

ROOKIE RUGBY

ELEMENTARY ONE DAY PLAN

BEFORE YOUR CLASS SESSION:

- Overview and refer to lesson plan on pg. 2 to keep class fluid and to assure you explain all key points and a brief history of the sport.
- Have at least one rugby ball per five students for the class (size 3 or 4 rugby balls are recommended for this age group).
- Wear any rugby apparel or accessories you may own
- Set up the pitch(s) to appropriate dimensions for the class size.
- Become familiar with a rugby ball and its key differences to a football.
- Provide students with a brief history and overview of rugby.
 - Rugby 7's is the newest Olympic sport
 - Birthplace: Rugby, England
 - Rugby was the predecessor to American Football

PASS AND CATCH THE RUGBY WAY:

Catch - Everyone hold your hands up in front of your chest, with your thumbs together and fingers spread wide, forming a 'W'. This means you are ready to catch the ball. Only pass to players with their W's up, ready to catch the ball.

Pass - In rugby we pass across our bodies. The rugby pass is an underhand pass similar to scooping or shoveling (demonstrate).



FOR MORE INFORMATION VISIT US ONLINE AT WWW.ROOKIERUGBY.COM
OR EMAIL US AT YOUTH@USARUGBY.ORG



ROOKIE RUGBY

ELEMENTARY ONE DAY PLAN

RUGBY RELAYS: 7-10 MINUTES

Rugby Relays are a great way to gain familiarity with rugby terms and also become comfortable holding the ball.



CIRCLE PASSING: 7-10 MINUTES

Emphasizing proper passing form, create competitions and variations that get the kids moving and having fun.



RUGBY FREEZE TAG: 10-15 MINUTES

This game is great to utilize a large space and get students running around.



ULTIMATE RUGBY: 10-15 MINUTES

Ultimate Rugby provides a good combination of the communication, passing, and catching skills learned thus far.



REVIEW AND ADDITIONAL INFORMATION

- Scoring: Try = 5 Points --- Conversion = 2 Points --- Drop Goal = 3 Points
- What is the name of the USA National Team? The Eagles!
- Be sure to encourage students to find their local club teams on RookieRugby.com



FOR MORE INFORMATION VISIT US ONLINE AT WWW.ROOKIERUGBY.COM
OR EMAIL US AT YOUTH@USARUGBY.ORG

