

UNDER 6 COACHING MANUAL

12 SESSION PLANS



Australian Government
Australian Sports Commission



The ARU and its Member Unions are pleased to be able to provide you the Under 6 Coaching Manual. Within you will find twelve session plans to guide you through this challenging season of coaching, teaching, training and motivating the beginner player.

What is Under 6 Rugby all about?

Under 6 Rugby is about developing the basic Rugby skills of five and six year old children. Many of your players will have acquired general movement and co-ordination skills through their previous sport and play experiences ie. running, jumping, stopping, turning, chasing etc.

However this may be their first experience practicing rugby skills and playing small-sided rugby games. The games within this manual focus on introducing beginner players to the core rugby skills that will set them up for a life in the game. They include:

- Evasion, Ball Handling, Tag Defence, Scrum and Lineout.

All games are by nature - fun, safe and highly active and aim to provide the best environment for children to learn, develop and enjoy the game of Rugby.

How to coach Under 6 Rugby?

It is most important that you as the coach are seen as fun, and not as the finger waving instructor. You are expected to deliver a safe and enjoyable modified introduction to the great sport of Rugby Union and not a 'technical coaching program'.

The training program consists of 12 sessions, each lasting 40 minutes. Anything beyond this amount of time will be difficult for players to handle.

Each session includes four small-sided games, preceded by a warm-up and followed by a cool-down. The games are based on core Rugby skills and focus on providing a **REAL** Rugby experience for all players – which is short form for:

- **Rugby** practice and competition that is an **Enjoyable, Active, Learning** experience

The games are positioned in the following order 1.Ball handling 2.Evasion 3.Scrum or lineout 4.Tag defence and the session guidelines are as follows:

Timings	Games
0 – 4 minutes	Warm-up
5 – 12 minutes	Ball handling
13 – 20 minutes	Evasion
21 – 28 minutes	Scrum or lineout
29 – 36 minutes	Tag defence
37 – 40 minutes	Cool-down

How to play Under 6 Rugby

Match day consists of two 15 minute halves. 1st half consists of 15min of small-sided rugby games, a 5 min half time follows, then 2nd half consists of a 15min tag rugby match.

The small sides rugby games to be played are ‘Ball Handling’ and ‘Tag Defence’. The match guidelines are as follows:

Timings	Games	Participants	Set up
0 - 7 minutes	Ball handling	Coach and 6-8 players	Grid one
8 - 15 minutes	Tag defence	Coach and 6-8 players	Grid two
20 – 35 minutes	Seven-a-side Rugby Tag	Coaches and teams	1/4 field - 40m x 25m

For this season, law applications for Seven-a-side Rugby Tag have been revised to increase activity levels and promote attacking play. The focus is on providing players more opportunities to carry the ball, run into space, support team-mates and score tries.

This match-day combination is different to what has been played in the past and is considered a more appropriate experience for the Under 6 player. A great deal of research has been done with this age-group and you will discover the players will gain improved skills, a greater sense of achievement and higher levels of enjoyment as a result of these changes.

The Tag Defined

- › A tag must be a two-handed touch on the shorts only. Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs.
- › If an attempted tag is performed incorrectly, the Referee will call “PLAY ON”.
- › Once a tag takes place the Referee will call “TAG”.
- › Once the Referee has called “TAG”, the coach of the team in possession may call “TURN AND PASS”.
- › Once a tag takes place, the tagged player must stop as quickly as possible and turn and pass to a team-mate. The tagged player is not required to return to the place where they were tagged.
- › No opposing player may block or prevent the tagged player from passing the ball to a teammate.
- › If a player is unable to pass the ball for any reason (including confusion, panic or no available players to pass to), the referee will award a scrum with the team in possession throwing in the ball.
- › There are no offside lines at a tag. The players of the team not in possession of the ball do not need to retreat to any arbitrary line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence.
- › To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team.

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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Passing Unders and Overs
2. Animal Walks Relay
3. Scrum Angry Cat Practice
4. Apples and Oranges Game

Don't forget	Injuries/other comments	Session evaluation

Passing Unders and Overs

Overview

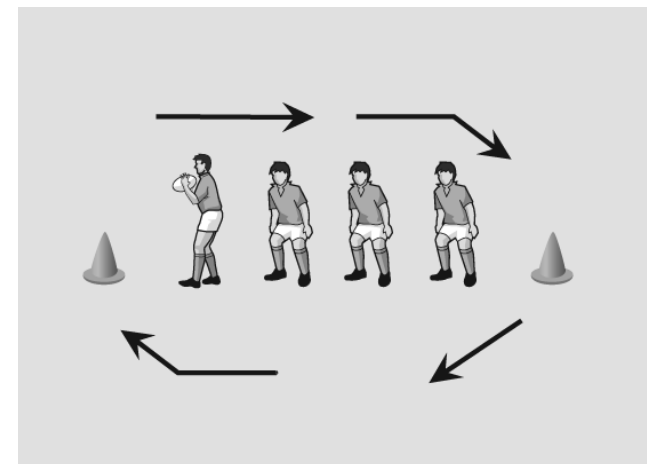
In a 5m x 5m grid two groups of 3-4 players standing in a line single file are provided a ball. When instructed the ball is passed by the player at the front of the line through their legs to the player behind. The second player then transfers the ball to the player behind by passing it softly over their head. This passing unders and overs is repeated until the player at the end of the line receives the ball. They then run to the front of the line and the players behind them shuffle back. The process is repeated until the players are back to their starting positions.

Coaching Points

- › When receiving the ball, reach out for the ball with soft fingers.
- › When transferring the ball, push the fingers of both hands to release it to the receiver.
- › Encourage players to chant 'under' and 'over' with each pass.

Equipment

- › 4 markers and 2 balls.



Animal Walks Relay

Overview

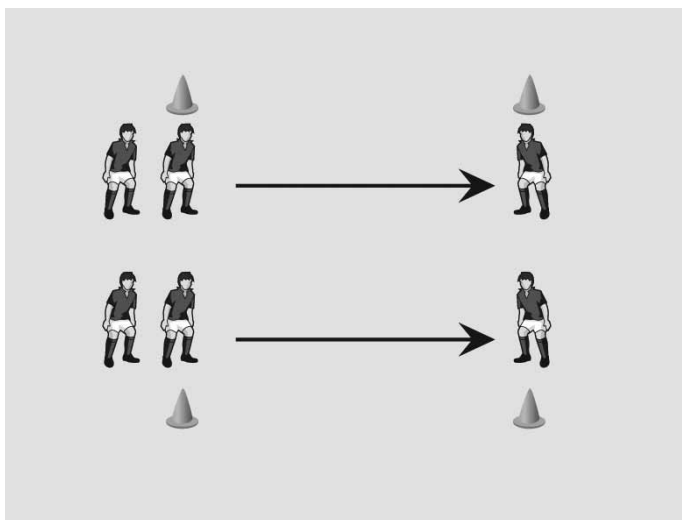
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed they move across the grid walking like an animal and when they reach the other side the next player goes. They finish when they have returned to their starting position.

Coaching Points

- › Dinosaur – long strides with a slight lunge.
- › Crab – crawling on all fours.
- › Kangaroo – two legged jumps.
- › Rabbit – on all fours flicking legs up behind.
- › Lizard – on all fours, alternate arms and legs move forward at the same time.

Equipment

- › 4 markers.



Scrum Angry Cat Practice

Overview

Players position on their hands and knees in their own space within a 5m x 5m grid. When directed they will assume a good scrum body position with a flat back and then an 'angry cat' poor scrum body position – by altering the control of the trunk and pelvis muscles. They will hold this position until the coach calls stop.

Coaching Points

- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips.
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.

Equipment

- › 4 markers.



Apples and Oranges Game

Overview

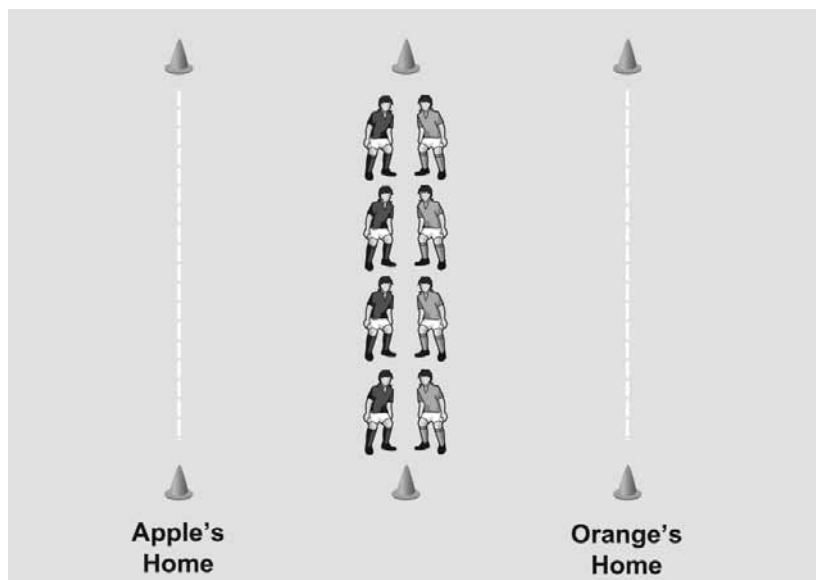
In a 10m x 10m grid, two teams form lines in the middle facing each other. One team is known as 'apples', the other as 'oranges'. When the coach calls either apples or oranges, that team must try and get 'home', without being tagged one-handed by players from the other team. The coach should call teams out in a random order.

