



# ACTIVITIES

**EVASION**

**HANDLING**

**DEFENCE**

**SCRUM**

**LINEOUT**

**KICKING**

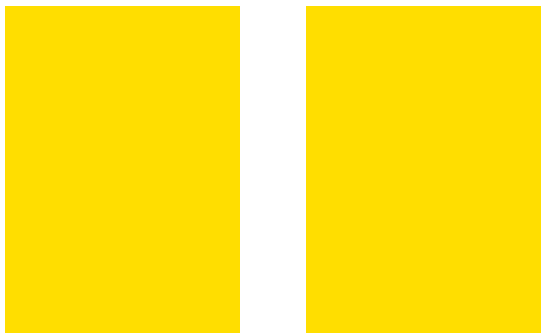
**SCENARIO**



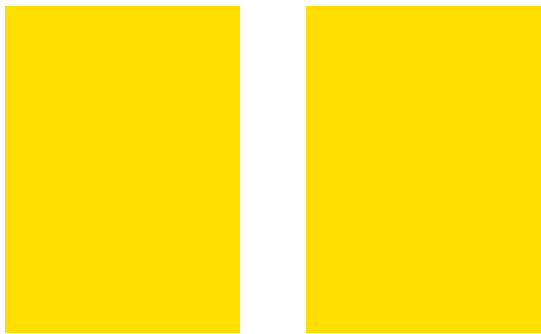
# ACTIVITIES

# EVASION

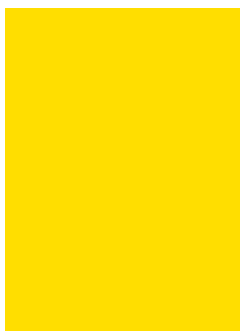
## LEARN



## EXPLORE



## CHALLENGE



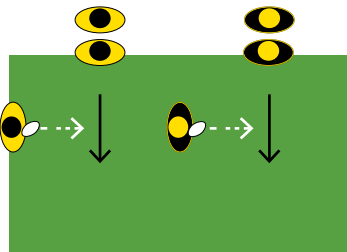
## SKILL



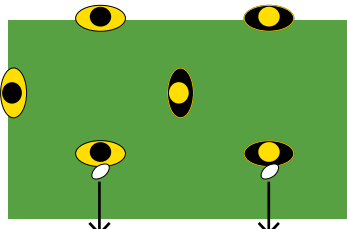
Pass and catch  
Run onto a pass



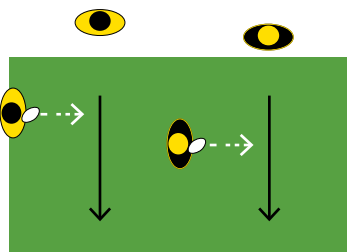
How to pass quickly for another player to go forward into space



The feeder stands about 2m inside the box and passes to the receiver as they run forward



The receiver races to the end of the box



Winners restart a few paces back

## PREPARATION

Hold ball in two hands, look at target

## EXECUTION

Pass from the far hip in smile shape to the target

## RECOVERY

Finish with the hands towards target and then support the receiver

- Split into pairs/threes with a ball.
- One stands about 2m inside the box, the other on the side.
- On "go", the player on the side runs to the other side of the box, receiving a pass on the way.
- Winners start a couple of steps back the next time.
- Swap the passer and the runner.



### DIAL-UP *\*for attackers*

Longer passes.  
Add in a change of direction.



### DIAL-DOWN

Hand the ball to the runner.



### STUDENT LED

The players change the groups around to mix up the pairings.



### ACTIVITY LINKS

- Winners grinners
- Pass and run



### SPLITS

Run with a queue of players

## SKILL



Evasion  
Making a touch-tackle



How to beat a defender to go forward to score tries

## PREPARATION

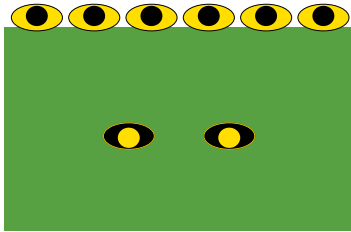
Run at one side of the defender

## EXECUTION

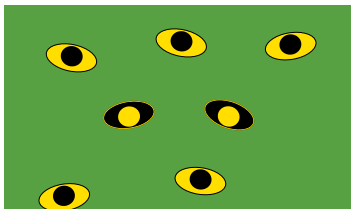
Change direction to attack the other side of the defender

## RECOVERY

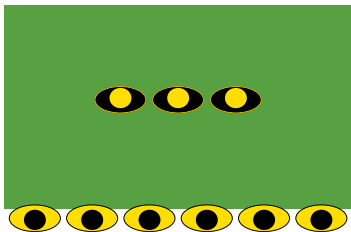
Accelerate after direction change



Put two in the middle of the box and the rest at one end of the box



The "taggers" can only tag one player each



Any "tags" are returned and restart but facing the other way

- Put two 'taggers' in the middle of the box and up to eight players ("runners") at one end. Ideally, each runner has a bib tucked into their shorts.
- On "Go", the runners aim to get to the other end without being tagged.
- A tagger can only tag one player in each run.
- Return the tags and turn around to play the other way.
- Over four runs, see how many tries are scored.
- Any runner who has not been tagged is worth two tries on the third and three on the fourth run (an incentive to catch them!)



### DIAL-UP *\*for attackers*

Make the box narrower. Yet to be touched runners must carry a ball.



### DIAL-DOWN

Make the box wider.



### STUDENT LED

The players say go and count the number of tries scored.



### ACTIVITY LINKS

- Jukes of hazard
- Step masters



### SPLITS

Maximum 13 a box. Ideal ratio: three taggers: 10 runners

## SKILL



Evasion  
Making a touch-tackle



How to beat a defender to go forward to score tries

## PREPARATION

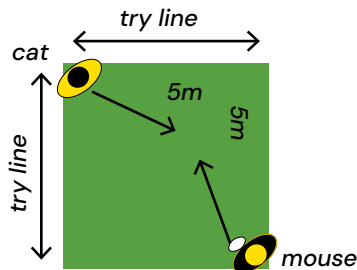
Run at one side of the defender

## EXECUTION

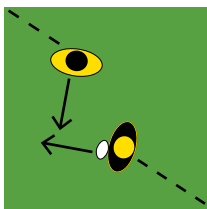
Change direction to attack the other side of the defender

## RECOVERY

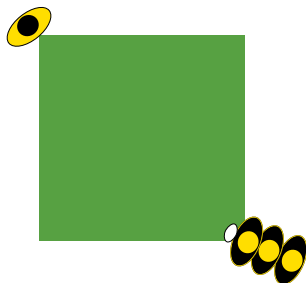
Accelerate after direction change



Cat and mouse run at same time



Mouse aims to score on either try before being touch-tackled



Possible set up with four players.  
One player defends four times.

- Split into groups of four to six with a ball.
- Mark out a 5m box for each group.
- One player is the 'cat', and one is the 'mouse'.
- The mouse starts with the ball (cheese!) in one corner of the box and the cat in the other.
- The mouse aims to get over one of the lines attached to the cat's corner without being touch-tackled.
- The mouse gets two points for a try, and the cat gets one point if they touch-tackle the mouse.
- The cat stays the same until everyone has had one go, then swap the cat.



### DIAL-UP *\*for attackers*

Cat starts on corner but defends only one try line.



### DIAL-DOWN

Start cat in the middle of one try line.



### STUDENT LED

Referees: calls "go", calls touchtackle, counts points, swaps players.



### ACTIVITY LINKS

- Step masters
- Jukes of hazard



### SPLITS

Maximum six per box.

## SKILL



Evasion  
Making a touch-tackle



How to beat a defender to go forward to score tries

## PREPARATION

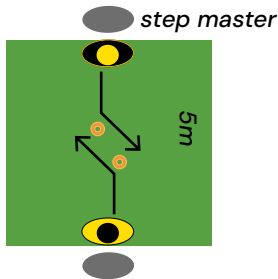
Run at one side of the defender

## EXECUTION

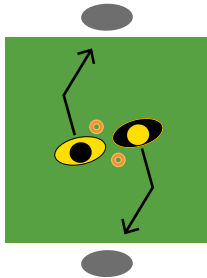
Change direction to attack the other side of the defender

## RECOVERY

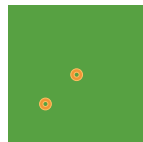
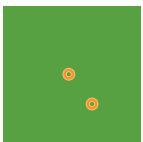
Accelerate after direction change



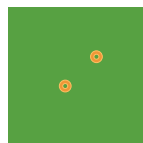
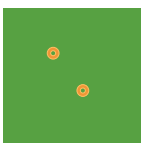
The step master runs at the cone in front of them



The other player runs at the same time and they both step towards the other cone and accelerate to the end of the box



Possible set up with different-angled cones



## SPLITS

Maximum six per box.

