

SAMPLE LESSON PLANS

Presented by the Tag Rugby® Association

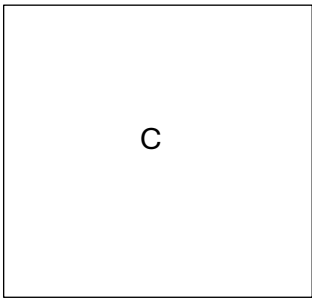
Lesson Plan One

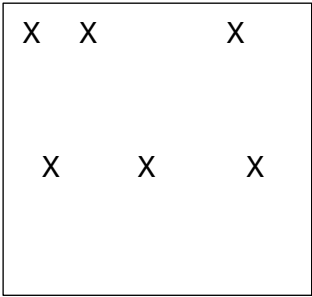
Time: 45 minutes

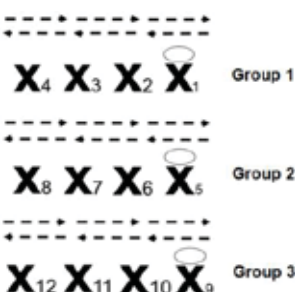
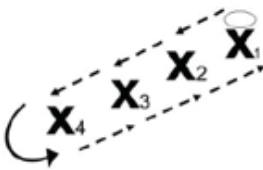
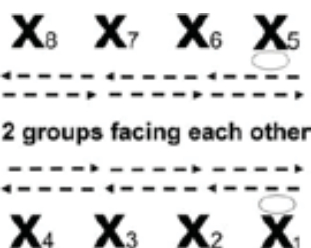
Aim: To introduce the game of Tag Rugby® through different activities. To teach children about the appreciation of rules in games and society.

Equipment:

- Official Licensed Tag Rugby® belts (one per child)
- Official Licensed Tag Rugby® Tags (two per child)
- Rugby balls; cones; whistle
- First Aid Kit

ACTIVITY	SET-UP	NOTES & OBJECTIVES
Warm up (5 minutes)	<p style="text-align: center;">X X X X X</p>  <p style="text-align: center;">Field size 30m x 25m</p>	<ul style="list-style-type: none"> - High knees - Bum kicks - Side shuffle - Sprints - Dynamic stretching - Start on the side line, to the coach & back - Objective is to get the children in the right mindset for Tag.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Warm Up Activity: Tag Tails (10 mins)</p> <p>On the whistle, the participants chase after each other and attempt to collect as many Tags as possible by tagging the other players. Participants must shout “Tag” as they remove a tag. To end the round, blow the whistle and have the participants count up how many tags they have.</p> <p>Whoever has the most Tags is the winner.</p>	 <p style="text-align: center;">Field size 30m x 25m</p>	<ul style="list-style-type: none"> - Players are NOT allowed to keep stolen tags in their hands (must be placed on their belts). - No handoffs or tackling allowed. - Players MUST remain in the game, even if they are tagged / have no tags left.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Skill Development: Basic Passing with 3 progressions (10 mins)</p> <p>All players stand still, the ball is not passed but simply handed on to the next player, along the line and back again.</p> <p>Players position themselves along a straight line.</p> <p>Progression 1: When the ball gets to the end of the line, all the players swivel around and face the opposite way before the ball is then passed back along the line. In this way, none of the passes are forward ones.</p> <p>Progression 2: The above can be repeated with two groups facing each other</p>	  	<ul style="list-style-type: none"> - Having the players stand in a straight line, these 'passes' will be slightly forward. - Don't be too concerned at this stage as the aim of these early exercises is to get players to experience the basic passing movement.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Tag Rugby® Game (20 minutes)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Field size 30m x 25m</p>	<ul style="list-style-type: none"> - No forward passes - What happens when tag is made - Running forwards - Don't panic or be afraid to be tagged! - A try is scored by placing the ball on the ground with two hands behind the try line.