Coaching Points

- › When tagging, the head should be positioned safely to the side of the player to be tagged.
- › The arm should reach out in front to make the tag on the shorts.

Equipment

- › 6 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Apples and Oranges Game with Ball
2. Ball-in-Hand Relay
3. Lineout Jump and Land Practice
4. Rugby Octopus Game

Don't forget	Injuries/other comments	Session evaluation

Apples and Oranges Game with Ball

Overview

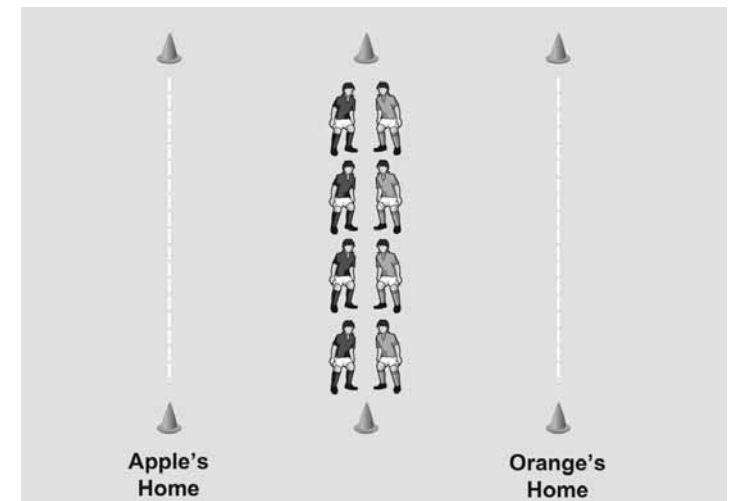
In a 10m x 10m grid, two teams form lines in the middle facing each other. One team of players each with a ball are known as 'apples', the other as 'oranges'. When the coach indicates, players pass the ball to each other. When the coach calls either apples or oranges, that team must try and get 'home' to score a try, without being tagged one-handed by players from the other team. The coach should call teams out in a random order.

Coaching Points

- › When tagging, the head should be positioned safely to the side of the player to be tagged.
- › The arm should reach out in front to make the tag on the shorts.

Equipment

- › 6 markers and 4 balls.



Ball-in-Hand Relay

Overview

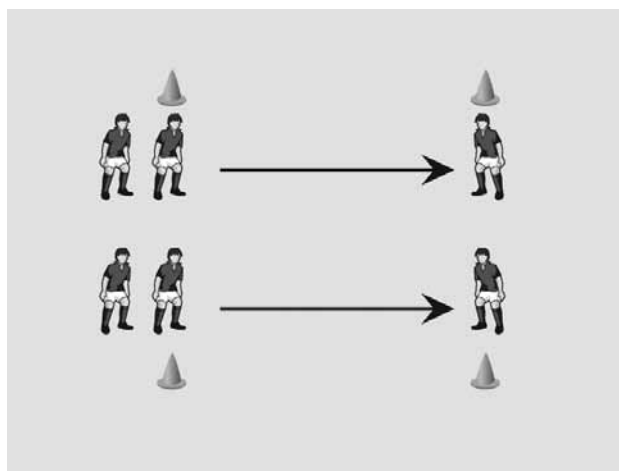
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, the first player in each group on the starting side is provided a ball and runs across the grid. When they reach the other side of the grid the player hands the ball off to their team-mate. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Hand the ball off directly into your team-mates hands.
- › As a progression, players can throw the ball in the air and catch it whilst running.

Equipment

- › 4 markers and 2 balls.



Lineout Jump and Land Practice

Overview

In a 5m x 5m grid, players are positioned in their own space facing the coach. When instructed, they bend their knees and raise their hands upwards to chest height before springing up into the air. This is repeated a set number of times.

Coaching Points

- › Players should aim to jump and land on the same spot.
- › Bend the knees to soften the landing also.

Equipment

- › 4 markers.



Rugby Octopus Game

Overview

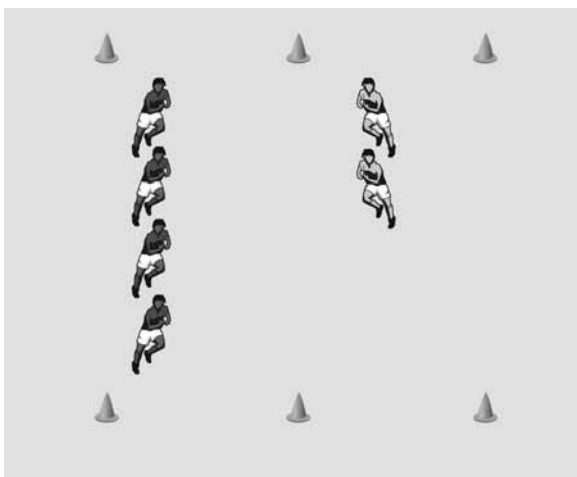
In a 10m x 10m grid runners (fish) begin at one end face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fish attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with one-hand on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes if they run close enough to them and turn them in to seaweed also. The game finishes when all the fishes have been turned into seaweed.

Coaching Points

- > When tagging the fish, the head should be positioned safely to the side.
- > Try to trick the fish by calling "Rugby Octagon" or similar. Those that 'jump the gun' can become seaweed.
- > If fish move outside the grid then they become seaweed.

Equipment

- > 6 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Rugby Octopus Game with Ball
2. Try Scoring Relay
3. Scrum Unders and Overs Game
4. Stuck in the Mud Game

Don't forget	Injuries/other comments	Session evaluation

Rugby Octopus Game with Ball

Overview

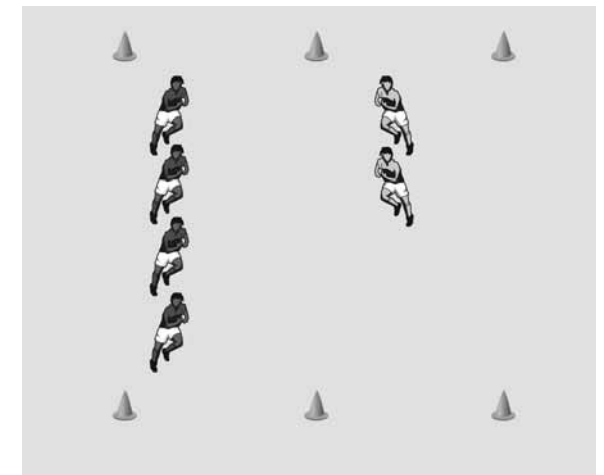
In a 10m x 10m grid runners (fish) begin at one end holding a ball, and face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fish attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with one-hand on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes with the ball if they run close enough to them and turn them in to seaweed also. The game finishes when all the fishes have been turned into seaweed.

Coaching Points

- › When tagging the fish, the head should be positioned safely to the side.
- › Try to trick the fish by calling “Rugby Octagon” or similar. Those that ‘jump the gun’ can become seaweed.
- › If fish move outside the grid then they become seaweed.

Equipment

- › 6 markers and 4 balls



Try Scoring Relay

Overview

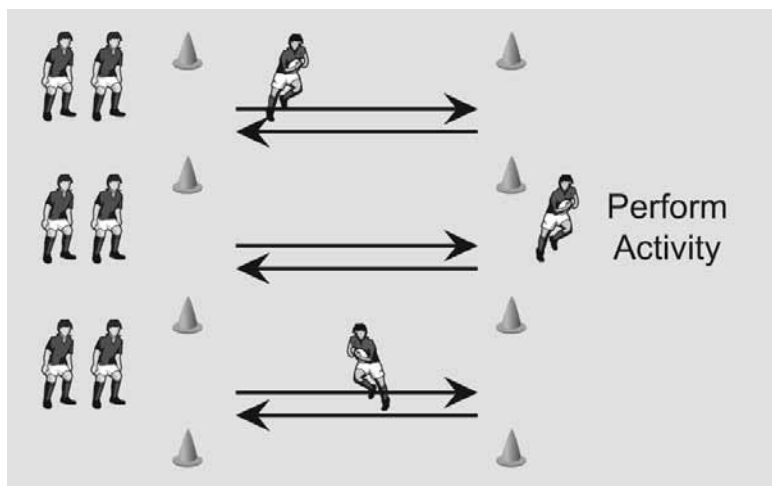
Players commence on one side of a 5m x 5m grid. When instructed, they run across the grid holding the ball in two hands and score a try by placing the ball on the ground. They then run back to the starting position where they hand-off the ball to the next player.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Carry the ball in two hands when running.
- › When stationary, perform around-the-body activities.
- › As a progression, players can stop and perform an activity a predetermined number of times when they reach the other side of the grid, before returning to the starting position.

