LESSON 1: to be able to evade and tag opponents.

LESSON 2: to be able to evade opponents while keeping control of the rugby ball.

LESSON 3: to pass the ball accurately and receive the ball safely.

LESSON 4: to pass the ball accurately and receive the ball safely on the move.

LESSON 5: to pass the ball accurately and receive the ball safely in a game situation.

LESSON 6: to apply learned skills in a game of tag rugby.

TAG RUGBY MATCH RULES

SUGGESTED ACTIVITIES:

- Fly Try
- Rugby Pass

Choose an activity from Striver to assess ability and progress before, during and after your lessons. The activities can be used as a warm up or run alongside these lessons, with groups taking time out from the main lesson to attempt the activity. Scores from these activities can also be used to run challenges between classes and house teams. Or you can easily create your own activities within Striver and even share them with the Striver community.

TEACHING TIPS:

- Always model the skills you are teaching.
- Assess whether certain pupils would benefit from more work on specific skills individually or in small groups before moving on to game situations where they have to apply these skills. Similarly, assess whether certain pupils would benefit from moving on to game situations sooner to apply their developed range of skills.
Tag Rugby
Year 3-4

LESSON 1/6

LESSON OBJECTIVES: to be able to evade and tag opponents.

KEY SKILLS: running at speed, changing direction at speed.

RESOURCES: class set of belts and tags, cones.

WARM UP...

Introduce the players to the tags and explain that they must be put on over clothes with tags at sides hanging straight down. Play a game of ‘Tree Trunks’ with 2 catchers trying to tag the rest. When tagged, a pupil must stand still with their arms out like a tree, waiting for someone to pass under their arm to put them back in the game. KLP Explain that like in a game of tag rugby, players must call out ‘tag’ when they tag someone and hand the tag back to their opponent before carrying on with the game. EXT Increase the number of catchers. Assign a catcher to focus on certain pupils (possibly denoted by a coloured bib).

MAIN...

Explain the concept of tag rugby and how evading and tagging opponents plays a key role. PT What could you do to avoid being tagged? Use the whole area, look for gaps between defenders, run at speed, change direction and speed, side step. Discuss these techniques and model to pupils. PT What tips could you give to those tagging? Keep your eyes on the tag. Play a game of ‘Attackers and Defenders’. Mark out pitches with two end areas. In teams of 4, the attacking team scores points for each of their players that gets from one end to the other without being tagged. They go from end to end for three minutes before switching roles with the defenders to see how many they can score. EXT Give attackers a rugby ball to carry. Defenders must remove both tags.

REFLECT AND EVALUATE (discussion during warm down)

Which of the tactics for attacking worked best for you? Which of the tactics for defending worked best for you? From watching and playing, which one do you think is the most important for attacking and which for defending?

KEY TECHNIQUE

Attacking: Run at speed, use the space and aim for the gaps, side step, change direction and speed.

Defending: Keep your eyes on the tag, call out when you have tagged someone and hand back their tag.
LESSON 2/6

LESSON OBJECTIVES: to be able to evade opponents while keeping control of the rugby ball.

KEY SKILLS: running with the ball while holding it in the correct position.

RESOURCES: class set of belts and tags, cones, rugby balls.

WARM UP...

Play a game of ‘Chase’. Pair off pupils of similar ability (all with tags) in a large zone. Choose one to be the chaser and one to be the evader. The evader has to get as far away from the chaser in the given time (start with 20 sec and change accordingly) keeping within the marked zone so that when the time is up and all pupils freeze, the chaser cannot reach the evader’s tag from their standing position. Pupil’s take it in turns to play the two roles. KLP Like in a game of tag rugby you need to keep your head up to avoid colliding with other players and try to change direction to lose the chaser. EXT Assign 2 chasers to an evader. Let a chaser’s evader have a head start.

MAIN...

Explain that they will be building on the previous session’s learning but this time honing evasion skills with a ball in hand. KLP The ball should be held in both hands where possible to make it really secure. Make sure that the fingers are wrapped around the ball, this will make it easier to make a quick pass. Give each pupil a ball to get used to holding it without moving, then while jogging and finally when running. Play a game of ‘Breakout’. Create a large rectangular zone with a smaller zone within this. Attackers start off in the small zone, each with a ball, and defenders outside of this but within the larger zone. The attackers must attempt to get out of the larger zone without getting tagged. They get a point for each pupil who does this successfully and they see how many they can do in a certain amount of time. If they are tagged, they must return to the smaller zone and try again. Pupil’s take it in turns to play the two roles. Choose team size according to the space available. After each pupil has had a go at being both an attacker and a defender, give the teams the opportunity to discuss tactics before playing again. PT What were you doing that was helping you score points? Could you use teamwork to make it easier to score or tag? EXT You must score across all the different lines of the outer zones before scoring across the same one again. Increase the number of players in weaker teams.

