

Beginner Barbarians (Age 6-7)

Session 1

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, flag belts, whistle

Refreshment Breaks: Every 10-15 minutes

Time	Activity (See below)	Focus
4 minutes	Introduction	Use this time at the beginning of the session to introduce players to each other, their new coaches, and the <u>basic rules to rugby</u> .
8 minutes	Relay Races	To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.
8 minutes	Circle Passing	To improve proper passing and receiving techniques.
8 minutes	Rugby Freeze Tag	To become familiar of spatial awareness as it relates to the evading the defensive attack.
8 minutes	Kicking off a Tee	Improve kicking skills with a rugby ball through the mini uprights.
25 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.

OBJECTIVE

To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.

GAME SETUP

Space Needed Equipment Needed

10 x 15 metres
Cones, Rugby Balls
(1 Per Relay Line)

Sug. Time Allocation

5-10 minutes or
5 different relays
Any Group Size

Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

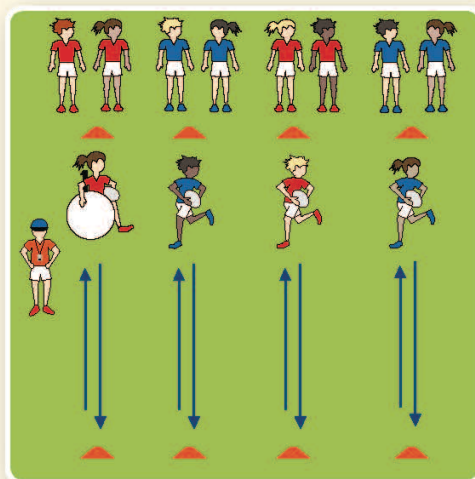
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching
- Running

HOW TO PLAY

- 1 Start by separating players into equal relay teams of two or more players. Have them form lines behind a cone with one rugby ball per line.
- 2 Complete a series of relays to introduce basic skills and promote ball familiarization. Suggested relays include:
 - a. Move towards a cone, score a try and have players yell, "TRY!" before moving back and passing to the next player (Be sure to introduce proper passing technique with passer follow through and receivers making a 'W' target).
 - b. Move towards a cone and pass the ball around your waist before scoring, move back to the start and pass to the next person in line.
 - c. Move while tossing the ball up in the air and catching it multiple times before getting to the far cone. Score a try, move back to the start, and pass.
 - d. Have two players move at the same time, completing a pass between the cones, score a try, move back and complete another pass.
 - e. Have two players move together, completing as many passes as possible between the cones, score a try, repeat on the way back.
 - f. Have players move towards a cone, score a try and perform their best 'Try Dance.' Move back to the start and pass to their teammate.



MODIFICATIONS

- 1 If you have varying ages and/or abilities, create two cones at the end and have the older or more experienced kids go to the furthest cone.

EXTENSIONS

- 1 Make the cones further apart each race.
- 2 Add defenders in the middle that players must evade to complete their turn in the race.
- 3 Award the first team to finish a point and make it a competition for teams.
- 4 Incorporate various skills including fitness exercises and other ball familiarization techniques.

CHECK & CORRECT

- 1 If players are struggling with certain skills, try slowing down the speed of the relay races.
- 2 To keep players active, have the players waiting in line complete fitness exercises like jumping jacks to reduce static standing.



OBJECTIVE

To improve proper passing and receiving techniques.

GAME SETUP

Space Needed 10 x 10 metres
Equipment Needed Cones, Rugby Balls (1+ Ball(s) Per Circle)
Sug. Time Allocation 5-10 minutes
Group Size Any Group Size

LTAD STAGES

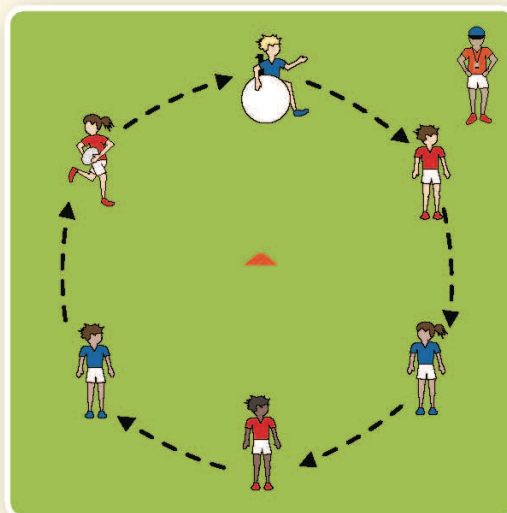
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Passing
- Catching
- Running

HOW TO PLAY

- 1 Have players form a circle with about 2 metres in between each other.
- 2 Start by having players attempt to complete passes around the entire circle in both directions without dropping the ball.
- 3 Once players can pass around the circle, make the game harder by adding a time limit.
- 4 After the time limit, play a game of "Rugby Duck, Duck, Goose" with the circle. Instead of racing another person around the circle, players will race the rugby ball around the inner circle.
- 5 Have one player begin with the rugby ball. He/She will pass the rugby ball to the person to their right or left side and begin to move around the outside of the circle in the same direction of the pass while the inner circle continues to pass the ball around.
- 6 See if the player can beat the rugby ball around the circle. Allow each player to have a chance to race the rugby ball.



MODIFICATIONS

- 1 If players are struggling to race the rugby ball around the circle, have players take a step in towards the middle to make the circle smaller.

EXTENSIONS

- 1 With more players, create multiple circles and have them compete against each other within time limits.
- 2 Use multiple balls within one circle to increase the speed of passing.
- 3 Have players use different passing techniques such as a pop pass, a spiral pass, or turn around to pass backwards.
- 4 Incorporate fitness into the circles including jumping jack feet, shuffling, jump squats, etc.
- 5 Pass across the circle and replace the person you pass to. Incorporate multiple balls to emphasize spatial awareness and communication.

CHECK & CORRECT

- 1 Emphasize proper passing form including two hands on the ball, sighting your target, and following through on the pass.
- 2 Emphasize proper receiving form by making a 'W' with both hands and providing a target to the passer.



OBJECTIVE

To become familiar with spatial awareness as it relates to evading the defensive attack.

GAME SETUP

Space Needed

20 x 20 metres

Equipment Needed

Cones, Rugby Balls

Sug. Time Allocation

10-15 minutes or
5 rounds

Group Size

Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

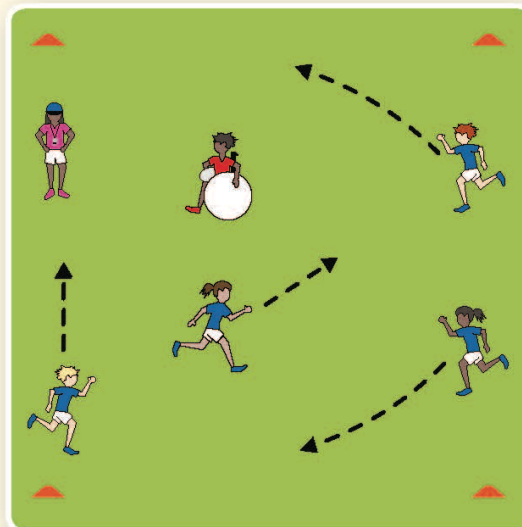
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running

HOW TO PLAY

- 1-3 players are selected as taggers. Taggers are given a rugby ball to use for tagging or use two hand touch when necessary.
- All non-taggers evade any taggers by moving into open space within the grid.
- When a player is tagged with the rugby ball, they become frozen, standing still with their arms held up.
- Frozen players can be released when one of their teammates gives them a high five.
- The game continues until all players are frozen or until a set time limit runs out.
- Players crossing over the boundary lines and going outside the grid automatically become frozen.



MODIFICATIONS

- 1 Vary the movement/skill for unfreezing frozen players. This will allow players of all abilities to have success.

EXTENSIONS

- 1 Allow non-taggers to have rugby balls and incorporate passing to release frozen players when they receive a pass. Frozen players should freeze with their 'W' target out in front of them. Taggers can now freeze with two-hand touch or pulling flag belts.
- 2 Incorporate flag belts and have defensive players pull flags instead of just tagging with a rugby ball.

CHECK & CORRECT

- 1 Ensure taggers are holding the ball with two hands at all times.
- 2 Encourage communication amongst non-taggers to help increase the rate of releasing frozen players.
- 3 If allowing frozen players to receive passes, change their hand positioning to create a 'W' target for the pass.