- Put players into two columns about 5m apart facing two cones placed at an angle.
- Assign one column as the step masters.
- When the step master runs forward, the player at the front of the other column also runs forward.
- Each player aims at the first cone and then steps towards the second before accelerating through.
- The next step master triggers the next run.
- Swap the cones so it is a different step.
- Odd numbers works better because the players 'face' different opponents.



## DIAL-UP *\*for attackers*

Make it race to see who finishes over the far line first.



## DIAL-DOWN

Start at walking pace.



## STUDENT LED

Check that the step master starts the round.  
Look for players 'attacking' the front cone.



## ACTIVITY LINKS

- Jukes of hazard
- Cat and mouse

## SKILL



Evasion  
Making a touch-tackle



How to beat a defender to go forward to score tries

## PREPARATION

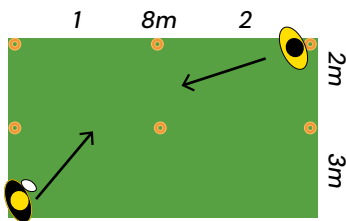
Run at one side of the defender

## EXECUTION

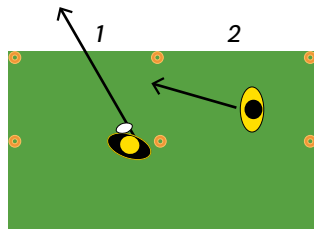
Change direction to attack the other side of the defender

## RECOVERY

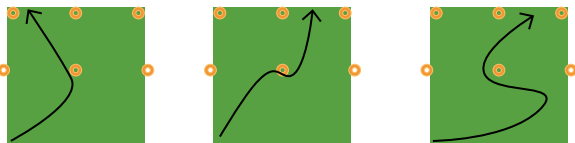
Accelerate after direction change



The attacker aims to get over the first line of cones



Then aims to score over one of the try lines



Possible 'jukes': A juke the American English for a sidestep

- Put an attacker on one corner and a defender on the opposite corner.
- The defender can only move forward when the attacker does.
- The attacker aims to run past the first set of cones and then score a try at the end of the box without being touch-tackled.
- They get one point for the nearest half of the try line and two for the furthest half.
- Swap starting points.



### DIAL-UP *\*for attackers*

Start the defender in the middle.



### DIAL-DOWN

Defender must make a two-hand touch-tackle. Is only allowed to walk.



### STUDENT LED

Walkthrough possible ways to beat a defender. Keep scores.



### ACTIVITY LINKS

- Step masters
- Cat and mouse



### SPLITS

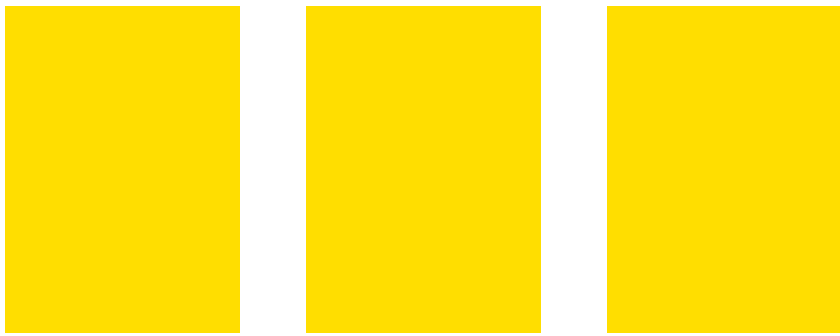
Maximum six per box.

# HANDLING

## LEARN



## EXPLORE



## CHALLENGE





## SKILL



Pass and catch  
Move after pass



How to pass to a static player and then run to a new position

## PREPARATION

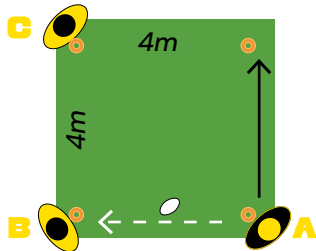
Hold ball in two hands, look at target

## EXECUTION

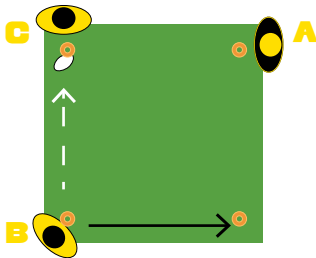
Pass from the far hip in smile shape to the target

## RECOVERY

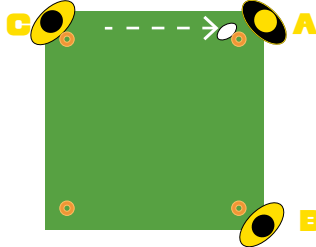
Finish with the hands towards target and then support the receiver



A passes to B and then runs to spare corner



B passes to C and then runs to spare corner



C passes to A and then runs to spare corner

- Split into groups of three with a ball.
- Each player stands on the corner of a box.
- Say "Go", and the ball carrier passes the ball to the nearest player.
- They then run forward to the spare cone.
- Everyone repeats this until they have made three passes.
- If they can, they should face the cone they will be running to because the pass will be backwards or at least sideways.



### DIAL-UP

Make the box bigger OR how many passes are completed in 30 seconds.



### DIAL-DOWN

Make the box smaller.



### STUDENT LED

Call out if a pass is good.  
Praise good passing.



### ACTIVITY LINKS



- Passing race
- Pass perfect



### SPLITS

Make up as many boxes as possible.

## SKILL

-  Pass and catch  
Quick recycle of ball from touch-tackle
-  How to recycle the ball after a touch-tackle

## PREPARATION

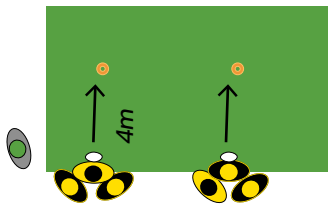
Ball carrier turn towards their try line and present the ball towards that line

## EXECUTION

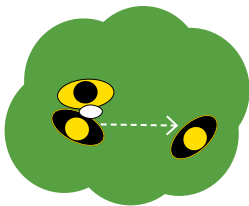
Put one hand above and one hand below the ball, pull away and pass

## RECOVERY

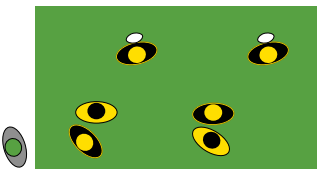
Finish the hands towards the target



The ball carrier runs out to the first cone



On the cone, the ball carrier turns and the next player rips and passes



After the rip-and-pass, the receiver races to the end of the box

- Split into groups of three or four with a ball.
- Each group starts at one end of the box.
- Say "Go", and the ball carrier races to the cone in front of them.
- They turn as if they have been touch-tackled and hold out the ball to their team.
- The next player comes into rip and pass to a third player, who races to the end of the box.
- Swap roles and turn around for another race.
- After a couple of runs, mix up groups.
- Add more cones in the line to give the players more rip-and-passes to execute.



### DIAL-UP

Make the pass from the rip further.  
The receiver runs onto ball.



### DIAL-DOWN

Walk rather than run.



### STUDENT LED

Call the rip-and-pass.



### ACTIVITY LINKS

- Quick RAP
- Blindsides



### SPLITS

Works well with the whole group.