Equipment

- › 6 markers and 3 balls.



Scrum Unders and Overs Game

Overview

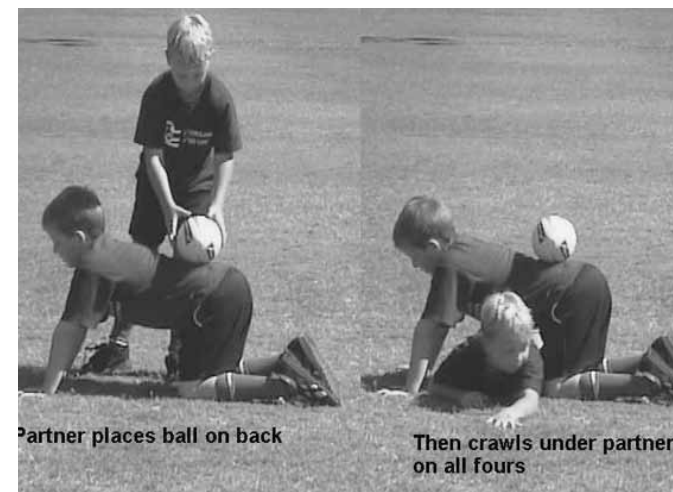
In a 5m x 5m grid, two groups of 3-4 players align in a line behind a leader at one end. When directed the first player assumes a good scrum body position on their knees. The next player then places the ball on their lower back and crawls under them before moving round to the end of the line. All players crawl under the leader while the ball is maintained on their lower back. Once finished, the roles are rotated for a new race.

Coaching Points

- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.

Equipment

- › 4 markers and 2 balls.



Stuck in the Mud

Overview

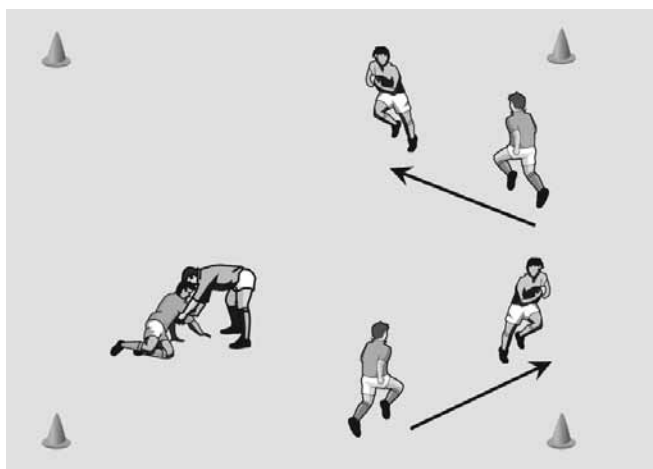
In a 10m x 10m grid runners evade two defenders. When a runner is tagged with one-hand on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by another runner crawling between their legs. The game continues for 2 minutes or until all runners are stuck.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arm should reach in front to make a one-handed tag on the shorts.

Equipment

- › 4 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Offload Stuck in the Mud
2. Run and Swerve Relay
3. Lineout Jump and Catch Practice
4. Bugs and Spiders Game

Don't forget	Injuries/other comments	Session evaluation

Offload Stuck in the Mud

Overview

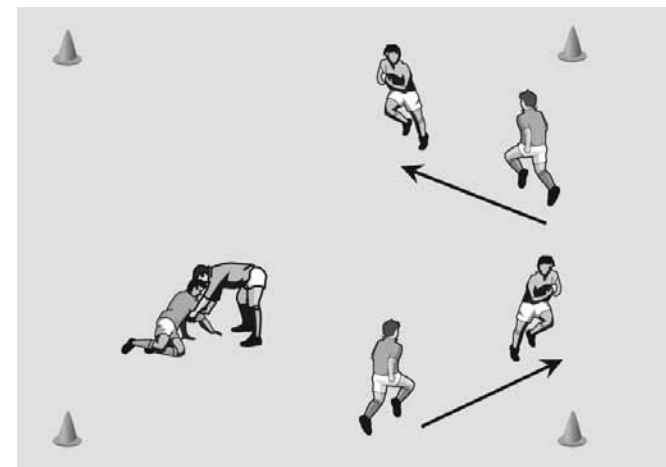
In a 10m x 10m grid runners (two only with a ball) evade two defenders. When a runner is tagged with one-hand on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by offloading to another runner. The game continues for 2 minutes or until all runners are stuck.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arm should reach in front to make a one-handed tag on the shorts.
- › The offload is a soft pass delivered with both hands.

Equipment

- › 4 markers and 2 balls.



Run and Swerve Relay

Overview

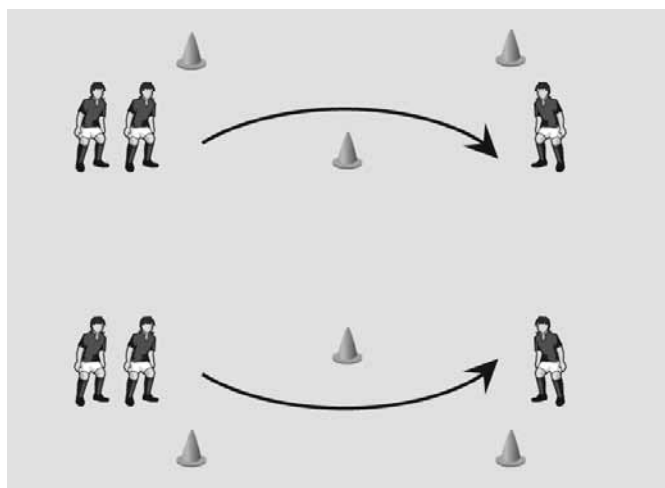
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, players run across the grid swerving around the marker before handing the ball off to their team-mate. Their team-mate then repeats the task back across the grid. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Hand the ball off directly into your team-mates hands.

Equipment

- › 6 markers and 2 balls.



Lineout Jump and Catch Practice

Overview

In a 5m x 5m grid players are paired up, one as the thrower with a ball, the other as the jumper and catcher. When instructed the ball is thrown to the jumper, who catches the ball and passes it back to the thrower. This is repeated five times before the roles are rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 4 markers and 4 balls.



Bugs and Spiders Game

Overview

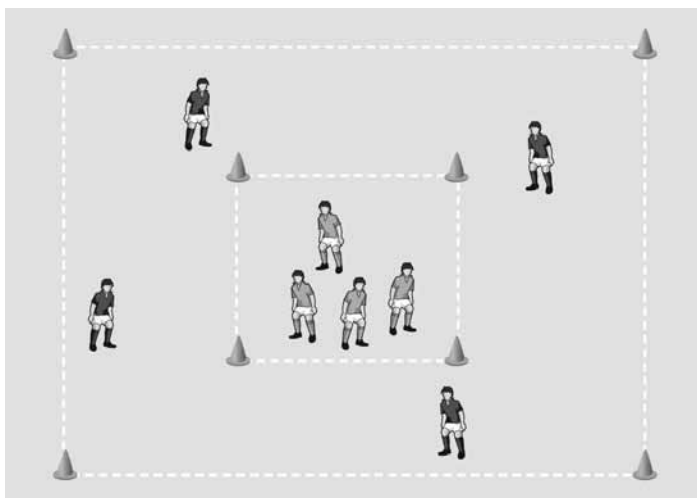
A smaller 2m x 2m grid is centred within a larger 7m x 7m grid. The centre grid is a 'safe' area for one team of players (bugs). Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid at the end of each turn. Continue until all bugs are tagged.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arm should reach in front to make a one-handed tag on the shorts.