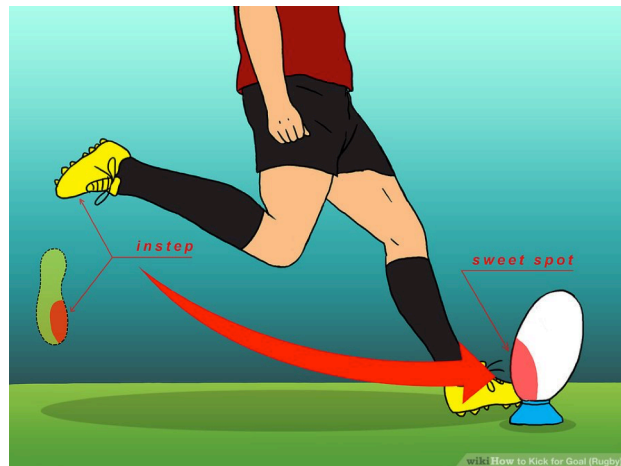


Kicking Off A Tee



Have players take turns teeing up a rugby ball on a field cone and place kicking the ball through the mini uprights.

- It is important for the ball to be tilted towards the player and not the uprights. This exposes more of the “sweet spot”
- Players usually take 3 steps back from the ball.
- As you approach the ball, try to plant your non-kicking foot as close to the tee as you can.
- Strike the ball with the instep of your foot on the “sweet spot” of the ball. The sweet spot is located about 1/3 up the ball



- Follow through with your foot for maximum height and distance.



- Accuracy will come over time with each attempt.

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation

15-20 minutes
(7-10 minute halves)

Group Size

2 Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

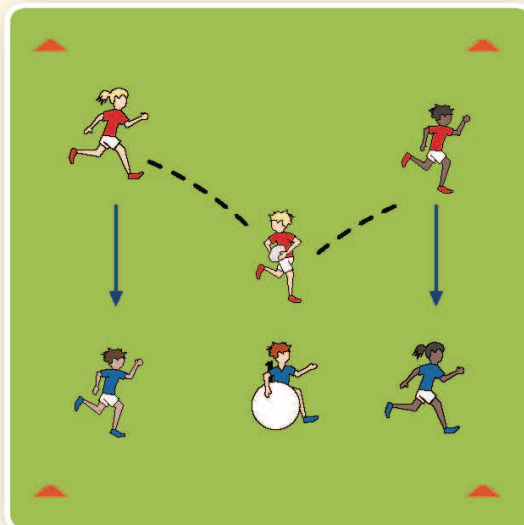
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



Session 2

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, flag belts, whistle

Refreshment Breaks: Every 10-15 minutes

Game Zone/Skill Zone: In this session, give players an opportunity to refine their skills. Put all players in a competitive game format. Once a player is eliminated or completes a designated action, they move to the skill zone to practice a particular skill before returning to the game zone.

Time	Activity (See below)	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
8 minutes	Tiger Tail Relay & Over Under Relay	Focus: Use these relays as warm-ups for the session. Game Objectives - Tiger Tail Relay: Have fun with a rugby ball Game Objectives - Over Under Relay: To become familiar with a rugby ball and work on communication and teamwork.
8 minutes	Game Zone: Pairs Tag Skill Zone: Once a player is tagged, the pair moves into the skill zone to complete 10 step back passes with their partner to return to the game.	Game Objective - To work together with a partner in order to effectively track and tag attacking players. Skill Objective - To refine passing and catching skills. Skill Zone - 10 step back passes - Start by passing from a short distance. Have players step backwards one step with each pass. Continue until 10 passes are completed.
10 minutes	Ultimate Rugby	Focus: Start with small numbers on each team and start with basic skills. Game Objective: To help players utilize space and communication for maximizing scoring opportunities.
5 minutes	Kicking off a Tee	Improve kicking skills with a rugby ball through the mini uprights.
25 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.

OBJECTIVE

A variation on Rookie Rugby relays to help players have fun with a rugby ball.

GAME SETUP

Space Needed Equipment Needed

20 x 20 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation Group Size

5 minutes
Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

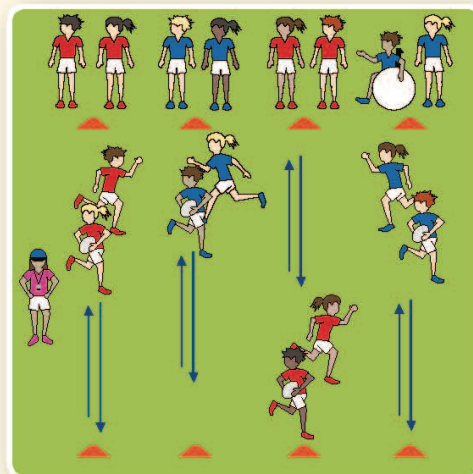
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination
- Running

HOW TO PLAY

- 1 Create relay lines with equal numbers in each line. The first person in the line starts with the rugby ball.
- 2 The first person in line moves to their cone at the end of the grid and scores a try with the rugby ball. They move back to the starting point.
- 3 Once the first player returns, the second player links on to the first player by grabbing onto the first player's flag belt. If not wearing flag belts, players can link by grabbing the first player's shirt/hips/shoulders. This player becomes the Tiger's Tail. They now work as a team to continue down the field to score a try at their cone and return to the starting point.
- 4 Each time a player or a group of players returns to the starting point, a new player joins them, making their tiger tail longer.
- 5 The first team to add all players to the tiger's tail and complete the relay wins.



MODIFICATIONS

- 1 If players are unable to physically link to each other, have players complete the relay together without physically linking. For example, players can move alongside each other and become a pack of tigers rather than a tail.

EXTENSIONS

- 1 Vary the skill that players complete at the end of the relay, requiring all players to complete it before returning to the starting point.
- 2 Create an obstacle course of rugby skills to complete, making it more challenging for players to complete the relay.

CHECK & CORRECT

- 1 The purpose of this relay is for players to have fun while performing a variety of rugby skills. Check the form of each player to ensure that they are performing each skill correctly.



OBJECTIVE

To become familiar with the rugby ball and work on communication and teamwork.

GAME SETUP

Space Needed Equipment Needed

20 x 20 metres
Cones, Rugby Balls
(1 Per Relay Line)

Sug. Time Allocation Group Size

5 minutes
Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

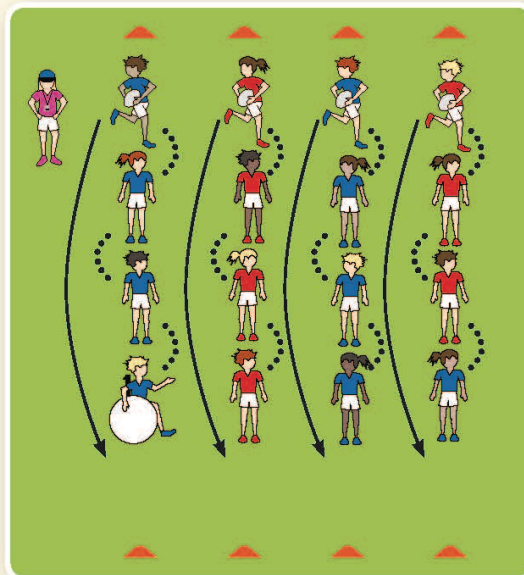
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Passing
- Catching

HOW TO PLAY

- 1 Create teams of even numbers and have them line up with one rugby ball for each line. Have players start facing away from the grid.
- 2 The first person in line has the rugby ball. When the instructor yells, "GO!" the first player passes the ball above their head to the next player and then returns to the end of the line.
- 3 The next player passes the ball under through their legs. They then recycle to the end of the line.
- 4 Players continue alternating passes over and under and recycling to the end of the line until they reach the other side of the grid.
- 5 Have the teams race, reset and race on the way back.



MODIFICATIONS

- 1 For younger groups, try forming one or two larger lines to give players more time to recycle to the end of the line.
- 2 Vary the movement to passing LEFT and RIGHT rather than over and under.

EXTENSIONS

- 1 Incorporate fitness activities into the relay by requiring a fitness move before a pass is made. For example, perform a jump squat followed by passing the ball overhead. The next player performs a jump squat followed by passing the ball under their legs.

CHECK & CORRECT

- 1 This activity is great for a warm-up activity, ball familiarization, or for fitness. Focus on players having fun and working together on their communication and teamwork to complete the task.
- 2 Players should hold the ball in two hands at all times.



OBJECTIVE

To work together with a partner in order to effectively track and tag attacking players.

