ROLES IN RUGBY UNIT/DAY 1

**The Manager**

- The equipment manager should ensure that his/her team has all necessary equipment (2 rugby’s or footballs, 4 cones and 5 jerseys) to perform the tasks for the day and he/she return all equipment to its proper location after class.

**The Warm up**

Task 1: (2 Minutes): Make a line and pass the ball back and forth from one end to another. Turn to your side to pass so you are making a flat/backwards pass.

Task 2(~5 Minutes): Practice running single file and scoring a try. (move from baseline to baseline in bball court). O1, O2, 03, and 04 (if five players use a fifth offensive player), run forward at the same pace (start at jog), 04 place the ball down and moves to the side, slowing so that the rest of the team can pass. 03 picks up the ball and runs on (about 5 yards) before placing the ball down, moving to the side, and slowing down (same as what 04 did). Complete the pattern until you make it to the try line (baseline)

*Extension*: instead of placing the ball down, the ball carrier turns and passes to the next player in line.

*Challenges*: Try to increase your speed while your pass and move down the pitch

**The scorekeeper**

- The scorekeeper helps keeps score of scrimmage games; Only record touchdowns and final score. Assist captain when needed.

**Referee**

-Help in officiating during scrimmage. You still play. Help team understand vocabular and rules used in practice and scrimmage.

**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 where the students give one positive and one corrective feedback for their teammates.

**The coach**

-Learn how to teach today's drills during the warmup time from the Sports Commissioner

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| Task | Focus/Goal |
| 1v1-Challenge to beat your partner's progression | -The ball is advanced only by the attacker carrying the ball forward with it-In defense, a touch stops the attacker’s forward run-Learn the proper way to touch-Work on dodging skillsModifications/Challenges-Change speed of offense or defense i.e run half speed-Change distance |
| 1v1- 6 Touches-Same as above but only have 6 touches to score (e) Introduce the concept of offside | Diagram  Description automatically generated-Learn what the mark is. -Introduce The 5-yard retreat line. Offensive player can’t advance the ball until the defender has retreated 5-yards-You have six touches to progress the ball (If too many try 3 or 4) -Introduce the Gain Line-Introduce in order to score you must touch the ball to the ground past the try-Reinforce that as soon as you are touched you put the ball down. Challenges/ Modifications-Challenge different team members-Change distances: ex: Wider, Narrower-Make the retreat line 10 yards if the offense is having trouble scoring |
| 2v1 With Referee (Add referee latter)(r) Make flat passes. receivers be running forward on catch(e) Add Referee(e) 3v2 No ref. | Diagram  Description automatically generated-Same as above but after touch “The Half” has to pass it to resume play-For the offense to learn after a touch, One of the ways to advance the ball is for “The Half” to pass the ball.-For defense to **quickly** get to the retreat line after a touch.-Reinforce the gain line -Reinforce that as soon your touched you have to put the ball on the ground. -(r) Focus on making flat passes, receivers are as close to the gain line as possible and running forward on catch-(e) Add referee (rotate this person). Referee makes sure offense plays the ball at the mark and the defender retreats the correct distance. Offside=defense backs up 10 yards from the mark. Not playing the ball at the mark= Change in possessionChallenges-on restart, try to make your pass as flat as possible (don’t throw the ball backward any more than is necessary)-If defense doesn’t get quickly back it is a penalty. (10-yard Penalty)-Only 1 pass per touch (If needed)-Only 1 possession (like regular rugby)  |

ROLES IN RUGBY UNIT/DAY 2

**The Manager**

- Equipment needed

* 1 rugby
* 4 cones (set up a playing field 30 yards by 20 yards)
* 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 Warm up**

In teams, practice running in a stagged line and passing. 01, 02, 03 and 04 (if 5 uses all 5 players) run forward at the same pace, and 01 begins with the ball. With 02 off their shoulder , 01 passes to 02 who accelerates to get ahead to 03 before passing. 03 accelerates and passes to 04. Switch the middle players and restart.

Cues:

* Accelerate when you receive
* Slow after you pass
* Swing the arms across the body
* Aim in front of the receiver’s chest

*Extension*: Pass down the line and back. 04/05 sends the ball back to 03 after receiving and the practice ends with 01 scoring a try

**The scorekeeper**

- The scorekeeper helps keeps score of scrimmage games (fill out sheet and turn into team folder); Only record touchdowns and final score. Record How many students are wearing team color (there is a daily point sheet to keep track of).