REFLECT AND EVALUATE (discussion during warm down)

How difficult was it to evade opponents with a ball compared to without the ball? Which technique to avoid defenders do you think is most effective when carrying a ball? Which one of these would help you become a better player by practising it at home?

KEY TECHNIQUE

Keeping the ball under control: Hold with both hands, wrap fingers around ball.
Lesson 3/6

Lesson Objectives: to pass the ball accurately and receive the ball safely.

Key Skills: passing the ball, catching the ball, calling for a pass, opening up hands to give the passer a target.

Resources: class set of belts and tags, cones, rugby balls.

Warm Up...

Play a game of ‘Chase’ but this time the evaders are carrying a ball. Pair off pupils of similar ability (all with tags) in a large zone. Choose one to be the chaser and one to be the evader. The evader, carrying the ball, has to get as far away from the chaser in the given time (start with 20 sec and change accordingly) keeping within the marked zone so that when the time is up and all pupils freeze, the chaser cannot reach the evader’s tag from their standing position. Pupil’s take it in turns to play the two roles. KLP Like in a game of tag rugby you need to keep your head up to avoid colliding with other pupils and try to change direction to lose the chaser. Keep the ball safely under control. Ext Assign 2 chasers to an evader. Let a chaser’s evader have a head start.

Main...

Explain that passing plays an important part in tag rugby and a very important rule in the game is that you cannot pass forward. Demonstrate to pupils how to pass correctly. KLP Stand sideways on to your teammate, keep your hands on the side of the ball, swing your arms like a pendulum and release towards the receiver. Get pupils to practise this with a partner. Get them to practise passing both to the right and left. The receiver should open out their arms to create a target for the thrower. Get pupils in the habit of calling for the ball when practising. PT Why might you call for the ball in a game? You are in a good position to receive a pass. How might you get more distance in your pass? Swing your arms higher before releasing. Play ‘Pass Relay’. Set up lines of 5 pupils all standing shoulder to shoulder facing in the same direction, behind a starting line. The person at the back of the line starts with the ball in their hand and steps forward to throw it to the person at the front of the line to receive. The thrower then sprints to the front of the line at the same time as the receiver throws it back down the line to the person at the end. Only the person at the end of the line sprints to the opposite end after throwing. The result is that the line is slowly moving forward. The winning group is those who have got the farthest distance without dropping the ball. Ext If you drop the ball you must go back to the starting position. Play the game as a race with the winning group being those who reach the finish line first.

Reflect and Evaluate (discussion during warm down)

Why did we practise throwing it both ways? Why would we need to keep our passes quick in a game? What might you do differently next time to improve your passing?

Key Technique

Passing the ball: Stand sideways on to your opponent, keep your hands on the side of the ball, swing your arms like a pendulum, release towards the receiver.

Receiving the ball: Open out arms to create a target for the thrower.
Tag Rugby
Year 3-4

LESSON 4/6

LESSON OBJECTIVES: to pass the ball accurately and receive the ball safely on the move.

KEY SKILLS: passing the ball on the move, catching the ball on the move, calling for a pass, opening up hands to give the passer a target.

RESOURCES: class set of belts and tags, cones, rugby balls.

WARM UP...
Reiterate to pupils how useful changing direction and side-stepping is to evade opponents. Set up a large zone with cone gates (1 metre wide) spread out inside. Give balls to half the class. Everyone jogs in the area but those with the ball must go from gate to gate sidestepping through as quickly as they can. They must keep their head up to avoid pupils jogging without a ball and those with a ball also. KLP Introduce the phrase try and how these are awarded when the ball is placed on the ground over the try line in a game of tag rugby (the player, ball and ground must be in contact for a try to be awarded). For this warm up, have pupils sprint to the outside of the zone and place the ball down when teacher calls out ‘try’. The other half of the class then retrieve the balls and move through the gates while the previous group get their breath back as they jog in the area. EXT On the call of ‘try’, pupils must sprint through 1/2 gates before sprinting to put the ball down for a try outside of the zone.

MAIN...
Recap on the key technique for passing. KLP Explain that these points still stand when on the move but the ball still must not go forward. Put pupils in staggered lines of three and get them to practise looking over their shoulder and passing back along the line. Build up to doing this at a jog and then at speed, still staying in the staggered line. For those groups who are ready, give them the freedom to move as they wish. PT Where should you move to after you have given a pass? Move to a position somewhere behind the line of your teammate to give them the opportunity to pass to you. Hold races to see which group can get from a starting line to a finish line, completing 10 passes along the way. EXT Give stronger groups more passes to complete, forcing them to play at a higher speed.

REFLECT AND EVALUATE (discussion during warm down)
What are the added difficulties of passing on the move? How can we make it easier for our teammates to pass to us?

KEY TECHNIQUE
After a pass: move to a position somewhere behind the line of your teammate to give them the opportunity to pass to you.
LESSON 5/6

LESSON OBJECTIVES: to pass the ball accurately and receive the ball safely in a game situation.