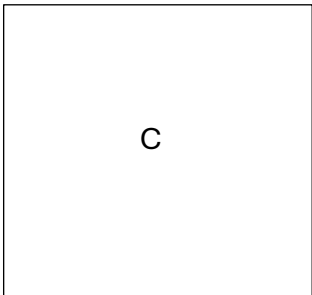
Lesson Plan Two

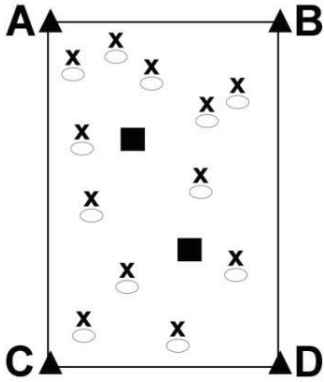
Time: 45 minutes

Aim: To develop passing and catching skills whilst on the move. To teach the children regarding one another's rights as individuals / communities.

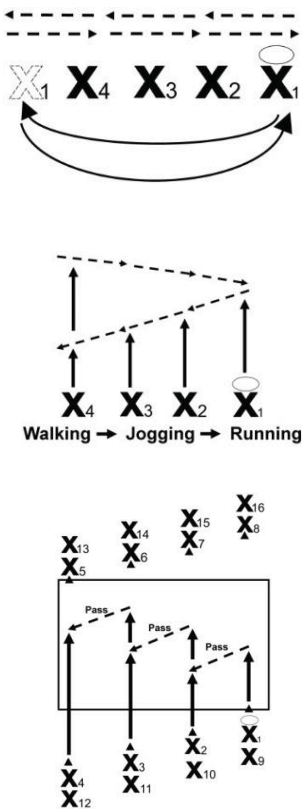
Equipment:

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- Official Licensed Tag Rugby® Tags (two per child)
- Rugby balls; cones; whistle
- First Aid Kit

ACTIVITY	SET-UP	NOTES & OBJECTIVES
Warm up (5 minutes)	 <p>Field size 30m x 25m</p>	<ul style="list-style-type: none"> - High knees - Bum kicks - Side shuffle - Sprints - Dynamic stretching <ul style="list-style-type: none"> - Start on the side line, to the coach & back - Objective is to get the children in the right mindset for Tag.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Warm Up Activity: Keep the Ball (10 mins)</p> <p>On your "Go" command, the chasers try and tag the ball carriers, shouting "Tag" after they remove the tag.</p> <p>A tagged ball carrier must place the ball (dead ball) outside the playing area, but then can rejoin the game.</p> <p>That player can then help other ball carriers by being</p>	 <p>Field size 30m x 25m</p> <p>Split the group into teams of 3, 4 or 5. One team is designated as chasers, and</p>	<p>Skills coaching points:</p> <ul style="list-style-type: none"> - Ball in two hands - Running with the ball - Evasion - Defending - Communication - Tagging - Passing & catching <p>Tactical understanding Coaching points:</p> <ul style="list-style-type: none"> - Support - Ball in two hands - Teamwork

available to receive passes. Play until the last ball is “dead”.	the other players have one ball each.	<ul style="list-style-type: none"> - Spatial awareness - Attacking strategy - Defensive strategy - Type of pass
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ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Skill Development: Basic Passing with continued progressions (10 mins)</p> <p>Progression 4: The basic loop passes</p> <p>Progression 5: Stationary passing can now progress to jogging and running The general rule is - pass sideways and run forwards.</p> <p>Progression 6: The lines are positioned facing each other about 20 metres apart. Cones are placed in a diagonal line and indicate where players start when it is their turn to run and pass.</p>		<ul style="list-style-type: none"> - This activity is a good introduction to the basic loop in rugby, a method by which an attacking team can create an ‘extra’ player in attack. - Remember, players should always pass and then run behind their team mates. - If they run in front, they are not only momentarily out of the game but risk being penalised for obstructing a defender.

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<p>Tag Rugby® Game (20 minutes)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	Field size 30m x 25m	<ul style="list-style-type: none"> - No forward passes - What happens when tag is made - Running forwards - Don’t panic or be afraid to be tagged! - A try is scored by placing the ball on the ground with two hands behind the try line.

