

ROOKIE RUGBY

HIGH SCHOOL THREE 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 - 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).



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DAY ONE PLAN

- 1.) Introduction of Rugby
- 2.) 7-10 Minutes Rugby Relays
- 3.) 7-10 Minutes USA Eagles
- 4.) 10-15 Minutes Ultimate Rugby
- 5.) 10-15 Minutes Just Score

DAY TWO PLAN

- 1.) 3-5 Minutes Review
- 2.) 7-10 Minutes Stars and Stripes
- 3.) 10-15 Minutes Transition Game
- 4.) 15-20 Minutes Flag Rugby

DAY THREE PLAN

- 1.) Review Session
- 2.) 3-5 Minutes Depth Running
- 3.) 7-10 Minutes 2v1 and 3v2
- 4.) 25-35 Minutes Flag Rugby Tournament



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

