



# ***ROOKIE RUGBY***

## **SKILL & GAME CARDS**

With California PE Standards  
Grades 7-10

# Introduction

Rookie Rugby which is a safe, non-contact, and easy to play game for students of all ages. This booklet is designed for teachers to quickly understand and teach this sport.

There are two sections in this booklet: Skill Cards and Game Cards. The Skill Cards introduce new concepts and identifies skills that may need to be reinforced. QR codes are included to link to short videos that show what each skill/game should look like.

The applicable California PE Standards are mapped on each Skill Card.

The code includes:

- Grade (G)
- Standard (1.1)

Once the skills have been mastered, the kids can play one of the Connected Games, which are described on the corresponding Game Cards.



[VIDEO: Introduction](#)



# SKILL: Ball Familiarization

## OBJECTIVE:

To have players become familiar with the shape and size of a rugby ball.

## COACHING CUES:

Describe the rugby ball by comparing it to other sports that kids will know. A rugby ball is bigger than a football and about the size of a soccer ball. The shape is similar to a football so that the ball can easily be passed, but the shape is more round than a football so that the ball can be kicked as well.

- Step 1: Have kids pass the rugby ball around and have them pick out differences and similarities between a rugby ball and other sports balls.
- Step 2: Have everyone hold their own ball, instructing them to carry the ball with two hands at all times.
- Step 3: Make a small square space with cones and have players run from one side to the other, making sure to hold the ball in two hands at all times.



**COACHING CUES:**

- Step 4: On the instructor’s signal, have them all put their balls down and pick up someone else’s, making sure to use two hands at all times.
- Step 5: Have players throw the ball into the air and catch it 5-10 times each.
- Step 6: Lastly, have them move the ball around their bodies. Start around the waist and then try under each leg. Make it a fun contest to see who can perform various skills without dropping the ball during each exercise.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Make sure players use two hands at all times.
2. Make sure players are communicating with each other.
3. Make sure players are varying their movements.
4. Help players identify the best method for performing each skill.

***FOOTWORK / MOVEMENTS***

Rugby balls are different than most other sports balls because of their size and shape. Reacting to the funny bounces and challenge of handling an awkwardly sized ball is part of the fun and challenge of rugby.

***CONNECTED GAMES***

- Rookie Relays
- Eagles Nest
- Rugby Freeze Tag
- Cold and Hot Potatoes

Circle Passing

***CALIFORNIA PE STANDARDS***





# SKILL: Carry the Ball

## OBJECTIVE:

To have players run effectively with the ball in two hands.

## COACHING CUES:

Learning how to properly run with the ball is very important for a player safety and to properly develop basic skills.

*First Step Forward / Park the Ball / Two Hands*

**First Step Forward:** The first step in rugby is always forward.

**Park the Ball:** The ball should be carried:

- Away from the body, ready to be passed
- Ball is carried at chest height

**Two Hands:** Two hands on the bottom 1/3 of the ball.



[VIDEO: Carry the Ball](#)

**COACHING CUES:**

Utilize connected Rookie Rugby Games to check and correct ball carrying.  
 New rugby players may need time to familiarize themselves with the “funny shaped ball” Rugby uses.  
 The more time a child has with a rugby ball in their hand during practice, the better!

**CONNECTIONS**

***CHECK AND CORRECT***

1. Make sure players are holding the ball with two hands when they are running or evading.
2. Correct players if they are carrying the ball too high or too low.
3. Emphasize parking the ball away from the body.

***FOOTWORK / MOVEMENTS***

The first step in rugby is forward.

***CONNECTED GAMES***

- |                        |            |
|------------------------|------------|
| Relay Races            | Just Score |
| Rugby Freeze Tag       | Flag Rugby |
| Depth Lines            | 2v1 ; 3v2  |
| Inside the Eagles Nest |            |

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 1.1, 2.1)  
 Movement Concepts: (G8 2.1, 2.2)





# SKILL: Receiving the Pass

## OBJECTIVE:

To have players develop the continuity of play by receiving a pass from their teammate and continuing forward.

## COACHING CUES:

*Set a Target / Reach for the Ball / Park the Ball*

### Set a Target:

- Maintain a square orientation to the field by keeping hips and chest parallel to the try line.
- Form the letter "W" in front of the body with both hands by placing thumbs together and spreading fingers wide.
- Keep hands relaxed, while waiting for the pass, no robots!

### Reach for the Ball:

- Keep your eye on the ball all the way from the thrower to your hands.
- Reach for the ball. Catching the ball against your body can result in fumbles off of the body or an interception from the other team.



[VIDEO: Receiving the Pass](#)

**COACHING CUES:**

**Park the Ball**

- Resist the temptation to bring the ball into the body. Keep the arms and the ball out away from the body, where they caught the pass.
- This leaves the arms in position for a quick continuation pass. This also has the benefit of drawing the defense’s eyes away from the player.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Always have players call for the ball, even when practicing.
2. After the catch, place the hands on the bottom third of the ball.

***FOOTWORK / MOVEMENTS***

Place the outside foot (from the passer) forward while preparing to receiving a pass.  
 Hips face up the pitch (square) while shoulders face the ball.  
 The first step after a catch is forward.

***CONNECTED GAMES***

Relay Races	Depth Running
Cold and Hot Potato	Ultimate Rugby
Circle Passing	Flag Rugby
Rugby Baseball	

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 2.1)  
 Movement Concepts: (G7 2.4), (G8 2.1)  
 Combination: (G8 2.4)







# SKILL: Basic Pass

## OBJECTIVE:

To have players maintain continuity of play by passing to a teammate in a better position.

## COACHING CUES:

The basic pass in rugby is a "Push" pass. This pass is designed to move the ball quickly as possible from player to player.

*High Elbow / Turn Head / Scoop / Point*

### High Elbow:

- Passes in rugby take place while running forward.
- Hold the ball with two hands on the bottom third of the ball.
- Hold the ball at sternum height.
- Bring the elbow up to provide force behind your throw.

**Turn Head:** Turn the head to find the receiver.



[VIDEO: Basic Pass](#)

**COACHING CUES:**

**Scoop the ball, “Low-to-High”:**

- In a “Low-to-High” movement, pass the ball at chest height in front of the receiver so that they may run onto the ball.
- Push the ball with the outside arm as the pass is being delivered.

**Point with both hands:**

- Pointing with both index fingers ensures a proper follow through.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Passes are made with two hands on the ball.
2. Hands should be on the bottom 1/3 of the ball.

***FOOTWORK / MOVEMENTS***

Hips face upfield, Shoulders to target  
 Step with the outside foot while passing to generate power.  
 First step is forward, immediately after passing.  
 Support the receiver by running on their inside shoulder.

***CONNECTED GAMES***

- |                     |                        |
|---------------------|------------------------|
| Relay Races         | Rugby Baseball         |
| Cold and Hot Potato | Inside the Eagles Nest |
| Circle Passing      | Just Score             |
| Ultimate Rugby      | Flag Rugby             |

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 2.1)





# SKILL: Pulling the Flag

## OBJECTIVE:

Safely execute a flag pull to minimize incidental contact and provide a foundation for a transition to contact rugby or other flag sports.

## COACHING CUES:

*Close the Space / Fast-Slow-Fast / Lead Foot / Swoop / Reach*

### Close the Space:

- The defender sprints forward to close the space between the defender and the ball carrier.

### Fast-Slow-Fast:

- Fast: The defender closes space quickly.
- Slow: The defender slows their foot pattern to control the body and react to evasive steps from the ball carrier.
- Fast: The defender speeds up to pull the flag.

### Lead Foot:

- The lead foot will react to evasive steps, cutting off the forward space of the ball carrier.
- Placing the lead foot toe-to-toe (while avoiding contact) with the ball carrier prior to ...



[VIDEO: Pulling the Flag](#)

**COACHING CUES:**

... the flag pull will slow and eliminate the ball carrier’s available space for evasion.

**Swoop:** Swoop to a low, balanced athletic position before pulling the flag.

**Reach:**

- Execute a controlled reach for the near hip without lunging, staying balanced.
- Reach with both hands for the near flag.
- The shoulder and hip of the flag puller should be aligned with the near side of the ball carrier. This prepares the athlete for contact rugby later in life and keeps the head away from the ball carrier’s body.

**Hold the flag high and say “Flag”**

**CONNECTIONS**

***CHECK AND CORRECT***

1. Maintain position (inside, outside) during pursuit, preventing the ball carrier from cutting back and turning the defender’s hips.
2. Make sure the flag puller is not placing their head across the ball carrier’s body or reaching for the far hip.

***FOOTWORK / MOVEMENTS***

React to evasion with the lead foot in a fast-slow-fast pattern. Prevent committing hips by keeping toes forward.

***CONNECTED GAMES***

Flag Fury	Just Score
Sharks and Minnows	Flag Rugby
Great Escape	2v1 ; 3v2
Footwork	

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 1.1)  
 Combination: (G7 1.3), G8 1.4)  
 Movement Concepts: (G8 2.1)





# SKILL: Evasion

## OBJECTIVE:

To have players maintain continuity of play by evading defenders and moving forward.

## COACHING CUES:

Evading the defender is a key skill in rugby to get past the defense. Evasion focuses on leading the defender one way and then playing the ball the other way.

*Square / Angle Change / Evade & Exit / Square*

### Square:

- Running square to the defender allows the runner to evade either to the left or right of the defense.

### Angle Change:

- Changing the angle, while keeping hips up field, forces the defender to make a choice. Look for the defender to turn her hip and shoulder in pursuit.



[VIDEO: Evasion](#)

**COACHING CUES:**

**Evade and Exit:**

- After the defender commits to pursuit, the offensive player may cut back on the defender. Options include:
  - Jab Steps
  - Hesitation Step
  - Jump Step
  - Double Moves
  - Stutter Step
- Have fun experimenting with the evasive steps.

**Square the Field:**

- After evading the flag puller, square to the field to gain the most ground on the defense.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Help offensive players choose an appropriate distance before beginning their evasion step.
2. Keep hips and shoulders square to the field during the angle change. Turning the hips commits the ball carrier and allows the defense to pursue.

***FOOTWORK / MOVEMENTS***

Step out with toes pointed up field for angle change.  
 Step with the inside foot to pass defender, sealing the space.  
 Step forward and run straight to prevent drifting across the field.

***CONNECTED GAMES***

- |                    |            |
|--------------------|------------|
| Relay Races        | Just Score |
| Sharks and Minnows | Flag Rugby |
| Rugby Freeze Tag   | 2v1        |
| Flag Fury          | 3v2        |

***CALIFORNIA PE STANDARDS***

Combination: (G7 1.4), (G8 1.3, 2.4)





# SKILL: Continuity

## OBJECTIVE:

To have players develop the continuity of play by combining rugby skills during and after a flag pull.

## COACHING CUES:

*Square the Defender / Angle Change / Ball Transfer / 3-Steps and Pass*

### Square the Defender:

- Run forward and cause the defender to set their feet prior to a flag pull.

### Angle Change:

- Step with your outside foot to evade the defender.
- The defender must react and will attempt to pull the flag on the runner.

### Ball Transfer:

- Transfer the ball to the outside of the defender, keeping it in two hands.
- This is a good opportunity for the ball carrier to scan the field for a receiver.



[VIDEO: Continuity](#)

**COACHING CUES:**

**During the Flag Pull:**

Having the flag pulled in rugby is a positive outcome because:

1. The ball will go forward.
2. Space will be created in the defense as the flag puller will be removed from the defense's shape.
3. Continuation will be created when the ball is passed fro the offense.

**3 Steps and Pass:**

- Step with the inside foot while passing the defender.
- Take two additional athletic steps and pass the ball.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Following a flag pull, the 3 steps should be athletic steps towards the try-zone.
2. Students should practice the 3-steps-and-pass to experience the rhythm of this movement.

***FOOTWORK / MOVEMENTS***

Step with the outside foot when evading the defender.  
 Step with the inside foot while passing the defender. This squares the body to the field and prevents the defender from pursuing the ball carrier if their flag is not pulled.