GAME SETUP

Space Needed
Equipment Needed
Sug. Time Allocation
Group Size

15 x 15 metres
Cones, Rugby Balls
10 minutes
Any Group Size
(Working in Pairs)

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

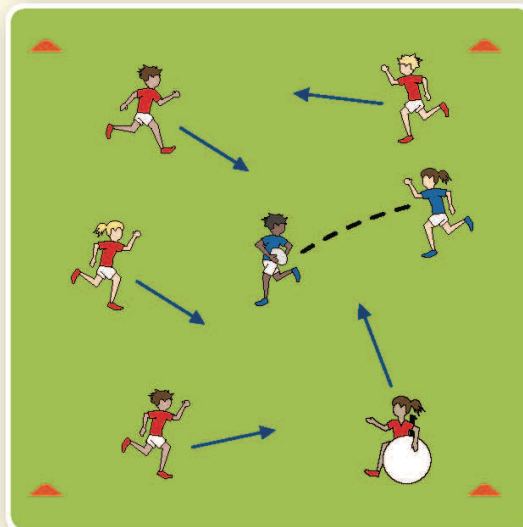
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching

HOW TO PLAY

- 1 Create a grid and have players pair up with a partner. Designate one pair of partners as the defensive taggers.
- 2 Defensive taggers must tag the attacking players by touching them with the ball. A defender cannot move with the ball, but can pass to his/her partner, who can move to get near an attacking player.
- 3 Passes can be in any direction. Once an attacking player is tagged, that player and their partner become the new defensive taggers.



MODIFICATIONS

- 1 If players are having trouble tagging attacking players, make the grid smaller or slow down the speed of play by having players walk.

EXTENSIONS

- 1 Start with one pair of defensive taggers and when they tag an attacking player, that player joins the defensive team. Any time a new attacking player is tagged, they join the defence. Continue the game until all attacking players are tagged.

CHECK & CORRECT

- 1 Help defensive players anticipate attacking movements by tracking a player's hips.
- 2 Communication between defensive players is key to success. Work with players to make sure they are communicating effectively.
- 3 Pressure can sometimes affect passing form. Encourage proper passing form and receiving with a 'W' target.



OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

GAME SETUP

Space Needed 30 x 40 metres
Equipment Needed Cones, Rugby Balls
Sug. Time Allocation 10-20 minutes
Group Size Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

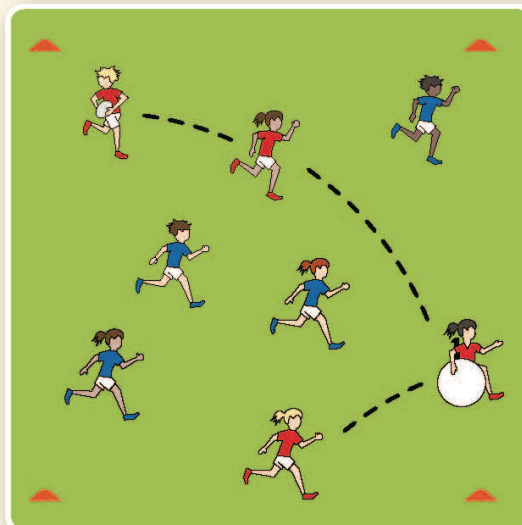
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 One team begins with the ball and starts the game with a free pass.
- 3 Players advance the ball by passing in any direction.
- 4 Players cannot move with the ball and may only advance it by passing.
- 5 If a pass is dropped, a turnover occurs.
- 6 Players score by grounding the ball in their try zone.
- 7 Defensive players cannot strip the ball from attacking players and must remain arms-length distance away when defending.
- 8 Defensive players may intercept a pass, but must not swat/deflect a pass. A swatted/deflected pass will not count as a turnover.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Place smaller grids in the try zones to serve as 'scoring zones'. Players can only score points by passing to a teammate in a scoring zone. Defensive players cannot enter these scoring zones.
- 2 Incorporate three steps – players can take three steps after receiving a pass.
- 3 Players only have three seconds to pass.
- 4 Only rugby passes are allowed, no overhead passes (i.e. football pass) can be made.

CHECK & CORRECT

- 1 Players will find success when they move without the ball. Ensure that players are moving to space when they do not have the ball.
- 2 Shorter passes are more successful in Ultimate Rugby. Encourage players to find space closer to the ball carrier rather than farther away.

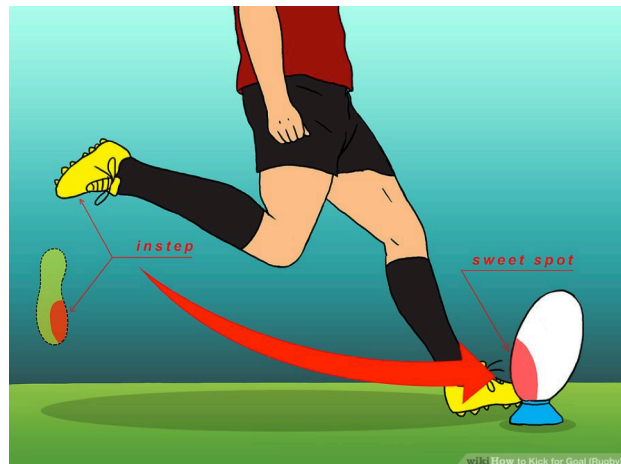


Kicking Off A Tee



Have players take turns teeing up a rugby ball on a field cone and place kicking the ball through the mini uprights.

- It is important for the ball to be tilted towards the player and not the uprights. This exposes more of the “sweet spot”
- Players usually take 3 steps back from the ball.
- As you approach the ball, try to plant your non-kicking foot as close to the tee as you can.
- Strike the ball with the instep of your foot on the “sweet spot” of the ball. The sweet spot is located about 1/3 up the ball



- Follow through with your foot for maximum height and distance.



- Accuracy will come over time with each attempt.

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation

15-20 minutes
(7-10 minute halves)

Group Size

2 Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

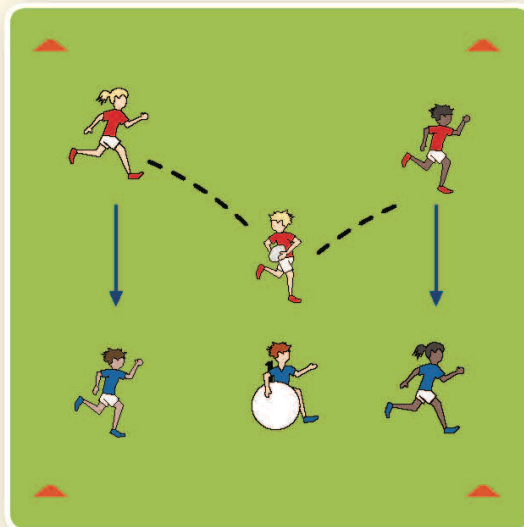
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



Session 3

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, whistle

Refreshment Breaks: Every 10-15 minutes

Time	Activity (See below)	Focus
3 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
8 minutes	Bears & Buffaloes	Focus: Be sure to include proper flag etiquette before playing this game. This will help players advance their flag pulling skills. Game Objectives – To improve player reaction time when switching from offence to defense.
8 minutes	The Hunter and the Herd	To effectively build a defensive line against an attacking team.
10 minutes	Great Escape	Focus: This game will help players apply their flag pulling skills to a game strategy/format.
5 minutes	Kicking off a Tee	Improve kicking skills with a rugby ball through the mini uprights.
25 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.

OBJECTIVE

To improve player reaction time when switching from offence and defence.

GAME SETUP

Space Needed
Equipment Needed
Sug. Time Allocation

30 x 15 metres
Cones, Flag Belts
10-15 minutes or
5 minute rounds
Any Group Size
(Working in Pairs)

Group Size

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

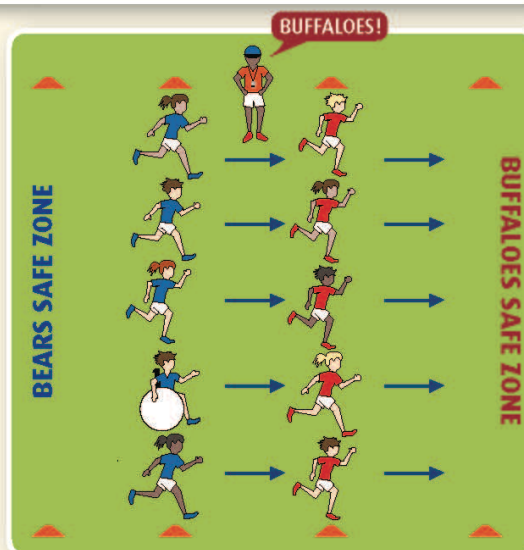
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

HOW TO PLAY

- 1 Each player finds one partner and together they designate one partner as a "bear" and one partner as a "buffalo".
- 2 One team (Bears) lines up just to the right of the centre line, facing the Bears' safe zone. The other team (Buffaloes) lines up next to their partner, just to the left of the centre line facing the Buffaloes' safe zone. They should be about an arms-length distance apart.
- 3 The instructor calls either "BEARS!" or "BUFFALOES!" The team being called is now on offence and tries to get to their safe zone before having their flag pulled by the other team. The team that is not called is on defence and must react quickly to catch the offence before they get to the safe zone.
- 4 Repeat various rounds, allowing players to quickly switch from offence to defence with quick reactions.
- 5 Give points each time a flag pull is made. Have players compete to get the most points within multiple rounds.



