ROLES IN RUGBY UNIT/DAY 3

**The Manager**

- Equipment needed

* 2-3 rugby’s
* 4 large cones (set up a playing field 30 yards by 20 yards)
	+ 5 small cones in middle to split practice field in to a 20 long by 10 wide grid
* 18 Agility cones (two sets of 9 of the same color
* 5 jerseys (only if team members not wearing their color)

Perform the tasks for the day and he/she return all equipment to its proper location after class.

**The scorekeeper**

- Record How many students are wearing team color (there is a daily point sheet to keep track of). Participate in a scores training.

**Referee**

- Before you play 2v2 with your team, review offsides, rules about performing a ball roll at the mark and any other relevant rules. Assist captain and coach when needed.

**Captain**

-The captain retrieves their team’s folder and takes attendance for their team.

-The captain also leads the team when starting the scrimmage “Rock-Paper-Scissors” “and shaking the hands after game.

-The captain leads the team meeting; students give one positive and one corrective feedback for their teammates.

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| Task | Description | Focus | Time |
| Team Meeting | Finish closing team meeting sheet from day 2 (I think it says day 1 on the sheet)  |  | 5-10 mins (as needed) |
| Warm-up | Choose your own. Can do a previous warmup or drill. i.e. 3 man drive/rucking, 2-person quickie, line passing.  |  | 3-4 mins |
| 2 Person Switch/Scissors ( [Video example](https://www.youtube.com/watch?v=K7YbeVJebA4))  |  In a 20 by 10 grid set up the cones like the video, so at least 3 switches can be performed. **Coaching points**-The ball carrier should call when the switch should take place.-The support player should stay on a straight line until switch is called, otherwise the pass becomes difficult to time and the defense will not be deceived.-The pass should be made slightly before the two players cross, with the passer turning the shoulders towards the support player and popping the pass off the fingers into the space in front of where the support player is running. | Learn tactics to use in game situations | 3-5 mins total |
| 2 v 1 With Dummy Defender(e) Full Defense | Ball carrier runs at defender and attacks the defender. Defender must stay behind middle cones. Defender simulates pressure as the ball carrier runs at them. Can put dummy defender at each set of middle cones.(e) Full defense: Start with a self-ball roll and half pass. On pass defender can attack. Offense should try to perform the switch right away. Ball carrier runs at the defender and inside of their partner. **Coaching points**-Have to read the defense. Don’t have to use the switch pass if it the defense is giving you a running lane. Defender should mix up what they try to defend: the pass or the ball carrier. | Apply switch with Dummy defense and full defense | 2-3 mins(e) 2-3 mins |
| 3 Person Switch ([Video Example](https://www.youtube.com/watch?v=dnzJbopZ2Q4&list=PLA43DBB2336FD4392&index=18)) | Same set up as above, but take out agility cones. Players perform as many switches as possible on their way up the grid. **Coaching Points**-Straight runs and then cut across. Pass will always be back on the inside. -ball carrier calling “switch” | Learn to apply the switch with more team members | 2-4 mins |
| 2v2 Full Defense | Play in a 10x30 yard grid. Start with the tap. Defenses start 10 yards away. -Offense has 3 tries to score. (modify as needed)-Try to use switch pass, put can use other tactics: initiating a touch and catching defense offside. -Pearson who is off is officiating: focus on the defense getting back. Call penalty if they don’t get back quickly. Make sure offense is conducing ball roll at the mark.  | Apply previous learned tactics with the switch.  | 5-6 mins  |
| Class Meeting | Answer question-CFU’s |  | 3-5 mins |
| Closing Team Meeting | Complete debrief-Captain Leads out.Work on team poster. Officials and scorekeepers will have a clinic  |  | 10-15 mins |