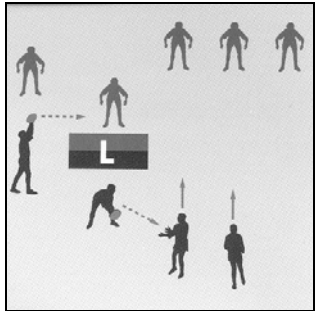


## USA Rugby Physical Education Lesson Plan 5-7

Lesson 5	Activity	Teaching points and techniques	Evaluation and Examples
<b>Warm up activity: 15 minutes</b>	<p><b>Spin and pass-</b> 4 v 4 Objective- which group can make most passes in 30, 60 seconds</p> <p>Rules</p> <ul style="list-style-type: none"> <li>• Stay within designated grid- running out of grid or ball out of grid results in change of possession</li> <li>• Pass the ball in any direction, you may run with ball</li> <li>• Try to regain possession by interception, pick up dropped passes</li> </ul>	<ul style="list-style-type: none"> <li>• Maximize communication</li> <li>• Encourage use of feints and dummies</li> <li>• Have defensive team mark players and cut off passing lanes</li> <li>• Switch groups around</li> </ul>	
<b>Skill work: 15 minutes</b>	<p><b>Teach punt and practice-</b> Explain and demonstrate</p> <ul style="list-style-type: none"> <li>• Team of 4, two pairs work together</li> <li>• Kick and catch- whoever catches kick passes to partner who is in support and kicks back</li> </ul>	<p>Punting</p> <ul style="list-style-type: none"> <li>• Shoulders over hips</li> <li>• Point toes of kicking foot and lock ankle</li> <li>• Kick out of hands- laying ball lengthwise over laces of kicking foot, try not to drop or toss ball out in front</li> <li>• Head down</li> </ul>	
<b>Game/activity: 20 minutes</b>	<p><b>Baseball-</b> Set small baseball diamond of cones- 15m between bases</p> <ul style="list-style-type: none"> <li>• “At bat” team stands behind home and elects a batter(kicker)</li> <li>• “Out in the field” team spaces themselves out in field</li> <li>• Batter kicks ball as far and away from fielders</li> <li>• Entire batting team runs around all cones</li> <li>• Fielding team gathers ball and quickly creates a “chain” back to home base and all fielders must handle ball as it is passed back to beat the batting team before they arrive home.</li> </ul> <p><b>6 v 6 Touch Rugby with dropkicks and limited punting-</b> If on a team’s 5<sup>th</sup> tag and they are behind midfield they may elect to punt down field once ball is kicked thru mark and at least one pass has been made</p>	<ul style="list-style-type: none"> <li>• 8-10 players on a team</li> <li>• 2 or 3 outs per team and switch</li> <li>• If batting team is always safely home or always out by a great distance, adjust distance of cones accordingly</li> </ul> <p>If time allows Emphasize to only kick when in an area behind midfield and that players may not chase unless behind kicker, or kicker/someone behind kicker runs past them</p>	

Lesson 6	Activity	Teaching points and techniques	Evaluation and Examples
<b>Warm up activity: 15 minutes</b>	<b>Line passing-</b> groups of 4 running various plays <ul style="list-style-type: none"> <li>Flash, 1 loop all 4, 2 loop 3, everyone loops entire line, skip 2, skip 2- 2 loop 3</li> <li>Introduce switch- run 3 switch with 4 to bring ball back the other way</li> </ul>	See if players can think up play and run themselves Switches or scissors <ul style="list-style-type: none"> <li>Ball carrier angles into switching player's lane</li> <li>Turn towards switch showing back to defense- not the ball</li> </ul>	
<b>Skill work: 15 minutes</b>	<b>Introduce Lineout-</b> explain how ball into touch will result in lineout <ul style="list-style-type: none"> <li>Create tunnel with 2 jumpers from each team 1m apart and 5m from touchline</li> <li>Throw with two hands football style</li> <li>Jumper catches in air and turns body towards own team and lands with balance, bringing ball down low, ready to pitch ball back to teammate (scrumhalf)</li> <li>Explain simple codes used for throwing team</li> </ul> Group of 4 practice lineouts <ul style="list-style-type: none"> <li>1 thrower, 2 jumpers, 1 scrumhalf</li> <li>throw to jumper, catch and pitch to scrumhalf, spin pass back to thrower</li> <li>2 throws to each jumper and switch positions</li> </ul>	Jumpers: <ul style="list-style-type: none"> <li>inside foot forward</li> <li>bring feet together and swing arms up with explosive jump</li> <li>jump into tunnel and catch with two hands</li> </ul> Thrower: <ul style="list-style-type: none"> <li>Step forward with opposite foot of throwing arm</li> <li>Throw to hands and follow pass onto field ready to support and pickup dropped ball</li> </ul> See if teams can think up codes	
<b>Game/activity: 15-20 minutes</b>	<b>6 v 6 Touch Rugby-</b> all restarts are lineouts and uncontested for first 8 minutes, then allow defense to contest	Make sure all teams have simple codes- assist if necessary	

Lesson 7	Activity	Teaching points and techniques	Evaluation and Examples
<b>Warm up activity: 15 minutes</b>	Students choice: <b>Red Rover</b> or <b>Baseball</b>	Have fun	
<b>Skill work: 0 minutes</b>	<b>Game Day</b>		
<b>Game/activity: 35 minutes</b>	<b>6 v 6 Touch Rugby-</b> Review rules <ul style="list-style-type: none"> <li>• Dropkicks after scores and kickoffs</li> <li>• Punting down field on 5<sup>th</sup> tag only</li> <li>• Lineouts for all balls into touch</li> <li>• Defense's responsibility to get back 3m after each tag or may not join play until on correct side of ball</li> </ul>	Remind students about obstruction- by running behind your own player putting that player in a blocking position. Only obstruction if the player is in the way of the defender trying to get to ball carrier  Switch teams every 12 minutes	