MODIFICATIONS

- 1 Shorten the distance to the safety zone for players who may struggle to reach the safety zone in time.
- 2 Reduce the speed of the game to a fast walk or walking pace to build success.
- 3 Rotate players through the line so they can practice with various partners to find one that is more evenly matched.

EXTENSIONS

- 1 Make multiple calls within one round, forcing players to switch before reaching their safety zones.
- 2 Vary the starting position of the players: sitting down, kneeling, or lying down on their stomachs or backs.
- 3 Incorporate fitness activities such as jumping jacks, jump squats, burpees, etc. before calling a team.

CHECK & CORRECT

- 1 Review proper flag pulling skills to ensure players are maintaining a low position and close enough to make the flag pull.
- 2 Be sure to watch for players that try to anticipate the call and 'cheat' in one direction.



OBJECTIVE

To effectively build a defensive line against an attacking team.

GAME SETUP

Space Needed

10 x 20 metres

Equipment Needed

Cones, Flag Belts

Sug. Time Allocation

10-15 minutes

or 3-5 rounds

Group Size

Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

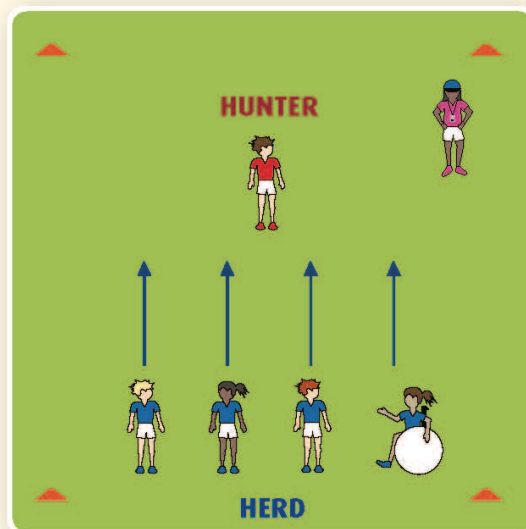
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Pulling

HOW TO PLAY

- 1 This game is similar to the classic Sharks and Minnows or British Bulldog. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
- 2 Players must attempt to move from one side of the grid to the other without getting their flag pulled. When they arrive at the other side, they stop and wait for a restart.
- 3 To start the game, have the defensive player in the middle shout, "HUNTER!" and then the attacking players lined up will respond with, "HERD!". After shouting, "HERD!" the attacking players will attempt to move to the other side of the grid without getting caught. Players must remain within the boundaries of the grid during the game.
- 4 Any players with their flags pulled will become hunters for the next round.



MODIFICATIONS

- 1 If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

EXTENSIONS

- 1 Designate a 'Defensive Zone' across the middle of the grid and prevent the defence from leaving this area during each round.
- 2 Incorporate a rugby ball and have players pass the ball while avoiding the defence.
- 3 Have a few players leave in waves to keep the hunters active. Incorporate a rugby ball within each wave.
- 4 Have captured players remain frozen where they are captured and play defence from that spot for the next round.

CHECK & CORRECT

- 1 Encourage players to form a flat line defence and move together as one unit, rather than individuals.



OBJECTIVE

To encourage defensive teamwork in order to properly defend a designated space.

GAME SETUP

Space Needed 20 x 20 metres
Equipment Needed Cones, Flag Belts
Sug. Time Allocation 10-15 minutes
Group Size Any Group Size

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

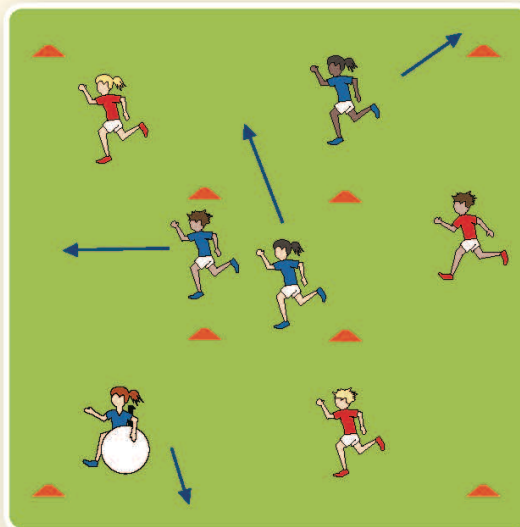
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

HOW TO PLAY

- 1 A smaller grid (6 x 6 metres) is centred within a larger grid (20 x 20 metres). Start with 4-9 attacking players inside the smaller grid and 3-6 defenders outside the smaller grid but still within the larger grid. Keep more attacking players inside the smaller grid than outside to start.
- 2 The smaller grid is a safe zone for the attacking team. The defensive team can only move in the large grid and cannot enter the safe zone.
- 3 On the instructor's signal, the attacking players must try to escape outside the larger grid without having their flag removed by the defence.
- 4 If an attacking player escapes to the outside, they return to the centre for the next round. If an attacking player gets their flag pulled, they switch roles and become a defender on the next round.
- 5 The game continues until everyone gets a flag pulled before escaping. Repeat the game and have players switch roles.



MODIFICATIONS

- 1 Instructors can label the sides of the grid and limit the sides that players can escape to for each round.

EXTENSIONS

- 1 Include rugby balls for the offence and have players pass or run with the balls to escape.
- 2 Change the number of players in both grids.
- 3 Set a time limit for the safe zone to prevent attacking players from hanging out.

CHECK & CORRECT

- 1 Encourage the defensive team to work together by communicating their movements around the grid and to move together to cover space.
- 2 Insist on proper flag etiquette to help improve this skill for game-play.

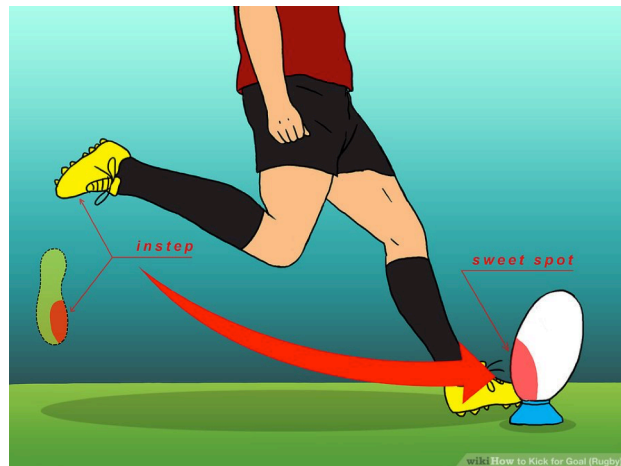


Kicking Off A Tee



Have players take turns teeing up a rugby ball on a field cone and place kicking the ball through the mini uprights.

- It is important for the ball to be tilted towards the player and not the uprights. This exposes more of the "sweet spot"
- Players usually take 3 steps back from the ball.
- As you approach the ball, try to plant your non-kicking foot as close to the tee as you can.
- Strike the ball with the instep of your foot on the "sweet spot" of the ball. The sweet spot is located about 1/3 up the ball



- Follow through with your foot for maximum height and distance.



Accuracy will come over time with each attempt.

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation

15-20 minutes
(7-10 minute halves)

Group Size

2 Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

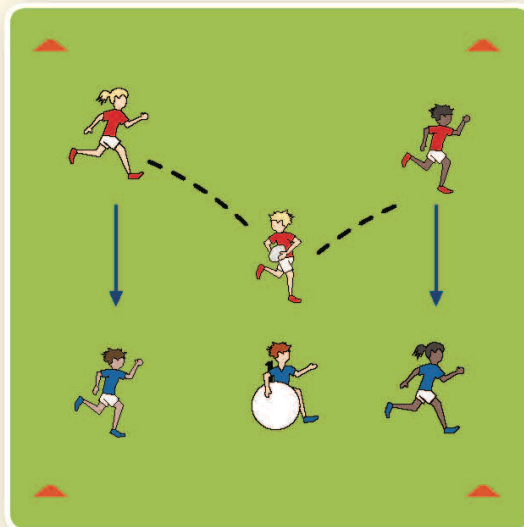
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



Session 4

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, flag belts, whistle

Refreshment Breaks: Every 10-15 minutes

Game Zone/Skill Zone: In this session, give players an opportunity to refine their skills. Put all players in a competitive game format. Once a player is eliminated or completes a designated action, they move to the skill zone to practice a particular skill before returning to the game zone.

