

Beginner Barbarians 6-7 yrs

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 | <p>Focus: Use this activity as a warm-up and a way to get players active and having fun.</p> <p>Game Objective - A variation on Rookie Rugby relays to help players have fun with a rugby ball.</p> |
| 7 minutes | Flag Fury | <p>Revisit this game to emphasize proper flag pulling before introducing it into the Transition from Ultimate to Flag.</p> <p>Game Objective - To improve proper flag pulling technique for all players.</p> |
| 10 minutes | The Hunter and the Herd | <p>Focus: Review this game to address defensive movements and teamwork.</p> <p>Game Objective: To effectively build a defensive line against an attacking team.</p> |
| 10 minutes | Free Kick (Ball in Hand) | Improve kicking skills with a rugby ball through the mini uprights. |
| 24 minutes | 7 vs. 7 Flag Rugby Game | Introduce the Jamboree Flag Rugby. Laws and strategies. |