## SKILL



Pass and catch  
Teamwork



Collaborate as a group to  
win the skill battle

## PREPARATION

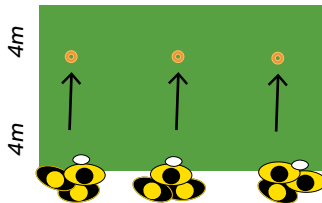
Hold ball in two hands, look at target

## EXECUTION

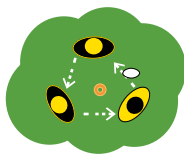
Pass from the far hip in smile shape  
to the target

## RECOVERY

Finish with the hands towards target  
and then support the receiver



Groups of three start at one end of the box with a ball each. On "go" they run to the cone in front of them



At the cone, they perform one each of the skill and then race to far end

## EXAMPLES OF EXERCISES

Each player Exercise

2 times	Pass from below the knees
2 times	Pass to above the head
3 times	One-handed pass
Once	Short kick
2 times	Pass while sitting down
2 times	Pass, sit down, stand up, pass...
Once	Rip-and-pass
2 times	Pass while standing on one leg

- Split into groups of three with a ball.
- Each team starts at one end of the box.
- Say "Go". Each team runs to the cone in front of them and makes three passes.
- They then run to the end of the box.
- The winners are the Grinners. Their reward is to start the next race two paces before everyone else.
- Run the game for three to four goes. Then, reset the game but with a different task at the cone.
- Examples: Overhead passes, pass while hopping, pass, sit down, stand up.



### DIAL-UP

Better groups can perform extra skills or stand further apart.



### DIAL-DOWN

Weaker groups can start further up.



### STUDENT LED

Identify which skills to work on.



### ACTIVITY LINKS

- Passing race
- Angle grinders



### SPLITS

Lots of groups can go at the same time. Stronger groups could have four players in the group.

# PASSING RACE

## SKILL



Pass and catch  
Run onto a pass



How to pass quickly for  
another player to go  
forward into space

## PREPARATION

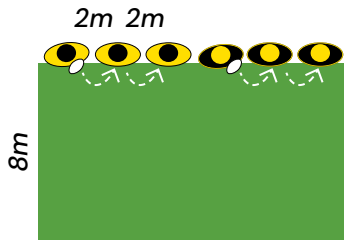
Hold ball in two hands, look at target

## EXECUTION

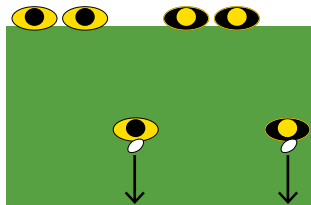
Pass from the far hip in smile shape to the target

## RECOVERY

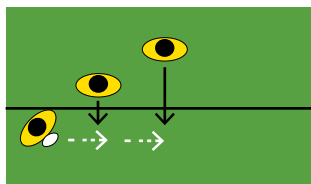
Finish with the hands towards target and  
then support the receiver



The ball is passed too the last player in the group



The last receiver races forward to win the race



Develop by having players run onto the ball

- Split into groups of three with a ball, and line them up 2m apart.
- The ball carrier stands on the right of their group.
- Say "Go", and the ball carrier passes the ball to the nearest player, who then passes to the last player in the group.
- The end player then races forward 10m to see if they can beat the other groups.
- Everyone swaps positions in the group and repeats.
- Quicker groups can start further back.



### DIAL-UP

Stand wider apart.  
Must run onto the pass.  
Be a group of four.



### DIAL-DOWN

Stand closer together.



### STUDENT LED

Ask: What different passes  
can you use? Which teams  
are winning and why?



### ACTIVITY LINKS

- Pass perfect
- Winners grinders



### SPLITS

Some groups might have  
four, so one player keeps  
swapping in.

## SKILL



Pass and catch  
Run onto a pass



How to pass quickly for  
another player to go  
forward into space

## PREPARATION

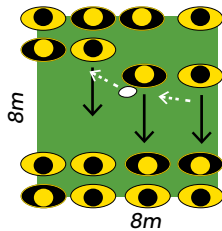
Hold ball in two hands, look at target

## EXECUTION

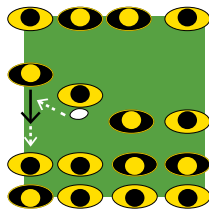
Pass from the far hip in smile shape to the target

## RECOVERY

Finish with the hands towards target and  
then support the receiver



One line of four move forward, passing the ball



When the last player reaches the next, they give  
them the ball

## EXAMPLES OF "PERFECT"

Tolerance levels based on skills and experience  
of the players!

Check


- All hands up
- No pass touches body
- All receivers take ball moving forward
- All passes at the right height



## SPLITS

Two boxes can function  
at the same time.

- Line up in four columns on either side of the box. Start with a ball carrier at the front of one of the edge columns.
- They run forward with the front players of the column, passing and running. The last receiver gives the ball to the player opposite them, and the exercise repeats, running back the other way.
- Set 'perfect' targets and see how many lines can be completed perfectly.
- Have another ball ready to throw in to keep the lines moving if a ball is dropped.



## DIAL-UP

Stand wider apart.



## DIAL-DOWN

Stand closer.  
Start with walking.



## STUDENT LED

Call out what is 'perfect'.  
Help each other be 'perfect'.



## ACTIVITY LINKS

- Passing race
- Winners grinners

## SKILL



Pass and catch  
Run onto a pass



How to beat a  
defender with passing to  
go forward to score tries

## PREPARATION

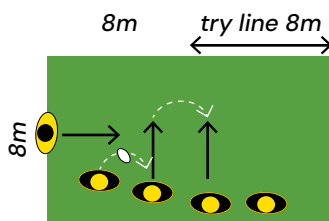
Hold ball in two hands, look at target

## EXECUTION

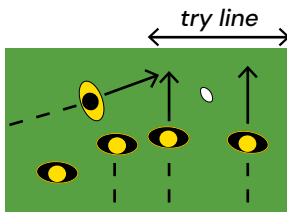
Pass from the far hip in smile shape to the target

## RECOVERY

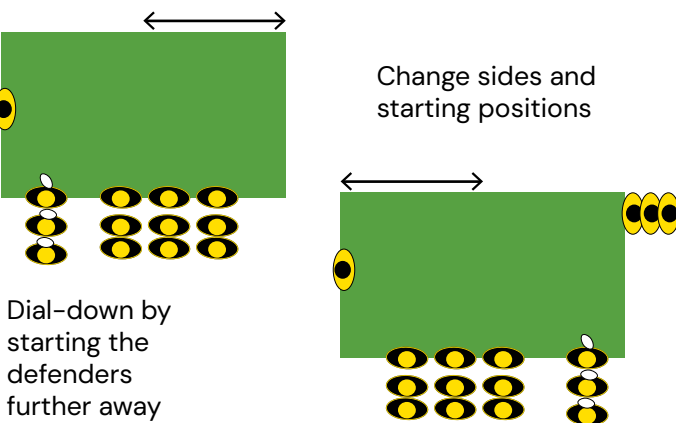
Finish with the hands towards target and then support the receiver



Defenders runs across to catch ball carrier



Last ball carrier aims to score over try line



Dial-down by starting the defenders further away

- Split into groups of four to six with a ball.
- One group will act as defenders.
- The first group stands at one end of the box. The first player has a ball.
- The players run forward and pass the ball backwards, aiming not to get caught.
- When the first player passes, a defender standing about 2m from the pass runs across the pitch as the players pass the ball along the line, trying to catch the ball carrier.
- The next team steps up against a new defender.
- Then, swap the defending group and repeat.



### DIAL-UP *\*for attackers*

The first passer runs around to be ready to take the last pass.



### DIAL-DOWN

The defender starts further away.



### STUDENT LED

Works out where attackers and defenders start to allow a fair contest.



### ACTIVITY LINKS

- Passing race
- Pass perfect



### SPLITS

Two boxes, 16 a box  
Reduce defenders to make up fours.

## SKILL



Pass and catch  
 Passing from the scrum  
 Passing from the ground



How to pass from a scrum or if the ball is on the ground

## PREPARATION

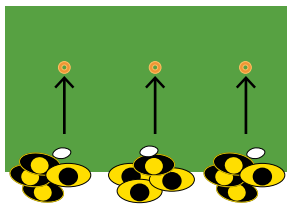
Hold ball in two hands, look at target

## EXECUTION

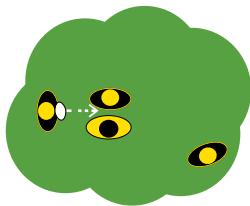
Pass from the far hip in smile shape to the target

## RECOVERY

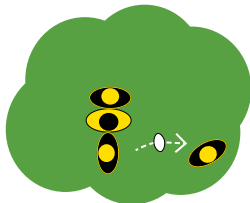
Finish with the hands towards target and then support the receiver



Run forward in groups of four



Call scrum, and two players form up and another player feeds the scrum

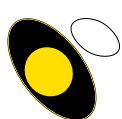
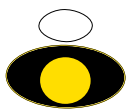


The feeder passes the ball from the ground

Preparation

Execution

Recovery



- Split into groups of four with a ball.
- Each team starts at one end of the box.
- Say "Go". The ball carrier comes out and everyone else follows.
- When they reach their cone, the ball carrier turns to face the line of the box on their right.
- The next two players stand opposite each other next to the ball carrier, forming a passive scrum.
- The ball carrier feeds the scrum, gathers the ball, and passes it to another player. They run to the end of the box and repeat this process.
- Swap sides for the receiver to take the pass.