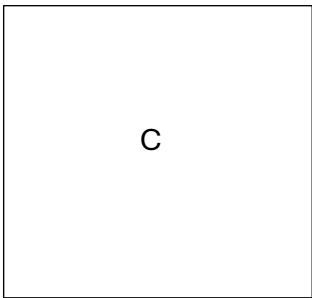
Lesson Plan Three

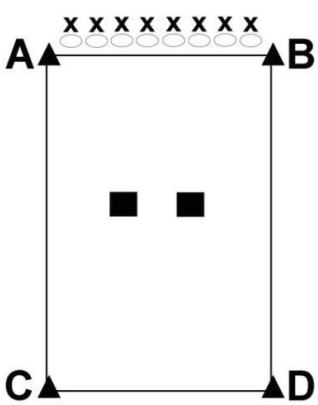
Time: 45 minutes

Aim: To further develop passing & catching skills. To introduce running & evasion skills as part of the warm up activity. Through the activity teach the children the idea of making the correct choice i.e. drugs/alcohol /crime or a balanced lifestyle.

Equipment:

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- Rugby balls; cones; whistle
- First Aid Kit

ACTIVITY	SET-UP	NOTES & OBJECTIVES
Warm up (5 minutes)	<p>X X X X X</p>  <p>Field size 30m x 25m</p>	<ul style="list-style-type: none"> - High knees - Bum kicks - Side shuffle - Sprints - Dynamic stretching - Start on the side line, to the coach & back - Objective is to get the children in the right mindset for Tag.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Warm Up Activity: Bulldog Tag (10 mins)</p> <p>Start with one defender in the middle of the designated area. All other players start from one end of the “pitch” and on command “go” must try to get to the other end of the pitch without being tagged. The defender when removing the attackers tag must shout “Tag”. When the players cross the C – D line they must score</p>	 <p>Field size 30m x 25m</p>	<p>Skills coaching points:</p> <ul style="list-style-type: none"> - Running with the ball - Run forward - Use your vision - Evasion - Change of direction - Change of pace - Side step - Swerve (moving hips away from tagger) - Tagging - Focus on the ball carrier - Removing the tag

a try by placing the ball on the ground with two hands.		Tactical understanding Coaching points: <ul style="list-style-type: none"> - Spatial awareness - Run forward - Tactics of running - Defense – establishing a line of defense - Team tagging
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ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Skill Development: Ball Manipulation (10 mins)</p> <p>Pass the ball from hand to hand.</p> <p>Throw the ball in the air and catch it.</p> <p>Throw the ball in the air, clap three times and catch it.</p> <p>Swap with the ball with another player who is running past them.</p> <p>On the coach's instruction, place the ball on the ground and continue running.</p> <p>On a second instruction, pick up the nearest ball as quickly as possible.</p>	<p>Field size 30m x 25m</p> <p>Players have a ball each (doesn't necessarily have to be a rugby ball).</p> <p>Let the players run around the area with the ball in their hands so that they get used to the ball.</p>	<p>Skills coaching points:</p> <ul style="list-style-type: none"> - Ball in two hands - Hand-eye co-ordination - Running skills - Ball familiarization - Placement of the ball (e.g., To score) - Picking ball up (e.g. When dropped). - Players must remain on their feet, step over ball (head up), bend at knees to pick up.

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<p>Tag Rugby® Game (20 minutes)</p> <p>Emphasis on Fun and allowing the game to flow.</p>	<p>Field size 30m x 25m</p>	<ul style="list-style-type: none"> - No forward passes - What happens when tag is made - Running forwards - Don't panic or be afraid to be tagged! - A try is scored by placing the ball on the ground with two hands behind the try line.

