



# Basic Lesson Plans for Rugby

Developed in conjunction with  
The Rugby Football Union & Ulster Branch (IRFU)



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## Key

- Player movement
- - - - -→ Ball movement
- × Player (Team A)
- ⊙ Player (Team B)

## Introduction

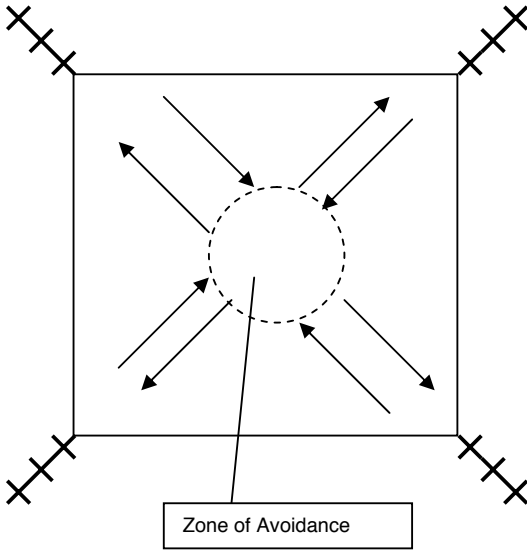
Rugby is a fantastic sport that encourages many skills. And it's not just a game for the big guys, there is also a lot of skill in the game.

We have worked with the Rugby Football Union and Ulster Branch (IRFU) to develop some basic drills.

In this manual are the three exercises shown in the Tesco Sport for Schools and Clubs DVD, followed by a few fun ways to get youngsters used to hitting the turf without hurting themselves. Group sizes will vary.

Typically, you can spend about **10-15 minutes on each exercise** depending on how long you have. Don't forget to spend **5-10 minutes on a warm up and cool down** at the start and end of each lesson.

**Avoidance:** (Exercise 3 on DVD)



**OBJECTIVE:** This exercise combines the need for good ball handling skills and spatial awareness, improving dodging and the basic rugby skills.

**Organisation:**

- 4x Groups of four
- 10 x 10m grids (variable)
- 1x Ball per group
- Groups line up in single file

**Format**

Players start in single file in groups of four in each corner of a 10m x 10m grid. 1<sup>st</sup> player in each group runs out at the same time and tries to avoid bumping in to other three players in the zone of avoidance. Pass the ball to next player in opposite line.

**Harder** - reduce dimensions of grid progressively.

Increase intensity. Players perform skills with the ball such as round the body/ through legs while running. Use a tennis ball.

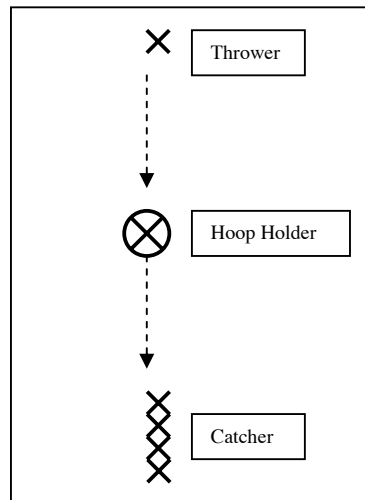
**Easier** - increase dimensions of grid, decrease number of players or reduce the pace.

**Coaching Points:**

- Two hands on ball
- Run straight before trying to avoid
- Be alert to other players
- Be prepared to change direction quickly
- Get to other side as quickly as possible
- Concentrate

**Line Out Hoopla:** (Exercise 2 on DVD)

(Friday – 132)



**OBJECTIVE:** This exercise is used for practicing and perfecting the line out skills. A perfect throw through the hoop which reaches the line out should be the aim of this exercise.

**Organisation:**

- Groups of 6 or more
- 1 thrower, 1 hoop holder and minimum of four catchers split 2 and 2 to simulate a mini lineout.
- 1x Ball per group
- Rotate role after 5-10 throws

**Format:**

Line up in two parallel lines of players. One player in the middle holds hoop above their head. Player at front of one line throws the ball through the hoop to the front of the other line who catches the ball and passes it back. 5 goes each for each group then change round (remember to change player in the middle).