***CONNECTED GAMES***

- Just Score
- 2v1
- 3v2
- Flag Rugby

***CALIFORNIA PE STANDARDS***

Combination: (G7 1.3), (G8 2.5)  
 Movement Concepts: (G7 2.2)







# SKILL: Defensive Shape

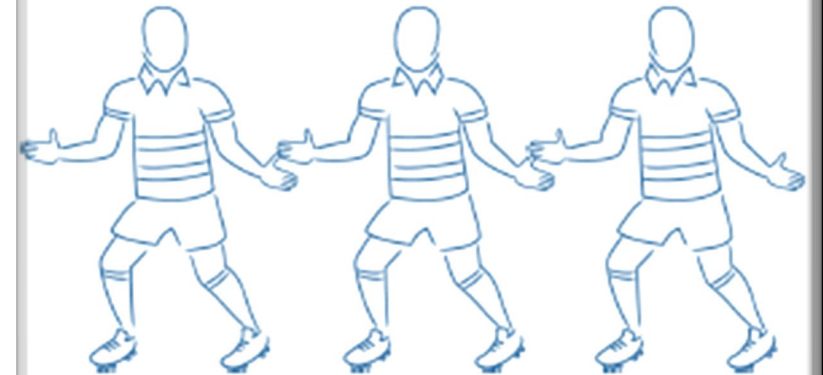
## OBJECTIVE:

To have players work as a team to prevent the offensive team from scoring.

## COACHING CUES:

The best defensive shape in rugby is a flat line. Flat line defense is when players are lined up across the width of the field in a straight line. Players should work together to keep this line when moving forward and backwards on the field.

- Step 1: Demonstrate and instruct a flat line defense.
- Step 2: Have players line up in a flat line defense and have them jog in every direction as a team in a flat line. Begin with them close enough to hold hands.
- Step 3: A great teaching tip is to have players “cross the street” on defense. Be sure players are looking both ways (right and left) before advancing or retreating to make sure their entire team is together.



**COACHING CUES:**

Step 4: Encourage players to constantly communicate to keep the flat line together. Some common terms are:

- Use “Up” to instruct the line to move forward
- Use “Back” to instruct the line to move backwards
- Use “Slide Left” or “Slide Right” for side movements.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Make sure players are communicating to stay together.
2. Make sure players are checking their position at all times.

***FOOTWORK / MOVEMENTS***

Keep pace with your teammates and utilize communication to move up, back, left, and right together.  
 Mirror the movement of the defense by matching and tracking the offensive player directly across.

***CONNECTED GAMES***

Sharks and Minnows	Flag Rugby
Stars and Stripes	2v1
Mirrored Lines	3v2
Just Score	

***CALIFORNIA PE STANDARDS***

Combination: (G7 1.3), (G8 2.5)  
 Movement Concepts: (G7 2.2)





# SKILL: Attacking Shape

## OBJECTIVE:

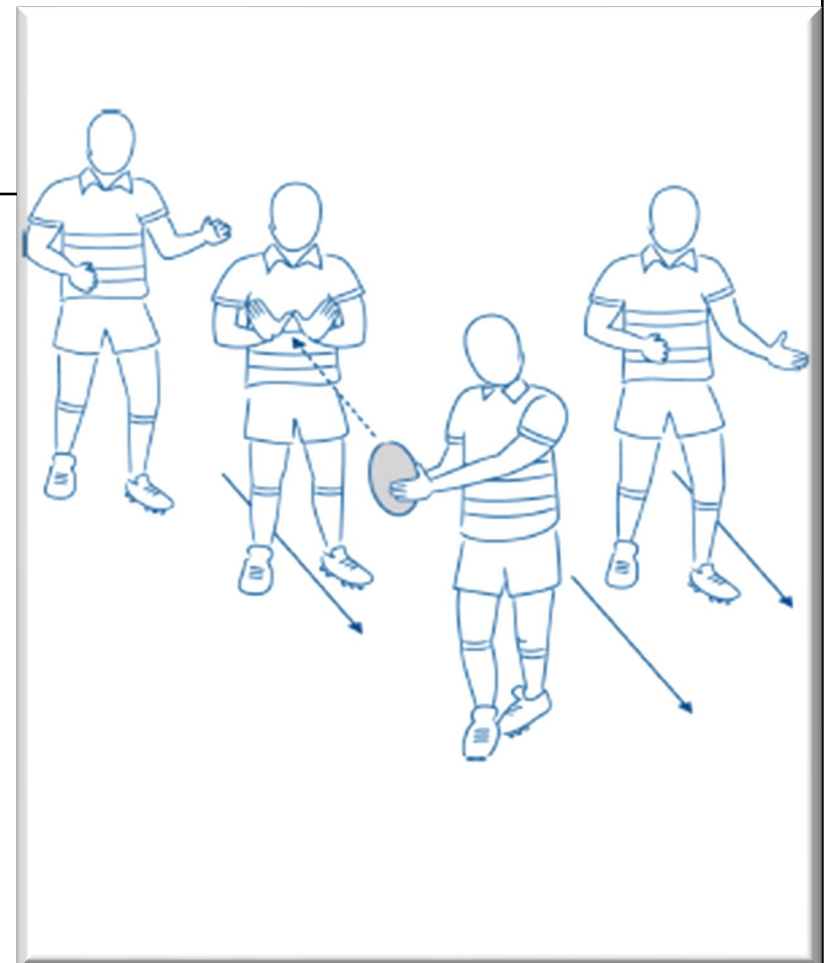
To have players work as a team to penetrate the defense and score by being in position to move the ball forward.

## COACHING CUES:

A good offensive shape consists of a ball carrier and two support players forming a triangle on the field. Additional players will line up in support in a staggered position.

Step 1: Help players understand offensive shape by placing them in a triangle formation.

Step 2: Have players practice by setting up on the field; change the ball carrier so they can adjust to keep a good formation.



**COACHING CUES:**

- Step 3: Have all support players move forward to receive a pass. This allows then to attack at a running pace.
- Step 4: Have support players attack the weakest point in the defense. The weakest point in the defense is where the most space is between two defenders.

**CONNECTIONS**

***CHECK AND CORRECT***

1. Make sure players keep depth and stay behind the ball carrier.
2. Players should communicate to maintain offensive shape.
3. After a flag pull, the first support should come off of the inside shoulder.

***FOOTWORK / MOVEMENTS***

Maintain an appropriate depth to the ball carrier without crowding.  
 Prepare to receive a pass by placing the outside foot forward.  
 After receiving the pass, the first step should be forward.

***CONNECTED GAMES***

Depth Running                      Just Score  
 2v1  
 3v2  
 Flag Rugby

***CALIFORNIA PE STANDARDS***

Combination: (G7 1.3), (G8 1.3, 1.4, 2.5)  
 Movement Concepts: (G7 2.5)





# SKILL: Defense with Flags

## OBJECTIVE:

To have players understand the process of playing with flags and execute smart flag pulls.

## COACHING CUES:

There is a four step process when making a full defensive flag pull. This process keeps players safe and will help players learn the progressions when transitioning to tackle rugby.

*FLAG! / 3-Steps / Defense returns the flag / Offense replaces the flag*

Step 1: **FLAG!:** Defender removes ball carrier's flag and yells "FLAG!" to communicate the flag pull.

Step 2: **3-Steps:** Ball carrier can take up to three additional steps after a flag pull before passing to a teammate. Ball carrier then passes to a teammate.



**COACHING CUES:**

Step 3: **Defense Returns the Flag:** Defender returns the flag to the ball carrier and then returns to play.

Step 4: **Offense Replaces the Flag:** The ball carrier replaces the flag on their belt and then returns to play. Both players are out of play until the flag is returned.

Prohibited Offensive Tactics: Flag guarding, fending off, jumping and spinning.

Prohibited Defensive Tactics: Diving, initiating contact.

**CONNECTIONS**

*CHECK AND CORRECT*

1. Make sure all flags are clearly visible and worn properly.
2. Make sure players always return their opponent's flag before returning to play and are not throwing flags on the ground.

1. Double check to make sure players are returning flags to their belts before joining the play.
2. Penalize offensive players for any unsafe actions during a flag pull like jumping, spinning or flag guarding with a turnover.

*CONNECTED GAMES*

2v1  
3v2  
Flag Rugby  
Transitioning from Ultimate to Flag

*CALIFORNIA PE STANDARDS*

Combination: (G7-8 1.3), (G8 1.4)  
Movement Concepts: (G7 2.6)  
Self Responsibility: (G8 5.2)  
Social Interaction: (G7 5.3)





# SKILL: Advanced Passing

## OBJECTIVE:

To have players widen their offensive skill set to more effectively move the ball to space and increase continuity on the field.

## SUGGESTED TIME ALLOCATION:

5 – 10 minutes

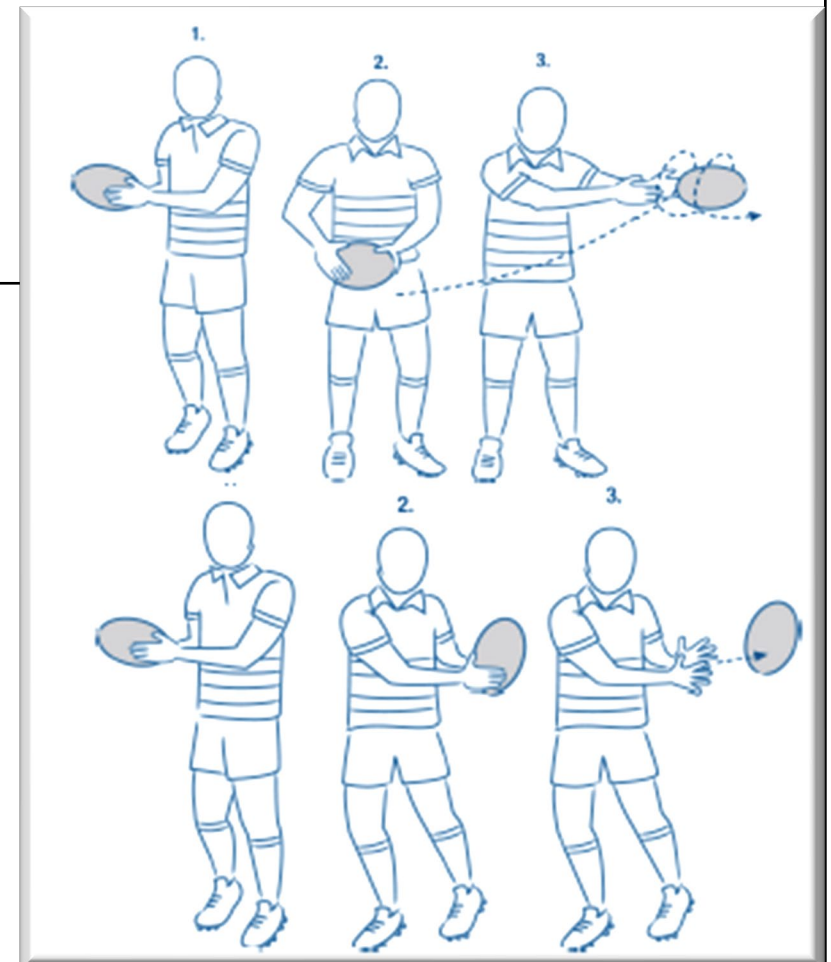
## WHAT TO COACH:

There are many different types of passes in rugby, but in youth rugby the most common passes used are the basic, spin and pop pass. Players should learn these passes and when to use them during play.

### Spin Pass:

Step 1: The spin pass is used for long distances and should be practiced by using the following technique:

- Hold the ball in two hands: The hand furthest from the receiver will be used to deliver the power and should be held at the back of the ball. The hand closest to the receiver will guide where the ball moves.
- Move your hands across the body and use the power hand to apply spin by rotating the hand as you release the ball.
- Follow through – Guide hand will point to the receiver with the power hand on top.



**COACHING CUES:**

Step 2: Have players practice with partners. Help individuals work to perfect the spin pass.

**Pop Pass:**

Step 1: The pop pass is used for short distances when throwing into the path of a teammate running forward. The technique for a pop pass is:

- Using two hands, throw the ball up. The ball will be “placed into the space to the right or left of the passer.
- The ball should be thrown into the path of support player who can run onto the ball to receive it

Step 2: Have players practice with partners. Help individuals work to perfect the pop pass.

**CONNECTIONS**

***SKILL PROGRESSION***

1. Have players work on their spin pass by skipping the player immediately next to them, performing a “skip pass”.
2. Have players practice switching the direction of their passes.
3. Include defenders when practicing. Have players complete a specific type of pass when they approach a defender.
4. Play Ultimate Rugby, only using a specific type of passing.

***CHECK AND CORRECT***

1. Always have players call for the ball, even when practicing.
2. Ensure players know the difference between each pass. Test their knowledge during practice.
3. During pop passes, it is important that players receiving the pass are moving forward and not standing static.

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 1.1)  
 Combination: (G7 1.3), (G8 1.1, 1.2, 1.3)  
 Movement Concepts: (G7 2.4)







# SKILL: Go Forward

## OBJECTIVE:

To keep players focused on scoring by developing the instinct to move forward when carrying the ball.

