



ROOKIE RUGBY

PRESENTED BY **HONDA**



SCHOOL RESOURCE



**GET INTO
RUGBY**

www.rookierugby.ca

ROOKIE RUGBY SCHOOL RESOURCE

Rookie Rugby is a great activity for school physical education classes and kids will love learning a new sport while being healthy and active. Rugby Canada has prepared a resource specifically to support Physical Education that makes it easy for teachers to introduce their students to rugby. Everything you need is included in this resource and available on the Rookie Rugby website at www.rookierugby.ca

HOW DOES IT WORK?

This resource is based on the principles of Canada's **Long Term Athlete Development (LTAD)** model and physical literacy movements. We have split the sessions by LTAD stages into the following:

- Six Sessions for **Active Start** - Boys 5-6 years of age and Girls 5-6 years of age (Grades K-1)
- Six Sessions for **FUNDamentals** - Boys 6-9 years of age and Girls 6-8 years of age (Grades 2-4)
- Six Sessions for **Learn to Train** - Boys 9-12 years of age and Girls 8-11 years of age (Grades 4-8)

ACTIVE START
 MALES 0-6
 FEMALES 0-6

FUNDAMENTALS
 MALES 6-9
 FEMALES 6-8

LEARN TO TRAIN
 MALES 9-12
 FEMALES 8-12



All sessions can be taught indoors or outdoors and can be adapted to fit any class size, age, and student ability.

SESSION STRUCTURE

All sessions contain Rookie Rugby games. Refer to the Rookie Rugby Game Cards for more information on how to teach each game. All games can be adjusted for class size and time allotted. Game Cards are available at www.rookierugby.ca.

All sessions are written to be 30 minutes in length. If you have a class that is longer than 30 minutes, feel free to combine sessions or lengthen the time of each activity/game. If you have less than 30 minutes, feel free to remove a game to fit the time allotted.

Game Zone/Skill Zone lesson segments give instructors the opportunity to assess student performance while students continue to learn and play. These segments can be found in the Fundamentals and Learn to Train sessions.

ONLINE RESOURCES AND MATERIALS

Everything included in this resource is supplemented by online materials and resources such as videos, manuals, promotional materials, and local contact information. We encourage all educators and instructors to visit www.rookierugby.ca for more information.

Questions? Contact your local Rookie Rugby representative by visiting www.rookierugby.com/en/contact

SCHOOL RESOURCE

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LEADING ROOKIE RUGBY

We know that you have many choices when selecting activities for your participants and we are thrilled that you have chosen **Rookie Rugby**! Check out some of the benefits of the game and information that will help you lead the program successfully.

THE HEALTHY BENEFITS OF FLAG RUGBY

Flag rugby is a fast-paced game that keeps kids moving and allows them to develop their fundamental movement skills. Through the various games in **Rookie Rugby**, participants will get to work on their balance and coordination, as well as agility and movement. The continuous flow of flag rugby will help players build up their aerobic capacity with constant movement. **Rookie Rugby's** primary health benefits in the Physical Education classroom are:

- Cardiovascular Endurance
- Balance, Agility and Coordination
- Speed

Rookie Rugby emphasizes these three aspects within specific areas of the game:

1. **Continuous Play:** The continuous aspect of **Rookie Rugby** emphasizes cardiovascular endurance and agility. Athletes are constantly moving and reacting to changing game circumstances.
2. **Multiple Options:** **Rookie Rugby** offers multiple options for teams to move forward: running, passing, or sometimes kicking. These options develop coordination, speed and decision making.
3. **Level Playing Field:** In most classrooms, a small percentage of the class will have played rugby before. Therefore, all students approach the game at a similar level, and all kids can have success.

Ideas for Measuring Fitness Outcomes in your Classroom:

Here are several ideas for measuring the fitness aspects of rugby in your classroom.

1. Utilize pedometers to measure the total steps taken or total distance moved during a 10-minute half of flag rugby.
2. Utilize heart rate monitors during different periods of the game (i.e. after a try, after a long breakaway, while on defence, while on offence) to showcase the aerobic and anaerobic requirements of **Rookie Rugby**.
3. Using your favorite fitness test, test children before and after your rugby unit to see where they have improved. Refer to PHE Canada's **Passport for Life Physical Literacy Assessment Tools**.



A GAME FOR ALL ABILITIES

Rookie Rugby is a game for everyone, including all sizes, shapes, and abilities. All of the games within the resource can be modified or extended to fit any audience and their needs. We encourage all instructors to change the games, as needed, to fit their group. We believe that rugby should be an equal opportunity activity and welcome all participants to pick up the ball and fall in love with rugby. If you have questions on how to tailor your **Rookie Rugby** program to fit your audience's needs, please feel free to contact us at rookierugby@rugby.ca.

SAFETY CONSIDERATIONS FOR ROOKIE RUGBY

Flag rugby is inherently a safe game, taking out any contact aspects of the game and putting rules in place to keep players safe. However, there are still considerations that should be taken into account when leading sessions and games.

- **Proper Attire** – Ensure that all players are prepared with the appropriate attire and footwear before playing **Rookie Rugby** games, which will ensure players stay safe. Refer to the **Rookie Rugby Guidebook** for recommended attire, which is available at www.rookierugby.ca.
- **Accidental Contact** – **Rookie Rugby** is a non-contact game, using flag belts instead of tackles/contact. However, there is inevitably the chance that players will accidentally contact each other. Be aware of which games this may occur and monitor accordingly.
- **Directional Movement** – Many games in the **Rookie Rugby** resource can appear chaotic with players moving in all directions. This can sometimes find players not aware of their surroundings and bumping into each other. Work with players to ensure that they are aware of the other players around them while playing.
- **Aerobic Considerations** – Many **Rookie Rugby** games require a lot of constant movement and aerobic capacity. Be sure to give enough water breaks and only run activities for shorter periods of time that are appropriate for players' ages and abilities.
- **Provincial/Territorial Safety Guidelines** – Educators should have an in-depth understanding of up-to-date safety guidelines in their province/territory and jurisdiction.