### DIAL-UP

Make the pass further and the receiver run onto the ball.



### DIAL-DOWN

The receiver stands behind the scrum.



### STUDENT LED

Each group calls their own scrum.



### ACTIVITY LINKS

- Scrum time
- Scrum play



### SPLITS

Can work in fives, with the first receiver passing to another player.

## SKILL



Pass and catch  
Pass from touch-tackle



Take advantage of the defence not being in position

## PREPARATION

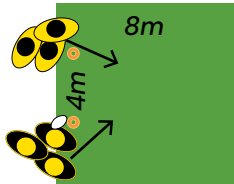
Hold ball in two hands, look at target

## EXECUTION

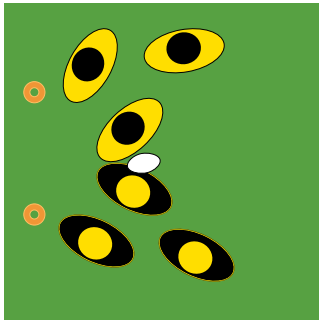
Pass from the far hip in smile shape to the target

## RECOVERY

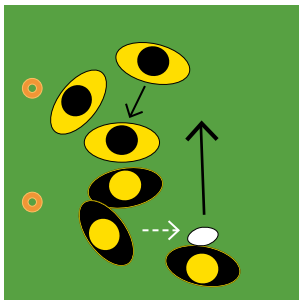
Finish with the hands towards target and then support the receiver



The groups run into the box



When the ball carrier is touch-tackled then stop and turn



The attacking team aim to rip-and-pass before the the defending team can create a tackle-triangle

- Put two groups of three players at the side of the box, one group with a ball (the attackers).
- The ball carrier runs into the box and when they get touch-tackled, they stop and turn.
- The other two attackers aim to set up to rip and pass before the defence have formed a tackle-triangle (and therefore the first receiver can run onto score).



### DIAL-UP

Add another defender.



### DIAL-DOWN

Start the two non-ball carriers in the box.



### STUDENT LED

Call the tackle and manage the rules around the tackle.



### ACTIVITY LINKS

- Rip and pass game
- Quick ball



### SPLITS

Set up three boxes. Up to 12 players can work in each box.



## SKILL



Pass and catch  
Pass to space



How to pass further to move the ball to where there is space to attack

## PREPARATION

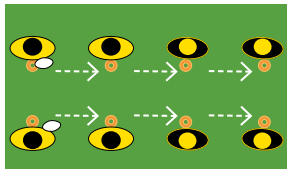
Hold ball in two hands, look at target

## EXECUTION

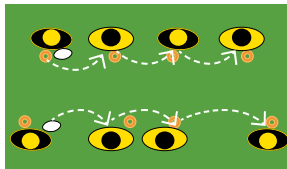
Pass from the far hip in smile shape to the target

## RECOVERY

Finish with the hands towards target and then support the receiver



Four players race the ball from one end of the line to the other



The winning team move their end cones out two paces, so there are two long passes. Also, every player rotates one place



Preparation



Execution



Recovery

- Split into groups of four with a ball.
- Two groups face each other, with each group member 2m apart.
- With the ball starting at the same end, the players pass the ball down the line to see who wins.
- The winners put their end cones out two paces, and every player rotates one place.
- Repeat for five goes.
- Develop by having the last player must run onto the pass.



### DIAL-UP

Every player starts two paces back from the cone in front of them.



### DIAL-DOWN

Start closer together.



### STUDENT LED

Students decide on the distance between passes and mix up the groups.



### ACTIVITY LINKS

- Passing race
- Pass and run



### SPLITS

5 v 5 works, but with odd numbers, have one player swap in every go.

## SKILL



Pass and catch  
Attack a new space



Change the direction of  
attack with a switch pass

## PREPARATION

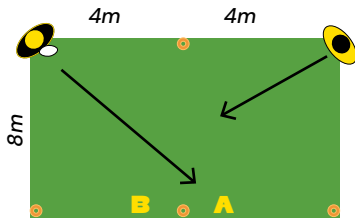
Hold ball in two hands, look at target

## EXECUTION

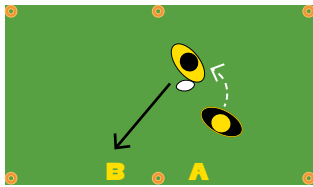
Pass from the far hip in smile shape  
to the target

## RECOVERY

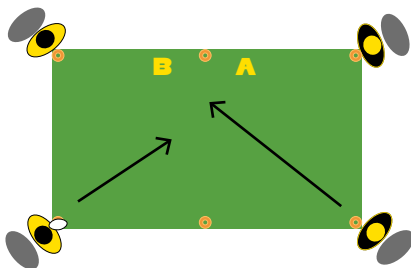
Finish with the hands towards target  
and then support the receiver



The ball carrier aims at area A, the receiver at B



As they cross, the ball carrier passes to the receiver



Possible set up with up to 8 players

- Put a ball carrier on one corner of the box and a receiver on the other.
- The ball carrier runs at the space A and the receiver at the space B. When they cross, the ball carrier will be in front of the receiver.
- As they cross, the ball carrier passes to the receiver (they can choose any pass as long as it is not forward).
- Once they have crossed over, they turn to repeat or let the next group of players go.
- If you dial-up with a defender, the ball carrier can fake a pass to outwit their opponent.



### DIAL-UP

Put a defender on the middle cone at the far end.



### DIAL-DOWN

Start at walking pace.



### STUDENT LED

Ask them to try out different passes.



### ACTIVITY LINKS

- Pass and run
- Super loopers



### SPLITS

Set up boxes with no more than 8 players.

## SKILL



Pass and catch  
Attack a new space



Change the direction of  
attack with a switch pass

## PREPARATION

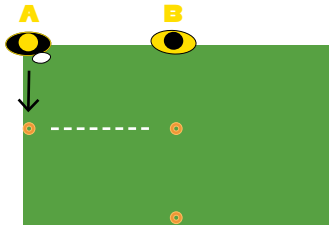
Hold ball in two hands, look at target

## EXECUTION

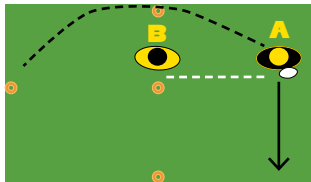
Pass from the far hip in smile shape  
to the target

## RECOVERY

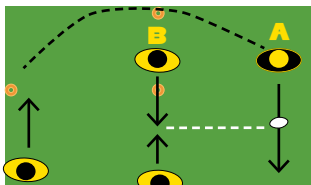
Finish with the hands towards target  
and then support the receiver



The ball carrier A runs forward and passes to  
receiver B



A then runs behind B to receive a pass and run to  
the end of the box



Develop by adding in defenders who put pressure  
on attackers, but can't run outside the cones that B  
is running down

- Player A starts with a ball on the corner of the box, and player B starts in the middle.
- A runs forward three paces and passes to B.
- B runs forward three paces and then passes to A who has run behind them to far column in the box.
- A then runs to the end.
- Swap the sides for the starting point and swap roles.
- Develop by adding defenders who can only move into the near section of the box.



### DIAL-UP

Allow the defenders to start  
closer.



### DIAL-DOWN

Start at walking pace.



### STUDENT LED

Ask them to try out different pass-  
es to allow the final player to run  
onto the ball.



### SPLITS

Run boxes with up to six  
players ready to perform the  
loop.