## SUGGESTED TIME ALLOCATION:

5 – 10 minutes

## WHAT TO COACH:

When facing defenders, it can sometimes be unnatural for players to keep moving forward instead of passing or moving backwards to find space. Players should be taught that moving forward when carrying the ball is essential to scoring points and keeping the flow of the game.

Step 1: Have players get into pairs of two, with one player holding a rugby ball.

Step 2: Have one player on defense challenge the player with the ball, but make it a rule that the ball carrier can only go forward even if they think they will get their flag pulled. Make it a contest to see how far each player can go without getting their flag pulled.



**COACHING CUES:**

- Step 3: Let each player take a few turns until they are naturally moving forward through every play.
- Step 4: Ensure that players are safe by emphasizing that Rookie Rugby is non-contact.
- Step 5: Practice one on one evasion drills that will encourage players to move forward instead of running away from the defense. If needed, restrict playing space by forming a narrow grid and forcing players to stay within the boundaries.

**CONNECTIONS**

***SKILL PROGRESSION***

- 1. Play a progressive flag rugby game starting with 4v1 then moving into 4v2 and 4v3. Players will feel more comfortable moving forward when there are less defenders.
- 2. Have players play a 3v3 or 4v4 flag rugby game and make the rule that ball carriers are not allowed to move backwards.

***CHECK AND CORRECT***

- 1. If a player steps or runs backwards, make sure to correct them right away.
- 2. Make sure players are holding the ball correctly as they run.
- 3. Encourage players to move forward by using simple commands during play. "Run Forward!" is commonly used in youth rugby.

***CALIFORNIA PE STANDARDS***

Movement Concepts: (G7 2.2)  
 Combination: (G8 1.3)





# SKILL: Uncontested Lineout

## OBJECTIVE:

To teach players the Rookie Rugby version of a lineout.

## SUGGESTED TIME ALLOCATION:

5 – 10 minutes

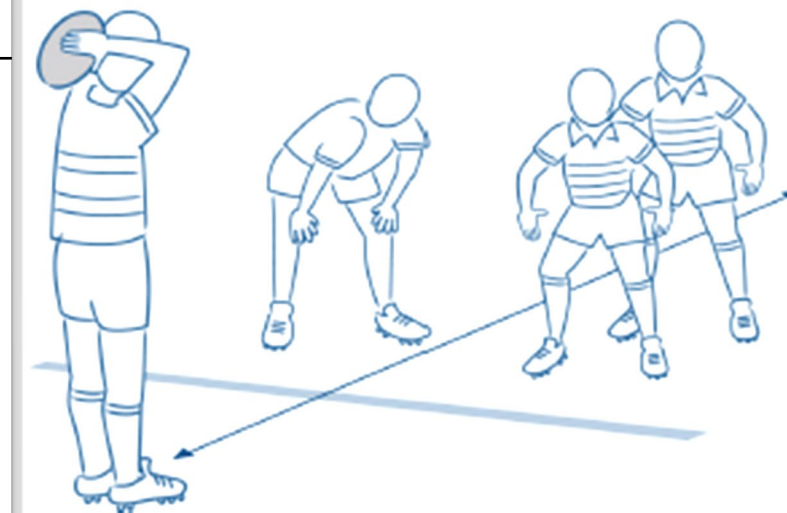
## WHAT TO COACH:

Four players from each team will make up a lineout. For the team in possession of the ball, there will be one player throwing the ball in, two players receiving the in-bound pass, and one player who will move the ball away from the lineout. The defending team will match the offensive team's four players.

Players should not lift in lineouts until they have developed the necessary skills and strength. Lineouts in Rookie Rugby start as uncontested. The team that throws the ball in must be allowed to win possession of the ball.

Step 1: Coach the thrower:

- Spin Pass – start with a basic spin or underhand pass. Call out a jumper and have players try to hit their target.
- Overhead Pass – More experienced players can start advancing to throwing the ball overhead.



**COACHING CUES:**

Step 2: Coach the Jumpers:

- Encourage players to maintain a low body position while in the lineout. Have them take one step into the tunnel, bring their far foot in to be shoulder width and then jump straight into the air when going for the ball. He/She should be an easy “step-step-jump” motion.

Step 3: Rotate all players so they have a chance to try all positions.

**CONNECTIONS**

***SKILL PROGRESSION***

1. Begin with shorter distances before advancing.
2. Once players are the appropriate age and ability they can advance to contested lineouts without lifting.

***CHECK AND CORRECT***

1. Coach the lineout effectively and safely.
2. Create a platform to launch an attack.
3. Lifting takes specific skills and strength and should not be used in Rookie Rugby games. They can advance to contested lineouts without lifting.

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 1.1)  
 Movement Concepts: (G7 2.2)  
 Combination: (G8 2.6)





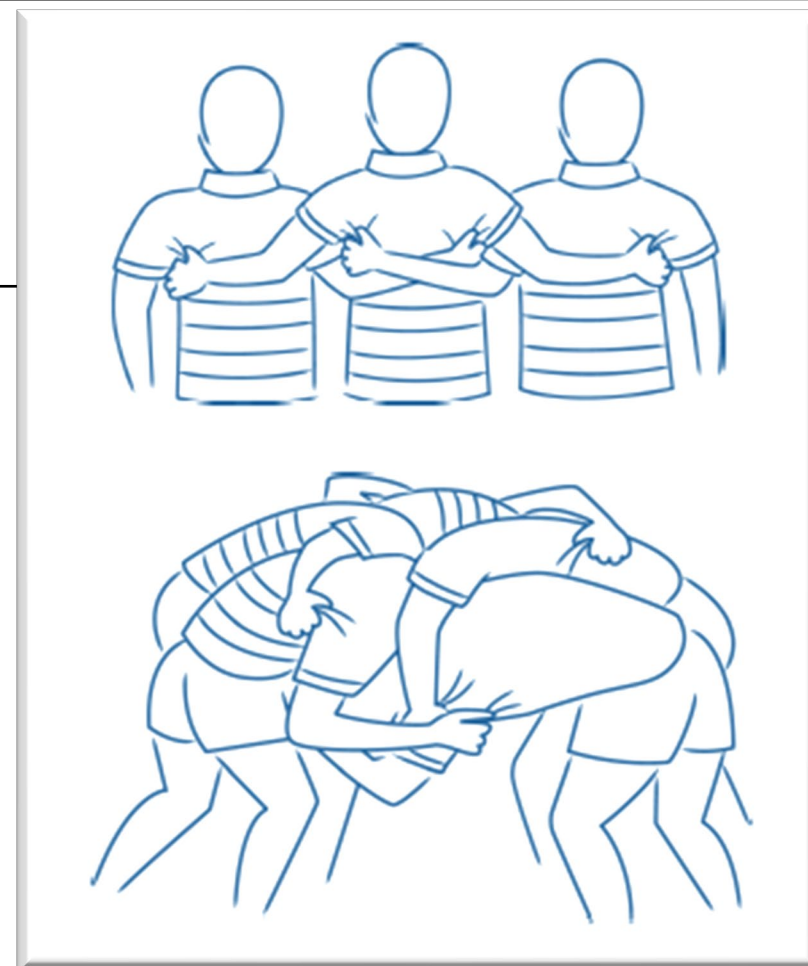
# SKILL: Uncontested Scrum

## OBJECTIVE:

To teach players the Rookie Rugby version of a scrum.

## SUGGESTED TIME ALLOCATION:

5 – 10 minutes



## WHAT TO COACH:

A scrum is formed from two units, one from each team made up of three players each (Front Row). In each Front Row there will be two "Props" with a "Hooker" in the middle.

Rookie Rugby scrums start as uncontested and players should not be allowed to push or drive. The team that was awarded the scrum will roll the ball into the scrum and should be allowed to win possession of the ball.

Step 1: Players should learn the appropriate body position in a scrum. Players should keep their back flat, feet and body square, shoulders above hips, head neutral, and eyes forward.

Step 2: The essential foundation of a scrum is the binding of the Front Row:

- The Hooker stands in the middle and places their arms around both Props backs. Their hands grasp the prop's jersey just below the armpits.
- Each Prop places an arm around the Hooker, grasping just below the opposite armpit.
- Players should hold the jersey of the person next to them tightly to keep the scrum strong and stable.

*more on back...*

**COACHING CUES:**

- Step 3: Coaches and players must know the engagement sequence and cadence the referee uses. The engagement sequence will be called out by the referee: "Crouch! Bind! Set!"
- *Crouch* – Bound front rows lower into position
  - *Bind* – Props will grasp the prop opposite them on their shoulder
  - *Set* – The two front rows come together, placing their heads to the left and under the chest of the player across from them, and form a scrum
- The team in possession will roll the ball into the scrum. The Hooker from the team rolling the ball in moves the ball backwards with one foot.
  - The player putting the ball in will collect it from the back of the scrum and pass to a teammate.

**CONNECTIONS**

***SKILL PROGRESSION***

1. Once players are of the right age and ability, they can advance to contested scrums; however, pushing in scrums is not allowed in Rookie Rugby.

***CHECK AND CORRECT***

1. Develop players capable of working as a collective unit.
2. Before any engagement, make sure that all players are bound together properly.
3. At any time before engagement, if a front row player is not ready for the scrum, they should inform the referee.

***CALIFORNIA PE STANDARDS***

Self-Responsibility: (G7 5.1), (G8 5.2)





# SKILL: Kicking for Rookies

**OBJECTIVE:**

To integrate kicking into Rookie Rugby.

**SUGGESTED TIME ALLOCATION:**

5 – 10 minutes

**WHAT TO COACH:**

There are two main types of kicking in rugby:

*Punting* - Punting the ball is when players drop the ball and kick it before it hits the ground.

*Drop Kick* - A drop kick is a kick where players will allow the ball to hit the ground before kicking it.

Step 1: Have all players practice the skill of punting during practice. Instruct players to hold the ball up and down. Have them step forward, drop the ball, and swing through with their back leg, making contact with the ball.

Step 2: Have all players practice drop kicks by holding the ball up and down. Have them drop the ball, take a step, and kick through.



**COACHING CUES:**

**Step 1: Starting the Game:**

The first time to introduce kicking in Rookie Rugby is the start of the game. This allows kicking to be introduced slowly and allows all players to have the chance to practice their skills. Drop kicks can be more difficult for children. Start kick-offs with punting until players are ready to advance to drop kick starts.

**Step 2: Kick-offs after Scoring:**

Similar to the start of the game, a kick-off is used to restart play after a try is scored. After introducing kicking at the start of a game, this is the next progression for kids in Rookie Rugby. After a try is scored, the team that scored they try will kick-off to the opposing team.

**CONNECTIONS**

***SKILL PROGRESSION***

1. Add penalty kicks into games. A penalty kick in rugby is when the non-infringing team kicks the ball down the field and out of bounds in order to get a lineout.
2. Add kicking during open play into games. Players should be permitted to punt the ball at any time during the game as a strategic move. It is recommended that teams are limited to the number of kicks they can perform until they are ready to strategically make kicking decisions.

***CHECK AND CORRECT***

1. Coach kicking effectively and safely.
2. Be sure that players understand when kicking should occur in games.
3. Players should not start kicking in rugby until they are fully ready.

***CALIFORNIA PE STANDARDS***

Manipulative Skills: (G7 1.1)  
 Social Interaction: (G8 5.5)







# GAME: Mirrored Lines

## EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid

## SUGGESTED TIME ALLOCATION:

- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- |                   |                   |                    |            |
|-------------------|-------------------|--------------------|------------|
| Apply Pressure    | Score Points      | Contest Possession | Go Forward |
| ✘ Provide Support | Create Continuity |                    |            |

## HOW TO PLAY:

1. Have players pair up and form two lines facing each other 5 yards apart. Designate one line as offense and one as defense.
2. The instructor will stand behind one line, only being visible to the “offensive” side.
3. The instructor will signal the offensive line to either move right, left, forwards or backwards.
4. The offense will move in the direction that the instructor signals.



[VIDEO: Mirrored Lines](#)

*more on back...*

## HOW TO PLAY:

5. The defensive line must react to their opposite player, and keep the space between them the same distance at all times.
6. The goal is for the defense to stay together as a collective unit to avoid creating holes in the line. Begin the game with the defensive players holding hands while moving. Once they are more advanced, have them let go and work to stay together on their own.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. If mistakes are made, have players freeze and move to the correct position.
2. Speed up the signals.
3. Add additional signals such as signals to sit down or jump.
4. Let the offensive line switch positions and have the defense communicate to trade the players they are marking.

