

# MIDDLE SCHOOL 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).







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## **RUGBY RELAYS: 7-10 MINUTES**

USE GAME CARD

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**



Ultimare Rugby provides a good comboniation 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