### ACTIVITY LINKS

- Scrum play
- Lineout play



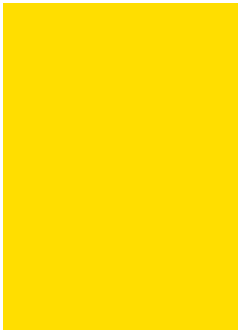
# ACTIVITIES

# DEFENCE

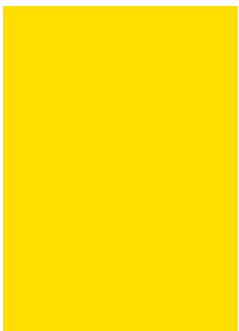
## LEARN





## EXPLORE



## CHALLENGE



## SKILL

-  Make a tackle-triangle  
Reposition after a touch-tackle
-  How to quickly form a tackle-triangle

## PREPARATION

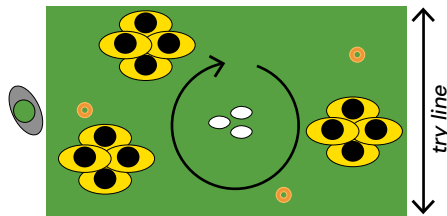
Watch for a touch-tackle

## EXECUTION

Form a tackle-triangle, with the toucher at front, plus two behind, with outside hand on toucher's shoulder

## RECOVERY

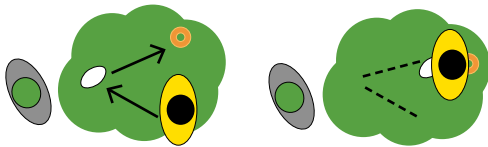
Move back into the defensive line



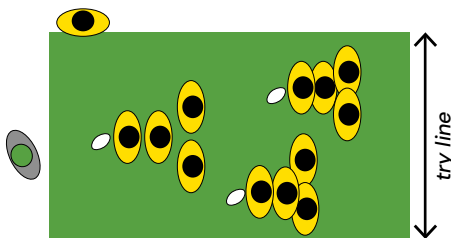
Groups run around the box

30m pitch  
A ball per four

"TACKLE!"



Shout tackle and a player runs to pick up and ball then runs to a cone



The last group set up loses a life

- Split into groups of four or five.
- Spread out the same number of balls as groups in the middle of the box and the same number of cones near the edges of the box.
- Say "circle" and everyone jogs around the box.
- Shout "tackle", one of the players from each group collects a ball from the middle, finds a cone and faces away from the try line.
- The other three players form a tackle triangle opposite the ball carrier.
- The last group in position lose a life.



### DIAL-UP

Add in a rip-and-pass to see if the triangle set up can beat the ripper.



### DIAL-DOWN

Designate roles in the triangle.



### STUDENT LED

Call when a triangle is formed.



### ACTIVITY LINKS

- Onsides
- Quick ball



### SPLITS

Should be able to run the whole group at once with this exercise.

## SKILL



Reposition after a touch-tackle



How to be 'onside' after a touch-tackle

## PREPARATION

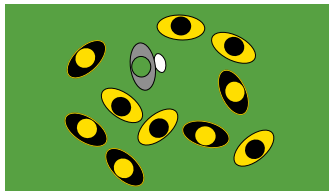
Be aware of the ball carrier is relation to the defence and the defender

## EXECUTION

Position behind the tackle-triangle across the field mirroring attackers

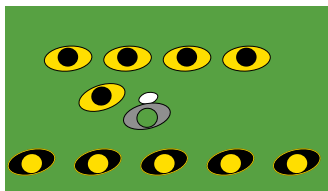
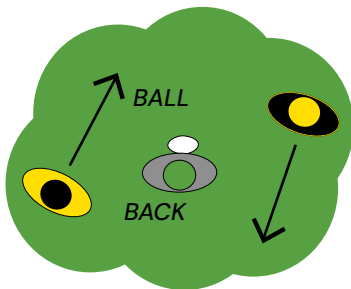
## RECOVERY

Move forward once the ball is passed



The coach and the two groups run around inside the box

"TACKLE!"



30m pitch  
One ball

The winners are the first group in position

- Split into two teams, 'ball' and 'back'.
- Everyone jogs around inside the box, with the coach moving around the box.
- When the coach shouts: "Tackle", they see where the coach is standing and facing.
- The 'ball' team must spread out in a line to the edges of the box, facing the coach and able to see the ball.
- The 'back' team must do the same but be able to see the coach's back.
- The winners are the first team to be a line that spreads across the pitch.



### DIAL-UP

Throw the ball one of the 'ball' group and they turn to show a tackle.



### DIAL-DOWN

Play at walking pace.



### STUDENT LED

Be the 'coach' with the ball. Organise the line to be onside.



### ACTIVITY LINKS

- The swarm
- Break the pane



### SPLITS

Works best with 7 v 7 max. One group of 14 on, and another group ready to come on after two goes.

## SKILL



Defensive line  
Make a touch-tackle



How to maintain a defensive line to deny time and space

## PREPARATION

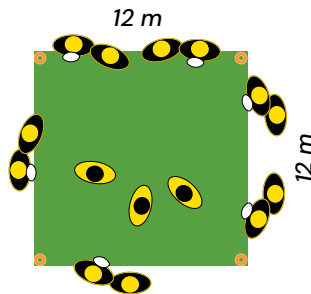
Be aware of relative position of attacker and fellow defenders

## EXECUTION

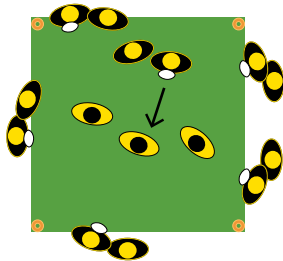
Keep fingertip distance apart and move sideways or up as a group

## RECOVERY

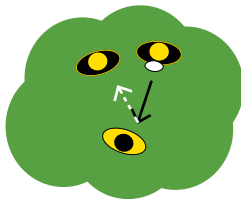
Reposition after a touch-tackle



Put three defenders (killer bees) in the middle of the box, and pairs of players with a ball on the edges



Release pairs by calling their names, and they aim to cross the box without the ball carrier being touch-tackled



The ball carrier is allowed to pass backwards

- Put three "killer bees" in the middle of the box and pairs of players around the edges.
- Shout the names of players in one of the pairs.
- That pair aims to score on the opposite side.
- The pair can run with the ball and pass backwards based on where they started.
- If the ball carrier is touched (stung!) by a player from the Swarm, then their run is over, and they go to a side.
- There may be more than one pair attacking at any one time. See how many tries are scored in 60 seconds, then change the Swarm.



### DIAL-UP

Release lots of pairs. Make the box bigger.



### DIAL-DOWN

Make the box narrower.



### STUDENT LED

Referee the touch-tackle.



### ACTIVITY LINKS

- Onsides
- Break the pane



### SPLITS

It works well with around 15 players, so two boxes at once if there are more than 15.

## SKILL



Defensive line  
Make a touch-tackle



How to maintain a defensive line to deny time and space

## PREPARATION

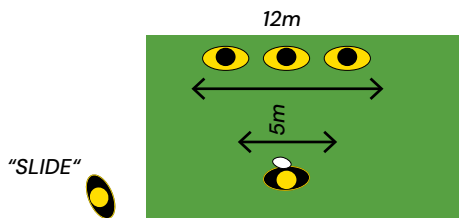
Be aware of relative position of attacker and fellow defenders

## EXECUTION

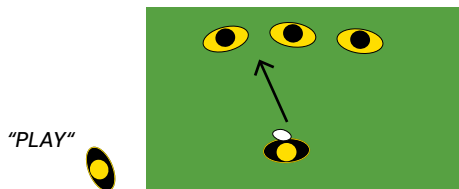
Keep fingertip distance apart and move sideways or up as a group

## RECOVERY

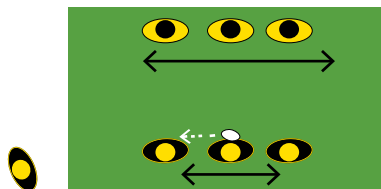
Reposition after a touch-tackle



The three defenders mirror the ball carrier



The attacker aims to beat the defence, with one point for around and three for in between without being touch-tackled



Develop by having three attackers sliding and passing before releasing one of the ball carriers

- Split into groups of four or five with a ball.
- Put three (four) defenders about arm's distance apart in a 12m line.
- Put a ball carrier about 5m away from the middle defender (defenders).
- Say "Slide". The ball carrier moves sideways to the left or right, and the defenders aim to match.
- Say "Play". The ball carrier aims to score by going through or around the defenders without being touch-tackled.
- The attacker: one point for going around the defenders and three for going in between.



### DIAL-UP

Three attackers who can pass the ball.



### DIAL-DOWN

Make the box narrower.