### *KEY SKILLS*

- Defensive Flat Line
- Working as a Team
- Mark Matching Offensive Players

### *KEY CONCEPTS*

1. Encourage players to look at the coach, their opposite, and their team to maintain a straight line.
2. Make sure players are communicating, and helping each other to keep their shape.





# GAME: Inside the Eagle's Nest

## EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8-12 cones and 5-10 rugby balls

## SUGGESTED TIME ALLOCATION:

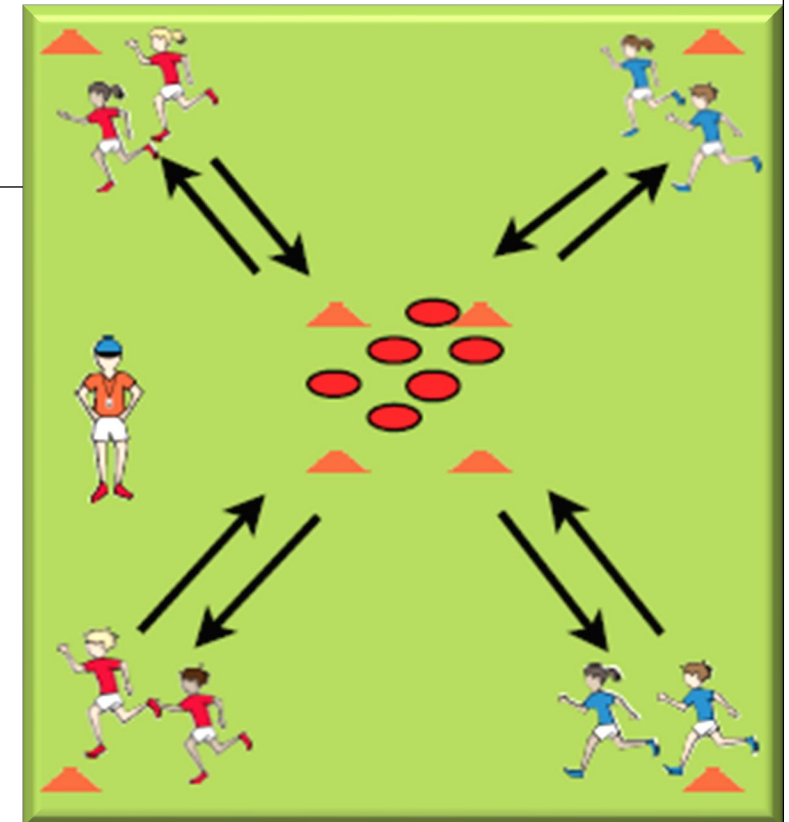
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Contest Possession
- Score Points
- Go Forward
- Provide Support
- Create Continuity

## HOW TO PLAY:

1. Have players pair up and stand by one of the outside cones.
2. Set a small square grid with cones in the center of the larger grid and put 10-15 rugby balls in it.
3. On the instructor's signal, one player from each team will run to the center grid and grab a ball.
4. The goal for each team is to get the most amount of balls back to their cone.



*more on back...*

## HOW TO PLAY:

5. Only one teammate may be moving at a time. Once one player retrieves a ball, they can pass to their teammate waiting at their cone. Once the retrieved ball is placed at their cone the next player can move.
6. Once all the balls are gone from the center the game will end and the team with the most balls at their cone wins.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Use time limits and allow teams to steal balls from each other once all balls from the center are gone.
2. Start with an even number of rugby balls at each of the team cones. Have the players work to get rid of all the balls at their cone the fastest.

### *KEY SKILLS*

- Teamwork
- Passing and Receiving
- Running with the Ball

### *KEY CONCEPTS*

1. Encourage players to make efficient passes so that they can move faster.
2. Make sure that players are communicating as a team.





# GAME: Circle Passing

## EQUIPMENT AND SPACE NEEDED:

- 10 x 10 yard grid
- 1 cone and 1-2 rugby balls

## SUGGESTED TIME ALLOCATION:

- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

Apply Pressure      Score Points      Contest Possession      Go Forward  
Provide Support      ✘ Create Continuity

## HOW TO PLAY:

1. Have players form a circle with about 2 yards in between each other.
2. Start by having players attempt to complete passes around the entire circle without dropping the ball.
3. Once players can get around the circle, make the game harder by adding a time limit.
4. After the time limit, play a game of standing "Duck, Duck, Goose" with the circle. Instead of the tagger running away from the "Goose", have the two players switch places and have the "Goose" race a ball being passed ...



[VIDEO: Circle Passing](#)

*more on back...*

## HOW TO PLAY:

... around the circle.

Choose a tagger to walk around the circle clockwise with a rugby ball playing "Duck, Duck, Goose". Once the tagger choose a "Goose", the "Goose" will start running around the circle while the other players work to pass the ball around the circle. The goal is for the "Goose" to beat the ball around the circle. Have each player take turns.

## COACHING NOTES

### GAME PROGRESSIONS

1. Create two circles and have them compete against each other for time.
2. Use two balls in one circle.
3. Have players use different passing techniques such as a pop pass, a spiral pass or pass backwards.
4. Incorporate fitness including jumping jack feet, shuffling, etc.
5. Pass across circle and replace.

### KEY SKILLS

- Passing
- Receiving

### KEY CONCEPTS

1. Emphasize the "W" formation with their hands when receiving the ball.
2. Work with players to improve their passing skills.





# GAME: Great Escape

## EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8 cones and flag belts

## SUGGESTED TIME ALLOCATION:

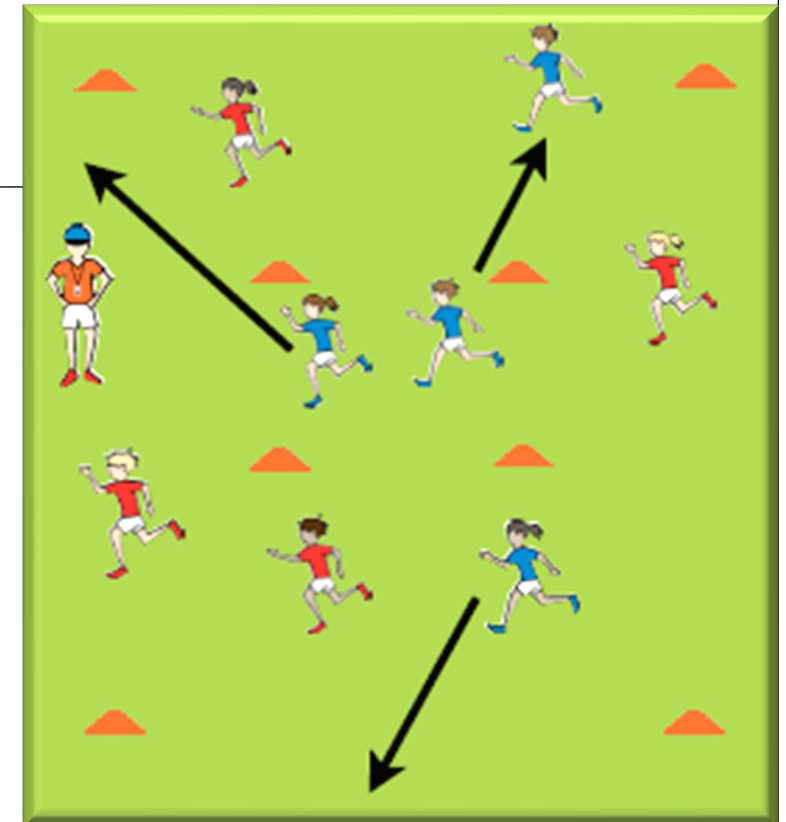
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Contest Possession
- Score Points
- Go Forward
- Provide Support
- Create Continuity

## HOW TO PLAY:

1. A smaller grid (6 x 6 yards) is centered within a larger grid (20 x 20 yards). Start with 4-8 players inside the smaller grid and 3-6 players outside the smaller grid, but still within the larger grid. Keep more players inside the grid than outside the to start.
2. The smaller grid is a safe zone for the offensive team. The defensive team can only move in the large grid and cannot enter the safe zone.
3. One the instructor's signal, the offensive players must try to escape outside the larger grid without having their flag removed by the defense.



*more on back...*

## HOW TO PLAY:

4. If an offensive player escapes to the outside they return to the center for the next round. If an offensive player gets their flag pulled they switch roles and become a defender on the next round.
5. The game continues until everyone gets a flag pulled. Repeat the game and have players switch roles.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Coaches can label the sides of the grid and limit the sides that players can escape for each round.
2. Include rugby balls for the offense and have players pass or run with the balls to escape.
3. Change the number of players.

### *KEY SKILLS*

- Evading Defense
- Flag Etiquette

### *KEY CONCEPTS*

1. Encourage defenders to track offensive players to reduce their options.
2. Help offensive players to be aware of open space and focus on evading defenders to move into space.







# GAME: Cold and Hot Potato

## EQUIPMENT AND SPACE NEEDED:

- 40 x 40 yard grid
- 2 rugby balls

## SUGGESTED TIME ALLOCATION:

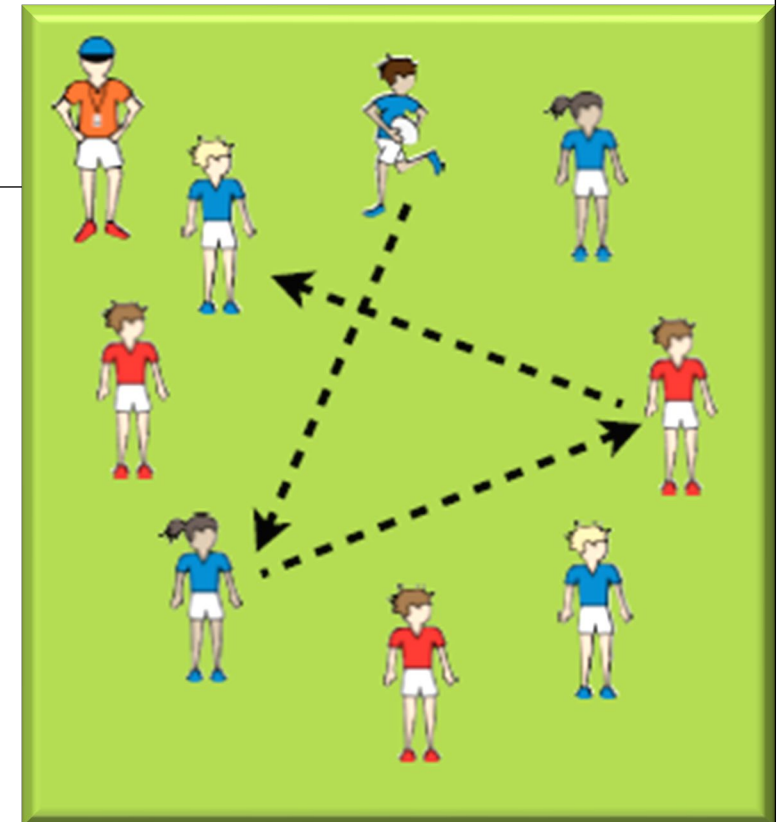
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

Apply Pressure      Score Points      Contest Possession      Go Forward  
Provide Support      ✘ Create Continuity

## HOW TO PLAY:

1. Have players form a circle with one player starting with the rugby ball.
2. Players will start with a "cold potato" rugby ball where they take time to learn a passing skill that the coach chooses by passing the ball around the circle to whoever they choose. Examples include:
  - Pop Pass
  - Spin Pass
  - One Handed Pass
3. The instructor will then change the ball to a "hot potato" and players should ...



*more on back...*

**HOW TO PLAY:**

... work on quickly passing the ball using the technique showed by coach with the "cold potato". Incorporate a time limit where players must pass within two seconds in order to increase the speed of the game.

**COACHING NOTES**

*GAME PROGRESSIONS*

1. Have groups of players compete to get the most amount of complete passes in a certain time limit.
2. Incorporate more rugby balls.
3. Have players replace the person they pass to.

*KEY SKILLS*

- Passing
- Receiving

*KEY CONCEPTS*

1. Make sure players continue to use their W's when receiving the ball.
2. Help players work to always be in a position to receive the pass.
3. Encourage players to count loudly and together every time a successful pass is made.