Time	Activity (See below)	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
5 minutes	Follow the Leader	Focus: To effectively track an attacking player's movements and react accordingly.
8 minutes	Game Zone: Flag Fury Skill Zone: Once a player has both flags removed, they have to complete a 1 vs 1 flag pull before returning to the game.	Game Objective - To improve proper flag pulling technique for all players. Skill Objective - To refine flag pulling skills. Skill Zone - Set up a 1 vs 1 grid where one player plays defense and the other is the ball carrier. Have both players perform an effective flag pull before returning to Flag Fury.
5 minutes	Kicking off a Tee	Improve kicking skills with a rugby ball through the mini uprights.
10 minutes	Ultimate Rugby & Transition from Ultimate to Flag	Focus: Review Ultimate Rugby and ensure players are executing skills properly. Once players have mastered the game, feel free to advance to the first progression of the Transition from Ultimate to Flag. Game Objective - To help players utilize space and communication for maximizing scoring opportunities.
25 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.

OBJECTIVE

To effectively track an attacking player's movements and react accordingly.

GAME SETUP

Space Needed

20 x 20 metres

Equipment Needed

Cones, Rugby Balls

Sug. Time Allocation

5-10 minutes

Group Size

Any Group Size
(Players Work in Pairs)

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

LT Ages: 9-12 / Grades: 4-7

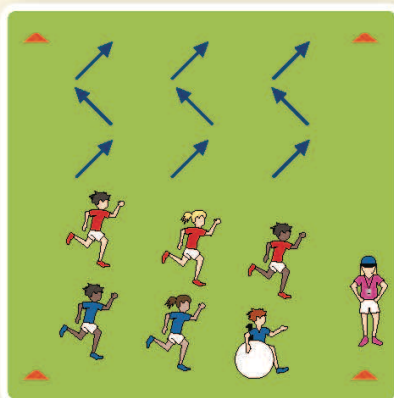
FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

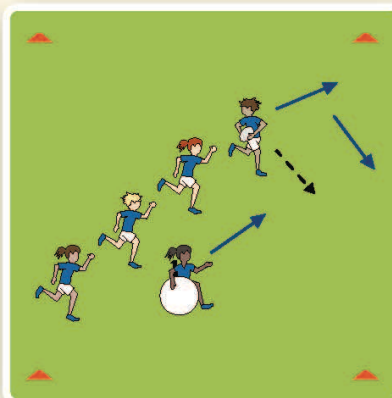
HOW TO PLAY

- 1 Create a grid and have players find a partner. One partner will line up directly behind the other. On the instructor's signal, the lead partner will begin to move around the grid in all directions as the ball carrier (i.e. Jogging, sprinting, cutting to the left and right, back pedaling, etc.).
- 2 The partner in the back must try to mirror the movements of the leader and remain within a metre behind.

FOLLOW THE LEADER



PROGRESSION



- 3 When the instructor yells, "SWITCH!", both players turn around and switch roles. The defensive player now becomes the leader and the former attacking player must now mirror the leader's moves.

MODIFICATIONS

- 1 If players are having trouble mirroring the movements of their partner, slow down the speed of the activity.
- 2 In the group progression, if players are struggling to mirror as a unit, slow down the speed of the activity and have players hold hands or hold the flag on the belt of the person in front of them. Encourage them to move slowly as a unit so that flags never come off.

EXTENSIONS

- 1 Combine pairs of players into two lines of equal numbers. Have the player in the front of the line be the leader and lead the entire line of players around the grid. This now challenges players to react as a unit. When the instructor yells, "SWITCH!", the player in the back of the line must move quickly to the front of the line and call for a pass from the leader. This player now becomes the leader and continues the activity. Rotate through the line so that everyone has a chance to lead.

CHECK & CORRECT

- 1 In order to effectively track the player in front, defensive players should watch the ball carrier's hips. Make sure players aren't watching shoulders or feet of the ball carrier.



OBJECTIVE

To improve proper flag pulling technique for all players.

GAME SETUP

Space Needed 20 x 20 metres
Equipment Needed Cones, Flag Belts
Sug. Time Allocation 10-15 minutes
Group Size Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

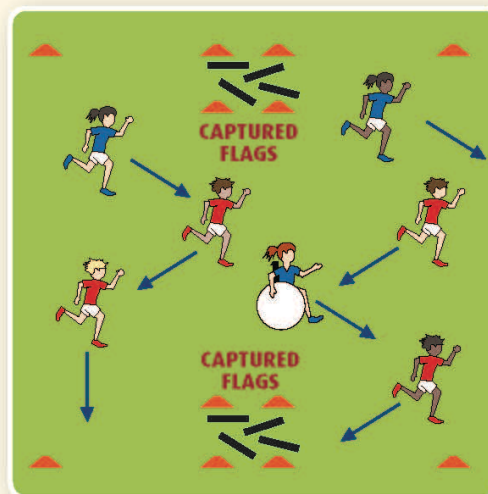
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling

HOW TO PLAY

- 1 Create a large grid (20 x 20 metres) and place two smaller grids (3 x 3 metres) outside the large grid as designated captured flag areas.
- 2 Have players spread out in the large grid. When the instructor yells, "GO!", each player will attempt to capture as many flags as they can without having their own flags taken. Players place captured flags within the designated areas.
- 3 When both flags have been removed from a player's belt, they should continue playing to capture more flags.
- 4 Have players play for a certain amount of time.



MODIFICATIONS

- 1 If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

EXTENSIONS

- 1 Allow players with flags left to recapture a teammate's flag from the designated zone and give it to a player without flags.
- 2 Create teams based on color of flag belts or jerseys.
- 3 Create a competition based on the number of flags captured. This can be done individually or in small teams.
- 4 Incorporate rugby balls and have players move with the ball and complete passes throughout the game.

CHECK & CORRECT

- 1 Do not allow any flag guarding including pushing defensive hands away, stiff-arming, fending off, blocking, spinning, or jumping.
- 2 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.

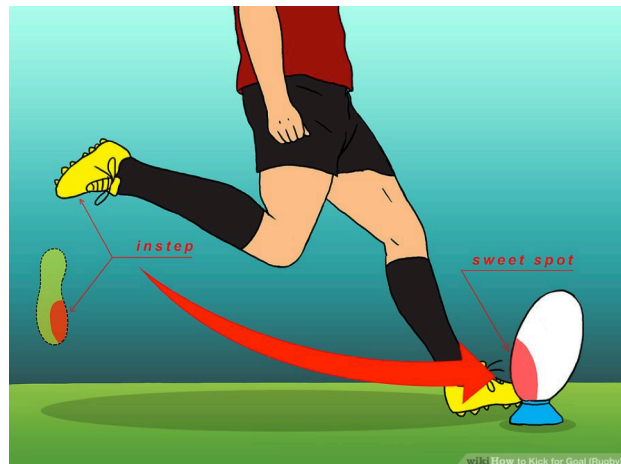


Kicking Off A Tee



Have players take turns teeing up a rugby ball on a field cone and place kicking the ball through the mini uprights.

- It is important for the ball to be tilted towards the player and not the uprights. This exposes more of the "sweet spot"
- Players usually take 3 steps back from the ball.
- As you approach the ball, try to plant your non-kicking foot as close to the tee as you can.
- Strike the ball with the instep of your foot on the "sweet spot" of the ball. The sweet spot is located about 1/3 up the ball



- Follow through with your foot for maximum height and distance.



Accuracy will come over time with each attempt.

OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

GAME SETUP

Space Needed 30 x 40 metres
Equipment Needed Cones, Rugby Balls
Sug. Time Allocation 10-20 minutes
Group Size Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

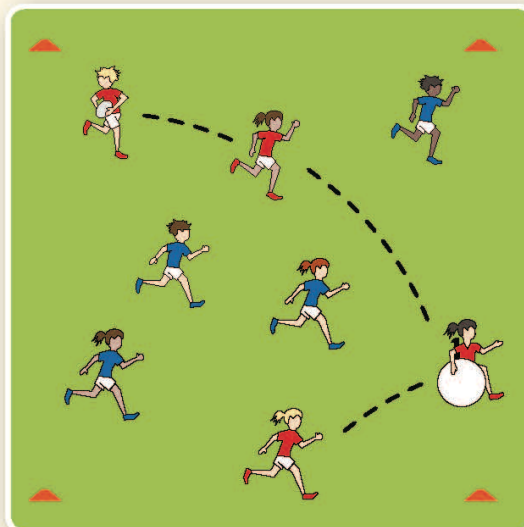
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 One team begins with the ball and starts the game with a free pass.
- 3 Players advance the ball by passing in any direction.
- 4 Players cannot move with the ball and may only advance it by passing.
- 5 If a pass is dropped, a turnover occurs.
- 6 Players score by grounding the ball in their try zone.
- 7 Defensive players cannot strip the ball from attacking players and must remain arms-length distance away when defending.
- 8 Defensive players may intercept a pass, but must not swat/deflect a pass. A swatted/deflected pass will not count as a turnover.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Place smaller grids in the try zones to serve as 'scoring zones'. Players can only score points by passing to a teammate in a scoring zone. Defensive players cannot enter these scoring zones.
- 2 Incorporate three steps – players can take three steps after receiving a pass.
- 3 Players only have three seconds to pass.
- 4 Only rugby passes are allowed, no overhead passes (i.e. football pass) can be made.