### STUDENT LED

Run the line movement with calls.



### ACTIVITY LINKS

- Onsides
- The swarm



### SPLITS

Split into three boxes, with groups of three defenders swapping in after every go.

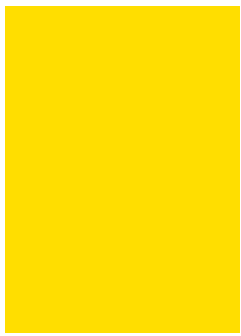




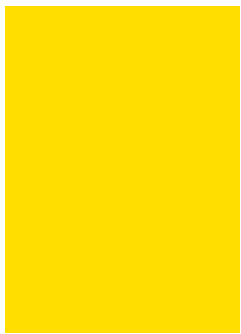
# ACTIVITIES

# SCRUM

## LEARN



## EXPLORE



## CHALLENGE

## SKILL

Scrum  
Quickly form a scrum

How to bind up as a three to form a scrum

## PREPARATION

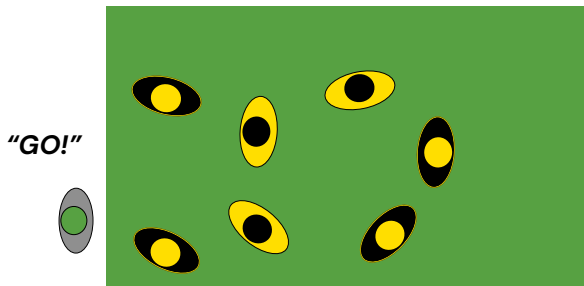
Stand shoulder to shoulder as a three

## EXECUTION

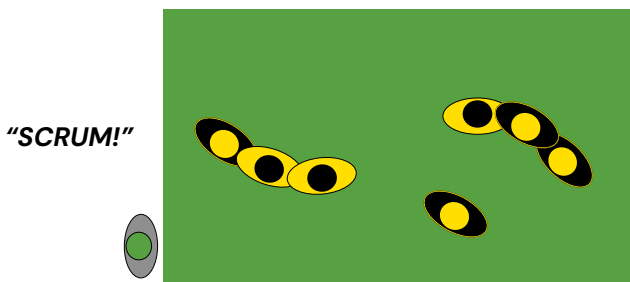
Players bind around each other's middle. Outside players put their hand on opposition's shoulder

## RECOVERY

After pass from scrum, reposition



Players run around inside the box



On the call "scrum", three players bind together, and check who is the odd one(s) out

- Everyone in the box jogging around.
- When the coach shouts "Scrum", the players must find a group of three.
- They aim not to be the odd one out.
- They must bind as a three when in a group of three.
- When the coach says "Go", everyone unbinds and runs around again.



### DIAL-UP

Find another group to 'scrum' against.



### DIAL-DOWN

Walking pace.



### STUDENT LED

Coach each other on how to bind with each other.



### ACTIVITY LINKS

- Scrum play



### SPLITS

Lots of players can play this.

## SKILL



Scrum  
Play from a scrum



How to make use of extra space from a scrum restart

## PREPARATION

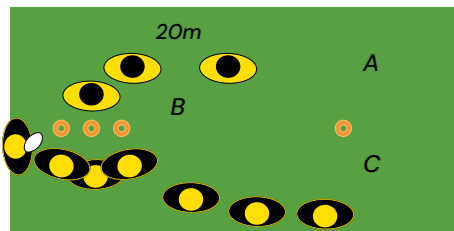
Stand shoulder to shoulder as a three

## EXECUTION

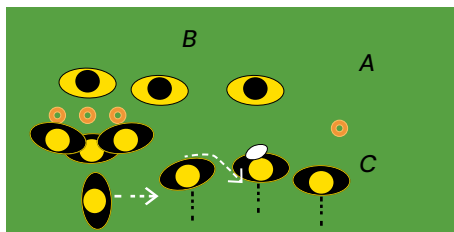
Players bind around each other's middle. Outside players put their hand on opposition's shoulder

## RECOVERY

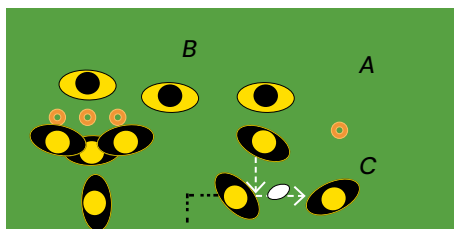
After pass from scrum, reposition



Start from a scrum at the side of the box



Aim to get into areas A, B or C or even score



Give players opportunities to invent ways to outwit their opponents

- Set up a three-player scrum opposite three cones near the side of the box, with a feeder.
- Spread out three other attackers, and three defenders (see picture).
- The feeder puts the ball through the scrum and feeds a teammate.
- As soon as the ball is passed, the game is live, and the attack aims to score without being touch-tackled.
- Getting into area B is worth one point, C two points, A three points, and scoring a try five.



### DIAL-UP

Add in another defender.



### DIAL-DOWN

Make the defenders start further back.



### STUDENT LED

Run the scenario and come up with novel ways to outwit defence.



### ACTIVITY LINKS

- Scrum time
- Quick RAP



### SPLITS

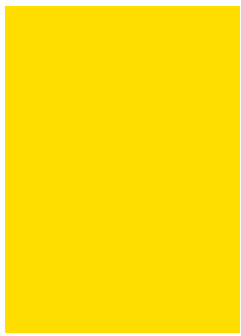
Rotate in attacking groups.



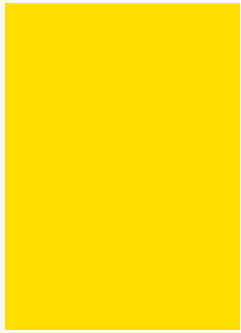
# ACTIVITIES

# LINEOUT

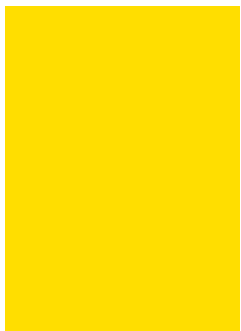
## LEARN



## EXPLORE



## CHALLENGE



## SKILL



Pass and catch  
How to perform a lineout



Set up and throw into a lineout quick with three players

## PREPARATION

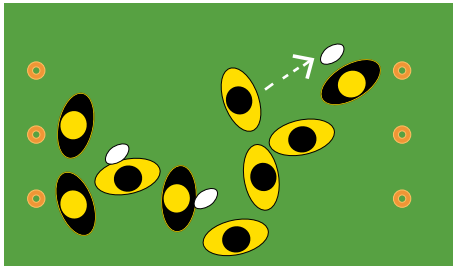
Hold ball in two hands, look at target

## EXECUTION

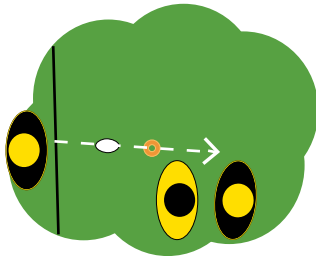
Pass from the far hip in smile shape to the target

## RECOVERY

Finish with the hands towards target and then support the receiver



Groups of three with a ball passing and running with a ball



They run to make a lineout, using a cone 2m infield to help define the distance

## LINEOUT QUIZ

- When the ball or a player holding the ball goes outside the edge of the pitch, we have a throw-in to a lineout.
- A lineout has one thrower, and three players from each team stand 2m in from the side line.
- Everyone else must be 5m back, apart from one defender, who must be behind the lineout.



## SPLITS

Should work with all the group. Some teams can be in fours and form a three-player lineout.

- Split into groups of three with a ball.
- The ball carrier runs into the box, and when they get touch-tackled, they stop and turn.
- Run around inside the box passing the ball. If a player or ball goes outside the box, the coach will blow the whistle and everyone in their group must form a lineout.
- When the coach blows the second whistle, they throw the ball in (see rules) and every team that's successful gets a point.



## DIAL-UP

Throw the second player in lineout.



## DIAL-DOWN

Have players weaving in and out of cones so they are closer to edge.



## STUDENT LED

They score their own points for successful lineouts.



