going into touch means a turnover of possession.

### CHALLENGE

Can we start from a realistic T1 Rugby situation?

How do you put pressure on the other team?