A SPECIAL NOTE ON ROOKIE RUGBY'S RELATIONSHIP TO RUGBY

Rookie Rugby is designed to be the child's first step along a pathway to rugby or other invasion games, and as such, has a particular emphasis on basic skill development and movement. This is a modified game that teaches kids how to throw and catch a rugby ball, how to defend and pull flags, and basic rugby laws and rules. There are a few elements involved in rugby that are not included:

1. **Spin Passing** – one of the most well-known aspects of rugby is the spin pass. This pass is useful for long, clearing passes. This type of pass is both not used, nor technically important, in a Rookie Rugby physical education setting. Thus, we have focused on the basic push pass which emphasizes fundamental passing skills and challenges the receiver to learn fundamental catching skills.
2. **Scrum, Lineouts, Kicking, Rucks, Mauls** – If you are familiar with rugby, (or if you are not) these aspects of rugby are part of what makes the game so fun, and so complex. They are generally left out in Rookie Rugby to keep the basics of the game as the focus. There are modifications to scrums, kicks, and lineouts that can be added for advanced players. Please refer to the Rookie Rugby Guidebook for more information on these elements (www.rookierugby.ca).
3. **Modified Game** – Rookie Rugby is played on a smaller field with smaller numbers on each team in order to increase the percentage of success for each team, and the number of "touches on the ball" each participant receives. More time as a part of the game is key to a child's enjoyment of the game!



INCORPORATING RUGBY VALUES INTO YOUR CLASSROOM

Rugby is played by more than 8.5 million people aged from six to 60+ worldwide. The wide variation of skills and physical requirements needed for the game mean that there is an opportunity for individuals of every shape, size and ability to participate. Apart from playing the game and its ancillary support, rugby embraces a number of social and emotional concepts such as courage, loyalty, sportsmanship, discipline and teamwork. (World Rugby, 2018)

World Rugby, the international federation that governs rugby worldwide, has identified 5 core values of the game of rugby: **Integrity, Passion, Solidarity, Discipline and Respect**. **Rookie Rugby** takes these 5 values and adds a sixth value of **Fun**. The **Rookie Rugby** resource incorporates these values in each lesson through a series of questions and discussions with which the teacher can engage their classroom.

These values help address the **Social and Emotional Learning (SEL)** of the child in physical education, particularly when the **World Rugby** values are connected to behaviors that apply to both teamwork within rugby and within the classroom and the child's wider community.

In each LTAD section, you can find rugby values and questions for helping children put these values in action. For example:

Rugby Values

Daily Value: VALUE

"Quote about the value"

SEL Skill: Which areas of Social and Emotional Learning this value addresses

Discussion Questions about each value:

- 1 Q1
- 2 Q2
- 3 Q3

ROOKIE RUGBY ALIGNMENT TO PROVINCIAL/TERRITORIAL CURRICULUM

Rookie Rugby is **Rugby Canada's** mass participation program that is endorsed through **Physical and Health Education Canada (PHE Canada)**. Each Province/Territory utilizes the national **Rookie Rugby** resource in their schools and communities. This resource has been aligned with all Provincial/Territorial Curriculum outcomes and these reference documents can be found here: rookierugby.ca/resources.

ACTIVE START SESSIONS

In the **Active Start** stage, boys and girls are developing fundamental movement skills to help prepare them for activity throughout their lives. In this stage, the focus is on the ABCs of movement, which include agility, balance, coordination, and speed. The focus during this stage is building these fundamental movement skills and creating a fun environment for children to be active, with almost zero emphasis on competition.

It should be noted that playing flag rugby is not the goal of the **Active Start** stage. The focus should be on ball familiarization and basic skills such as running/moving with the ball, passing and catching. Advanced skills and concepts will be acquired in the next stage of development.



ACTIVE START

ROOKIE RUGBY SESSION 1

Learning Outcomes

- 1 Become familiar with the size and shape of a rugby ball.
- 2 Learn the basics of passing and catching a rugby ball.
- 3 Learn how to run/move with a rugby ball.
- 4 Learn how to score in rugby.

Teaching Cues

- 1 "Hold the ball with two hands at all times."
- 2 "Swing your arms across the front of your body when passing."
- 3 "Make a letter W with your hands when receiving a pass."

Check for Understanding

- 1 "How do we hold/carry a rugby ball? Why do we hold/carry it this way?"
- 2 "What letter do we make as a target when receiving a pass? Why is this important?"
- 3 "How do we score a try? How many points is a try worth?"

Rugby Values

World Rugby Value: INTEGRITY

"Integrity is central to the fabric of the game and is generated through honesty and fair play." – World Rugby

SEL Skill: Relationship Skills, Responsible Decision Making

- 1 Integrity is about being honest and fair – how can we be honest and fair during rugby?
- 2 What are examples of not having integrity in rugby?
- 3 How is integrity shown in school? At home?
- 4 If I break the rules during a game of rugby, and the referee or coach doesn't see, how does it affect the game, my teammates, my opponents?

ACTIVE START

ROOKIE RUGBY SESSION 1

Duration	30 minutes
Equipment/Materials	Rugby Balls, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to introduce the game of rugby and explain a bit about the history and how the game is played.
7 minutes	Rugby Name Game Game Card Manual - Page 5	To introduce players to each other and get familiar with the rugby ball.
7 minutes	Relay Races Game Card Manual - Page 11	Introduce the basic pass and focus on mastering the correct movements. Incorporate some competition and fun progressions to keep kids active.
7 minutes	Red Light, Green Light Game Card Manual - Page 6	To help players become familiar with the rugby ball and practice reaction time.
4 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

ACTIVE START

ROOKIE RUGBY SESSION 2

Learning Outcomes

- 1 Continue ball familiarization games with the rugby ball.
- 2 Incorporate rugby skills with problem solving in a game format.
- 3 Introduce the skill of pulling flags.