## ACTIVITY LINKS

- Onsides
- Quick ball

## SKILL



Pass and catch  
Throw into lineout



How to set up a mini lineout  
and pass into the lineout

## PREPARATION

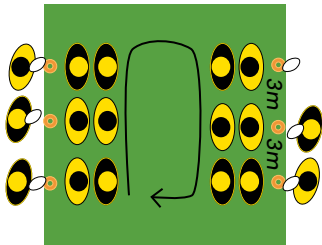
Hold ball in two hands, look at target

## EXECUTION

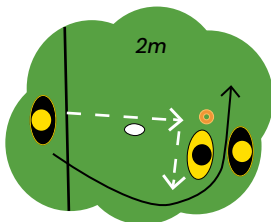
Pass from the far hip in smile shape to the target

## RECOVERY

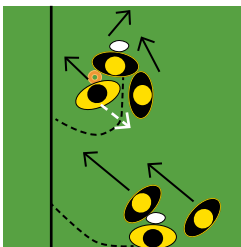
Finish with the hands towards target  
and then support the receiver



Set up as many groups as you can



Throw, catch, return the ball to thrower



Race to see if you can bump next group before they throw, or reset again

- Split into groups of three or four with a ball.
- Each team starts in a lineout shape (one thrower, two jumpers) on the cones.
- Say "Go" and each thrower throws in, and the catcher passes the ball back to the thrower (or fourth player).
- That ball carrier then runs to the next group of players. If they reach them before they have thrown in, then that team is 'bumped' out and leaves the box.
- Otherwise, the group of three reset and repeat.
- Play until there is only one team left!



### DIAL-UP

Throw to second player in the line.



### DIAL-DOWN

Start throw closer to the 'jumper'.



### STUDENT LED

Work out to set up lineout quickly to make a throw-in.



### ACTIVITY LINKS

- Ins and outs
- Lineout play



### SPLITS

Best is one ball between three.  
Keep swapping roles.

## SKILL



Pass and catch  
Play from a lineout



How to make extra use of  
space from a lineout

## PREPARATION

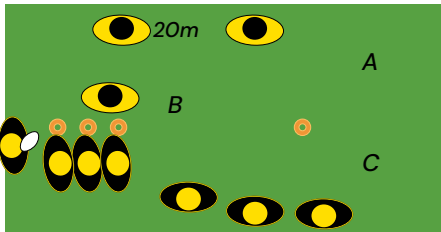
Hold ball in two hands, look at target

## EXECUTION

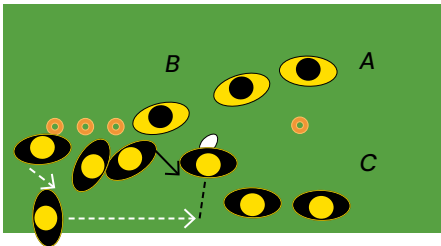
Pass from the far hip in smile shape to  
the target

## RECOVERY

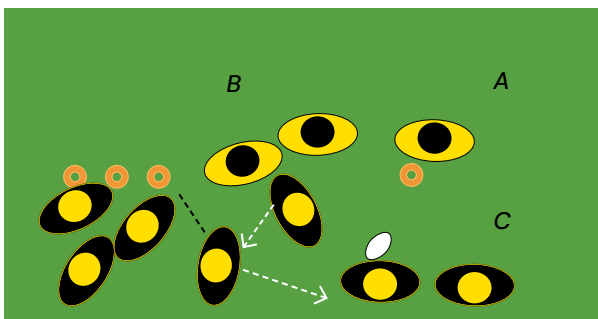
Finish with the hands towards target  
and then support the receiver



Start from a lineout at the side of the box



Aim to get into areas A, B or C or even score



Give players opportunities to invent ways to  
outwit their opponents



## SPLITS

Rotate in attacking groups.

- Set up a three-player lineout opposite three cones near the side of the box, with a feeder.
- Spread out three other attackers, and three defenders (see picture).
- The feeder throws the ball in the lineout and then receives the ball back.
- As soon as the ball is passed, the game is live, and the attack aims to score without being touch-tackled.
- Getting into area B is worth one point, C two points, A three points, and scoring a try five.



## DIAL-UP

Add in another defender.



## DIAL-DOWN

Make the defenders start  
further back.



## STUDENT LED

Run the scenario and come up with  
novel ways to outwit defence.



## ACTIVITY LINKS

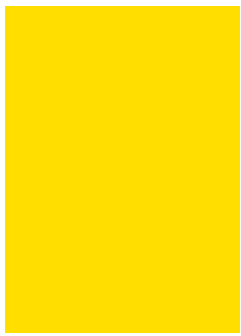
- Ins and outs
- Jumpers bumpers



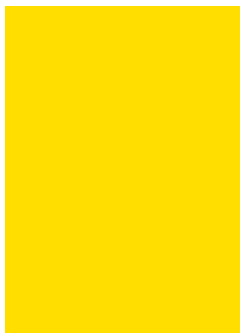
# ACTIVITIES

# KICKING

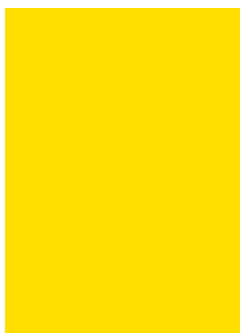
## LEARN



## EXPLORE



## CHALLENGE





## SKILL

Kicking  
Kicking to find space

How to kick a ball to create go forward

## PREPARATION

Hold ball at hip height, with the point facing the direction of kick

## EXECUTION

Drop the ball as the kicking foot comes through to kick with a pointed toe

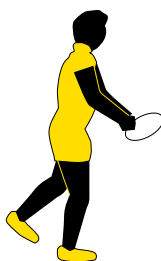
## RECOVERY

Follow through the kicking foot and body towards the target

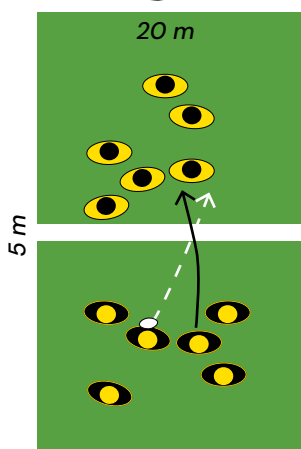
Preparation



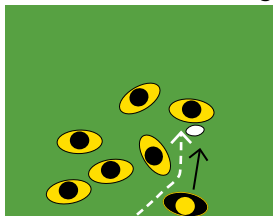
Execution



Recovery



Kick from one box into the other, with any player who is behind the kicker chasing the ball



There is no contest for the ball!

- Split into two teams and put each team in a box.
- When a team makes a kick, any player who is behind the kicker is allowed to run into the other box to disrupt or even catch the kick. Each player can only do this once a kicking round.
- Scoring: Kicking team
  - 1 point if the kick lands inside the other box
  - 4 points if they catch one of their own!
- Scoring: Catching team
  - 2 points if the kick is caught
- Once all the kicks have been taken by one team, the other team has a go. Rotate who makes the kicks



### DIAL-UP

Make a pass immediately when caught.



### DIAL-DOWN

Make the boxes wider and longer.



### STUDENT LED

Referee who is allowed to run to chase a kick.



### ACTIVITY LINKS

- Kick to score
- Save the world



### SPLITS

Works best with no more than six in each box.

## SKILL

Kicking  
Catching a kick

How to kick a ball to create go forward

## PREPARATION

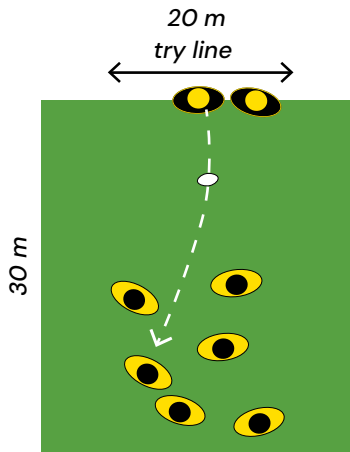
Watch the ball and move to anticipated landing space

## EXECUTION

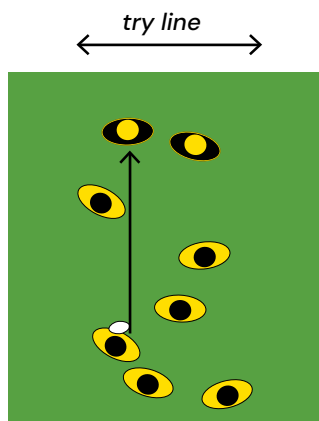
Reach up for the ball with the elbows in

## RECOVERY

Bring the ball in the body



Kick into the box



The catching team has 20 seconds to gather the ball and run it back to the try line. If they are touchtackled, they must stop and pass

- Two pairs will be the supervillains, the rest will be split into two groups of superheroes.
- One pair of supervillains will start at one end of the box with a ball.
- One group of superheroes will start at least 5m inside the box.
- The supervillains will kick the ball as far into the box as possible and then chase the kick.
- The superheroes must "diffuse" the kick by returning the ball to where it came.
- They can run forward, pass backwards, but if they are tackled-touched by a supervillain they have to stop and pass.