Equipment

- › 8 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Bugs and Spiders Game with Ball
2. All One Way Practice
3. Scrum Engagement Sequence Practice
4. Tag Ball Game

Don't forget	Injuries/other comments	Session evaluation

Bugs and Spiders Game with Ball

Overview

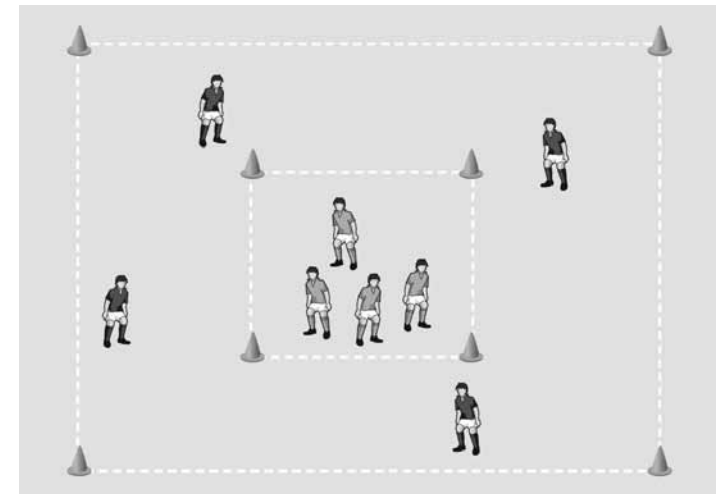
A smaller 2m x 2m grid is centred within a larger 7m x 7m grid. The centre grid is a 'safe' area for one team of players (bugs) each with a ball. Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid at the end of each turn. Continue until all bugs are tagged.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arm should reach in front to make a one-handed tag on the shorts.

Equipment

- › 8 markers and 4 balls



All One Way Practice

Overview

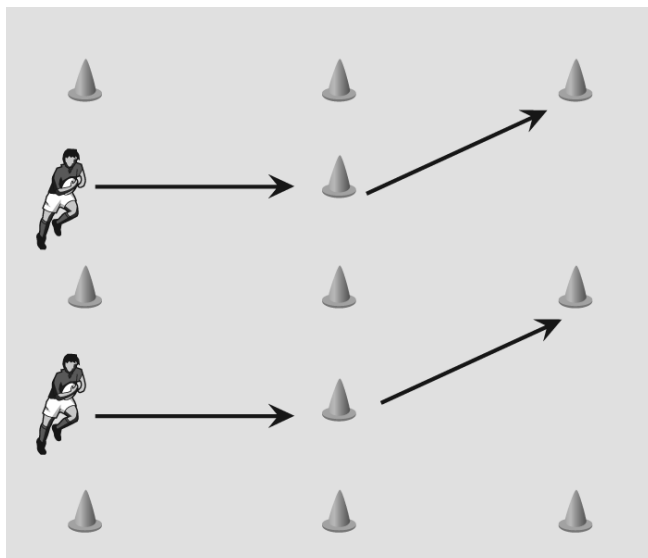
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and change direction at the centre marker, either to the left or the right (coach to instruct before they start). They jog around the outside and return to the end of the line.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.

Equipment

- › 11 markers.



Scrum Engagement Sequence Practice

Overview

In a 5m x 5m grid, players on their knees pair up. When directed they will assume a good scrum body position opposite their partners with a flat back, and bodies offset to the left.

On the coaches instruction CROUCH, players will raise their right arms at right angles to provide a safe space under their armpit for their team-mate to place their head upon engagement.

The coach will then call TOUCH, and the players reach forward and touch the top of their team-mates shoulder with their right hand, before retracting back to the starting position.

The coach then calls PAUSE and they hold their body positions until ENGAGE. Upon hearing this, they move forward placing their head in the safe space and reach for a bind on the midline of their opponents back with their right hand. The left hand can remain on the ground as support. They will hold this position until the coach calls break.

Coaching Points

- › Both players should call the engagement sequence in unison: Crouch, Touch, Pause, Engage.
- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Players should bind with the right hand on the midline of their team-mates back.

Equipment

- › 4 markers.

Tag Ball Game

Overview

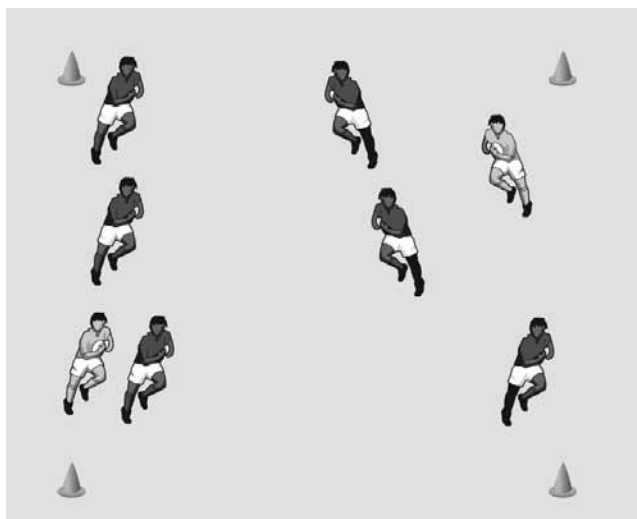
In a 10m x 10m grid runners evade one defender, holding a ball with two hands. When a runner is tagged with the ball on the shorts by a defender, they exit the grid, retrieve a ball and return as a defender.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts with the ball.

Equipment

- › 4 markers and 6 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Hand-to-Hand Circle Game
2. Coach's Call Practice
3. Lineout Piggy in the Middle Game
4. Tag Ball Game

Don't forget	Injuries/other comments	Session evaluation

Hand-to-Hand Circle Game

Overview

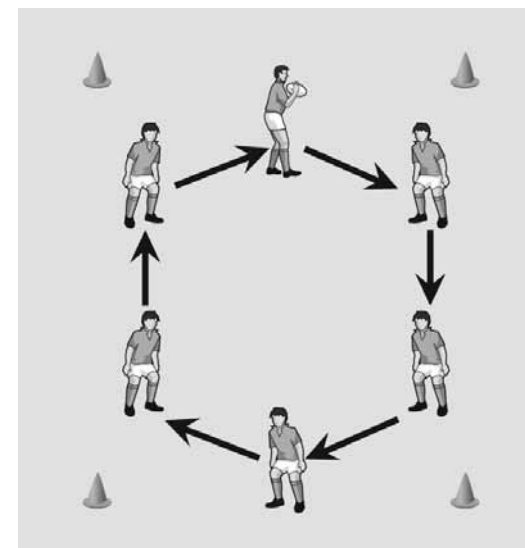
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. The player in possession twists towards the receiver on their left, reaching with the ball in two hands. The receiver reaches for the ball and takes it from their grasp. This is repeated clockwise around the circle for continued for a number of rotations.

Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

Equipment

- › 4 markers and 1 balls.



Coach's Call Practice

Overview

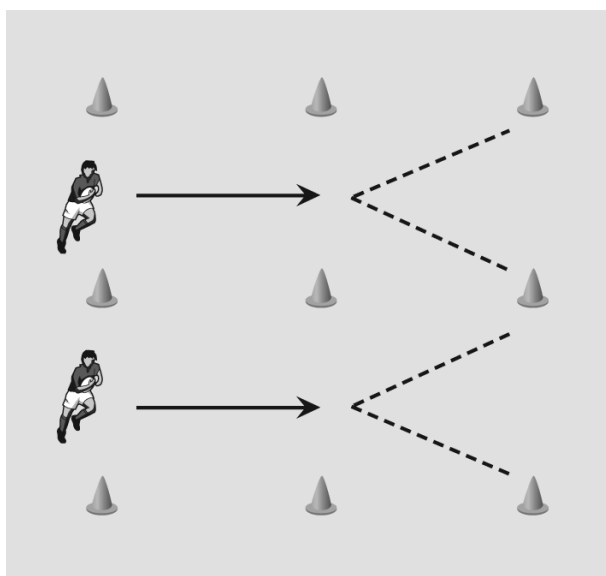
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and as the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). Players finish by jogging around the outside and return to the end of the line.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.

Equipment

- › 9 markers.



Lineout Piggy in the Middle Game

Overview

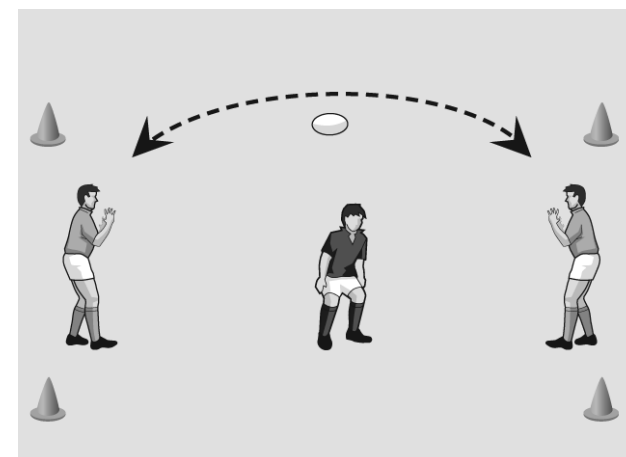
In a 10m x 5m grid groups of three players are provided a ball. Two players (3m apart) throw the ball to each other avoiding the piggy in the middle who attempts to jump and catch the ball. If the piggy gains possession the thrower becomes the piggy and the roles reverse.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › The thrower must aim at the other player, high enough to clear the piggy.
- › To catch the ball cleanly, reach hands towards ball watching the ball meet your fingers.