# GAME: Flag Fury

## EQUIPMENT AND SPACE NEEDED:

- 40 x 40 yard grid
- 4 cones and flag belts

## SUGGESTED TIME ALLOCATION:

- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Contest Possession
- Score Points
- Go Forward
- Provide Support
- Create Continuity

## HOW TO PLAY:

1. Start the game with every player spread out in a large grid.
2. When the instructor yells, "Go!" each player will attempt to capture as many flags as they can without having their own flags taken.
3. When both flags have been removed from a player's belt they should leave the grid and let the other players continue.
4. Designate a captured flag area during play, where flags may be placed.



[VIDEO: Flag Fury](#)

## HOW TO PLAY:

A progression can be to allow only players with flags left to recapture their team's flags and bring eliminated players back in the game.

- The game ends when 2-3 players are left with flags still attached.

## COACHING NOTES

### *GAME PROGRESSIONS*

- Create teams based on color of flag belts.
- See how many of the opposite team's flags can be captured. Create a competition based on the number of flags captured.
- Create a competition based on the number of flags captured.

### *KEY SKILLS*

- Flag Etiquette
- Evasion

### *KEY CONCEPTS*

- Encourage players to work on their evasion skills to avoid contact.
- Encourage players to yell, "Flag!" when they remove another's flag.
- Encourage players to work together to be successful.





# GAME: Stars and Stripes

## EQUIPMENT AND SPACE NEEDED:

- 30 x 15 yard grid
- 6 cones

## SUGGESTED TIME ALLOCATION:

- 10 – 15 Minutes or 10 rounds

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Go Forward
- Score Points
- Contest Possession
- Provide Support
- Create Continuity

## HOW TO PLAY:

1. Each player finds one partner and together they designate one partner "stars" and one partner "stripes".
2. One team (stars) lines up along the center line, facing the "star's safe zone". The other team (stripes) lines up next to their partner, arms length apart, facing the "stripe's safe zone".
3. The instructor calls either "Stars!" or "Stripes!" The team called tries to get to their safe zone before getting tagged by the other team.



[VIDEO: Stars and Stripes](#)

## HOW TO PLAY:

4. The team that is not called reacts to become taggers. They attempt to tag the opposition before they cross into their respective "safe zones".
5. Repeat various rounds, allowing players to quickly switch from offense to defense with quick reactions.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Give points every time a tag is made. Have players compete to get the most points.
2. Vary the starting position of the players: sitting down, kneeling, or lying down.
3. Incorporate fitness activities such as jumping jacks, jump squats, etc. before calling a team.
4. Incorporate flags.

### *KEY SKILLS*

- Evasion
- Tagging

### *KEY CONCEPTS*

1. Remind players to go through the proper steps when making a tag.
2. Players should work on their offensive moves to avoid getting tagged.
3. Quick reaction – switching from offense to defense.





# GAME: Sharks and Minnows

## EQUIPMENT AND SPACE NEEDED:

- 10 x 20 yard grid
- 4 cones

## SUGGESTED TIME ALLOCATION:

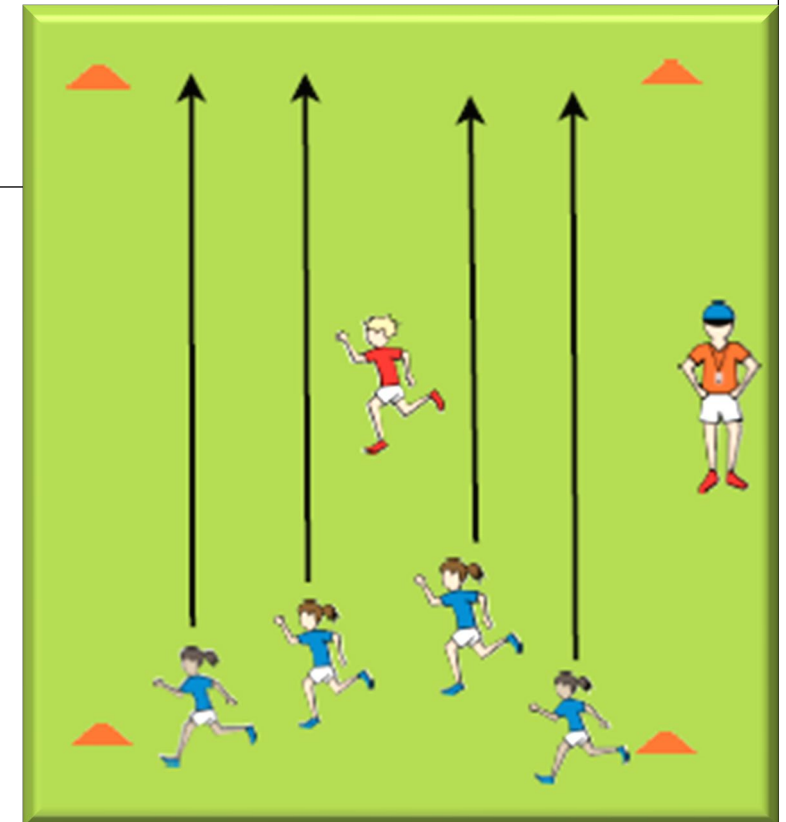
- 10 – 15 Minutes or 3 rounds

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Contest Possession
- Score Points
- Go Forward
- Provide Support
- Create Continuity

## HOW TO PLAY:

1. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
2. Players must attempt to run from one side of the grid to the other without being tagged. When they arrive at the other side, they stop and wait for a restart.
3. To start the game, the instructor yells "Go!" and the offensive players will attempt to run to the other side of the grid without getting tagged. Players must remain within the boundaries of the grid during the game.



*more on back...*

**HOW TO PLAY:**

4. If tagged, the tagged player joins in with the center tagging group and attempts to tag others on the next round.

**COACHING NOTES**

***GAME PROGRESSIONS***

1. Call on one player to cross at a time. If caught, they join the middle.
2. Incorporate a rugby ball and have players pass the ball while avoiding the tag.
3. Players leave in waves; include a ball.
4. Incorporate flag belts.

***KEY SKILLS***

- Flat Line Defense
- Evasion
- Swerve and Side Step

***KEY CONCEPTS***

1. Work together on defense to hold back the runners.
2. The offense should look for holes in the defense to run through.
3. Flat line defense.







# GAME: Sharks and Minnows II

## EQUIPMENT AND SPACE NEEDED:

- 10 x 20 yard grid
- 6 cones and flag belts

## SUGGESTED TIME ALLOCATION:

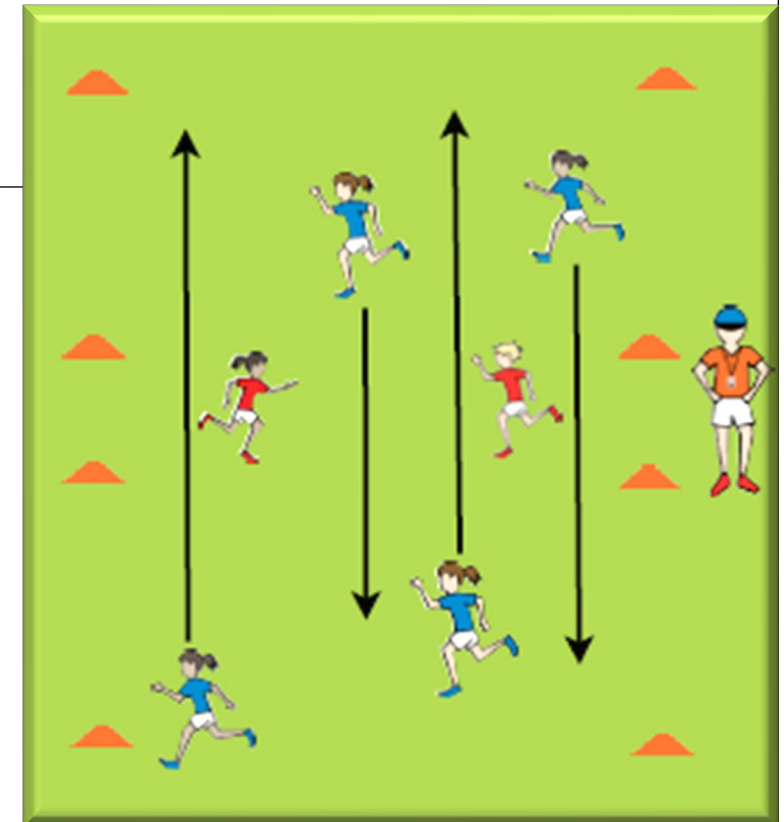
- 10 – 15 Minutes or 3 rounds

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Contest Possession
- Score Points
- Go Forward
- Provide Support
- Create Continuity

## HOW TO PLAY:

1. Set up a grid that includes two safe zones at either end and one middle zone where the defenders are positioned.
2. Players must attempt to run from one side of the grid to the other without having their flag pulled. The defensive players must remain in the middle zone at all times.
3. The goal is to see how many times you can cross before getting tagged.
4. To start the game, the instructor yells "Go!" and the offensive players will attempt to run across the middles without getting tagged.



*more on back...*

**HOW TO PLAY:**

5. If tagged, the tagged player joins in with the center tagging group and attempts to tag others as the game goes on.

**COACHING NOTES**

*GAME PROGRESSIONS*

1. Increase the width of the center zone.
2. Establish a time limit for players staying in the safe zone.
3. Include a rugby ball and teams must complete a pass within the middle zone before running to safety.
4. Incorporate flag belts.

*KEY SKILLS*

- Flat Line Defense
- Evasion
- Swerve and Side Step

*KEY CONCEPTS*

1. Work together on defense to hold back the runners.
2. The offense should look for holes in the defense to run through.
3. Flat line defense.





# GAME: Rugby Freeze Tag

## EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 4 cones and 8 rugby balls

## SUGGESTED TIME ALLOCATION:

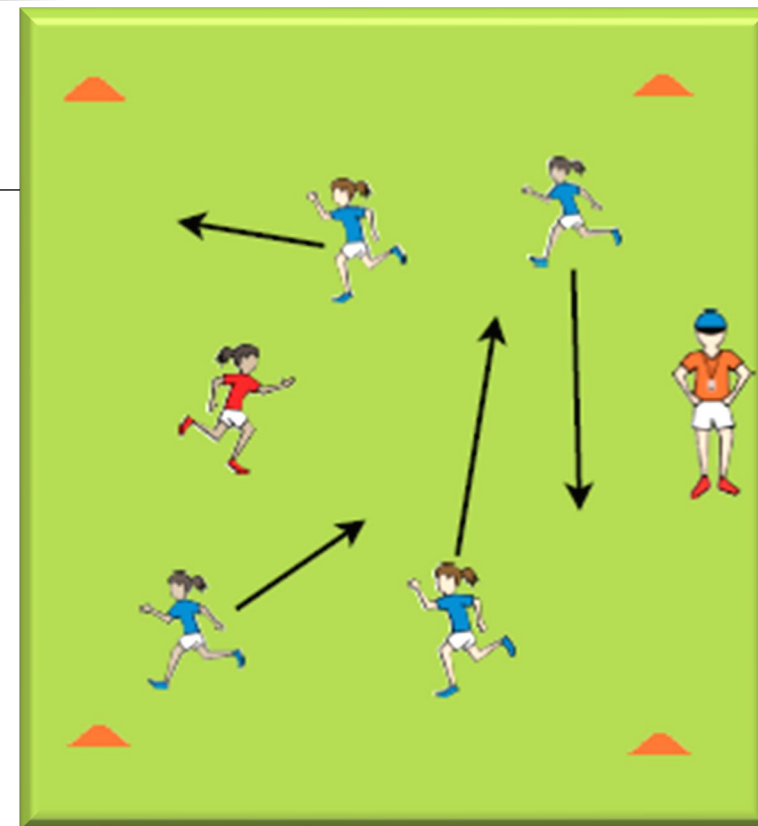
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

Apply Pressure      Score Points      Contest Possession      Go Forward  
Provide Support      ✘ Create Continuity

## HOW TO PLAY:

1. 1-3 players are picked as taggers. Taggers are given a ball to use for tagging or use two hand touch when necessary.
2. All non-taggers evade any taggers by moving into space within the grid.
3. When a player is tagged with the rugby ball they remain stationary or “frozen”.
4. “Frozen” players can be released when their teammates perform a set skill. We suggest giving a high five to un-freeze a player. The game can either run for a set time or until all evading players are “frozen”.



*more on back...*

**HOW TO PLAY:**

5. Players crossing over the boundary lines and stepping outside the grid become automatically frozen.

**COACHING NOTES**

*GAME PROGRESSIONS*

1. Crawl between the legs of a “frozen” player to unfreeze them.
2. Incorporate passing so that “frozen” players can only become un-frozen by receiving a pass.
3. Roll a ball between the legs of a “frozen” player.
4. Incorporate flags.