CHECK & CORRECT

- 1 Players will find success when they move without the ball. Ensure that players are moving to space when they do not have the ball.
- 2 Shorter passes are more successful in Ultimate Rugby. Encourage players to find space closer to the ball carrier rather than farther away.



OBJECTIVE

To help advance players to playing flag rugby by introducing one new rule at a time.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts
Sug. Time Allocation
Group Size
10-20 minutes
Two Teams of 5-7
Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

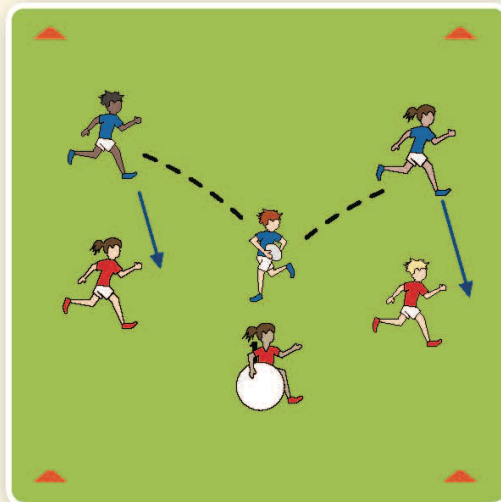
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Start from Ultimate Rugby and follow these progressions:
 - a. Pass in any direction - 3 steps/3 seconds (Flag belts at this stage are used to indicate different teams. No flag pulling is used.)
 - b. Move with the ball - incorporate flag pulling - pass in any direction.
 - c. Move with the ball - incorporate one lateral/backwards pass after each flag pull. Open play will allow passes in any direction.
 - d. Incorporate two lateral/backwards passes with flag pulls. (Older and more advanced players may be able to bypass this step.)
 - e. Advance to all lateral/backwards passes with flag pulls. (Refer to the Flag Rugby game card for further instruction.)



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 If players are grasping the rules quickly, feel free to add in advanced Rookie Rugby skills/techniques such as Knock-ons, Scrums, and Lineouts. Refer to the Rookie Rugby Guidebook for more information on these things.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of the transition game and then move players into an organized activity focused on specific skills. Follow this up by returning to the transition game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation

15-20 minutes
(7-10 minute halves)

Group Size

2 Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

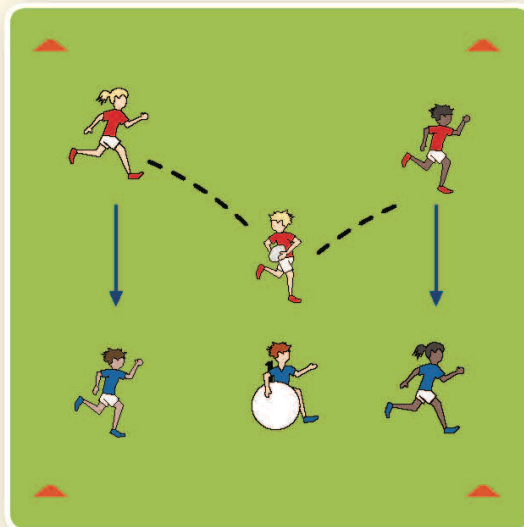
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



Session 5

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, flag belts, whistle

Refreshment Breaks: Every 10-15 minutes

Time	Activity (See below)	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
10 minutes	Mountie in the Middle	This warm-up game will help players work on skills helpful in both offence and defense.
7 minutes	Flag Fury	Revisit this game to emphasize proper flag pulling before introducing it into the Transition from Ultimate to Flag. Game Objective - To improve proper flag pulling technique for all players.
10 minutes	Transition from Ultimate to Flag	Focus: Review the last version of the Transition game (3 steps) before advancing to players being able to run/move with the ball.
5 minutes	Free Kick (Ball in Hand)	Improve kicking skills with a rugby ball through the mini uprights.
25 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.

OBJECTIVE

To improve defensive tracking in a fun game-like environment.

GAME SETUP

Space Needed Equipment Needed

10 x 10 metre grids
Cones, Rugby Balls
(1 Per Group), Flag Belts
10 minutes
Any Group Size
(Small Groups of 4-6)

Sug. Time Allocation Group Size

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

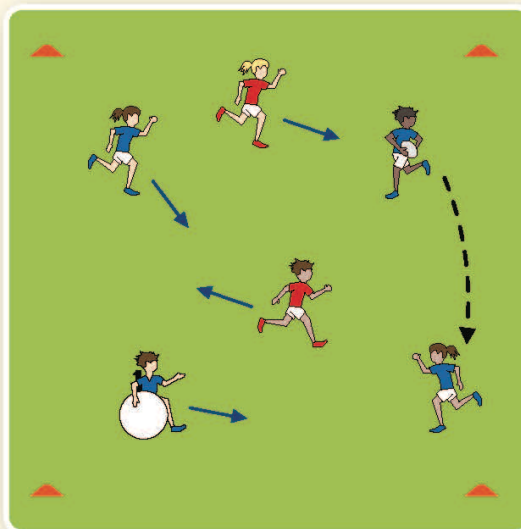
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Passing
- Catching
- Pulling

HOW TO PLAY

- 1 Create 10 x 10 grids and place 4-6 players inside each with one rugby ball.
- 2 One to two players in each grid are the Mounties (defence) and the other 3-4 players are on offence.
- 3 The attacking players work as a team with the objective of successfully completing 10 passes without getting caught by the Mounties.
- 4 The Mounties' goal is to pull the flag of a player holding the ball before they can pass to a teammate.
- 5 After the attacking team completes 10 passes in a row, change the Mounties to other players so that everyone gets a chance to defend.
- 6 A dropped pass or flag pull resets the passing count.



MODIFICATIONS

- 1 If the Mounties are having trouble capturing the attacking team, make the grid smaller or slow down the speed of play by having players walk.

EXTENSIONS

- 1 Enforce rules on the attacking team that they can only complete rugby-style passes. No overhead (soccer or football) passes allowed.
- 2 Limit the attacking team to only lateral and backwards passes.

CHECK & CORRECT

- 1 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.



OBJECTIVE

To improve proper flag pulling technique for all players.

GAME SETUP

Space Needed 20 x 20 metres
Equipment Needed Cones, Flag Belts
Sug. Time Allocation 10-15 minutes
Group Size Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

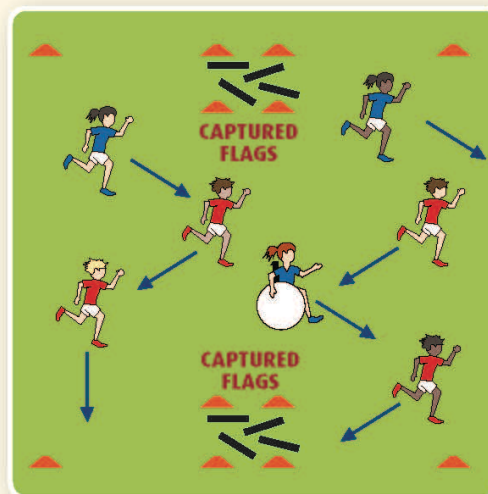
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling

HOW TO PLAY

- 1 Create a large grid (20 x 20 metres) and place two smaller grids (3 x 3 metres) outside the large grid as designated captured flag areas.
- 2 Have players spread out in the large grid. When the instructor yells, "GO!", each player will attempt to capture as many flags as they can without having their own flags taken. Players place captured flags within the designated areas.
- 3 When both flags have been removed from a player's belt, they should continue playing to capture more flags.
- 4 Have players play for a certain amount of time.



MODIFICATIONS

- 1 If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

EXTENSIONS

- 1 Allow players with flags left to recapture a teammate's flag from the designated zone and give it to a player without flags.
- 2 Create teams based on color of flag belts or jerseys.
- 3 Create a competition based on the number of flags captured. This can be done individually or in small teams.
- 4 Incorporate rugby balls and have players move with the ball and complete passes throughout the game.