Equipment

- › 4 markers and 3 balls.



Tag Ball Game

Overview

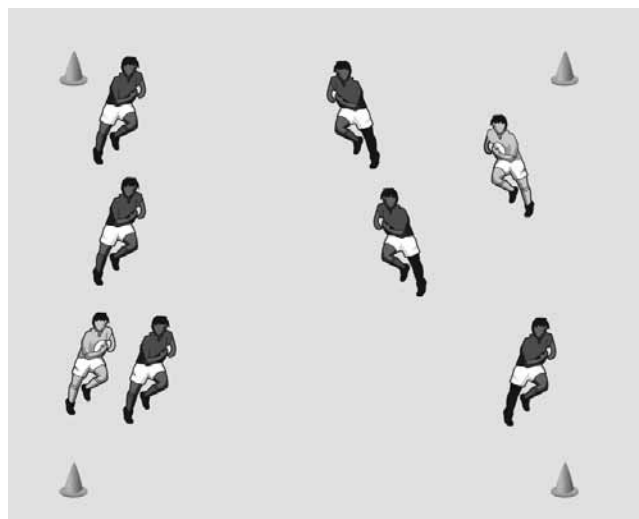
In a 10m x 10m grid runners evade two defenders, each holding a ball with two hands. When a runner is tagged with the ball on the shorts by a defender, they exit the grid, retrieve a ball and return as a defender.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts with the ball.

Equipment

- › 4 markers and 6 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Passing Circle Game
2. Coach's Call Practice
3. Sydney Harbour Bridge Game
4. Rugby Octopus Game with Ball

Don't forget	Injuries/other comments	Session evaluation

Passing Circle Game

Overview

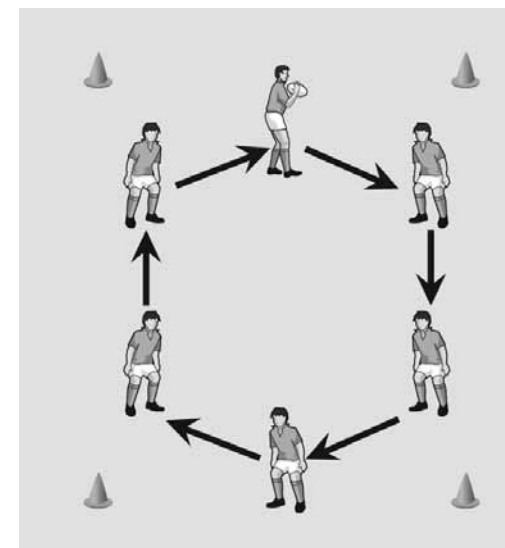
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left. Once the ball is caught the pass is repeated clockwise around the circle for continued for a number of rotations.

Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

Equipment

- › 4 markers and 1 ball.



Coach's Call Practice

Overview

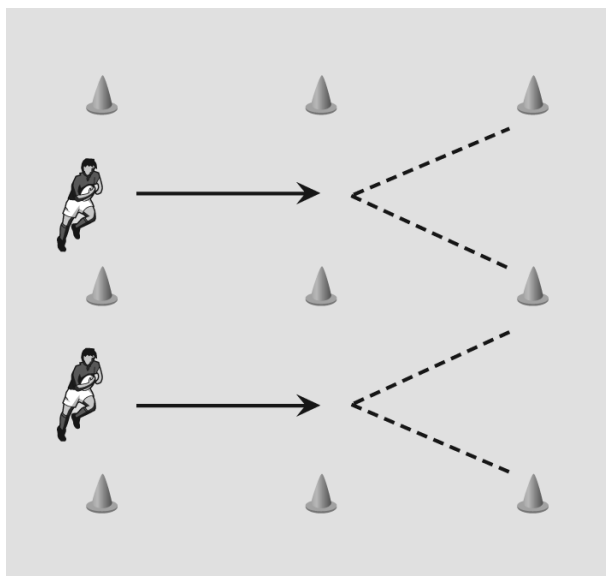
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and as the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). Players score a try at the designated marker and finish by jogging around the outside and return to the end of the line.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.
- › Slow down, before bending down with both hands to place the ball.

Equipment

- › 9 markers and 4 balls.



Sydney Harbour Bridge Game

Overview

In a 10m x 5m grid, two groups of 4 players align in a line behind a leader at one end. When instructed the first two players stand to face each other, offset to the left, and engage using the scrum engagement sequence. The next two players of the team crawl under the 'Sydney Harbour Bridge' one at a time before completing another scrum engagement. The original engagement breaks up and the process continues until they reach the end of the grid.

Coaching Points

- › Both players should call the engagement sequence in unison: Crouch, Touch, Pause, Engage.
- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Players should bind with the right hand on the midline of their team-mates back.

Equipment

- › 4 markers.



Rugby Octopus Game with Ball

Overview

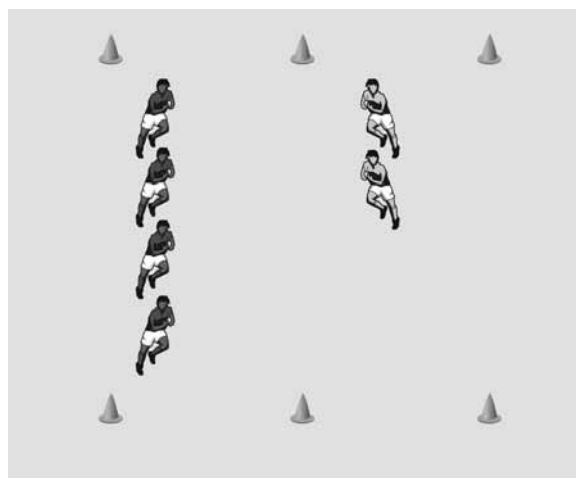
In a 10m x 10m grid runners (fish) begin at one end holding a ball, and face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fish attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with two-hands on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes with the ball if they run close enough to them and turn them in to seaweed also. The game finishes when all the fishes have been turned into seaweed.

Coaching Points

- › When tagging the fish, the head should be positioned safely to the side.
- › Try to trick the fish by calling “Rugby Octagon” or similar. Those that ‘jump the gun’ can become seaweed.
- › If fish move outside the grid then they become seaweed.

Equipment

- › 6 markers and 4 balls



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Passing Circle Chase Game
2. First In Game
3. Lineout Captain Ball Game
4. Offload Stuck in the Mud Game

Don't forget	Injuries/other comments	Session evaluation

Passing Circle Chase Game

Overview

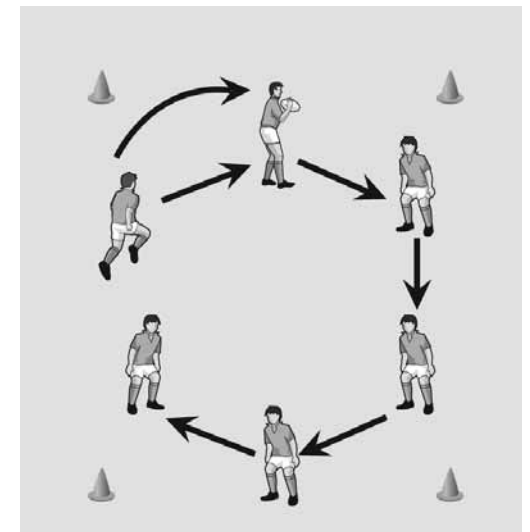
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left, then exiting the circle and running clockwise around it. Once the ball is caught the pass is repeated clockwise around the circle until it is back to the start. The passing circle chase is then repeated for each player.

Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

Equipment

- › 4 markers and 1 ball.



First In Game

Overview

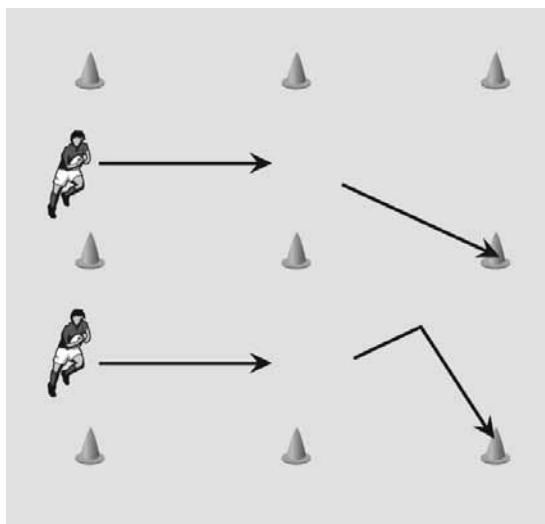
In 10m x 10m adjacent grids, three different colour markers are situated at the far end. Two lines of players begin in the centre at the other end. When the coach calls a particular colour, a player runs down each of the grids and they change direction, either to the left, middle or the right, to get to the required marker first. The player first in scores a try, and then they both jog around the outside and return to the end of the line.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 9 markers and 4 balls.