*KEY SKILLS*

- Evasion
- Moving to Space
- Ball Familiarization
- Tagging

*KEY CONCEPTS*

1. Make sure players are focused on teamwork to keep their teammates un-frozen.
2. Have the taggers call their tags, by yelling “tag!”
3. Emphasize communication by having players call for help when they are frozen.





# GAME: Relay Races

## EQUIPMENT AND SPACE NEEDED:

- 10 x 25 yard grid
- 10 cones and 5 rugby balls

## SUGGESTED TIME ALLOCATION:

- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

Apply Pressure

Score Points

Contest Possession ✖ Go Forward

Provide Support

Create Continuity

## HOW TO PLAY:

1. Start by separating players into equal relay teams of two or more and have them stand in line behind a cone.
2. Make the first race a simple down and back with a rugby ball in hand, passing to the next player in line on the way back. Be sure to instruct on proper passing and catching techniques prior.
3. Next, have players ground the ball and yell "Try!" when they get to the far cone. Have them run back and pass to the next player in line.



[VIDEO: Relay Races](#)

## HOW TO PLAY:

4. The next race should have two players from a team race down and back, completing three passes in between each cone, scoring at each end.
5. Last, let players have fun by celebrating a “try dance” at the furthest cone before running back to pass to their teammates.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Make the cones further apart each race.
2. Add defenders in the middle that players must evade to complete their turn in the race.
3. Award the first team to finish a point and make it a competition for teams.
4. Incorporate various skills including tossing the ball, kick and chase, low positioning, etc.

### *KEY SKILLS*

- Passing
- Moving Forward
- Grounding
- Ball Familiarization

### *KEY CONCEPTS*

1. Players should work on mastering each skill they perform while playing.
2. Make sure players are encouraging each other as they race.





## GAME: 2 v 1

### EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid
- 8 cones, rugby balls, and flag belts

### SUGGESTED TIME ALLOCATION:

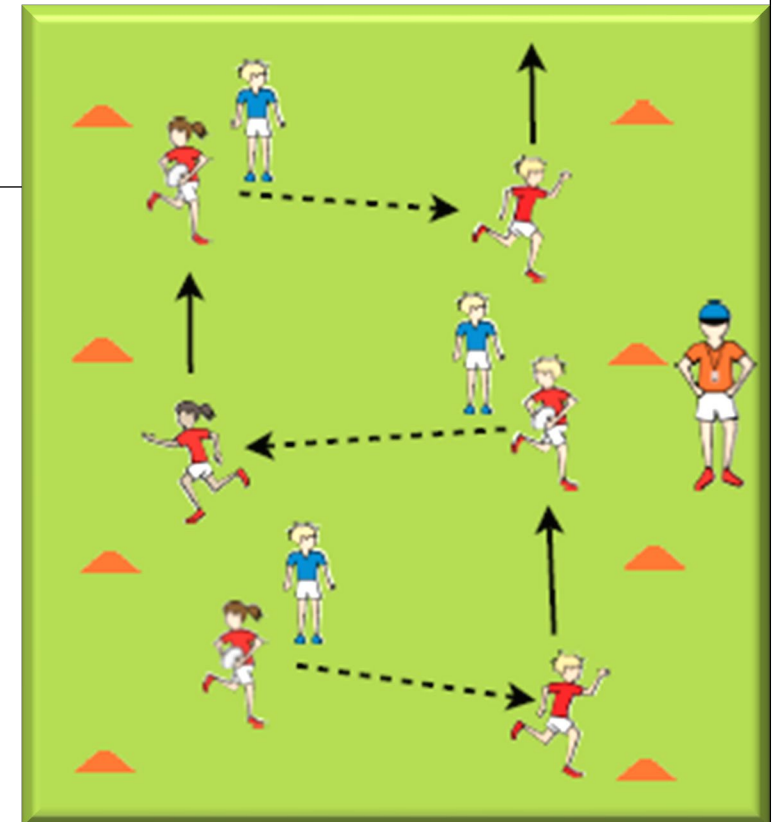
- 10 – 15 Minutes

### PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Provide Support
- Score Points
- Create Continuity
- ✘ Contest Possession
- ✘ Go Forward

### HOW TO PLAY:

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have one defensive player stand in between two cones at each 10 yard mark, totaling three defensive players.
3. Have the offensive players form two lines at the beginning of the grid facing the defensive players.
4. Two offensive players will start by running through the grid and attempting to draw the defender towards them. They will then time their pass or run to continue onto the next defender.



*more on back...*

## HOW TO PLAY:

5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Make the rule that the defense can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

### *KEY SKILLS*

- Passing and Receiving
- Evading
- Flag Pulling
- Defensive Thinking

### *KEY CONCEPTS*

1. Encourage defenders to work on reading the ball carrier's actions.
2. Make sure the offensive players without the ball are always in a supporting position.
3. Make sure players are communicating clearly when calling for a pass.







# GAME: 3 v 2

## EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid
- 8 cones, rugby balls, and flag belts

## SUGGESTED TIME ALLOCATION:

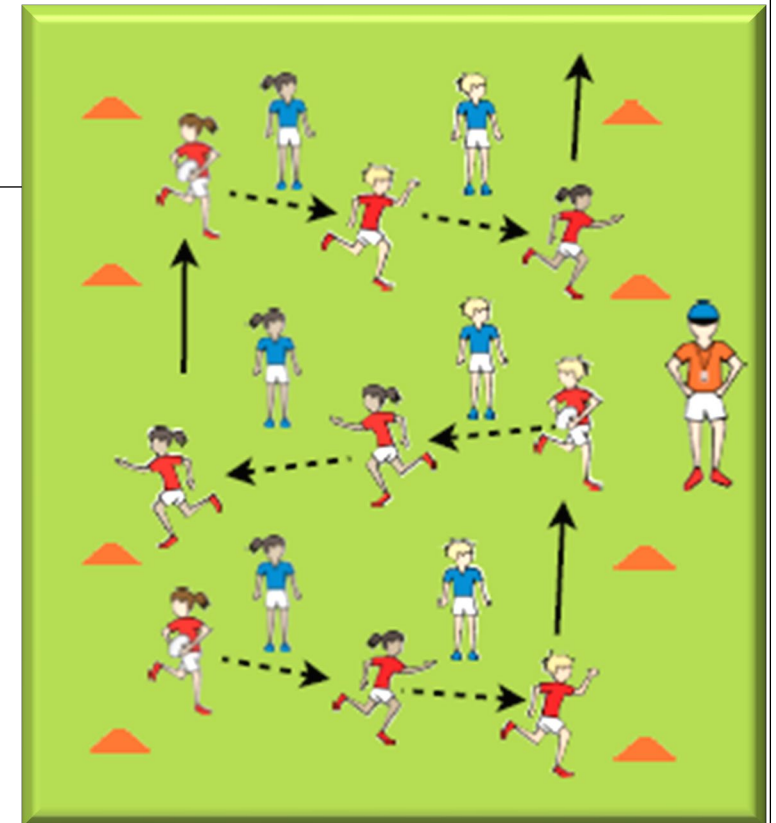
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Provide Support
- Score Points
- Create Continuity
- ✘ Contest Possession
- ✘ Go Forward

## HOW TO PLAY:

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have three pairs of defensive players stand in between two cones at each 10 yard mark.
3. Have offensive players from three lines at the beginning of the grid facing the defensive players.
4. Three offensive players will start by running through the grid and attempting to draw the defender towards them. They will time their pass or run to continue onto the next defensive set.



*more on back...*

## HOW TO PLAY:

5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Make the rule that the defense can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

### *KEY SKILLS*

- Passing and Receiving
- Evading
- Flag Pulling
- Defensive Thinking

### *KEY CONCEPTS*

1. Encourage defenders to work on reading the ball carrier's actions.
2. Make sure the offensive players without the ball are always in a supporting position.
3. Make sure players are communicating clearly when calling for a pass.





# GAME: Rugby Baseball

## EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 4 cones and 2 rugby balls

## SUGGESTED TIME ALLOCATION:

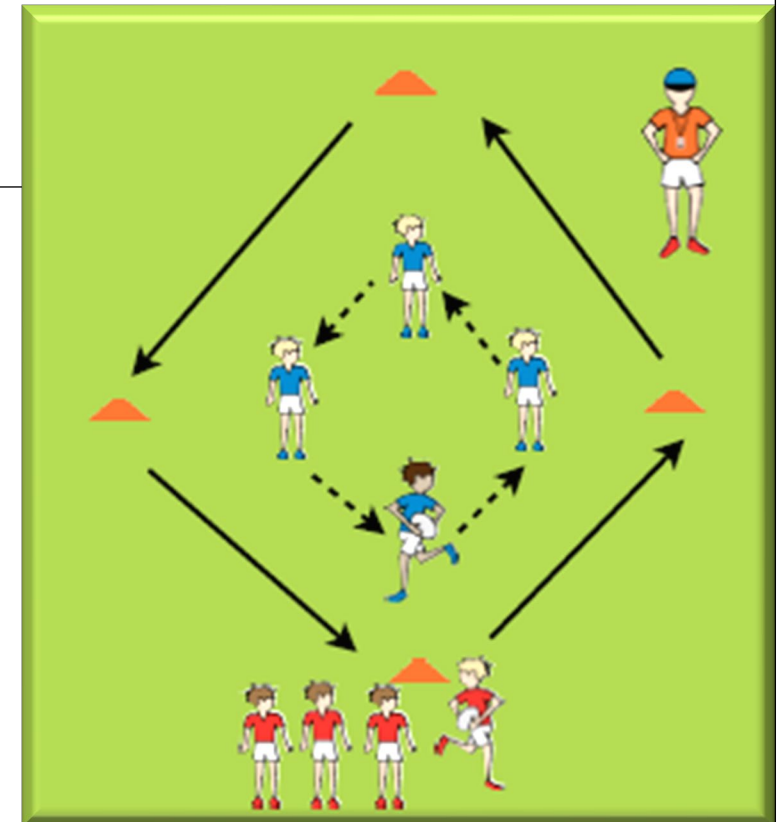
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- Apply Pressure      Score Points      Contest Possession      Go Forward  
Provide Support      ✘ Create Continuity

## HOW TO PLAY:

1. The offensive team forms a circle inside of the diamond grid.
2. The defensive team forms a relay line behind the "Home Base" cone.
3. On the instructor's signal, the offensive team will start passing a rugby ball around the circle to perform as many passes as possible. At the same time the defensive team will send their first runner (rugby ball in hand) around each of the bases.
4. The defensive team will have each team member run the bases once, handing off the rugby ball to their next teammate in line once they return home.



*more on back...*

## HOW TO PLAY:

5. The offensive team will try and get as many passes as possible completed in their circle before the defense finishes their relay. Each pass counts as one point.
6. After completing the relay, the teams will switch to determine a winner for the game.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Play multiple innings for the game.
2. Change the direction of passing every 20 passes.
3. Have runners go in pairs and pass a ball between bases.
4. Include evasion skills between bases.
5. Have the center circle shuffle or perform jumping jacks to make players more dynamic.

### *KEY SKILLS*

- Passing
- Receiving
- Moving Forward

### *KEY CONCEPTS*

1. Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
2. Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.





