

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).



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



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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



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