Teaching Cues

- 1 “Hold the ball with two hands at all times.”
- 2 “Stay in a low body position when pulling flags.”
- 3 “Keep your W’s up when receiving a pass.”

Check for Understanding

- 1 “What was the best way to rob an egg in Canadian Goose Eggs?
Why is this the best way? What other ways did you try that didn’t work?”
- 2 “How do we work with our teammates during games? How do we communicate with our teammates?”

Rugby Values

World Rugby Value: PASSION

“Rugby people have a passionate enthusiasm for the game. Rugby generates excitement, emotional attachment and a sense of belonging to the global rugby family.” – World Rugby

SEL Skill: Self Awareness

- 1 How do you know if you are passionate about something?
- 2 What are you passionate about in rugby?
- 3 What are you passionate about outside of rugby?
- 4 Why is it important to know what you are passionate about? What happens when you do something that you aren’t passionate about?

ACTIVE START

ROOKIE RUGBY SESSION 2

Duration

30 minutes

Equipment/Materials

Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle

Optional

Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
7 minutes	Tiger's Tail Relay Game Card Manual - Page 10	A variation on Rookie Rugby relays to help players have fun with a rugby ball.
7 minutes	Rugby Rover Game Card Manual - Page 8	To work on flag pulling skills in a defensive line.
7 minutes	Canadian Goose Eggs Game Card Manual - Page 17	To become familiar with the rugby ball and flag pulling while working on evasion skills.
4 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

ACTIVE START

ROOKIE RUGBY SESSION 3

Learning Outcomes

- 1 Incorporate a rugby ball into a familiar playground game that teaches spatial awareness.
- 2 Refine flag pulling skills and learn proper flag pulling etiquette.

Teaching Cues

- 1 “Work together with your teammates to tag new people.”
- 2 “Stay in a low position when pulling a flag.”

Check for Understanding

- 1 “What is the easiest way to make tags when we play Rugby Freeze Tag?”
- 2 “How can we make flag pulling easier for us?”

Rugby Values

World Rugby Value: SOLIDARITY

“Rugby provides a unifying spirit that leads to life-long friendships, camaraderie, teamwork and loyalty which transcends cultural, geographic, political and religious differences.” – World Rugby

SEL Skill: Social Awareness, Relationship Skills

- 1 Solidarity is more than just teamwork. What does solidarity mean in relation to your opponents?
- 2 What do we have in common with members of the opposite team?
- 3 What can we learn about rugby from our opponents? What about non-rugby things?

ACTIVE START

ROOKIE RUGBY SESSION 3

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
10 minutes	Rugby Freeze Tag Game Card Manual - Page 12	To become familiar with spatial awareness as it relates to evading the defensive attack.
10 minutes	Flag Fury Game Card Manual - Page 19	To improve proper flag pulling technique for all players.
5 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

ACTIVE START

ROOKIE RUGBY SESSION 4

Learning Outcomes

- 1 Refine and test various rugby skills.
- 2 Introduce defensive skills through teamwork and defensive shape.

Teaching Cues

- 1 "Keep two hands on the rugby ball at all times."
- 2 "Stay in a low body position when making a flag pull."
- 3 "Remain in a flat line and build a wall with teammates."

Check for Understanding

- 1 "What are the most important rugby skills we have learned so far?"
- 2 "Why do we make a flat line on defence rather than everyone moving after someone on their own?"

Rugby Values

World Rugby Value: DISCIPLINE

"Discipline is an integral part of the game both on and off the field and is reflected through adherence to the laws, the regulations and rugby's core values." – World Rugby

SEL Skill: Self-Management, Self-Awareness, Responsible Decision Making

- 1 How do you define discipline (self-discipline)?
- 2 How would discipline help me to learn and improve in a sport?
- 3 When I show discipline with healthy choices (healthy movement or healthy eating), how does this make me feel?

ACTIVE START

ROOKIE RUGBY SESSION 4

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
5 minutes	Rugby Says! Game Card Manual - Page 7	To help players practice following directions and work on various rugby skills.
10 minutes	Rookie Rugby Obstacles Game Card Manual - Page 9	To practice and test various fundamental movement skills and rugby basics.
10 minutes	The Hunter and the Herd Game Card Manual - Page 18	To effectively build a defensive line against an attacking team.
3 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

ACTIVE START

ROOKIE RUGBY SESSION 5

Learning Outcomes

- 1 Showcase improved ball movements during various skills in relay races.
- 2 Showcase advanced defensive skills during flag fury.

Teaching Cues

- 1 "Keep two hands on the ball at all times."
- 2 "Yell 'Try!' when you score."
- 3 "Communicate/Talk to your teammates and help them out."
- 4 "Step towards a player to get close enough to make a flag pull."

Check for Understanding

- 1 "What happens if we move with the ball tucked under our arm and not in two hands?"
- 2 "How many points is a try worth? How is a try scored? Is it easier to score by ourselves or when we work with our teammates?"
- 3 "What can we do to make it easier to grab flags?"

Rugby Values

World Rugby Value: RESPECT

"Respect for teammates, opponents, match officials and those involved in the game is paramount." – World Rugby

SEL Skill: Relationship Skills, Social Awareness

- 1 Who should we show respect to in rugby?
- 2 In what ways can we show respect for our opponents and teammates during competition?
- 3 Has someone shown you respect in your life? What did it look like? How did it make you feel?
- 4 When I show my classmates respect, what are the results? How do my classmates feel when I show them respect?