## GAME: Recycle Run

### EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8 cones and rugby balls

### SUGGESTED TIME ALLOCATION:

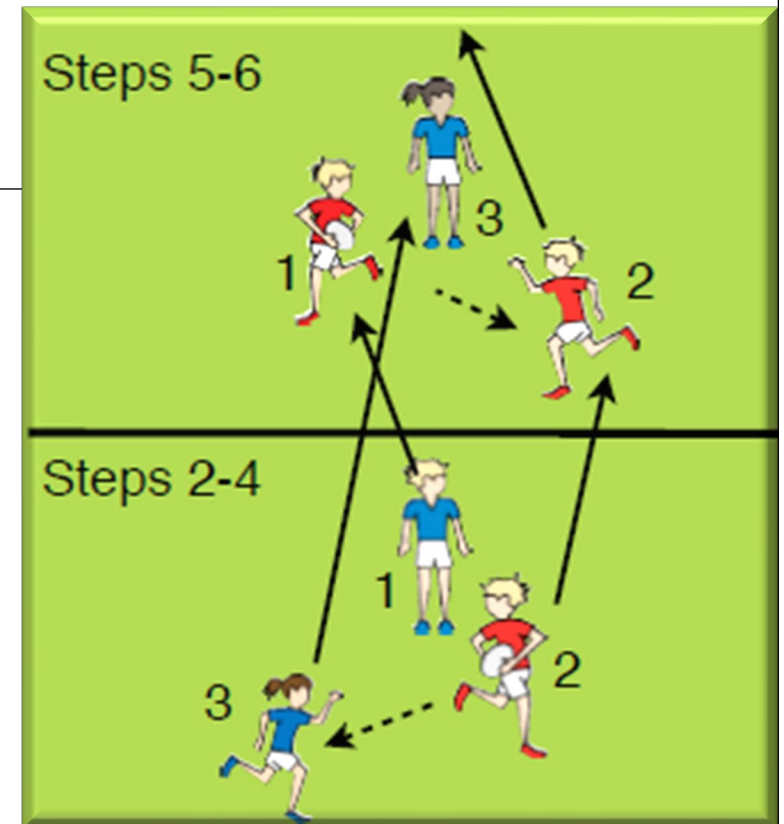
- 10 – 15 Minutes

### PRINCIPLES OF PLAY:

Apply Pressure      Score Points      Contest Possession ✕ Go Forward  
Provide Support ✕ Create Continuity

### HOW TO PLAY:

1. Split players into groups of three.
2. The first player runs out five yards and places the ball on the ground and runs five yards further, turning around and becoming a defender.
3. The next two players run in a straight line towards the ball. The first player picks up the ball and performs a draw and pass skill.
4. They draw the defense in one direction and pass to the next player running behind them in support.



*more on back...*

## HOW TO PLAY:

5. The player who now has the ball places the ball and becomes a new defender.
6. The player on defense and the ball carrier from the first phase recycle to the end of the line.
7. Have the group perform 3-4 phases down the field and 3-4 phases returning back to the beginning.
8. Players should remain in a straight line while moving down the field. This encourages moving forward in games.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Advance to incorporate the wiggle skill and flag belts.

### *KEY SKILLS*

- Moving Forward
- Running in Support
- Draw and Pass
- The Wiggle

### *KEY CONCEPTS*

1. Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
2. Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.





# GAME: Depth Running

## EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8 cones and rugby balls

## SUGGESTED TIME ALLOCATION:

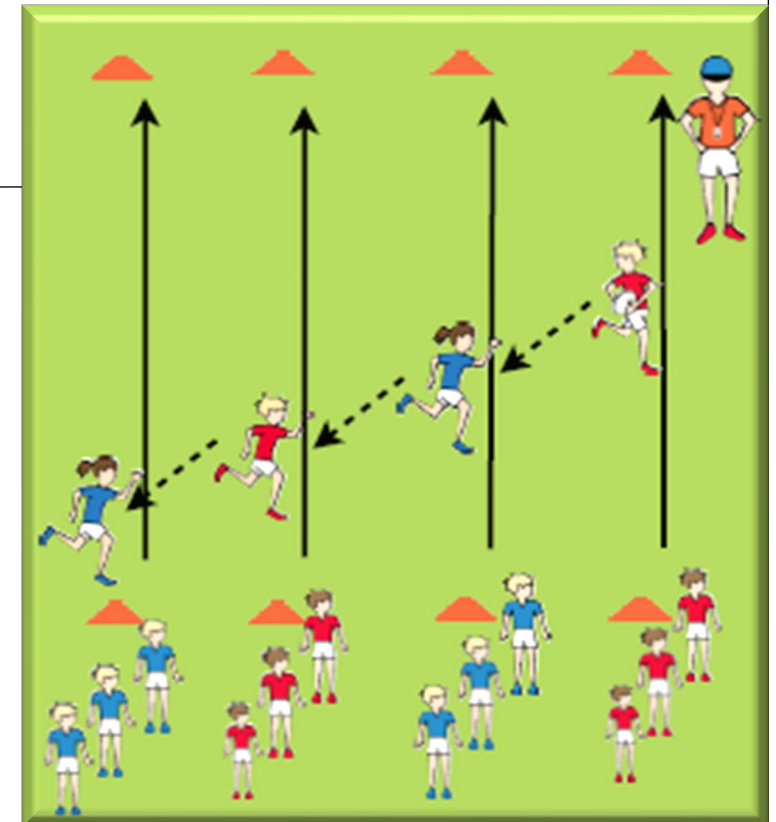
- 10 – 15 Minutes

## PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- ✘ Go Forward
- ✘ Provide Support
- ✘ Create Continuity

## HOW TO PLAY:

1. Set up four cones two yards apart and have players line up behind each cone.
2. The first player in each line will be working together to form a rugby passing line.
  - The first line will start standing with the ball.
  - The second line will start on their knees.
  - The third line will start on their stomachs.
  - The fourth line will start on their backs.
3. On the coach's signal, the first player in each line gets up at the same time....



*more on back...*

## HOW TO PLAY:

.... and start running forward. The player with the ball should run about 5 yards before passing the ball to the teammate next in line.

4. The players catch and pass the ball down a diagonal line, with the final person at the end of the line scoring a try. Be sure passes are all laterally and/or backwards.
5. Players should rotate through the game by joining a different line after every turn.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Have all players start standing but make sure they are still running behind each other.

### *KEY SKILLS*

- Passing
- Receiving
- Moving Forward
- Communication

### *KEY CONCEPTS*

1. Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
2. Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.







# GAME: Ultimate Rugby

## EQUIPMENT AND SPACE NEEDED:

- 20 x 30 yard grid
- 4 cones and rugby balls

## SUGGESTED TIME ALLOCATION:

- 10 – 20 Minutes

## PRINCIPLES OF PLAY:

- Apply Pressure      Score Points      ✘ Contest Possession      ✘ Go Forward  
✘ Provide Support      ✘ Create Continuity

## HOW TO PLAY:

1. Split players into two equal teams, lining up on opposite ends of the field.
2. One team begins with the ball and starts the game with a free pass.
3. Players advance the ball by passing in any direction.
4. Players cannot run with the ball and may only advance it by passing.



[VIDEO: Ultimate Rugby](#)

## HOW TO PLAY:

5. If a pass is dropped, a turnover occurs.
6. Players score by grounding the ball in their try zone.
7. Defensive players cannot strip the ball from the offensive players and must remain arms-length distance when defending.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Incorporate three steps - players can take three steps after receiving a pass.
2. Players only have three seconds to pass.
3. Only rugby passes are allowed, no overhead or overhand passes.

### *KEY SKILLS*

- Offensive Support
- Communication
- Moving the Ball Forward

### *KEY CONCEPTS*

1. Encourage players to look for space when possessing the ball.
2. Help players be prepared to pass quickly.
3. Encourage players to be in a position to receive the ball from your teammate.





# GAME: Ultimate Rugby II

## EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid
- 12 cones and rugby balls

## SUGGESTED TIME ALLOCATION:

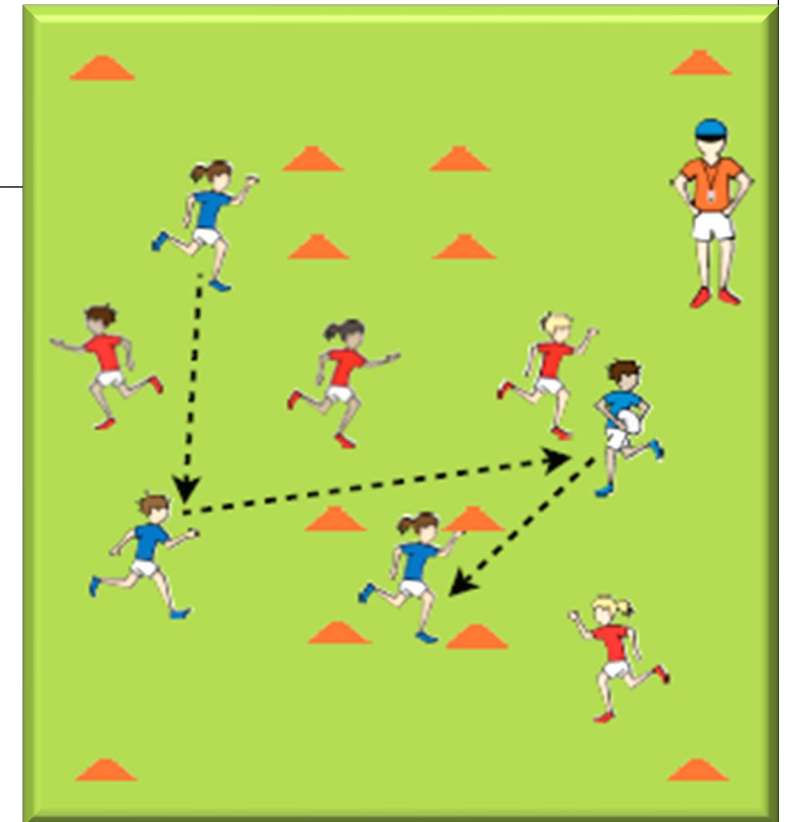
- 10 – 20 Minutes

## PRINCIPLES OF PLAY:

- Apply Pressure      Score Points      ✘ Contest Possession      ✘ Go Forward  
✘ Provide Support      ✘ Create Continuity

## HOW TO PLAY:

1. Two teams of four players each start inside a 40 x 40 space.
2. The team with the ball works around the grid by passing the ball in any direction. The goal on offense is to score by passing to a player on their team who runs inside of either of the scoring boxes.
3. No running with the ball is allowed.
4. A turnover will occur if the ball hits the ground, or if the ball is intercepted.



*more on back...*

**HOW TO PLAY:**

5. Only offensive players are allowed inside the scoring boxes.
6. Defensive players cannot strip the ball from offensive players and must remain arms-length distance when defending.

**COACHING NOTES*****GAME PROGRESSIONS***

1. Allow ball carriers to take three steps.
2. Have players only pass underhand.
3. Require all players on a team to receive a pass before they can score.

***KEY SKILLS***

- Offensive Support
- Moving the Ball Forward

***KEY CONCEPTS***

1. Encourage players to look for space when possessing the ball.
2. Help players be prepared to pass quickly.
3. Encourage players to be in a position to receive the ball from your teammate.





# GAME: Transitioning from Ultimate to Flag

## EQUIPMENT AND SPACE NEEDED:

- 20 x 30 yard grid
- 8 cones and rugby balls

## SUGGESTED TIME ALLOCATION:

- 10 – 30 Minutes

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Score Points
- ✘ Contest Possession
- ✘ Go Forward
- ✘ Provide Support
- ✘ Create Continuity

## HOW TO PLAY:

1. Split players into two equal teams, lining up on opposite ends of the field.
2. Have players prepare by wearing flag belts and two flags.
3. Start from Ultimate Rugby II and follow these progressions:
  - Pass in any direction – 3 steps / 3 seconds
  - Run with the ball – incorporate flag pulling and pass in any direction.



[VIDEO: Transition](#)

**HOW TO PLAY:**

- Run with the ball – incorporate one lateral / backwards pass after flag pull. Open play will allow passes in any direction.
- Incorporate two lateral / backwards passing with flag pulls.
- Advance to all lateral / backwards passing with flag pulls.

**COACHING NOTES*****GAME PROGRESSIONS***

1. Incorporate rules to challenge players. For example, all players must receive a pass before scoring.
2. Incorporate different rugby skills like offensive shape to help players be successful.

***KEY SKILLS***

- Incorporating all skills into the game.