Lineout Captain Ball Game

Overview

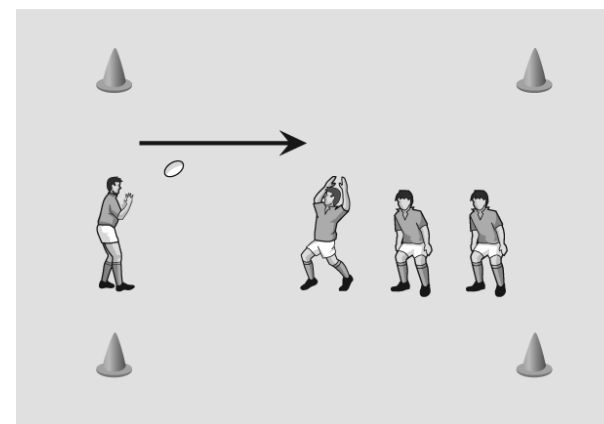
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 1m from the other players who are standing in a line single file. When instructed the ball is thrown to the player first in line, who catches the ball and returns it before sitting down. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 4 markers and 2 balls.



Offload Stuck in the Mud

Overview

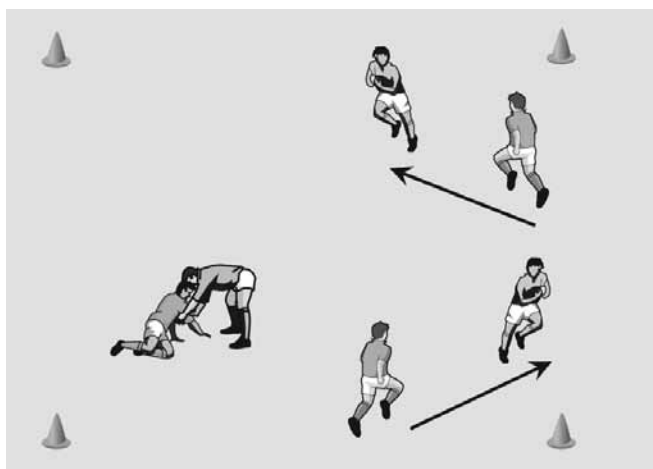
In a 10m x 10m grid runners (two only with a ball) evade two defenders. When a runner is tagged with two-hands on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by offloading to another runner. The game continues for 2 minutes or until all runners are stuck.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arm should reach in front to make a one-handed tag on the shorts.
- › The offload is a soft pass delivered with both hands.

Equipment

- › 4 markers and 2 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Handling Relay
2. Funnel Game
3. Scrum Clusters Game
4. 2v2 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Handling Relay

Overview

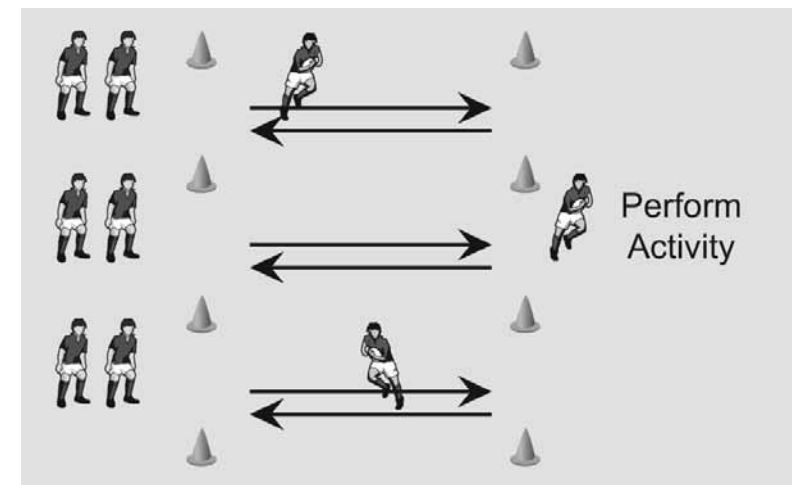
Players commence on one side of a 5m x 5m grid. When instructed, they run across the grid holding the ball in two hands. When they reach the other side of the grid the player stops and performs an activity a predetermined number of times and then runs back to the starting position where they hand-off the ball to the next player.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Carry the ball in two hands when running.
- › When stationary, perform throw-and-catch activities.

Equipment

- › 6 markers and 3 balls.



Funnel Game

Overview

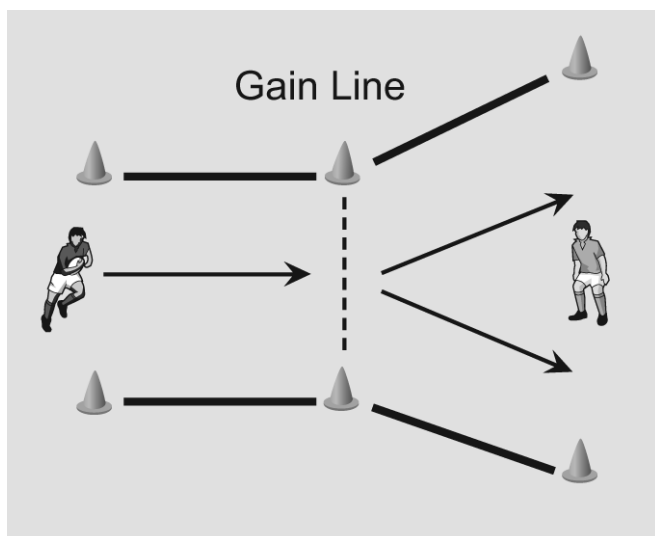
A 5m x 5m grid opens to 10m wide at the end. An attacker begins at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players can mark their greatest territory gain with a coloured marker.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.

Equipment

- › 6 markers



Scrum Clusters Game

Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. The coach then assembles a walla scrum as follows:

1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.

Coaching Points

- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Both Props bind around the Hooker's waist.
- › The Hooker binds over both prop's shoulders taking a grip near the armpits.

Equipment

- › 4 markers.



2v2 Rugby Tag Game

Overview

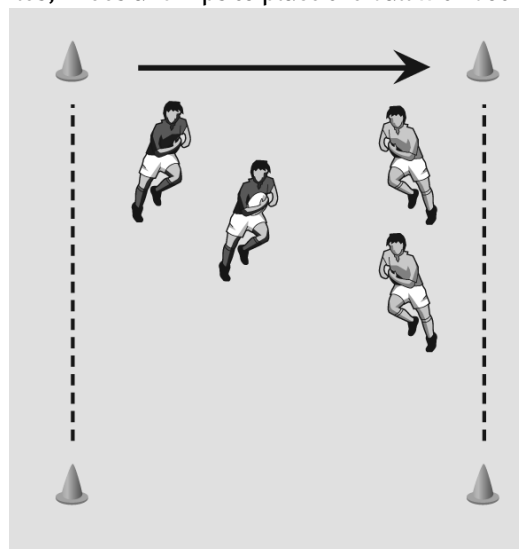
In a 10m x 10m grid, two attackers and two defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 8 markers and 2 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Try Scoring Relay
2. Funnel Game
3. Lineout Captain Ball Game
4. 3v3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Try Scoring Relay

Overview

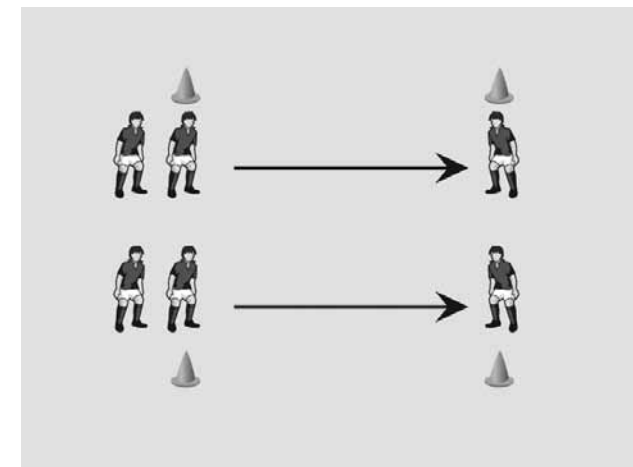
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, players run across the grid and score a try by placing the ball on the ground in front of their team-mate. Their team-mate picks up the ball and repeats the task back across the grid. They finish when they have returned to their starting position.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Carry the ball in two hands when running.
- › Slow down, before bending down with both hands to place the ball.
- › Do not allow players to dive when scoring a try.
- › As a progression, add a lateral pass between lines of players.

Equipment

- › 4 markers and 2 balls.