ACTIVE START

ROOKIE RUGBY SESSION 5

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
10 minutes	Relay Races Game Card Manual - Page 11	<p>Focus: Use these relays as a warm-up and a way to review basic skills. Try incorporating new skills once players have mastered the basics.</p> <p>Game Objective: To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.</p>
10 minutes	Flag Fury Game Card Manual - Page 19	<p>Focus: Players will love working on their flag pulling with another game of flag fury. Try working in teams or changing the rules to make the game more challenging.</p> <p>Game Objective: To improve proper flag pulling technique for all players.</p>
5 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

ACTIVE START

ROOKIE RUGBY SESSION 6

Learning Outcomes

- 1 Review all rugby skills with an emphasis on offence and defence.
- 2 Showcase effective teamwork skills throughout games.

Teaching Cues

- 1 “Stay low when pulling flags.”
- 2 “Remember to stay in a flat line on defence.”
- 3 “Communicate/Talk with your teammates on offence and defence.”
- 4 “Keep both hands on the ball.”
- 5 “Keep your W target up when receiving a pass.”

Check for Understanding

- 1 “How do we move with a rugby ball?”
- 2 “What shape do we make on defence?”
- 3 “How do we pass and catch a rugby ball?”
- 4 “How do we score a try? How many points is it worth?”
- 5 “Did you have fun playing rugby?”

Rugby Values

World Rugby Value: FUN

When asked why they play sports, the number one response from kids is because it is fun. The Rookie Rugby School Resource adds “Fun” as the final value, the value chosen by players themselves.

SEL Skill: Social Awareness, Self-Awareness

- 1 What makes a sport or game fun?
- 2 Why is it important to have fun when playing sports?
- 3 What are your favorite things about playing rugby? Why is rugby fun?
- 4 What else do you do for fun?

ACTIVE START

ROOKIE RUGBY SESSION 6

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
3 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
7 minutes	Tiger's Tail Relay Game Card Manual - Page 10	Focus: Use this activity as a warm-up and a way to get players active and having fun. Game Objective: A variation on Rookie Rugby relays to help players have fun with a rugby ball.
10 minutes	The Hunter and the Herd Game Card Manual - Page 18	Focus: Review this game to address defensive movements and teamwork. Game Objective: To effectively build a defensive line against an attacking team.
7 minutes	Player's Choice	Let students pick their favorite game and end the session with a fun activity that players love.
3 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

FUNDAMENTALS

SESSIONS

In the **FUNDamentals** stage, children are advancing past the basic building blocks of foundational movement skills to further develop the ABCs of agility, balance, coordination, and speed. Children at this stage still need structured activities to help them improve the skills from the Active Start stage. Structured competition should be introduced with the emphasis still on learning and skill acquisition.

Keep in mind that while more structured competition is incorporated in the **FUNDamentals** stage, emphasis should still be on developing essential skills. Be sure that students are executing basic rugby movements like passing, receiving, and running/moving with the ball before introducing more advanced concepts.



FUNDAMENTALS

ROOKIE RUGBY SESSION 1

Learning Outcomes

- 1 Become familiar with the size and shape of a rugby ball.
- 2 Learn the basics of passing and catching a rugby ball.
- 3 Learn how to run/move with a rugby ball.
- 4 Learn how to score in rugby.

Teaching Cues

- 1 "Hold the ball with two hands at all times."
- 2 "Swing your arms across the front of your body when passing."
- 3 "Make a letter 'W' with your hands when receiving a pass."

Check for Understanding

- 1 "How do we hold/carry a rugby ball? Why do we hold/carry it this way?"
- 2 "What letter do we make as a target when receiving a pass?"
- 3 "How do we score a try? How many points is a try worth?"

Rugby Values

World Rugby Value: INTEGRITY

"Integrity is central to the fabric of the game and is generated through honesty and fair play." – World Rugby

SEL Skill: Relationship Skills, Responsible Decision Making

- 1 What does integrity mean?
- 2 How is integrity shown in sports or physical activity?
- 3 How is integrity shown in school?
- 4 If I break the rules during a game of rugby, and the referee or coach doesn't see, what is the impact on the game, on my teammates, on my opponents?

FUNDAMENTALS

ROOKIE RUGBY SESSION 1

Duration	30 minutes
Equipment/Materials	Rugby Balls, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
4 minutes	Introduction	Use this time at the beginning of the session to introduce the game of rugby and explain a bit about the history and how the game is played.
8 minutes	Relay Races Game Card Manual - Page 11	To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.
8 minutes	Circle Passing Game Card Manual - Page 13	To improve proper passing and receiving techniques.
8 minutes	Rugby Freeze Tag Game Card Manual - Page 12	To become familiar with spatial awareness as it relates to evading the defensive attack.
2 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

FUNDAMENTALS

ROOKIE RUGBY SESSION 2

Learning Outcomes

- 1 Review basic rugby skills and begin to refine them.
- 2 Incorporate spatial awareness and competition through fun games.
- 3 Incorporate Ultimate Rugby to introduce the first building block of flag rugby.

Teaching Cues

- 1 “Be sure to keep your W target up when receiving a pass.”
- 2 “Move into open space when you do not have the ball.”
- 3 “Remember that short, quick passes work the best.”

Check for Understanding

- 1 “What types of passes are more successful during Ultimate Rugby? Why?”
- 2 “Why is it important to find open space on offence?”

Rugby Values

World Rugby Value: PASSION

“Rugby people have a passionate enthusiasm for the game. Rugby generates excitement, emotional attachment and a sense of belonging to the global rugby family.”
– World Rugby

SEL Skill: Self Awareness

- 1 How do you define passion?
- 2 What are you passionate about in rugby?
- 3 What are you passionate about outside of rugby?
- 4 Why is it important to know what you are passionate about?
What happens when you do something that you aren’t passionate about?

FUNDAMENTALS

ROOKIE RUGBY SESSION 2

Duration

30 minutes

Equipment/Materials Optional

Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Pinnies, Water, Sunscreen

Game Zone/Skill Zone

In this session, give players an opportunity to work on refining their skills. Put all players in a competitive game format. Once a player is eliminated or completes a designated action, they move to the Skill Zone to practice a particular skill before returning to the Game Zone.