KEY SKILLS: Passing the ball on the move, positioning to receive a pass.

RESOURCES: class set of belts and tags, cones, rugby balls.

WARM UP...
Recap on the key technique for passing. In groups of 8, pupils stand in a circle with one rugby ball. One pupil starts with the ball in their hands and turns side on to pass it to another across the circle. The starting pupil then sprints around the outside of the circle before returning to their place while the receiver makes a pass of their own and similarly sprints around the circle. All pupils should be jogging on the spot, ready to receive a pass. EXT Pupils to pass on their weaker side.

MAIN...
Explain that pupils will be trying to use their passing skills in a game situation where defenders will be trying to intercept and tag. KLP Discuss positioning and how important it is to be on the move even when you don’t have the ball in your hands. Play a game of ‘Breakout’ (lesson 2/6) but this time with passing. Create a large rectangular zone with a smaller zone within this. Attackers start off in the small zone, a ball between two, and defenders outside of this but within the larger zone. The attackers must attempt to get out of the larger zone to put the ball down for a try without getting tagged or having the ball intercepted. They get a point for each pair of pupils who do this successfully and they see how many they can do in a certain amount of time. If they are tagged or lose possession of the ball, they must return to the smaller zone and try again. Pupils take it in turns to play the two roles. Choose team size according to the space available. Remind pupils that the ball must not be passed forwards. After each pupil has had a go at being both an attacker and a defender, give the teams the opportunity to discuss tactics before playing again. PT What were you doing that was helping you score points? Was it more difficult being on the ball or positioning yourself to receive a pass and why? EXT You must score across all the different lines of the outer zones before scoring across the same one again. Increase the number of players in weaker teams. You must pass at least once before making a try.

REFLECT AND EVALUATE (discussion during warm down)
Did you see any technique from other pupils that you were impressed with and would like to share with the group? Choose one area to really focus on next time to improve your game.

KEY TECHNIQUE
Positioning: move to a position somewhere behind the line of your teammate to give them the opportunity to pass to you.
LESSON 6/6

LESSON OBJECTIVES: to apply learned skills in a game of tag rugby.

KEY SKILLS: evading, tagging, passing, positioning.

RESOURCES: class set of belts and tags, cones, rugby balls.

WARM UP...

In a rectangular area, which is to be used later in the session for a game, have half the pupils standing on the outer line and the rest inside with a rugby ball each. Pupils with the rugby balls pass to a free pupil on the outside and receive the ball back before running off to find a different free pupil on the outside to exchange passes with again. Pupils then switch roles after a certain amount of time or a certain number of completed passes. Pupils on the outside should be jogging on the spot, ready to receive a pass. EXT Pupils throw on their weaker side. Add gates within the area for pupils to sidestep through.

MAIN...

Explain to pupils that they will have the opportunity to apply all the skills they have learned in a game of tag rugby. Go through the rules detailed in ‘Tag Rugby Match Rules’ on the next page with pupils beforehand and stop the game at different points to highlight common errors, best practice, etc. Choose size of team based on pitch size. Teams of 8 (4 boys and 4 girls) are commonly chosen for competitive tournaments. Pitch sizes for competitive tournaments are often 60 metres in length (including a 5 metres try area) and 30 metres in width. Any measurements mentioned in the rules on the next page refer to this pitch size.

REFLECT AND EVALUATE (discussion during warm down)

What were the new challenges when it came to playing an actual game? Why was communication so important?
TAG RUGBY MATCH RULES:

- The match is started with a free pass from the centre of the pitch.
- The object of the game is to score a try by placing the ball with downward pressure on or behind the opponent’s try line while the ball carrier is on their feet.
- The ball can only be passed sideways or backwards through the air and cannot be handed to another player. If there is a ball handed to another player or passed forward then a free pass is awarded to the defending team.
- A knock-on occurs when a player, attempting to catch the ball, fumbles it and knocks it forward. A free pass is awarded to the defending team unless advantage can be played.
- Only the person with the ball can be tagged and they are not allowed to fend off opponents with their hands or guard their tags. Players must have two tags on whilst taking part in the game.
- When a player is tagged they are allowed 3 seconds/3 strides to pass to a teammate. Players are only allowed one step after being tagged if it is to score a try. Once they have received the tag back from the tagger, they can rejoin the game.
- When they have tagged someone, a tagger should call out ‘Tag’ to make the attacker and referee aware. Once they have handed the tag back to the owner, they can rejoin the game.
- When a tag is made, all defending players must retreat towards their own try line until they are behind the ball. If they do not do this and cause the attackers to lose possession or slow their attack, then a free pass should be awarded to the attackers.
- Any breaches of the rules should result in a free pass in line with where the infringement happened. If this is within 7 metres of the opponent’s try line, then the free pass is moved back to 7 metres from the opponent’s try line.