Funnel Game

Overview

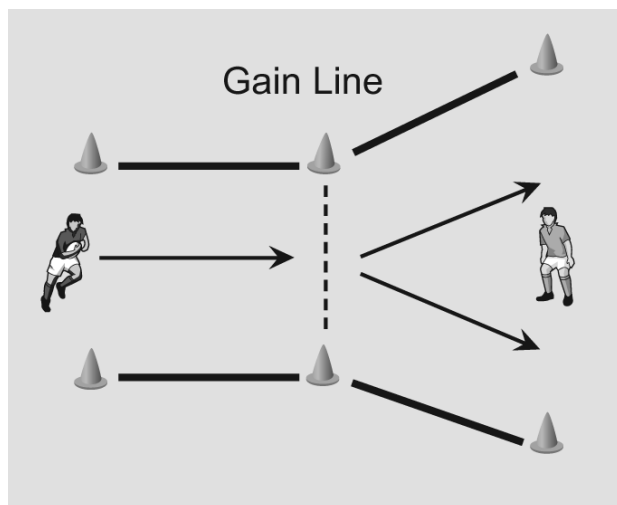
A 5m x 5m grid opens to 10m wide at the end. An attacker begins with a ball at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks with the ball from the same end. If they reach the end before being tagged they score a try.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 6 markers and 2 balls.



Lineout Captain Ball Game

Overview

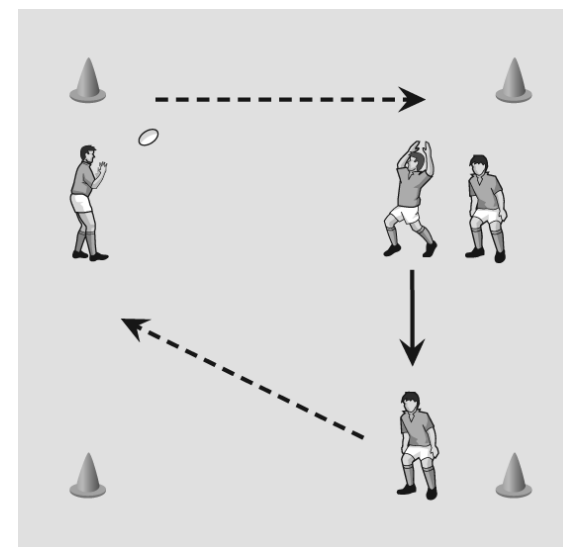
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. Another player stands along side the line of players as the receiver, ready to receive the ball after the throw and catch. When instructed the ball is thrown to the player first in line, who catches the ball and passes it to the receiver. The receiver then passes it back to the thrower. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 4 markers and 2 balls.



3v3 Rugby Tag Game

Overview

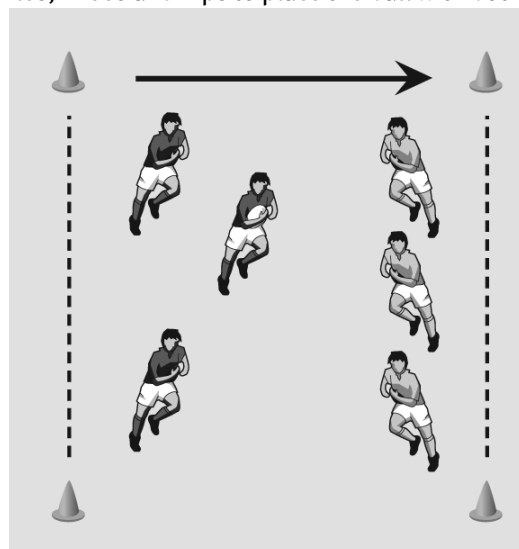
In a 10m x 10m grid, three attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Ball-in-Hand Relay
2. 2-v-1 Attack Game
3. Scrum Clusters Game
4. 4-v-3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Ball-in-Hand Relay

Overview

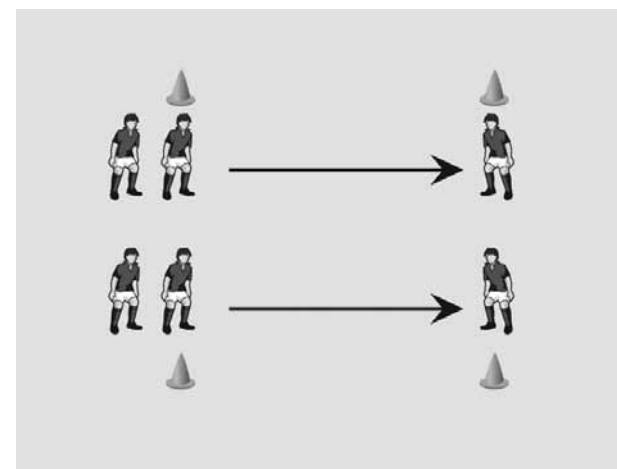
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, the first player in each group on the starting side is provided a ball and runs across the grid. When they reach the other side of the grid the player offloads the ball to their team-mate. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Offload the ball directly into your team-mates hands.
- › As a progression, add a lateral pass between lines of players

Equipment

- › 4 markers and 2 balls.



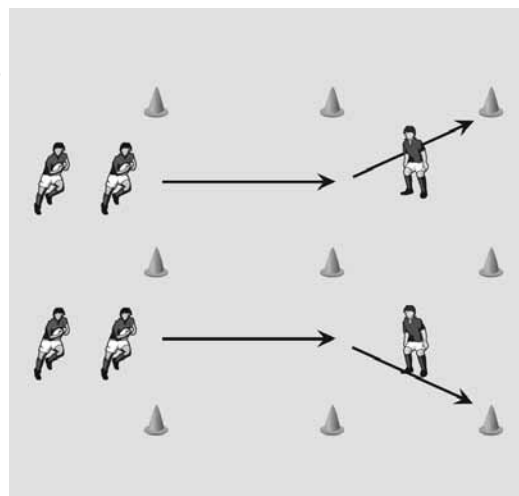
2v1 Attack Game

Overview

A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to evade the defender and score a try. When instructed, the support player leaves 2 seconds after the first and supports his team-mate from depth. If his team-mate is tagged, the coach calls TAG, TURN AND PASS and the pass is made to the support player who catches the ball and scores the try.

Coaching Points

- › The attacker should accelerate quickly to ‘cross’ gain line.
- › The attacker should initially run at the defender attempting to ‘fix’ them.
- › Once the defender is committed (fixed) they should change their direction and run to ‘space’ not at a ‘face’. This will force the defender to make the tag from behind or the side.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tagged on the shorts simultaneously.
- › The support player should remain 2m behind their team-mate ready to receive a pass.



Equipment

- › 9 markers and 2 balls.

Scrum Clusters Game

Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. They move around randomly until the coach calls CLUSTERS. Upon hearing this, the Hookers (no.2s) take their position, and then the Loosehead Props (no.1s) bind onto their left hand side, followed by the Tighthead Prop (no.3) on their right hand side. The first walla scrum ready crouches and yells CROUCH.

Coaching Points

1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.
 - › The feet should be shoulder width apart or a touch wider.
 - › The knees should be bent at right angles, directly below hips,
 - › The back should be in its ‘natural’ straight position.
 - › The shoulders should be pulled back and the chest pushed through towards the ground.
 - › The head should be off the chest with the eyes looking forward.
- › Both Props bind around the Hooker’s waist.
- › The Hooker binds over both prop’s shoulders taking a grip near the armpits.



Equipment

- › 4 markers.

4v3 Rugby Tag Game

Overview

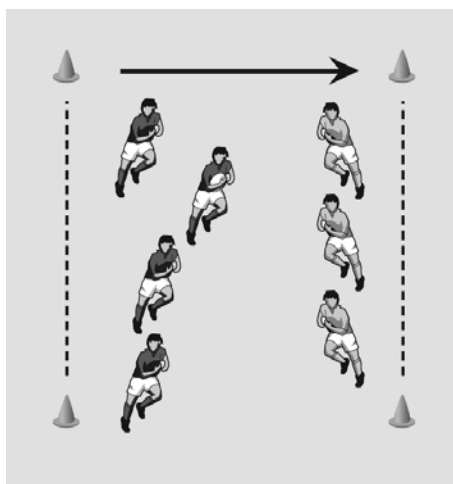
In a 10m x 10m grid, four attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Run and Swerve Relay
2. 2v1 Attack Game
3. Lineout Leader Ball Game
4. 4v4 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Run and Swerve Relay

Overview

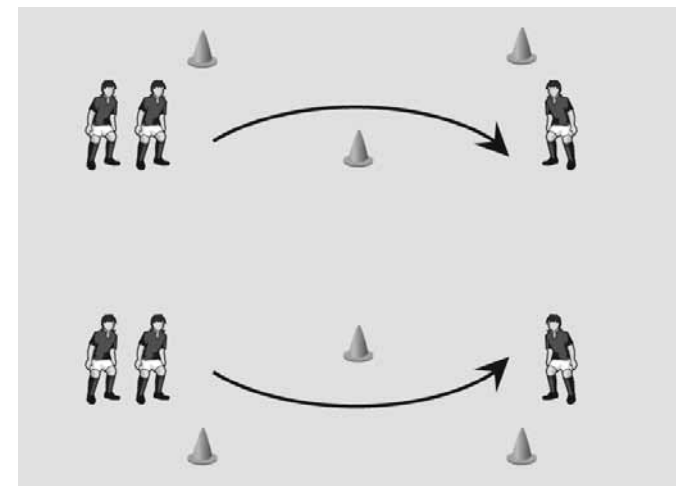
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, players run across the grid swerving around the marker before offloading the ball to their team-mate. Their team-mate then repeats the task back across the grid. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Offload the ball directly into your team-mates hands.
- › As a progression, race against the clock.