Time	Activity	Focus
3 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
7 minutes	Tiger's Tail Relay Game Card Manual - Page 10 & Over Under Relay Game Card Manual - Page 14	Focus: Use these relays as warm-ups for the session. Game Objectives: Tiger's Tail Relay: A variation on Rookie Rugby relays to help players have fun with a rugby ball. Over Under Relay: To become familiar with the rugby ball and work on communication and teamwork.
8 minutes	Game Zone: Pairs Tag Game Card Manual - Page 20 Skill Zone: Once a pair is tagged, the pair moves into the Skill Zone to complete 10 step back passes with their partner to return to the game.	Game Objective: To work together with a partner in order to effectively track and tag attacking players. Skill Objective: To refine passing and catching skills. Skill Zone: 10 Step Back Passes – Start by passing from a short distance. Have players step backwards one step after each pass. Continue until 10 passes are completed.
10 minutes	Ultimate Rugby Game Card Manual - Page 31	Focus: Start with small numbers on each team and focus on basic rules. Game Objective: To help players utilize space and communication for maximizing scoring opportunities.
2 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

FUNDAMENTALS

ROOKIE RUGBY SESSION 3

Learning Outcomes

- 1 Introduce flag pulling skills.
- 2 Introduce proper flag etiquette.
- 3 Introduce proper defensive shape.

Teaching Cues

- 1 "Stay low when pulling flags. Be sure to see the flag clearly before pulling."
- 2 "Stay flat on defence and stick together."
- 3 "Flat line defence."

Check for Understanding

- 1 "What are the steps for pulling a flag?"
- 2 "Why do we stay flat on defence, like a wall?"

Rugby Values

World Rugby Value: SOLIDARITY

"Rugby provides a unifying spirit that leads to life-long friendships, camaraderie, teamwork and loyalty which transcends cultural, geographic, political and religious differences." – World Rugby

SEL Skill: Social Awareness, Relationship Skills

- 1 Solidarity is more than just teamwork. What does solidarity mean in relation to your opponents?
- 2 What do we have in common with members of the opposite team?
- 3 What can we learn about rugby from our opponents? What about non-rugby things?

FUNDAMENTALS

ROOKIE RUGBY SESSION 3

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
8 minutes	Bears & Buffaloes Game Card Manual - Page 15	Focus: Be sure to introduce proper flag etiquette before playing this game. This will help students advance their flag pulling skills. Game Objective: To improve player reaction time when switching from offence and defence.
8 minutes	The Hunter and the Herd Game Card Manual - Page 18	To effectively build a defensive line against an attacking team.
10 minutes	Great Escape Game Card Manual - Page 22	Focus: This game will help players apply their flag pulling skills to a game strategy/format. Game Objective: To encourage defensive teamwork in order to properly defend a designated space.
2 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

FUNDAMENTALS

ROOKIE RUGBY SESSION 4

Learning Outcomes

- 1 Applies defensive strategies in a dynamic situation.
- 2 Learn advanced defensive skills such as tracking an attacking player.
- 3 Begin to apply skills into a rugby-like game.

Teaching Cues

- 1 "Track the attacking player's hips and watch their movements. React with them."
- 2 "Stay low and step forward when making a flag pull."
- 3 "Find the space and move without the ball."

Check for Understanding

- 1 "Why do we watch the offence's hips when tracking on defence?"
- 2 "What does taking three steps on offence do in Ultimate Rugby?"
- 3 "How can we defend the offence taking three steps?"

Rugby Values

World Rugby Value: DISCIPLINE

"Discipline is an integral part of the game both on and off the field and is reflected through adherence to the laws, the regulations and rugby's core values." – World Rugby

SEL Skill: Self-Management, Self-Awareness, Responsible Decision Making

- 1 How do you define discipline (self-discipline)?
- 2 How would discipline help me to learn and improve in a sport?
- 3 When I show discipline with healthy choices (healthy movement or healthy eating), how does this make me feel?

FUNDAMENTALS

ROOKIE RUGBY SESSION 4

Duration 30 minutes
Equipment/Materials Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional Pinnies, Water, Sunscreen

Game Zone/Skill Zone

In this session, give players an opportunity to work on refining their skills. Put all players in a competitive game format. Once a player is eliminated or completes a designated action, they move to the Skill Zone to practice a particular skill before returning to the Game Zone.

Time	Activity	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
5 minutes	Follow the Leader Game Card Manual - Page 27	To effectively track an attacking player's movements and react accordingly.
10 minutes	Game Zone: Flag Fury Game Card Manual - Page 19 Skill Zone: Once a player has both flags removed, they have to complete a 1v1 flag pull before returning to the game.	Game Objective: To improve proper flag pulling technique for all players. Skill Objective: To refine flag pulling skills. Skill Zone: Set up a 1v1 grid where one player plays defence and the other is the ball carrier. Have both players perform an effective flag pull before returning to flag fury.
8 minutes	Ultimate Rugby Game Card Manual - Page 31 & Transition from Ultimate to Flag Game Card Manual - Page 32	Focus: Review Ultimate Rugby and ensure players are executing skills properly. Once players have mastered the game, feel free to advance to the first progression of the Transition from Ultimate to Flag. Game Objective: To help players utilize space and communication for maximizing scoring opportunities.
2 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

FUNDAMENTALS

ROOKIE RUGBY SESSION 5

Learning Outcomes

- 1 Continue to work on spatial awareness.
- 2 Advance flag pulling technique by incorporating the skill into a game format. Work on refining the skill.

Teaching Cues

- 1 "Try to anticipate the movements of the offence and intercept the pass."
- 2 "Work together with your teammates to pull flags."
- 3 "Run/Move forward!"

