

# Rookie Rugby101

Introducing Rugby to Students

## High School One Day Plan

### Before the Training:

Before leading your Rookie Rugby class for any age, prepare with the following:

- Familiarize yourself with the Rookie Rugby Games and Activities that you will be teaching that day. Bringing a cheat sheet will help keep your session moving and make sure you hit all the key points.
- Make sure to have enough rugby balls to successfully teach the number of students in each class. One ball per five kids is suggested.
- Size 3 or 4 rugby balls are preferred for this age group.
- Class length and number of students will dictate your program.
- If you have rugby gear, be sure to wear it.
- Print out information for the kids to take home on how they can participate in rugby.

### Class Session:

Introduction of the history of rugby:

- Bring the students together and introduce the history of rugby for no longer than 3 minutes. Keep a rugby ball in your hand for the introduction. Engage by asking questions.
  1. "Does anyone know which country invented rugby?" - England
  2. "Rugby was invented when a boy playing soccer, picked up the ball and began to run with it. A player from the other team decided to tackle him. That is how rugby was invented."
  3. "Rugby came over to America in the early 1800's. It was played on college campuses all across America. In the early 1900's they started to change the rules. After a bunch of rule changes football was the new sport."
  4. Recap: "What country invented rugby?", "What sport did rugby come from?", "What sport came from rugby?"

### Introduce the game:

- First introduce the ball - "It is fatter than a football and more pointy than a soccer ball. Everyone gets a chance to carry it, pass, catch and score in rugby."
- Introduce the catch - "Catching the rugby ball is a fun challenge. 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. We only want to pass to players with their W's up, ready to catch the ball."
- Introduce the pass and have a volunteer help you - "In rugby we pass across our bodies. This pass is an underhand pass similar to scooping or shoveling (demonstrate). Football passes (demonstrate) and basketball passes (demonstrate) are not allowed in rugby."

### Get them moving:

- Immediately get them up and moving with your relay races.
- Progress through games and make sure to ask core questions to the group.
- Focus on keeping them moving.



For more information visit us online at: [www.rookierugby.com](http://www.rookierugby.com)  
or email us at [youth@usarugby.org](mailto:youth@usarugby.org)



# Teaching the Class - high school one day plan

## SET UP

Before class starts:

- Set up the first game with cones and rugby balls.
- Keep a rugby ball in your hand for the introduction.

## CLASSTIME - Adjust times to reflect total class time

### 3-5 Minutes: Introducing Rugby

- Introduce the history of rugby
- Introduce the rugby ball
- Introduce passing and catching

PASS IN CIRCLE  
1 ball then 2

### 7-10 minutes: Rugby Relays

Rugby Relays are a great way to get the kids familiar with rugby terms and also comfortable holding a ball. Lead them in four to five quick relay races while teaching them important aspects of the game such as how to hold a ball, what a try is, how to pass and catch a ball, and other fun things they can do.

1<sup>st</sup> - CARRY ball → PASS  
2<sup>nd</sup> CARRY ball → TRY → RUN back

### 5 minutes: USA Eagles

This game is great for emphasizing our USA National Teams, as well as teaches teamwork and defense. Doing this game at least one to two times will keep the kids engaged and active.

bull dog

### 5-7 minutes: Stars and Stripes

Kids will have a blast switching from offense and defense in this game of quick reactions. This will better equip the students for game-like situations.

### 7-20 minutes: 2 v 1 and 3 v 2

Putting their skills to the test one on one and then working together in small teams will help prepare students for an actual rugby game!

### 10-15 minutes: Ultimate Rugby

Starting with the first progression of Ultimate Rugby will help kids apply the skills they learned earlier in class to be successful.

Flag Rugby

## REVIEW AND WRAP UP

Review everything that you went over throughout the training and check for understanding:

What a score called? - A Try!

How many points is a try worth? - 5

What is the name of the USA National Teams? - The Eagles

- Make sure they had fun!