### DIAL-UP

Add in another supervillain. Only allow rip-and-pass from tackle.



### DIAL-DOWN

30 seconds to save the world.



### STUDENT LED

Design ways to make sure someone is ready to catch the ball.



### ACTIVITY LINKS

- Kick to score
- Kick raiders



### SPLITS

Have groups of superheroes waiting to come on.

## SKILL



Kicking  
Kicking to find space



How to kick a ball to create  
go forward

## PREPARATION

Hold ball at hip height, with the point facing the direction of kick

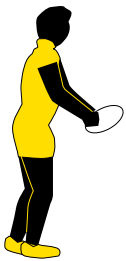
## EXECUTION

Drop the ball as the kicking foot comes through to kick with a pointed toe

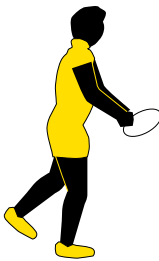
## RECOVERY

Follow through the kicking foot and body towards the target

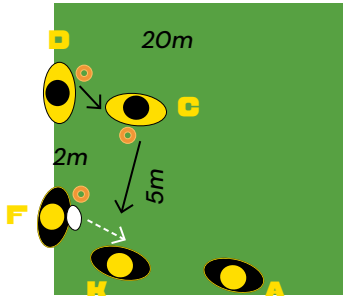
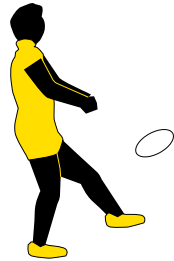
Preparation



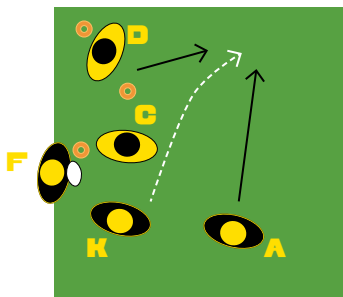
Execution



Recovery



F passes to K. C runs forward



A tries to gather ball before they are touchtackled by D. There is NO contest for the ball

- Put a feeder at the side of the box and a kicker about 2m inside the box. Put another attacker about 10m to the far side of the kicker.
- Put a defender about 5m in front of the kicker and another defender at the side of the pitch.
- When the ball is fed to the kicker, they aim to kick into a space for their team-mate to run onto.
- One defender comes forward to stop the kick, and the other runs across to touch-tackle the kicker.
- Note: there is no contest for the kick.



### DIAL-UP

Add in another attacker and defender on a larger pitch.



### DIAL-DOWN

Remove the first defender.



### STUDENT LED

What other types of kicks can be used.



### SPLITS

Best done in small groups. An ideal extension strategy for more experienced players.



### ACTIVITY LINKS

- Save the world
- Kick raiders



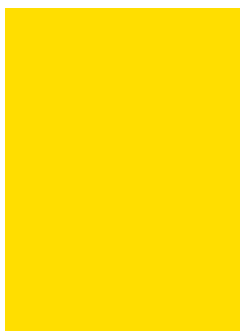
**ACTIVITIES**

# **SCENARIO**

**LEARN**

**EXPLORE**

**CHALLENGE**



## SKILL



Rip and pass  
Quick recycle of ball  
from touch-tackle



How to recycle the ball  
after a touch-tackle

## PREPARATION

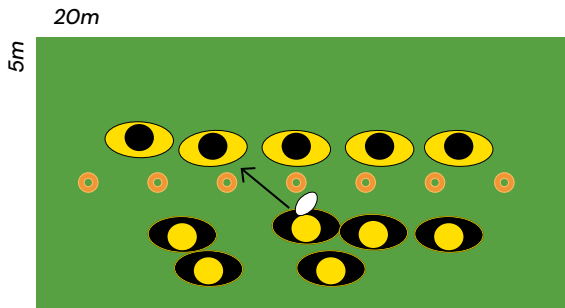
Ball carrier turn towards their try line  
and present the ball towards that line

## EXECUTION

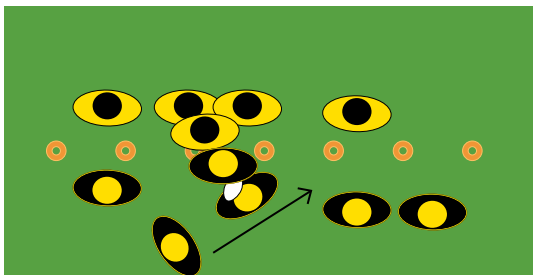
Put one hand above and one hand  
below the ball, pull away and pass

## RECOVERY

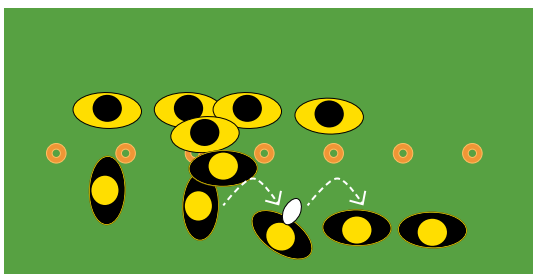
Finish the hands towards the target



One of attackers run to the midline of cones  
to be touch-tackled



The defence form a tackle-triangle while the  
attack rip-and-pass



The attack aim to use their extra numbers to  
release an attacker to score

- Put six attackers in one half of the pitch and five defenders in the other half.
- Have a ball carrier run to the middle line and present the ball for a rip-and-pass.
- The defenders must form a tackle-triangle.
- The attackers aim to rip-and-pass so quickly that the tackle-triangle is still forming and they have more players in motion than the defence (an overload).



### DIAL-UP

Add a defender.



### DIAL-DOWN

Take away a defender.



### STUDENT LED

Call the tackle. Come up with tactics to make use of quick rip-and-pass.



### ACTIVITY LINKS

- Rip and pass game
- Blindsides



### SPLITS

Play two games at the same  
time. Works best with 6 v 5.

## SKILL

Pass and catch  
Attacking a space

How to score in 4 v 2

## PREPARATION

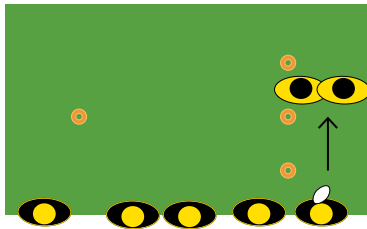
Hold ball in two hands, look at target

## EXECUTION

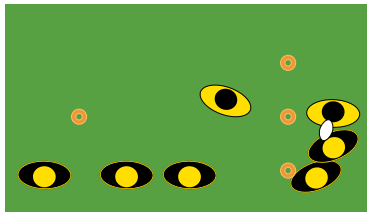
Pass from the far hip in smile shape to the target

## RECOVERY

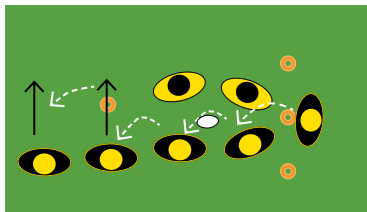
Finish with the hands towards target and then support the receiver



Two attackers run down the narrow channel



When they are touched, the defenders and other attacker can move into the middle channel



The attackers aim to score before being touch-tackled. The defenders must stay in the middle channel

- Split the box with a narrow channel on either side of a wide middle channel.
- Put two attackers with a ball opposite two defenders in one of the narrow channels, two attackers in the middle and one attacker in the far channel.
- The ball carrier runs up the first channel, and when they are touched, the others in that channel can move into the middle channel.
- The ball carrier then passes into the middle channel and the attackers aim to score before being touch-tackled.
- Defenders are not allowed in the far channel.



### DIAL-UP

Add a defender.



### DIAL-DOWN

Take away a defender.



### STUDENT LED

The players lead the attack.



### ACTIVITY LINKS

- Quick RAP
- Overloads



### SPLITS

Rotate in the attacking groups. Run this with a maximum of 16 players.