Check for Understanding

- 1 "How can we anticipate passes and movements of the offence?"
- 2 "How can we properly defend once players can move as far as they can?"
- 3 "What are effective ways we can advance the ball on offence?"

Rugby Values

World Rugby Value: RESPECT

"Respect for teammates, opponents, match officials and those involved in the game is paramount." – World Rugby

SEL Skill: Relationship Skills, Social Awareness

- 1 Who should we show respect to in rugby?
- 2 In what ways can we show respect for our opponents and teammates during competition?
- 3 Has someone shown you respect in your life? What did it look like? How did it make you feel?
- 4 When I show my classmates respect, what are the results? How do my classmates feel when I show them respect?

FUNDAMENTALS

ROOKIE RUGBY SESSION 5

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
10 minutes	Mountie in the Middle Game Card Manual - Page 21	<p>This warm-up game will help students work on skills helpful in both offence and defence.</p> <p>Game Objective: To improve defensive tracking in a fun game-like environment.</p>
7 minutes	Flag Fury Game Card Manual - Page 19	<p>Revisit this game to emphasize proper flag pulling before introducing it into the Transition from Ultimate to Flag.</p> <p>Game Objective: To improve proper flag pulling technique for all players.</p>
10 minutes	Transition from Ultimate to Flag Game Card Manual - Page 32	<p>Focus: Review the last version of the Transition game (3 steps) before advancing to players being able to run/move with the ball.</p> <p>Game Objective: To help advance players to playing flag rugby by introducing one new rule at a time.</p>
1 minute	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

FUNDAMENTALS

ROOKIE RUGBY SESSION 6

Learning Outcomes

- 1 Continue building skills up to full flag rugby.
- 2 Once players have reached flag rugby, break out and focus on attacking movements.
- 3 Once players have reached flag rugby, break out and focus on defensive movements.
- 4 Incorporate all skills into games.

Teaching Cues

- 1 “Use cues to move as a unit on defence like ‘Slide Right!’, ‘Slide Left!’, ‘Up!’, and ‘Back!’”
- 2 “Stay behind the ball carrier on offence and catch the ball while moving forward.”

Check for Understanding

- 1 “How do we build a good defence?”
- 2 “How should you receive the ball when on offence? Where should you stand?”
- 3 “Which direction do we pass the ball in rugby?”

Rugby Values

World Rugby Value: FUN

When asked why they play sports, the number one response from kids is because it is fun. The Rookie Rugby School Resource adds “Fun” as the final value, the value chosen by players themselves.

SEL Skill: Social Awareness, Self-Awareness

- 1 What makes a sport or game fun?
- 2 Why is it important to have fun when playing sports?
- 3 What are your favorite things about playing rugby? Why is rugby fun?
- 4 What else do you do for fun?

FUNDAMENTALS

ROOKIE RUGBY SESSION 6

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
2 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
10 minutes	Transition from Ultimate to Flag Game Card Manual - Page 32	Continue the transition to flag rugby by using the Transition Game. Be sure players understand and can demonstrate skills before advancing. Game Objective: To help advance players to playing flag rugby by introducing one new rule at a time.
7 minutes	Break Out Game Defence: Mirrored Lines Game Card Manual - Page 23 Offence: Depth Running Game Card Manual - Page 25	Break out into a game to work on a specific skill: Game Objective: To improve the defensive reactions of players based on attacking movements. Game Objective: To help players build depth and space into their attacking lines and shape.
10 minutes	Transition from Ultimate to Flag Game Card Manual - Page 32	Return to the transition game and slowly advance players to flag rugby.
1 minute	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

LEARN TO TRAIN SESSIONS

Players in the **Learn to Train** stage are ready to apply their fundamental movements skills into more advanced play. Students at this stage are able to problem solve and understand more advanced concepts. Structured competition allows them to test the skills they acquired over the first two stages and turn them into functional sport skills.

During this stage be sure to help students refine basic rugby skills and movements. It is important to emphasize proper technique so that students avoid developing bad habits in sport.



LEARN TO TRAIN

ROOKIE RUGBY SESSION 1

Learning Outcomes

- 1 Become familiar with the size and shape of a rugby ball.
- 2 Learn the basics of passing and catching a rugby ball.
- 3 Learn how to run/move with a rugby ball and score.
- 4 Introduce the concepts of defence and defensive skills.
- 5 Incorporate passing and catching skills into a game format.

Teaching Cues

- 1 "Hold the ball in two hands at all times."
- 2 "Swing your arms across the front of your body when passing."
- 3 "Make a letter W with your hands when receiving a pass."
- 4 "Keep moving when you don't have the ball."
- 5 "Remain low when attempting to pull a flag."

Check for Understanding

- 1 "How do we hold/carry a rugby ball? Why do we hold/carry it this way?"
- 2 "What letter do we make as a target when receiving a pass?"
- 3 "How do we score a try? How many points is a try worth?"
- 4 "How do we effectively pull a flag on defence?"

Rugby Values

World Rugby Value: INTEGRITY

"Integrity is central to the fabric of the game and is generated through honesty and fair play." – World Rugby

SEL Skill: Relationship Skills, Responsible Decision Making

- 1 What does integrity mean?
- 2 How is integrity shown in sports or physical activity?
- 3 How is integrity shown in school?
- 4 If I break the rules during a game of rugby, and the referee or coach doesn't see, what is the impact on the game, on my teammates, on my opponents?

LEARN TO TRAIN

ROOKIE RUGBY SESSION 1

Duration

30 minutes

Equipment/Materials

Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle

Optional

Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to introduce the game of rugby and explain a bit about the history and how the game is played.
7 minutes	Relay Races Game Card Manual - Page 11	To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.
7 minutes	Rugby Freeze Tag Game Card Manual - Page 12	To become familiar with spatial awareness as it relates to evading the defensive attack.
7 minutes	Bears & Buffaloes Game Card Manual - Page 15	To improve player reaction time when switching from offence and defence.
4 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

LEARN TO TRAIN

ROOKIE RUGBY SESSION 2

Learning Outcomes

- 1 Introduce defensive shape and working together as a team on defence.
- 2 Work on quick reaction time.
- 3 Incorporate Ultimate Rugby to introduce the first building block of flag rugby.

