



**6 WEEK TOUCH RUGBY LESSON PLAN OVERVIEW:
SECONDARY SCHOOLS**

KEY STAGES 3 & 4

CONTENTS

WEEK 1

WEEK 2

WEEK 3

WEEK 4

WEEK 5

WEEK 6

**Curriculum
Fundamental
Movement Skill**

Running

Agility

Catching

Throwing

Balancing

Jumping

Interpersonal Skills

Competitiveness

Communication

Teamwork

Decision-Making

Problem-Solving

Mentoring

Super 6 Skill

Scoring a Try

Evasive running

Catching a Touch
Rugby ball

Passing a Touch
Rugby ball

Performing a Rollball

Making a Touch

**Skills Break Out
Sessions: Small Grids**

Try Time

1 v 1 Stepping

10 Catches

Active Lines of 4

Rollball Gauntlet
(Passive Defenders)

Rollball Gauntlet
(Active Defenders)

**Skills Break Out
Sessions: Large Grids**

Bulldog

Jailbreak

Elimination

Guard the Castle

Rollball and Half
Passing Grid

Super 6's

Game Progressions

Start with basic game structure and focus on Try scoring and passing twice before scoring

Focus on calling "TOUCH" when the ball carrier is caught/touched

Stop "on the mark" when the ball carrier is touched and tap the ball on the ground before passing off (Super 6's Rules)

1. All passes must go backwards (should limit attacking space)
2. Progress to Defenders must retreat 7m after each touch (to increase attacking space)

1. Change tap to a Rollball
2. Half must pass the ball from the ground to another Attacker and play continues

School Festival Touch Rugby Rules
• 6 Touches = Turnover
• Infringements count as a Touch

CONT...

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KEY STAGES 3 & 4 CONT...

CONTENTS

Optional Game Progressions

WEEK 1

Must pass the ball within 3 seconds (teacher counts)

Useful progression if the ball carrier is slow to pass the ball and keeps getting marked up by Defenders

WEEK 2

All passes must be under head height (of the tallest player)

Useful progression if the ball keeps getting dropped due to the use of high or long passes

WEEK 3

X number of dropped balls = change in possession

Useful progression if the ball keeps getting dropped or there is wrestling for the ball on the ground

WEEK 4

Reverse the Try Line that the Attacking Team are scoring towards

Useful progression to keep engagement high and get children thinking quickly and communicating

WEEK 5

Throw in a different ball which is now "live" and remove other ball

Useful progression if you want to give possession of the ball to a child who is not involved in play or change the focus of attack

WEEK 6

Run back to your own Try Line each time you make a touch before you can get back in the game

Useful progression to remove the number of Defenders in a game for a short time to give an attacking advantage

Super Powers
(options to help engage all children)

Pick a player who can run and the first touch on them does not count

Pick a player who can run for 10 metres without having to stop even if they are touched

Pick a player who can win back possession for their team by making a touch

Pick a player who can play for either team when they are in attack

Pick a player who has the power to freeze 1 other player on the other team for 10 seconds

Pick a player who can pause the game once and to allow the Defending Team to move to new positions

Coaches Corner

How could your team have scored more Tries today?

Why do Defenders have to shout "touch" when they catch an Attacker?

What are the key elements of a successful catch?

What are the key elements of a successful pass?

Why is it an advantage if an Attacker runs forward, initiates a touch and performs a Rollball

Watch a team mate play for 5 minutes and give them positive feedback about their game

Referee Rules

Scoring a Try

Hard Touch

On the Mark

Forward Pass

Touch and Pass

Children to practice refereeing games