- Be sure to pass out fliers or other relevant information.



For more information visit us online at: [www.rookierugby.com](http://www.rookierugby.com)  
or email us at [youth@usarugby.org](mailto:youth@usarugby.org)





presented by: **AIG**

# ★ SKILL CARD

## --> SKILL : Receiving the Pass

### OBJECTIVE:

**SUGGESTED TIME ALLOCATION:** 5–10 minutes

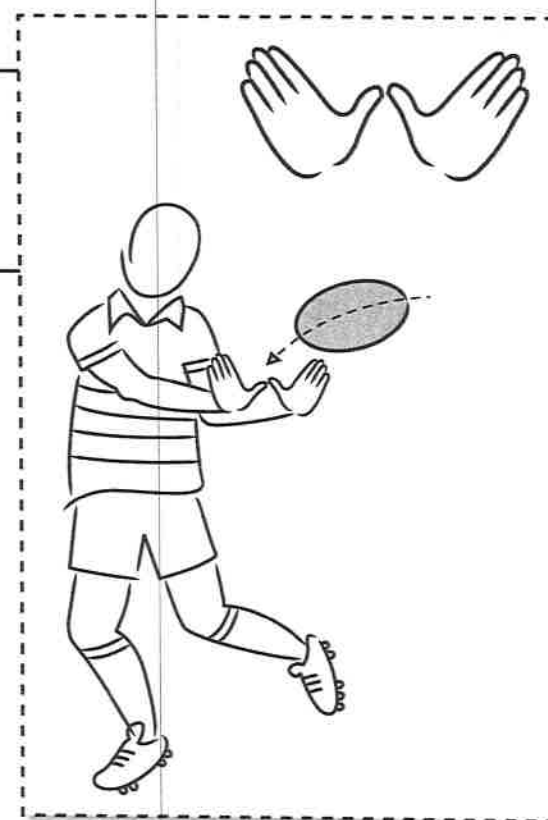
To have players maintain the continuity of play by receiving a pass from their teammate and continuing forward.

### WHAT TO COACH:

Learning how to properly catch a rugby ball is very important for player safety and to keep the continuity of the game.

**Step 1:** Show players how to properly catch a rugby ball.

- Form the letter “W” with both hands by placing thumbs together and spreading fingers wide.
- Keep your eye on the ball all the way from the thrower to your hands.
- Catch the ball with both hands while keeping the “W” shape.
- Tuck the ball close to your body near your stomach and run forward keeping the ball in both hands.



more on back...



# SKILL CARD

## WHAT TO COACH:

**Step 2:** Have players practice with a partner by forming two lines across from each other and work on receiving the ball in a stationary position. Start players closer together before having them spread apart to make the passes more difficult.

**Step 3:** Have players advance from a stationary position by walking, jogging, and running from one end of the field to the other, completing 10-20 passes each. Help players individually work on receiving the ball correctly.

## COACHING NOTES

### SKILL PROGRESSIONS

1. Have players work on receiving the ball from different directions. Form a circle around one player and provide each player in the circle a ball. Call out different players to pass to the person in the center.
2. Allow players to work on receiving different types of passes. Have players start five yards apart receiving pop passes and then work up to about eight yards apart receiving a spin pass.

### CHECK AND CORRECT

1. Make sure players always move forward after receiving the ball.
2. Make sure players are forming the letter "W" with their hands, away from their chest.
3. Always have players call for the ball, even when practicing.