Teaching Cues

- 1 “Stay flat on defence. Work together and move together.”
- 2 “Move into open space when you do not have the ball.”
- 3 “Remember that short, quick passes work the best.”

Check for Understanding

- 1 “What types of passes are more successful during Ultimate Rugby? Why?”
- 2 “Why is it important to find open space on offence?”
- 3 “Why is it important to stay flat on defence?”

Rugby Values

World Rugby Value: PASSION

“Rugby people have a passionate enthusiasm for the game. Rugby generates excitement, emotional attachment and a sense of belonging to the global rugby family.” – World Rugby

SEL Skill: Self-Awareness

- 1 How do you define passion?
- 2 What are you passionate about in rugby?
- 3 What are you passionate about outside of rugby?
- 4 Why is it important to know what you are passionate about?
What happens when you do something that you aren’t passionate about?

LEARN TO TRAIN

ROOKIE RUGBY SESSION 2

Duration

30 minutes

**Equipment/Materials
Optional**

Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Pinnies, Water, Sunscreen

Game Zone/Skill Zone

In this session, give players an opportunity to work on refining their skills. Put all players in a competitive game format. Once a player is eliminated or completes a designated action, they move to the Skill Zone to practice a particular skill before returning to the Game Zone.

Time	Activity	Focus
4 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
7 minutes	The Hunter and the Herd Game Card Manual - Page 18	To effectively build a defensive line against an attacking team.
7 minutes	Game Zone: Pairs Tag Game Card Manual - Page 20 Skill Zone: Once a pair is tagged, the pair moves into the Skill Zone to complete 10 step back passes with their partner to return to the game.	Game Objective: To work together with a partner in order to effectively track and tag attacking players. Skill Objective: To refine passing and catching skills. Skill Zone: 10 Step Back Passes – Start by passing from a short distance. Have players step backwards one step after each pass. Continue until 10 passes are completed.
10 minutes	Ultimate Rugby Game Card Manual - Page 31	Start with small numbers on each team and focus on basic rules. If players grasp the concept quickly, advance to the 3 steps progression of the Transition Game. Game Objective: To help players utilize space and communication for maximizing scoring opportunities.
2 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

LEARN TO TRAIN

ROOKIE RUGBY SESSION 3

Learning Outcomes

- 1 Continue to work on spatial awareness.
- 2 Learn advanced defensive skills such as tracking an attacking player.
- 3 Continue building up to flag rugby through the transition game.

Teaching Cues

- 1 "Try to anticipate the movements of the offence and intercept the pass."
- 2 "Watch the offence's hips when tracking their movements."

Check for Understanding

- 1 "How can we anticipate passes and movements of the offence?"
- 2 "How can we effectively track the offence's movements? Why does watching their hips help us track?"

Rugby Values

World Rugby Value: SOLIDARITY

"Rugby provides a unifying spirit that leads to life-long friendships, camaraderie, teamwork and loyalty which transcends cultural, geographic, political and religious differences." – World Rugby

SEL Skill: Social Awareness, Relationship Skills

- 1 Solidarity is more than just teamwork. What does solidarity mean in relation to your opponents?
- 2 What do we have in common with members of the opposite team?
- 3 What can we learn about rugby from our opponents? What about non-rugby things?

LEARN TO TRAIN

ROOKIE RUGBY SESSION 3

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
5 minutes	Mountie in the Middle Game Card Manual - Page 21	To improve defensive tracking in a fun game-like environment.
5 minutes	Follow the Leader Game Card Manual - Page 27	To effectively track an attacking player's movements and react accordingly.
10 minutes	Transition from Ultimate to Flag Game Card Manual - Page 32	<p>Start to transition students to flag rugby using this easy activity that introduces one rule at a time. Be sure not to advance students until they master each set of rules.</p> <p>Game Objective: To help advance players to playing flag rugby by introducing one new rule at a time.</p>
5 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

LEARN TO TRAIN

ROOKIE RUGBY SESSION 4

Learning Outcomes

- 1 Refine flag pulling skills in a game format.
- 2 Incorporate all skills into flag rugby.
- 3 Once players have reached flag rugby, break out and focus on defensive movements.

Teaching Cues

- 1 “See the flag and get close enough to make the flag pull. Stay low.”
- 2 “Use cues to move as a unit on defence like ‘Slide Right!’, ‘Slide Left!’, ‘Up!’, and ‘Back!’”

Check for Understanding

- 1 “How do we build a good defence?”
- 2 “Why is staying a flat line important on defence?”
- 3 “What commands do we use on defence to move everyone together?”

Rugby Values

World Rugby Value: DISCIPLINE

“Discipline is an integral part of the game both on and off the field and is reflected through adherence to the laws, the regulations and rugby’s core values.” – World Rugby

SEL Skill: Self-Management, Self-Awareness, Responsible Decision Making

- 1 How do you define discipline (self-discipline)?
- 2 How would discipline help me to learn and improve in a sport?
- 3 When I show discipline with healthy eating habits (healthy movement, or healthy choices), how does this make me feel?

LEARN TO TRAIN

ROOKIE RUGBY SESSION 4

Duration 30 minutes
Equipment/Materials Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional Pinnies, Water, Sunscreen

Game Zone/Skill Zone

In this session, give players an opportunity to work on refining their skills. Put all players in a competitive game format. Once a player is eliminated or completes a designated action, they move to the Skill Zone to practice a particular skill before returning to the Game Zone.