**Harder** = Increase distance, decrease size of hoop.

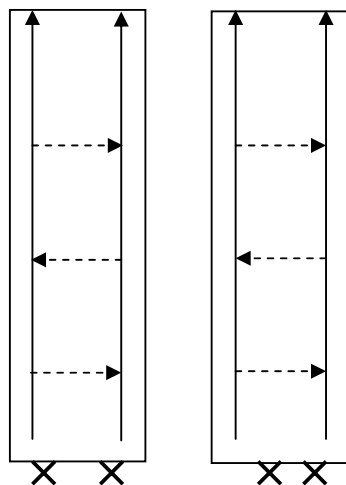
**Easier** = Decrease distance, use larger hoop.

Make less competitive – more fun

**Coaching Points:**

- Throw ball from above head
- Smooth follow through
- Throw ball long ways
- Focus when catching
- Jump and catch

## **Relay:** (Exercise 1 on DVD)



**OBJECTIVE:** This exercise encourages ball handling on the move. Spatial awareness is needed to ensure the movement is in a straight line.

**Organisation:**

- 10 m channels
- Ball per group

**Format:** Players run in pairs 10 meters away, performing skills on each of the runs. Pass ball backwards as often as possible over the 10m

**Harder:** Run faster. Use smaller balls. Add defender to beat.

**Easier:** Walk or jog. Start with just one or two passes.

**Coaching points:**

- Concentrate on performing skill accurately
- Encourage team mates
- Complete skill, don't cut corners just to win

## **Hit the turf:**

The following exercises are always popular and are a great way to get the kids used to falling over without hurting themselves. They are also good because you don't need a lot of equipment.

**OBJECTIVE:** This exercise will disperse any apprehension of falling over. Learning to fall safely is vital for a successful game of rugby.

**Organisation**

The following can be done in any open space, we suggest a 20x20 grid to keep the children from getting out of hand but if you have more kids then use a larger grid.

**Coaching Points- Forward Roll**

- Keep the chin tucked in (control the head, control the fall)
- Eyes open
- Head to the side and make a level surface with shoulder
- Throw the shoulder through to allow transition of weight
- Break fall comes with trailing arm follows through hitting the ground taking the sting out of the fall



**Coaching Points- Side Fall Downs**

- From standing position players fall sideways to the ground 'parachute fall'
- Make the body small
- Shrug shoulders/ lose the neck/ round the shoulders/ cross arms – brace for impact
- Then go to ground falling on side of knee, hip, shoulder.



**Coaching Points - Straight fall downs**

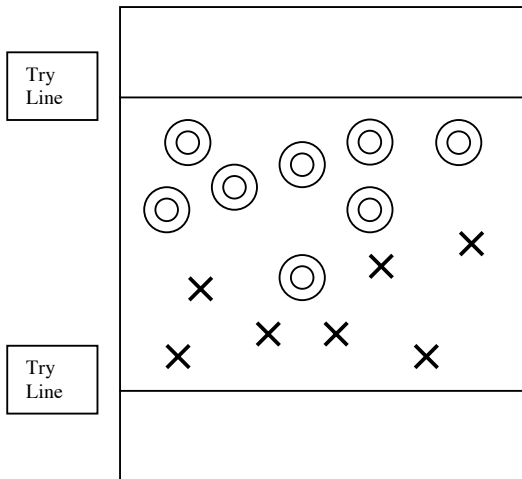
- From standing position players to fall straight forward to ground
- Player turns fall into a side down by turning prior to impact
- Do not fall onto outstretched hands

**Coaching Points - Sit and roll back, stand and roll back**

- Keep head to the side and make a smooth surface with shoulder
- Do not roll over the head. It is important to progress by:
- Start slow increasing speed with confidence and practice
- Start low to the ground
- In later stages introduce ball. Further activities would include: Cart wheels Hand stand to forward roll (as shown) These practices should be used initially on soft ground or on tackle shields to encourage confidence and ensure safety. To continue the development of players ensure that practice is included for both sides of the body (left and right).



**Game of Tag:**



**OBJECTIVE:** This final exercise will combine the all parts of the session together nicely. It also provides a fun finish to the session

**Organisation:**

- 2 x Pitches (40x50)
- Teams of 7

**Format:**

Small sided game of tag with two teams. Players concentrate on running forward and working well as a team by using basic rugby skills. Tag an opponent by touching shorts with two hands. Turnover then occurs and the other team gains possession. Restart play by rolling ball between legs.

**Coaching Points:**

- Run Forward
- Dodge defenders
- Only pass if tagged or if team-mate is in better position.
- Support players must stay behind the ball.