CHECK & CORRECT

- 1 Do not allow any flag guarding including pushing defensive hands away, stiff-arming, fending off, blocking, spinning, or jumping.
- 2 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.



OBJECTIVE

To help advance players to playing flag rugby by introducing one new rule at a time.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts
Sug. Time Allocation
Group Size
10-20 minutes
Two Teams of 5-7
Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

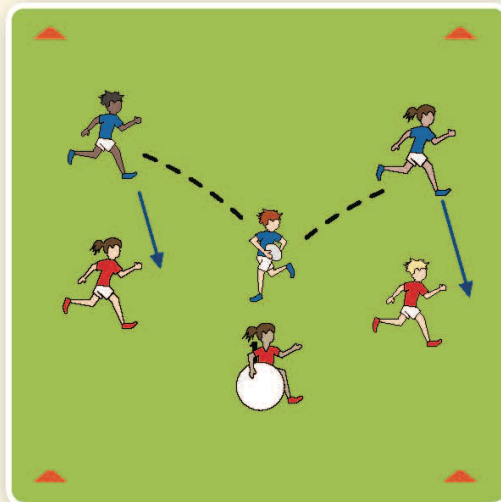
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Start from Ultimate Rugby and follow these progressions:
 - a. Pass in any direction - 3 steps/3 seconds
(Flag belts at this stage are used to indicate different teams. No flag pulling is used.)
 - b. Move with the ball - incorporate flag pulling - pass in any direction.
 - c. Move with the ball - incorporate one lateral/backwards pass after each flag pull. Open play will allow passes in any direction.
 - d. Incorporate two lateral/backwards passes with flag pulls.
(Older and more advanced players may be able to bypass this step.)
 - e. Advance to all lateral/backwards passes with flag pulls.
(Refer to the Flag Rugby game card for further instruction.)



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 If players are grasping the rules quickly, feel free to add in advanced Rookie Rugby skills/techniques such as Knock-ons, Scrums, and Lineouts. Refer to the Rookie Rugby Guidebook for more information on these things.

CHECK & CORRECT

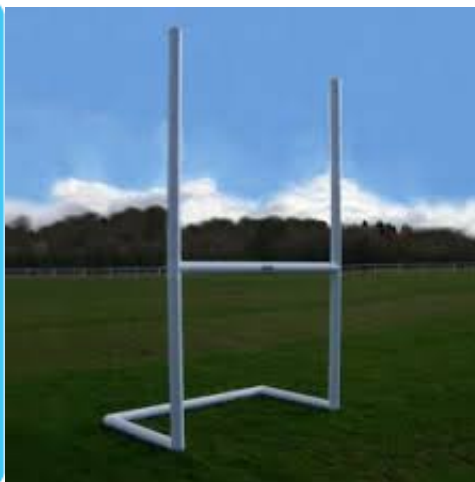
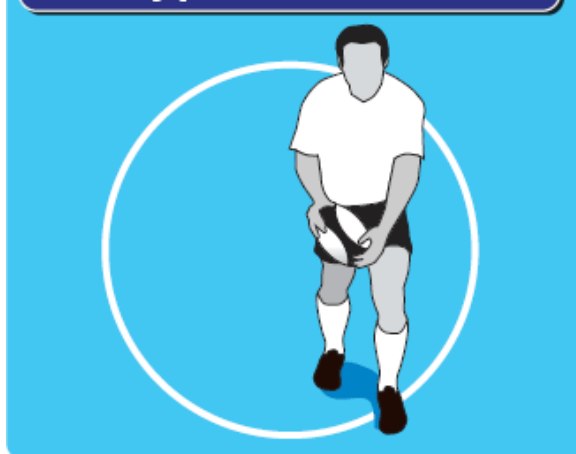
- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of the transition game and then move players into an organized activity focused on specific skills. Follow this up by returning to the transition game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.












Free Kick (Ball in Hand)

- Keep the ball in the middle of your body.
- Strike through the ball so your leg does not go across the ball.
- High follow through will ensure the height and distance needed.

The body position to kick the ball



ONE STEP KICK

1	2	3	4	5	6	7	8	9
								
Look at the Target, then watch the ball.	Turn the ball to point down at 90°.	Have the laces facing outwards and your hands on the side of the ball. Turn the wrist down and ensure your fingers are pointing downwards. Spread the fingers out on the ball to make sure you have a strong grip.	Look and search for your target, set the feet quickly.	Look at the sweet spot whilst keeping the ball in place so that it drops at 90° to the ground	Guide the ball down with one hand (same hand as kicking leg).	Bend your arms and hold the ball in line with the kicking leg (the spin line should be facing upright).	Take one step and kick the ball (Head towards the target by stepping forwards on the left and kick on the right). Ensure the correct contact point with the foot via connection with the red dot (sweet spot).	Have your leg swing and follow through straight at the target.

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation

15-20 minutes
(7-10 minute halves)

Group Size

2 Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

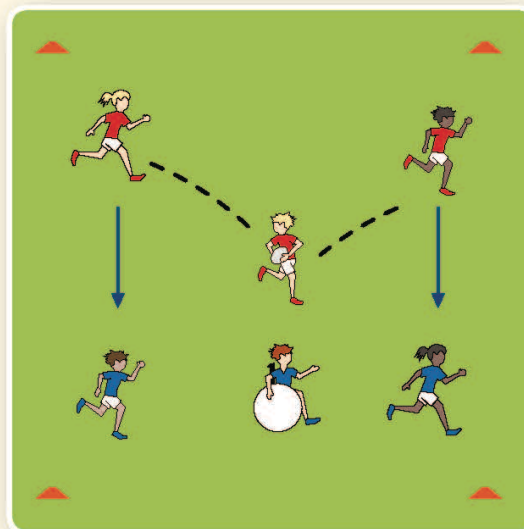
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



Session 6

Duration: 60 minutes

Equipment/Materials: Rugby balls, field cones, flag belts, whistle

Refreshment Breaks: Every 10-15 minutes

Time	Activity (See below)	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
7 minutes	Tiger's Tail Relay	Focus: Use this activity as a warm-up and a way to get players active and having fun. Game Objective – A variation on Rookie Rugby relays to help players have fun with a rugby ball.
7 minutes	Flag Fury	Revisit this game to emphasize proper flag pulling before introducing it into the Transition from Ultimate to Flag. Game Objective – To improve proper flag pulling technique for all players.
10 minutes	The Hunter and the Herd	Focus: Review this game to address defensive movements and teamwork. Game Objective: To effectively build a defensive line against an attacking team.
5 minutes	Free Kick (Ball in Hand)	Improve kicking skills with a rugby ball through the mini uprights.
7 minutes	Player's Choice	Let students pick their favorite game and end the session with a fun activity that players love.
25 minutes	7 vs. 7 Flag Rugby Game	Introduce the Jamboree Flag Rugby. Laws and strategies.

OBJECTIVE

A variation on Rookie Rugby relays to help players have fun with a rugby ball.

GAME SETUP

Space Needed Equipment Needed

20 x 20 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation Group Size

5 minutes
Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

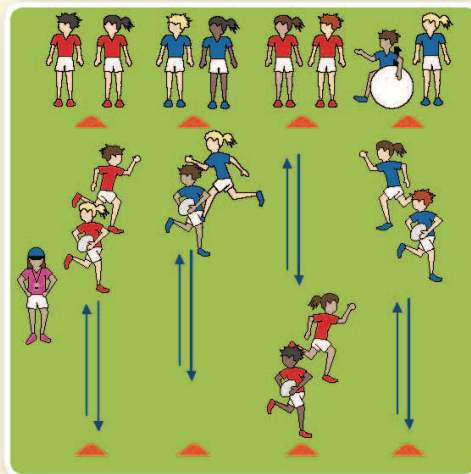
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination
- Running

HOW TO PLAY

- 1 Create relay lines with equal numbers in each line. The first person in the line starts with the rugby ball.
- 2 The first person in line moves to their cone at the end of the grid and scores a try with the rugby ball. They move back to the starting point.
- 3 Once the first player returns, the second player links on to the first player by grabbing onto the first player's flag belt. If not wearing flag belts, players can link by grabbing the first player's shirt/hips/shoulders. This player becomes the Tiger's Tail. They now work as a team to continue down the field to score a try at their cone and return to the starting point.
- 4 Each time a player or a group of players returns to the starting point, a new player joins them, making their tiger tail longer.
- 5 The first team to add all players to the tiger's tail and complete the relay wins.



MODIFICATIONS

- 1 If players are unable to physically link to each other, have players complete the relay together without physically linking. For example, players can move alongside each other and become a pack of tigers rather than a tail.