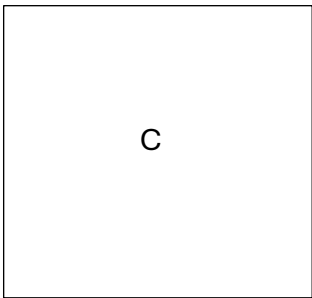
Lesson Plan Four

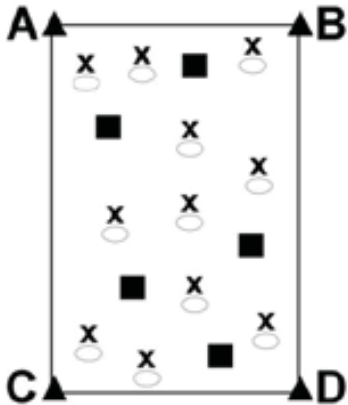
Time: 45 minutes

Aim: To encourage ball carriers to maintain space for their teammates and to develop decision making skills. Teach the children about community and how they can assist one another in school and at home.

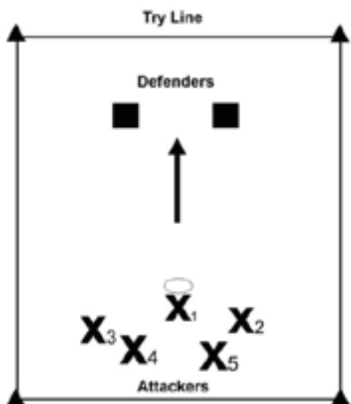
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ACTIVITY	SET-UP	NOTES & OBJECTIVES
Warm up (5 minutes)	<p>X X X X X</p>  <p>Field size 30m x 25m</p>	<ul style="list-style-type: none"> - High knees - Bum kicks - Side shuffle - Sprints - Dynamic stretching <ul style="list-style-type: none"> - Start on the side line, to the coach & back - Objective is to get the children in the right mindset for Tag.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Warm Up Activity: Stuck in the Mud (10 mins)</p> <p>Half the group has balls (attackers), they run around and try to avoid being tagged.</p> <p>The defenders attempt to remove the ball carrier's tags.</p> <p>On removing the tags, the defender shouts "Tag".</p> <p>The attacker is then stuck</p>	 <p>Field size 30m x 25m</p>	<p>Skills coaching points:</p> <ul style="list-style-type: none"> - Ball in two hands - Running with the ball - Evasion - Defending - Communication - Tagging <p>Coaching points:</p> <ul style="list-style-type: none"> - Spatial awareness - Support Teamwork - Defensive strategy – working together, not just defending the ball carriers, but anticipating what might happen next.

until freed by another attacker rolling the ball through their legs. The game continues for 5 minutes then rotate the attackers and defenders.		
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<p>Skill Development: Decision Making (10 mins)</p> <p>In this practice, the aim is for the attackers to score a try without getting tagged whilst in possession of the ball.</p> <p>The defenders must initially start at least 7 metres back from the attackers and the ‘game’ starts by one of the defenders saying, “play”.</p> <p>The ball carrier then begins by making a free pass to a team-mate.</p>		<ul style="list-style-type: none"> - Only the ball carrier can be tagged. - If an attacker is tagged whilst in possession of the ball, then the defenders win (or the attacking team have used up all their allocated number of tags.) - If a defender picks up a loose pass, then the ball becomes dead and the defenders win. - Swop position after 3 tries winner, defenders are then changed.

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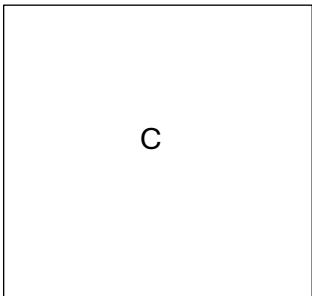
Lesson Plan Five

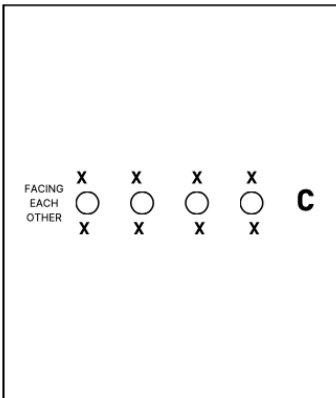
Time: 45 minutes

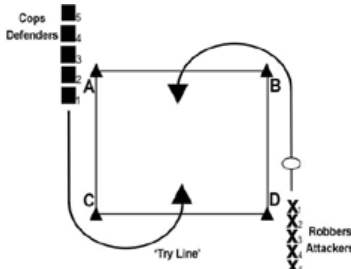
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Warm up (5 minutes)	 <p>Field size 30m x 25m</p>	<ul style="list-style-type: none"> - High knees - Bum kicks - Side shuffle - Sprints - Dynamic stretching - Start on the side line, to the coach & back - Objective is to get the children in the right mindset for Tag.