Equipment

- › 6 markers and 2 balls.



2v1 Attack Game

Overview

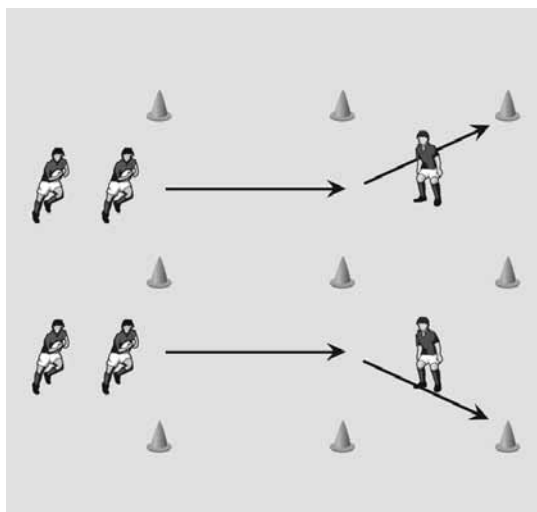
A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to commit the defender and pass to their support player. The support player leaves 1 second after the first to ensure he supports his team-mate from depth. If a successful pass is made to the support player they catch the ball run forward and score a try.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should turn their head and shoulders and pass the ball to their support player.
- › The support player should remain 1m behind and to the side of their team-mate ready to receive a pass.

Equipment

- › 9 markers and 2 balls.



Lineout Leader Ball Game

Overview

In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. When instructed the leader throws the ball to the first player in line who catches it and runs around the back of the line of players, forward around the leader, and back to their original position. The ball is then thrown back to the leader who throws to the next person in line.

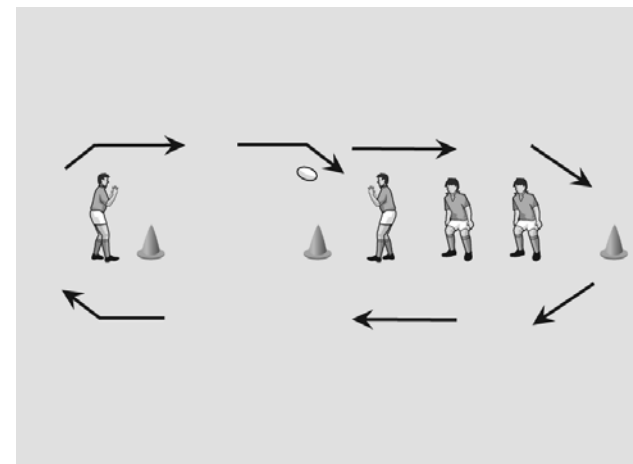
This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 6 markers and 2 balls.



4v4 Rugby Tag Game

Overview

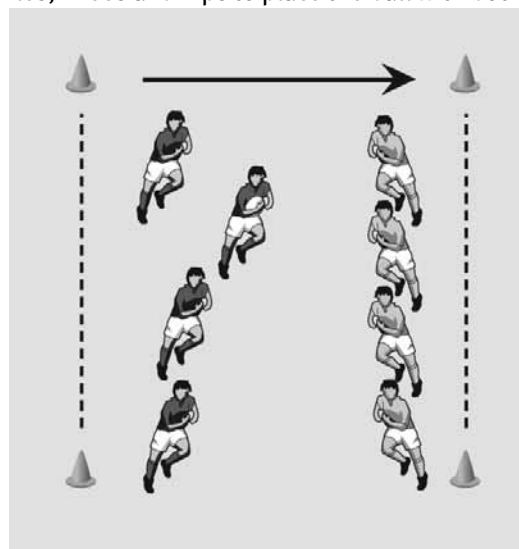
In a 20m x 20m grid, four attackers and four defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 4 markers and 1 ball.



Time is a valuable resource for the coach. Following a consistent session structure and routine ensures that your participants learning time is maximised. Having consistent procedures for explaining, demonstrating, practising, and disciplining will ensure that this is achieved. Please consider the following points:

- › Plan for maximum activity by students
- › Move about the teaching area
- › Provide ample equipment to increase practice time and decrease waiting time
- › Keep group numbers small
- › Avoid games which eliminate students
- › Prepare equipment before beginning class
- › Maintain player involvement throughout an activity
- › Plan activities in which players can be successful

Group Practices

Arranging children into groups introduces variety to a session, allows for sharing of equipment, encourages the development of relationships within the group and can accelerate learning.

Breaking total group into small groups

The most effective way of breaking the total group into smaller groups is to sit all players in groups behind coloured markers. Aim for a maximum of 8 players, with some adjustment between groups if needed. With these aged children it is best to number or colour code the groups i.e. 1, 2, 3, 4 or red, yellow, blue, white (markers can be this colour to assist reinforcement of colour selected).

Have one person coordinate communicating to the participants the number or colour of the group they are in. You will have to physically move around the group and move the first four people to their group marker. It is best to use a group leader or coach at each marker. When the first four are in place (one at each marker) then proceed to communicate and move the remaining participants to their group. Whilst this can be a slow process it ensures all participants move to the correct group.

Moving to, and between grids

Use a group leader or coach to move the kids to the grid. Use lines to follow, create order by having kids follow the leader – Indian file. You can move with a variety of walks e.g. dinosaur steps etc. Above all move efficiently and remember the key is keeping your group orderly and getting them promptly to the activity.

When arranging groups coaches should

- › Create maximum participation opportunities
- › Encourage the child to become responsible for his/her efforts and performance
- › Allow social interaction to occur
- › Consider aspect of ability, gender and friendship
- › Encourage co-operation and attainment of goals through problem-solving activities

Commands for Small Groups

Use clear and consistent commands to organise small groups quickly and easily.

- › Form a pair with a person about the same size
- › Stand with another pair and form a group of four
- › Two to a ball
- › Sit down behind your partner

Safety

- › In the event of an accident, use a signal for attention and a routine for action
- › Check equipment regularly
- › Use appropriate equipment
- › Check playing surfaces for loose sand, divots, cracks, obstructions or water
- › Limit the number of participants in a given area
- › Check footwear and clothing (especially use of hats)
- › Organise activities so that students move and propel objects in one direction or away from each other
- › Avoid using a hard object / structure as a finish or return line

Effective Group Management Checklist

- › All players are close by and paying attention
- › All equipment down (out of hands)
- › Organisation into subgroups by use of coloured markers, numbering system etc
- › Short concise explanations
- › Voice variation (stress important points)
- › Appropriate language for 5-6 year olds (simple and well-mannered)
- › Positioning of presenter in relation to sun, other groups, roads etc

Handling Difficult Situations

While it is the intention to have 100% of kids and parents happy unfortunately this will not always be possible. If a problem does arise it's important to use appropriate conflict resolution skills.

Participants

If you encounter children acting up during a session consider;

- › a review of teaching/instruction – may be taking too long to set up activity
- › including rather than excluding e.g. talk to them, get them to demonstrate
- › keeping the participants as active as possible – 'time out' is a last resort option as the participants haven't registered to stand on the sidelines
- › enquiring why the participant is acting up e.g. to attract attention, being picked on by others and develop strategies to counteract
- › passing on strategies that may have worked/not worked to next coach when they move to next station/ grid
- › if required, talking to parents at the end of the session about their child's behaviour and determine strategies with the parent for the next session e.g. parents talking to child, parent observing behaviour

Parents

Key points to remember when an angry/upset parent approaches you;

- › never yell or raise your voice
- › never point in a way that can be interpreted as threatening
- › listen to points raised and then repeat back summarising the issues
- › ask for what action they are seeking – sometimes it is simply to let off steam
- › if an action is agreed to, ensure it is done and done promptly
- › if conversation lasts longer than one minute and it is during the session, ask to speak to them after the session is completed as they tend to use this time to calm down
- › don't forget what effects customer satisfaction; quality of the program, delivery of the program, capacity to fix any problems, speed of problem resolution, ability to deliver above and beyond expectations.

For more information on all aspects of Rugby Union throughout Australia go to www.rugby.com.au or contact your State Union.



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