presented by: **AIG**

# ★ SKILL CARD

## --> SKILL : Basic Pass



### OBJECTIVE:

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

### SUGGESTED TIME ALLOCATION:

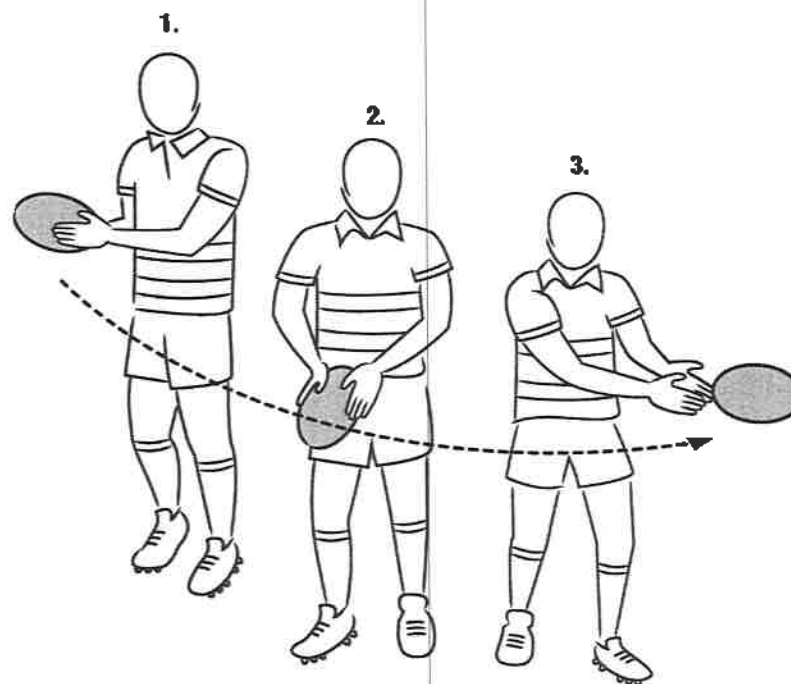
5-10 minutes

### WHAT TO COACH:

It is important for players to remember a few simple rules to effectively pass a rugby ball during play. Once practiced enough, these rules should become second nature and players will be able to perform a basic pass easily.

#### Step 1: Show players what a basic pass looks like:

- Run straight
- Hold the ball with both hands
- Look at the receiver
- Pass at chest height in front of the receiver
- Be sure the pass is made laterally or backwards
- Complete the pass and follow through by pointing hands at the receiver



more on back...

# ★ SKILL CARD

## WHAT TO COACH:

**Step 2:** Have players practice with a partner by forming two lines across from each other and passing in stationary positions. Start with a short distance between players. Increase the distance between lines to make it more challenging.

**Step 3:** Have players practice the basic pass in small groups of 2-6 players going from one end of a grid to the other, completing 10-20 passes each. Help players individually learn how to pass by correcting their form.

## COACHING NOTES

### SKILL PROGRESSIONS

1. Have players work on different types of passes in the passing line that they have learned (i.e. pop pass).
2. Make exercises dynamic by incorporating running with passing.
3. Increase the distance passed.

### CHECK AND CORRECT

1. Make sure every player passes with two hands on the ball.
2. Ensure that players pick a target area before making any pass. They should be looking at their receiver and know where the ball is going before they pass.
3. Make sure players are following through with their arms when they pass, pointing at the receiver.
4. Make sure their arms are straight when they follow through.