***KEY CONCEPTS***

1. Make sure players are mastering skills and game concepts before advancing.





## GAME: Flag Rugby

### EQUIPMENT AND SPACE NEEDED:

- 20 x 30 yard grid
- 8 cones and rugby balls

### SUGGESTED TIME ALLOCATION:

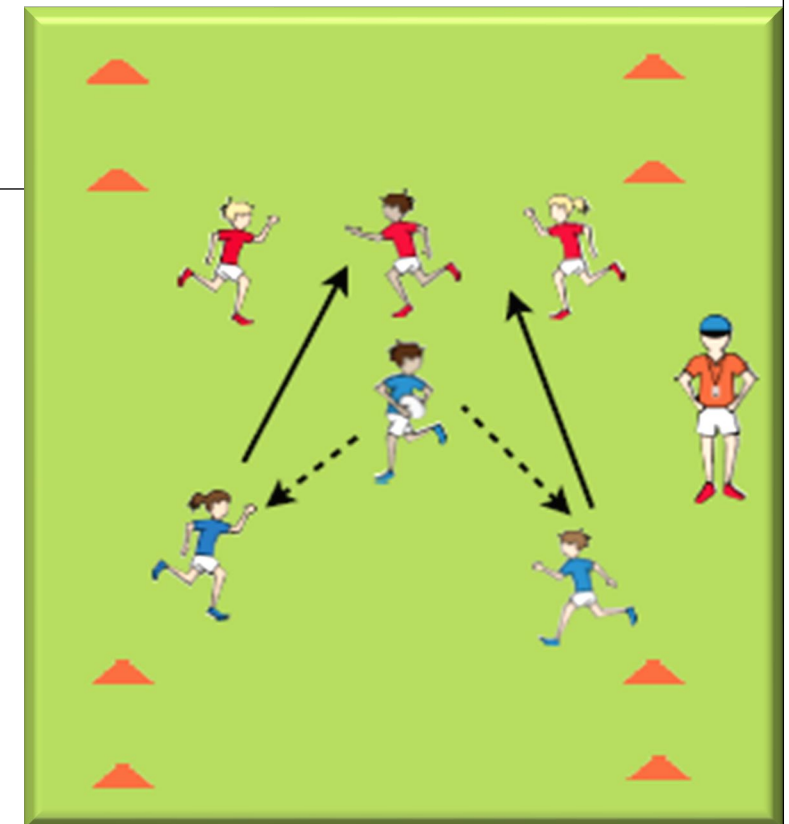
- 10 – 30 Minutes

### PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Score Points
- ✘ Contest Possession
- ✘ Go Forward
- ✘ Provide Support
- ✘ Create Continuity

### HOW TO PLAY:

1. Split players into two equal teams and begin on opposite sides of the field.
2. Have players prepare by wearing flag belts and two flags.
3. Incorporate all lateral/backwards passing.
4. All stoppage in play restarts with a free pass, laterally or backwards.
5. Have players work on all concepts such as offense and defense.



*more on back...*

## HOW TO PLAY:

## GAME CARD

### COACHING NOTES

#### *GAME PROGRESSIONS*

1. Add scrums.
2. Add lineouts.
3. Add kicking.

#### *KEY SKILLS*

- Incorporate all skills into the game.

#### *KEY CONCEPTS*

1. Make sure players are mastering skills and game concepts before advancing.







## GAME: Just Score

### EQUIPMENT AND SPACE NEEDED:

- 20 x 10 yard grid
- 4 cones and a rugby ball

### SUGGESTED TIME ALLOCATION:

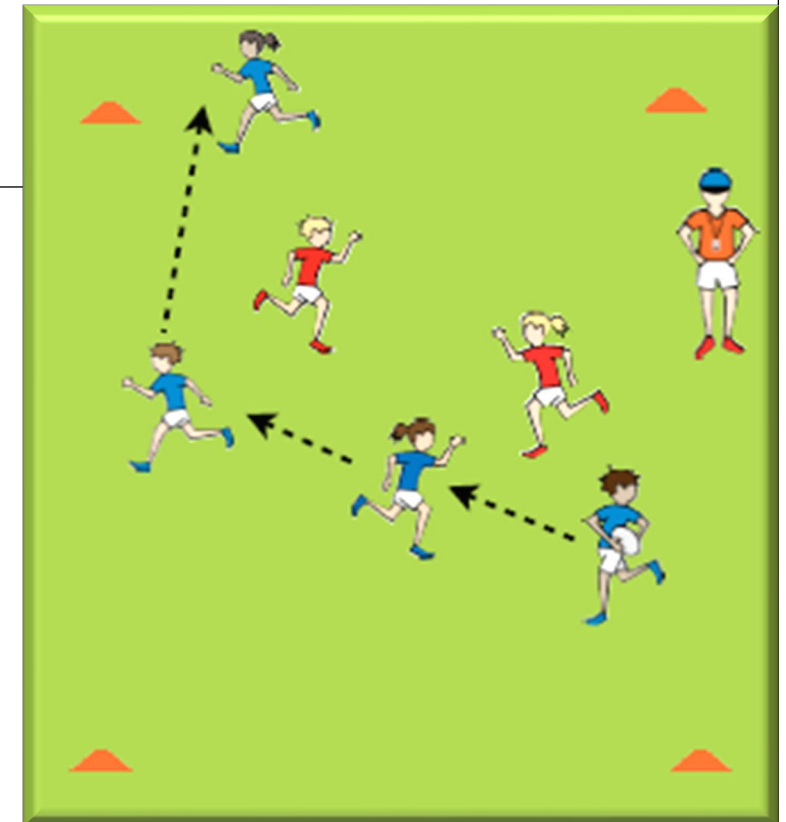
- 10 – 15 Minutes or 5 full rounds

### PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Score Points
- ✘ Contest Possession
- ✘ Go Forward
- ✘ Provide Support
- ✘ Create Continuity

### HOW TO PLAY:

1. One team of four players start behind the try line. Two defenders start in the middle of the grid.
2. The object is for the offense to get the ball from one end of the grid to the other to score as many try's as possible.
3. The defensive players can only gain possession by intercepting the ball.
4. Running the ball is not allowed, and support players should be encouraged to look for space to be in a position to receive the ball. The ball can be passed in any direction.



*more on back...*

## HOW TO PLAY:

5. The offense reverses the direction of attack after a try is scored.
6. A drop ball results in a re-start at the try line.
7. Defensive players change with offensive players to allow everyone a turn.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Passes can only be lateral or backwards.
2. Adjust the ratio of offense / defense, grid size and time limits.

### *KEY SKILLS*

- Scoring a Try
- Evading
- Passing
- Receiving
- Creating Space

### *KEY CONCEPTS*

1. Encourage players to work together on offense to create space.
2. Encourage defenders to communicate and call out who they are defending.
3. Encourage players to keep moving forward, always attempting to score.





## GAME: Just Score II

### EQUIPMENT AND SPACE NEEDED:

- 20 x 10 yard grid
- 4 cones and a rugby ball

### SUGGESTED TIME ALLOCATION:

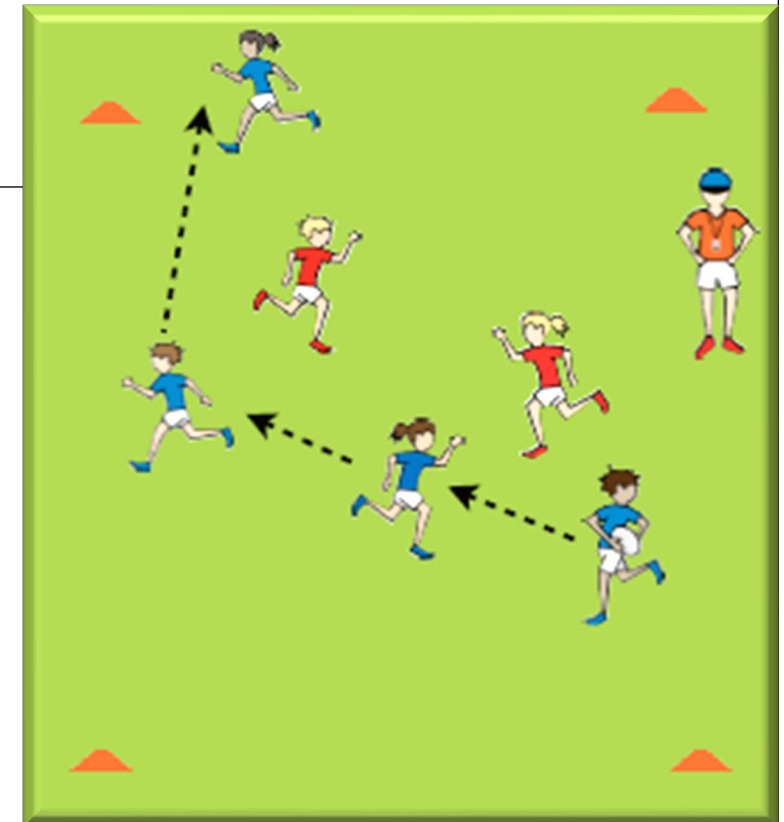
- 10 – 15 Minutes or 5 full rounds

### PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Score Points
- ✘ Contest Possession
- ✘ Go Forward
- ✘ Provide Support
- ✘ Create Continuity

### HOW TO PLAY:

1. One team of four players start behind the try line. Two defenders start in the middle of the grid.
2. The offensive team starts by passing the ball in any direction.
3. The object is for the offense to get the ball from one end of the grid to the other to score as many try's as possible. Players can pass the ball in any direction.
4. If tagged by a defender, the offensive player must look to pass the ball immediately.



*more on back...*

## HOW TO PLAY:

5. The offense reverses the direction of attack after a try is scored.
6. A drop ball results in a re-start at the try line.
7. Defensive players change with offensive players to allow everyone a turn.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Passes can only be lateral or backwards.
2. Adjust the number of players, grid size and score totals.
3. Adjust the ratio of offense / defense, grid size and time limits.
4. Use flags.

### *KEY SKILLS*

- Scoring a Try
- Evading
- Passing
- Receiving
- Creating Space

### *KEY CONCEPTS*

1. Encourage players to work together on offense to create space.
2. Encourage defenders to communicate and call out who they are defending.
3. Encourage players to keep moving forward, always attempting to score.





# GAME: Just Score III

## EQUIPMENT AND SPACE NEEDED:

- 20 x 10 yard grid
- 4 cones and a rugby ball

## SUGGESTED TIME ALLOCATION:

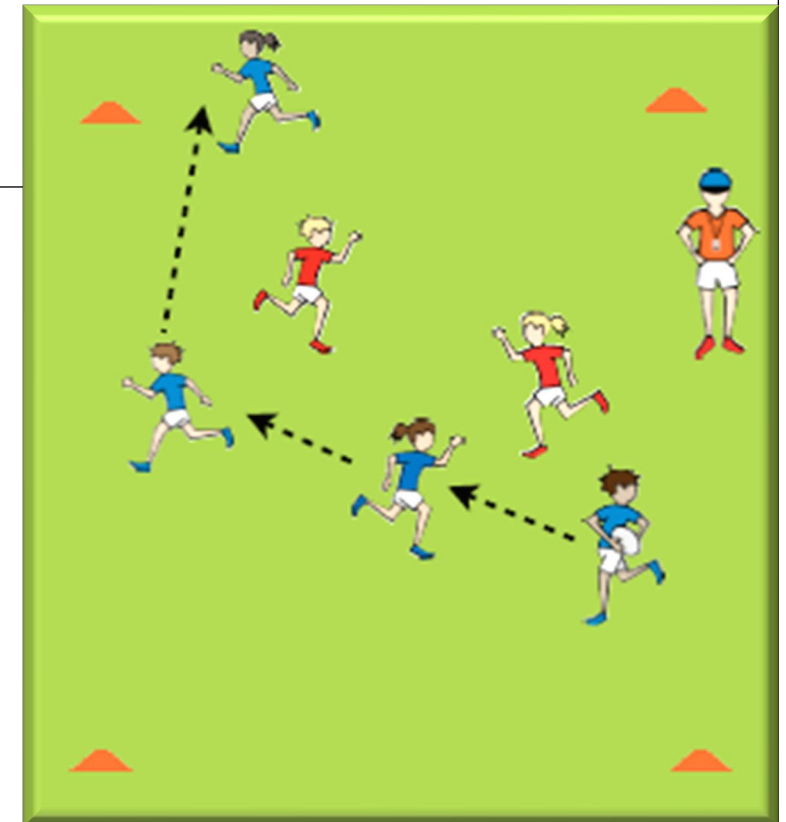
- 10 – 20 Minutes or 5 full rounds

## PRINCIPLES OF PLAY:

- ✘ Apply Pressure
- ✘ Score Points
- ✘ Contest Possession
- ✘ Go Forward
- ✘ Provide Support
- ✘ Create Continuity

## HOW TO PLAY:

1. Two teams of four players start behind opposite try lines.
2. The offensive team starts by passing the ball in any direction.
3. If the offensive team gets tagged before they score, they must set the ball on the ground, return to their try line, and then return back to play and become the defending team.
4. The offense reverses the direction of attack is a try is scored.



*more on back...*

## HOW TO PLAY:

5. A dropped ball results in a turnover to the other team.
6. The first team to get a set number of try's will win the round.

## COACHING NOTES

### *GAME PROGRESSIONS*

1. Passes can only be lateral or backwards.
2. Adjust the number of players, grid size and score totals.
3. Limit the number of passes a team has before they must score.
4. Use flags instead of tagging.

### *KEY SKILLS*

- Scoring a Try
- Evading
- Passing
- Receiving
- Creating Space

### *KEY CONCEPTS*

1. Encourage players to work together on offense to create space.
2. Encourage communication on defense.
3. Encourage players to keep moving forward, always attempting to score.



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