EXTENSIONS

- 1 Vary the skill that players complete at the end of the relay, requiring all players to complete it before returning to the starting point.
- 2 Create an obstacle course of rugby skills to complete, making it more challenging for players to complete the relay.

CHECK & CORRECT

- 1 The purpose of this relay is for players to have fun while performing a variety of rugby skills. Check the form of each player to ensure that they are performing each skill correctly.



OBJECTIVE

To improve proper flag pulling technique for all players.

GAME SETUP

Space Needed 20 x 20 metres
Equipment Needed Cones, Flag Belts
Sug. Time Allocation 10-15 minutes
Group Size Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

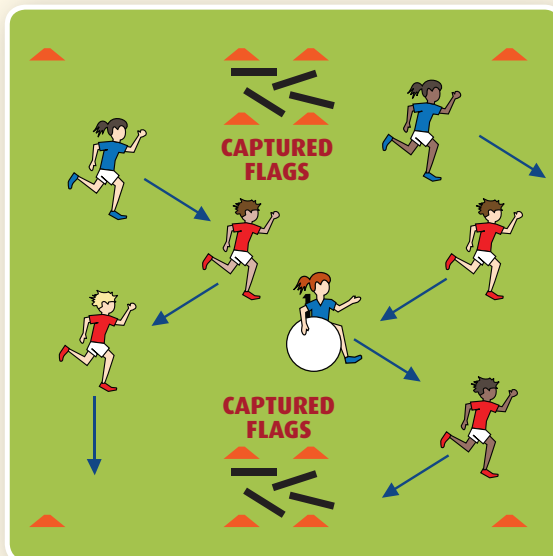
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling

HOW TO PLAY

- 1 Create a large grid (20 x 20 metres) and place two smaller grids (3 x 3 metres) outside the large grid as designated captured flag areas.
- 2 Have players spread out in the large grid. When the instructor yells, "GO!", each player will attempt to capture as many flags as they can without having their own flags taken. Players place captured flags within the designated areas.
- 3 When both flags have been removed from a player's belt, they should continue playing to capture more flags.
- 4 Have players play for a certain amount of time.



MODIFICATIONS

- 1 If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

EXTENSIONS

- 1 Allow players with flags left to recapture a teammate's flag from the designated zone and give it to a player without flags.
- 2 Create teams based on color of flag belts or jerseys.
- 3 Create a competition based on the number of flags captured. This can be done individually or in small teams.
- 4 Incorporate rugby balls and have players move with the ball and complete passes throughout the game.

CHECK & CORRECT

- 1 Do not allow any flag guarding including pushing defensive hands away, stiff-arming, fending off, blocking, spinning, or jumping.
- 2 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.

OBJECTIVE

To effectively build a defensive line against an attacking team.

GAME SETUP

Space Needed

10 x 20 metres

Equipment Needed

Cones, Flag Belts

Sug. Time Allocation

10-15 minutes

or 3-5 rounds

Group Size

Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FU Ages: 6-8 / Grades: 2-3

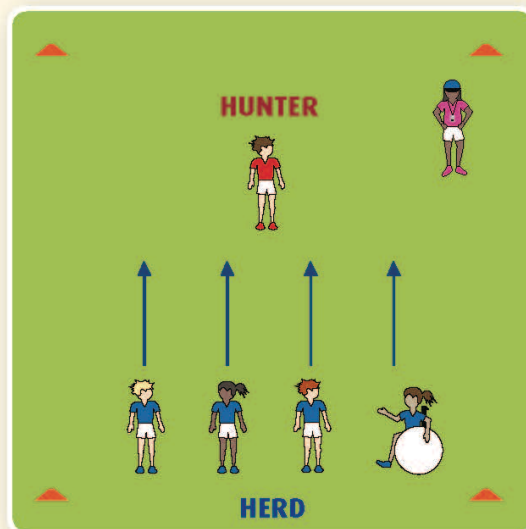
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Pulling

HOW TO PLAY

- 1 This game is similar to the classic Sharks and Minnows or British Bulldog. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
- 2 Players must attempt to move from one side of the grid to the other without getting their flag pulled. When they arrive at the other side, they stop and wait for a restart.
- 3 To start the game, have the defensive player in the middle shout, "HUNTER!" and then the attacking players lined up will respond with, "HERD!". After shouting, "HERD!" the attacking players will attempt to move to the other side of the grid without getting caught. Players must remain within the boundaries of the grid during the game.
- 4 Any players with their flags pulled will become hunters for the next round.



MODIFICATIONS

- 1 If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

EXTENSIONS

- 1 Designate a 'Defensive Zone' across the middle of the grid and prevent the defence from leaving this area during each round.
- 2 Incorporate a rugby ball and have players pass the ball while avoiding the defence.
- 3 Have a few players leave in waves to keep the hunters active. Incorporate a rugby ball within each wave.
- 4 Have captured players remain frozen where they are captured and play defence from that spot for the next round.

CHECK & CORRECT

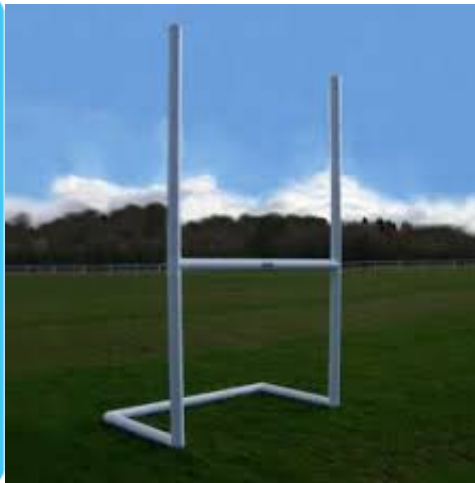
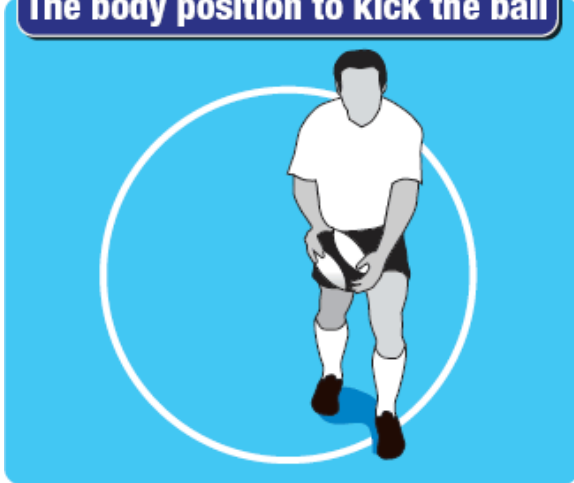
- 1 Encourage players to form a flat line defence and move together as one unit, rather than individuals.



Free Kick (Ball in Hand)

- Keep the ball in the middle of your body.
- Strike through the ball so your leg does not go across the ball.
- High follow through will ensure the height and distance needed.

The body position to kick the ball



ONE STEP KICK

1	2	3	4	5	6	7	8	9
Look at the Target, then watch the ball.	Turn the ball to point down at 90°.	Have the laces facing outwards and your hands on the side of the ball. Turn the wrist down and ensure your fingers are pointing downwards. Spread the fingers out on the ball to make sure you have a strong grip.	Look and search for your target, set the feet quickly.	Look at the sweet spot whilst keeping the ball in place so that it drops at 90° to the ground	Guide the ball down with one hand (same hand as kicking leg).	Bend your arms and hold the ball in line with the kicking leg (the spin line should be facing upright).	Take one step and kick the ball (Head towards the target by stepping forwards on the left and kick on the right). Ensure the correct contact point with the foot via connection with the red dot (sweet spot).	Have your leg swing and follow through straight at the target.

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed Equipment Needed

30 x 40 metres
Cones, Rugby Balls,
Flag Belts

Sug. Time Allocation

15-20 minutes
(7-10 minute halves)

Group Size

2 Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

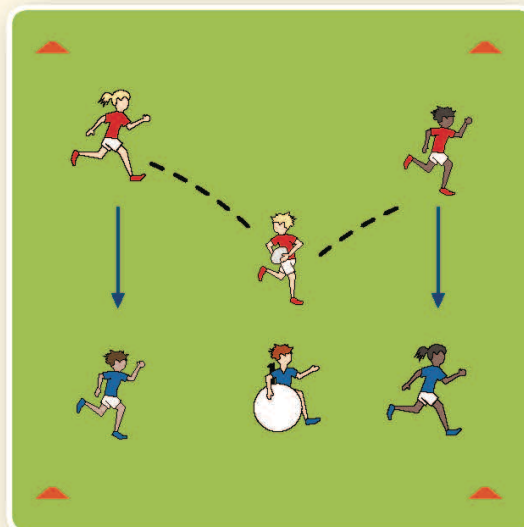
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.