**Referee**

-Help in officiating during scrimmage. You still play. Help team understand vocabular and rules used in practice and scrimmage. 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 |
| [2-Person Quickie](https://www.youtube.com/watch?v=jPLMSD_9Jm8)(e) Support on the left side(e) Add a pass back to the half (this person is technically no longer the half) | -ball carrier pretends making touch on defense (yes that’s right). Put ball down and step over the ball (static).-After putting the ball down support the half on the right side of them *-*Half picks it up and throws back quickly to ball runner-Set up continuous or have 1 group of 2 going and another group of 3 going *Points of emphasis* **Ball Carrier:**-Quickly get in a position to support the half**Half**-Crouch and face the supporting teammate-Try to pass the ball from the ground | * Learn the half and how to restart after a touch
* Learn how to quickly restart after a touch
* Learn how to quickly support your team
 | 2-3 Mins(e)2-3 mins(e)2 mins |
| 2v1 Quickie (set up in a 20x20 grid)(e) If needed allow offense to have more touches (i.e 3)(e) Increase distance (30x20) Offense gets 3-6 touches to score(e) add on official  | Same as above but this time add a defender 5 yards off of where the offensive players start. Offensive player runs straight at defender and initiates. -After first touch defense can play full defense. -play stops if defense makes a second touch (i.e. one more)*Points of emphasis* **Defender:**-retreat *quickly* 5 yards from mark before trying to touch **Offense**:-after the half makes first pass, reading the defense correctly to either pass or keep the ball  | * Offense learns how to apply using a 2-person quickie
* Defense learns to quickly retreat 5 yards before trying to make another touch
 | 3 min(e) 2-3 mins(e)2-3 mins |
| [3 man drive](https://www.youtube.com/watch?v=oFFd_f6Veqc)/Rucking (Shadow) 20x 10 yard box(E) Go down and back in a 20-30 yard [Video Example of 3 person Rucking](https://twitter.com/CoachRussellHPE/status/1061806517005901826) | -ball carrier simulates making touch on defense (yes that’s right). Put pall down and step over it and lightly touching the ball (static) or rolling the ball back with their foot. -The offensive player who picks up the ball is the acting “**half**” and picks up the ball quickly and throws it to third teammate (who is wide). Receiver runs just 5 yards pass the half.-Make Just one pass and rotate*Points of emphasis* **Ball Carrier:**-The ball roll may not roll more than 3 feet (1 yard). -Take the initiative in touching the opposition**Half:** -Crouch and face the supporting teammate-Try to pass the ball from the ground**Receiver:**-hands pointing to the passer-be accelerating on the catch  | * To learn the 3 person rucking/drive pattern
* The importance of not over-running the touch, since this wastes time coming back to the mark
* To roll the ball quickly
* To communicate with the acting half as the receiver
* Learn the offside rule and the penalty
 | 2-4 Mins(Make sure they have this down before moving on)(e) 2 mins |
| (e) 3v2 Rucking (20x30 yards field)(e) The half can run forward with it before passing (if they are touched before passing it’s a turnover) | Diagram  Description automatically generated-Same as above and similar to 2v1 quickie. Defense still allows first touch. After that its full defense. They have 3-6 touches to score *Points of emphasis* **Ball Carrier:**Has to make sure they initiate step over or ball roll at the mark. Modifications/Challenges-Must use the rucking pattern at least two times before scoring-Allow 2 possession (i.e. not a turnover if they drop the ball) | * To ruck and run the ball efficiently so as to catch defenders offside
* Learn the offside rule and the penalty
 | 3-5 mins(e) 2-3 mins |
| Team Meeting | -Review team chant. -Review Pre-game: Shake other teams hands, give team chant. Captains do rock-paper-scissors to see who starts with ball.-Practice post-game: -Stat keeper gets handout (in team folder) to keep stats of scrimmage games (just TD’s for your own team and overall score) |  | 3-5 Mins |
| 4v3 Scrimmaging | Each team gets 5 possessions and then switch roles. On a change of possession Ball restarts 30 yards away with a tap. Every possession captains need to make sure you are rotating players in. Sports commissioners will officiate games.Referee will be checking:-Checking if defense was retreated the correct distance and enforcing a penalty-Observing the mark and making sure the ball is passed in correctly-passing after the touch=penalty-Forward Pass=penalty-droped ball or fumbled ball = loss in possession-Roll the ball more than 3 feet=loss of possession-Defenders offside=penalty this is a tap taken from where the defender should have retired to | * Illegal roll ball results in a change of possession turnover
* An intercepted pass usually results in a score by the opposition
* An unsuccessful interception that is knocked to the ground results in another six attempts by the attackers to score
* A dropped or missed pass results in a change of possession
* Defenders who do not retire quickly are caught offside will draw a penalty
 | 10-15 minsWe will try to scrimmage every team |
| Closing Team Meeting | Complete debrief-Captain Leads out |  | 6-10 mins |
| Class Meeting | Answer question-CFU’s |  | 3-5 mins |