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Warm Up Activity: Cone Reaction Drill (10 mins)</p> <p>Two students line up opposite each other, one come between them.</p> <p>Coach instructs students to put hands on head, shoulders etc, until shouting CONE.</p> <p>The children must try to grab the cone first.</p>	 <p>1m between cones</p>	<ul style="list-style-type: none"> - Reaction time - Ability to follow instruction - Listening / awareness

ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Skill Development: Cops and Robbers (10 mins)</p> <p>The rugby ball is placed half a meter in- front of the robber's line.</p> <p>Each participant goes one at a time. A robber must pick up the ball in two hands run around cone B and then try to get past the Cop to score a try.</p> <p>While the robber is picking up the ball, a cop runs around cone C and tries to tag the robber before the robber crosses then line. If a tag is removed the defender shouts "Tag".</p> <p>Once everyone has gone, switch the roles so each team gets a chance to be a cop or a robber.</p>	 <p>Spilt the group up into two teams The one team will be the cops (defenders) and one will be the robbers (attackers).</p>	<p>Skills coaching points:</p> <ul style="list-style-type: none"> - Evasion - Running - Direction - Turning - Tagging - Defending - Attacking

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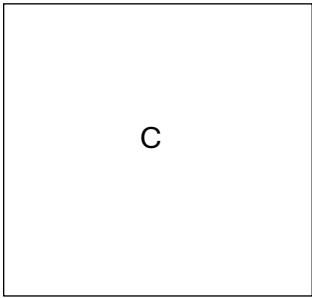
Lesson Plan Six

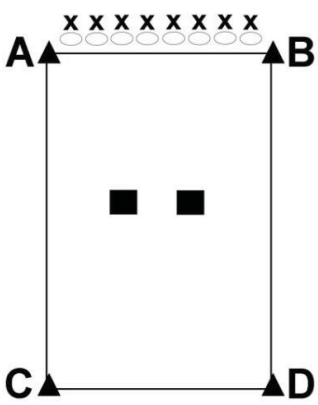
Time: 45 minutes

Aim: To develop teamwork, cooperation and leadership skills. Teach the children that by working together anything is possible. Communication is a focus of the session.

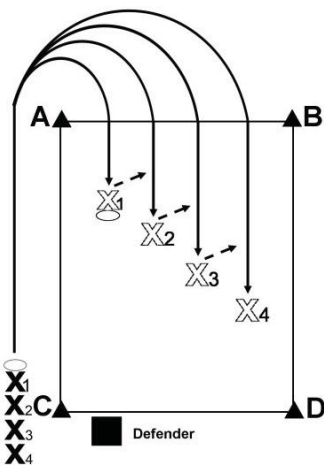
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a try by placing the ball on the ground with two hands.		<p>Tactical understanding</p> <p>Coaching points:</p> <ul style="list-style-type: none"> - Spatial awareness - Run forward - Tactics of running - Defence – establishing a line of defence - Team tagging
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ACTIVITY	SET-UP	NOTES & OBJECTIVES
<p>Skill Development: Passing Around the Bend (10 mins)</p> <p>The group jog up to and around cone A where they fan out and run back at pace, passing the ball from X1 through to X4. X4 can score a try by placing the ball on the ground with two hands when crossing line C – D.</p> <p>A progression on the exercise is to add another defender to make it interesting. Remember to rotate defenders.</p>	 <p>In groups of 4 or 5, one ball per group. The group lines up one behind the other at cone C, with the ball at the front.</p>	<ul style="list-style-type: none"> - Get the players to call “left/right” when waiting to receive the ball. - Receivers must give passer a target to pass to by placing their hands in front of their chest.

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- ENDS -