Time	Activity	Focus
1 minute	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
7 minutes	Game Zone: Flag Fury Game Card Manual - Page 19 Skill Zone: Once a player has both flags removed, they have to complete a 1v1 flag pull before returning to the game.	Game Objective: To improve proper flag pulling technique for all players. Skill Objective: To refine flag pulling skills. Skill Zone: Set up a 1v1 grid where one player plays defence and the other is the ball carrier. Have both players perform an effective flag pull before returning to flag fury.
8 minutes	Flag Rugby Game Card Manual - Page 33	Use the coaching strategy of Whole-Part-Whole and break out into a focused activity before returning back to this game. Game Objective: To incorporate all rugby skills into one competitive game of flag rugby.
5 minutes	Mirrored Lines Game Card Manual - Page 23	Break out into a defence-focused activity to help players work on defensive skills. Game Objective: To improve the defensive reactions of players based on attacking movements.
8 minutes	Flag Rugby Game Card Manual - Page 33	Return to Flag Rugby to see players incorporate newly fine-tuned defensive skills.
1 minute	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

LEARN TO TRAIN

ROOKIE RUGBY SESSION 5

Learning Outcomes

- 1 Incorporate all skills into flag rugby.
- 2 Once players have reached flag rugby, break out and focus on offensive movements.

Teaching Cues

- 1 "Stay behind the ball carrier on offence."
- 2 "Keep moving forward when catching a pass."
- 3 "Communicate/Talk with your teammates and let them know where you are in support."

Check for Understanding

- 1 "How should you receive the ball when on offence?"
- 2 "Where should you stand on offence? What does your body look like?"
- 3 "How do you let your teammates know you are ready to receive a pass?"

Rugby Values

World Rugby Value: RESPECT

"Respect for teammates, opponents, match officials and those involved in the game is paramount." – World Rugby

SEL Skill: Relationship Skills, Social Awareness

- 1 Who should we show respect to in rugby?
- 2 In what ways can we show respect for our opponents and teammates during competition?
- 3 Has someone shown you respect in your life? What did it look like? How did it make you feel?
- 4 When I show my classmates respect, what are the results? How do my classmates feel when I show them respect?

LEARN TO TRAIN

ROOKIE RUGBY SESSION 5

Duration

30 minutes

Equipment/Materials

Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle

Optional

Pinnies, Water, Sunscreen

Time	Activity	Focus
3 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
10 minutes	Flag Rugby Game Card Manual - Page 33	Use the coaching strategy of Whole-Part-Whole and break out into a focused activity before returning back to this game. Game Objective: To incorporate all rugby skills into one competitive game of flag rugby.
5 minutes	Depth Running Game Card Manual - Page 25	Break out into an offence-focused activity to help players work on passing and support. Game Objective: To help players build depth and space into their attacking lines and shape.
10 minutes	Flag Rugby Game Card Manual - Page 33	Return to Flag Rugby to see players incorporate newly fine-tuned passing and support skills.
2 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

LEARN TO TRAIN

ROOKIE RUGBY SESSION 6

Learning Outcomes

- 1 Continue refining skills in flag rugby.
- 2 Incorporate all skills into games.
- 3 Have fun during flag rugby competition.

Teaching Cues

- 1 “Be in a position to receive a pass.”
- 2 “Stay together on defence – remain flat.”

Check for Understanding

- 1 “What makes a successful rugby offence? How can we improve our attacking movements next time to be more successful?”
- 2 “What makes a successful rugby defence? How can we improve our defensive movements next time to be more successful?”

Rugby Values

World Rugby Value: FUN

When asked why they play sports, the number one response from kids is because it is fun. The Rookie Rugby School Resource adds “Fun” as the final value, the value chosen by players themselves.

SEL Skill: Social Awareness, Self-Awareness

- 1 What makes a sport or game fun?
- 2 Why is it important to have fun when playing sports?
- 3 What are your favorite things about playing rugby? Why is rugby fun?
- 4 What else do you do for fun?

LEARN TO TRAIN

ROOKIE RUGBY SESSION 6

Duration	30 minutes
Equipment/Materials	Rugby Balls, Flag Belts, Cones, Ball Pump, Whistle
Optional	Pinnies, Water, Sunscreen

Time	Activity	Focus
5 minutes	Introduction	Use this time at the beginning of the session to review the previous session and introduce new concepts.
20 minutes	Flag Rugby Game Card Manual - Page 33	<p>Help players incorporate all skills into a flag rugby tournament. Separate the class into equal teams and have them play a round robin format, ensuring they get a lot of playing time and games.</p> <p>Game Objective: To incorporate all rugby skills into one competitive game of flag rugby.</p>
5 minutes	Cool Down/Wrap Up	Use this time to review the skills and information learned in the session.

ADDITIONAL RESOURCES



www.rookierugby.ca

Check out this page for everything that you need related to **Rookie Rugby**. This site includes lesson plans, game cards, skill cards, the **Rookie Rugby** store, local contact information and much more!



www.rugby.ca

Visit **Rugby Canada's** official website to find out more about rugby in Canada. Learn how to get involved with coaching or refereeing, keep up to date on our national teams, or even find out about a rugby event in your area!



**PLAY
SMART**
PUTTING PLAYERS FIRST

www.playsmart.rugbycanada.ca

Rugby Canada PlaySmart is a **Player Welfare** program that aims to educate players, parents, coaches, match officials and administrators on the safety of rugby across Canada. The health and safety of every player across the country is of paramount importance and **Rugby Canada** strives to ensure a safe playing environment at all levels. It is everyone's responsibility to ensure that all players are protected and ensure that the game is played safely.



**CANADIAN
SPORT FOR LIFE**

canadiansportforlife.ca

Head here to learn more about Canada's **Sport for Life Long Term Athlete Development Pathway and Physical Literacy** movement, as well as other programs they have that focus on the health and wellness of all Canadians.