presented by: **AIG**

# ★ GAME CARD

## --> GAME : Relay Races



### EQUIPMENT AND SPACE NEEDED:

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

### SUGGESTED TIME ALLOCATION:

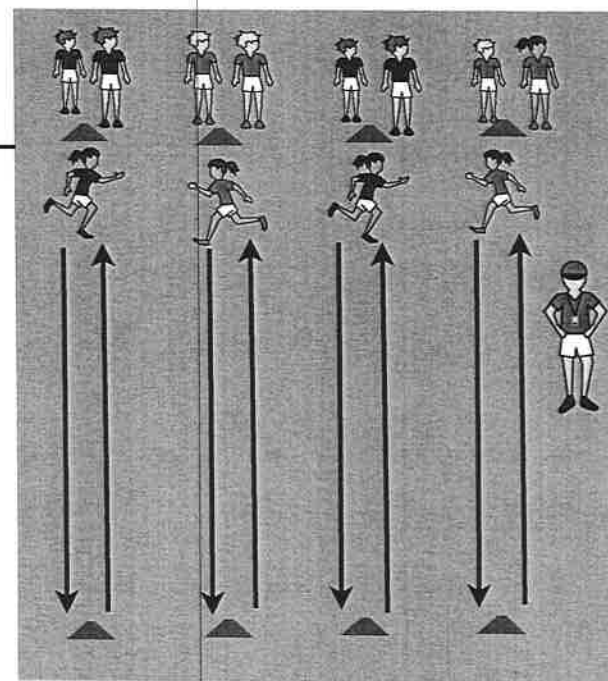
5-10 minutes or four different relays

### 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.
4. The next race should have two players from a team race down and back,



more on back...



# ★ GAME CARD

## HOW TO PLAY:

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 teammate.

## 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.







presented by: **AIG**

# ★ GAME CARD

## → GAME : USA Eagles



### EQUIPMENT AND SPACE NEEDED:

- 10 x 20 yard grid
- 4 cones

### SUGGESTED TIME ALLOCATION:

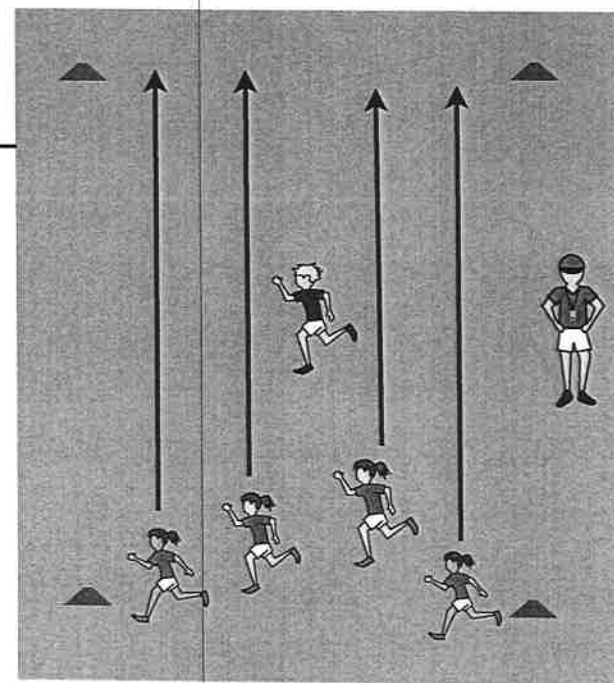
10-15 minutes or 3 rounds

### PRINCIPLES OF PLAY:

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

### HOW TO PLAY:

1. This game is similar to the classic *Sharks and Minnows*. 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 other side, they stop and wait for a restart.
3. To start the game, have the defensive player shout, "USA!!!" and then the offensive players lined up will respond with, "EAGLES!!!" After



more on back...


# ★ GAME CARD

## HOW TO PLAY:

shouting, “EAGLES!!!”, 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.

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	KEY SKILLS	KEY CONCEPTS
<ol style="list-style-type: none"> <li>1. Call on one player to cross at a time. If caught, they join the middle.</li> <li>2. Incorporate a rugby ball and have players pass the ball while avoiding the tag.</li> <li>3. Players leave in waves; include a ball.</li> <li>4. Incorporate flag belts.</li> </ol>	<ul style="list-style-type: none"> <li>• Flat Line Defense</li> <li>• Evasion</li> <li>• Swerve and Side Step</li> </ul>	<ol style="list-style-type: none"> <li>1. Work together on defense to hold back the runners.</li> <li>2. The offense should look for holes in the defense to run through.</li> <li>3. Flat line defense.</li> </ol> 



presented by: **AIG**

# ★ GAME CARD

## --> GAME : Stars and Stripes



### EQUIPMENT AND SPACE NEEDED:

- 30 x 15 yard grid
- 6 cones

### SUGGESTED TIME ALLOCATION:

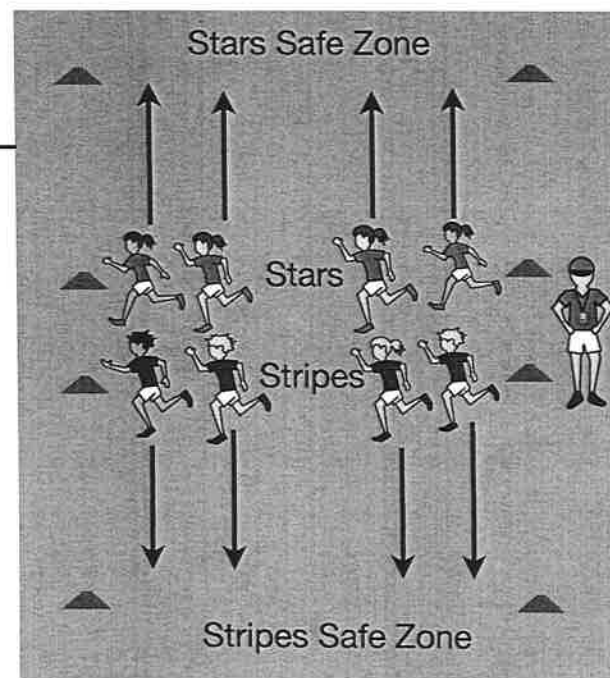
10-15 minutes or 10 rounds

### PRINCIPLES OF PLAY:

- ☒ Apply Pressure  
 ☐ Score Points  
 ☐ Contest Possession  
 ☒ Go Forward  
☐ 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 being called tries to get to their safe zone before getting tagged by the other team.



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# ★ GAME CARD

## 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 zone”.
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

- Evading
- 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.





presented by: **AIG**

# ★ GAME CARD

## → GAME : 2 v 1



### EQUIPMENT AND SPACE NEEDED:

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

### SUGGESTED TIME ALLOCATION:

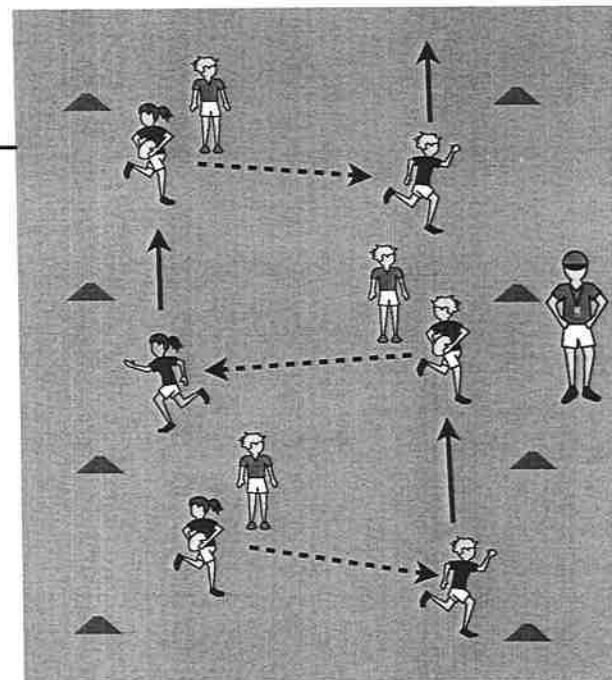
10-15 minutes

### PRINCIPLES OF PLAY:

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

### 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 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.



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# ★ GAME CARD

## 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.





presented by: **AIG**

# ★ GAME CARD

## → GAME : 3 v 2



### EQUIPMENT AND SPACE NEEDED:

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

### SUGGESTED TIME ALLOCATION:

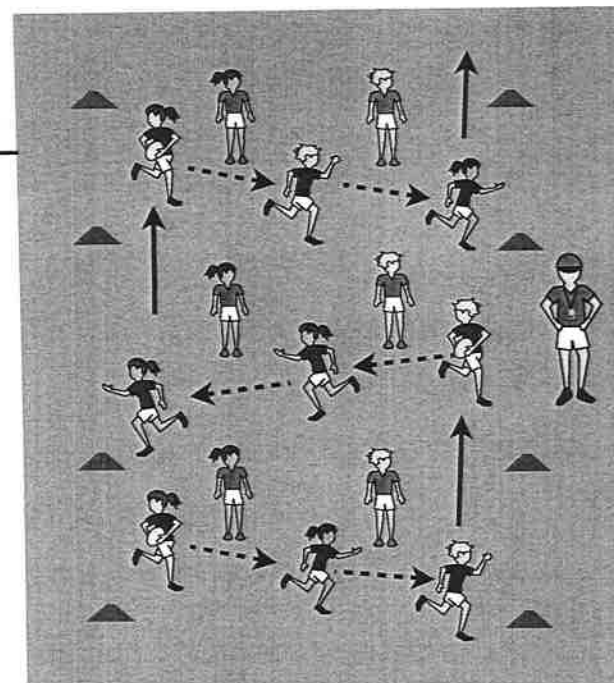
10-15 minutes

### PRINCIPLES OF PLAY:

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

### 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 form 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...



# ★ GAME CARD

## 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.





presented by: **AIG**

# ★ GAME CARD

## --> GAME : Ultimate Rugby



### EQUIPMENT AND SPACE NEEDED:

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

### SUGGESTED TIME ALLOCATION:

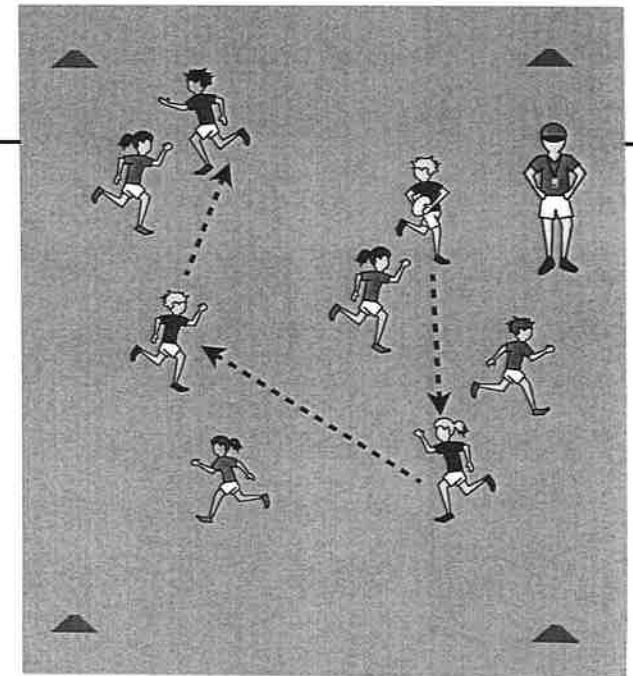
10-20 minutes

### 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.



more on back...

# ★ GAME CARD

## 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 offensive players and must remain arms-length distance when defending.

## COACHING NOTES

GAME PROGRESSIONS	KEY SKILLS	KEY CONCEPTS
<ol style="list-style-type: none"> <li>1. Incorporate three steps—players can take three steps after receiving a pass.</li> <li>2. Players only have three seconds to pass.</li> <li>3. Only rugby passes are allowed, no overhead or overhand passes.</li> </ol>	<ul style="list-style-type: none"> <li>• Offensive Support</li> <li>• Communication</li> <li>• Moving the Ball Forward</li> </ul>	<ol style="list-style-type: none"> <li>1. Encourage players to look for space when possessing the ball.</li> <li>2. Help players to be prepared to pass the ball quickly.</li> <li>3. Encourage players to be in a position to receive the ball from their teammate.</li> </ol>

