

# TAG RUGBY LESSON 2 - YEAR 5 & 6

Learning Intention: *How can you move with a ball in your hands?*

Year 5:

I can attempt to choose a pathway to move with the ball past defenders

I can sometimes choose a pathway to move with the ball past defenders

I can choose a pathway to move with the ball with control past defenders

Year 6:

I can sometimes choose a pathway to move with the ball past defenders

I can choose a pathway to move with the ball with control past defenders

I can choose a pathway to move with the ball with control and speed past defenders

## EQUIPMENT:

Tag belts – 1 for each child (bibs or ribbons can be used as alternative), 15 medium-sized balls (preferably rugby balls), cones.

## STARTER: Tag Belts

Children to put their own belt and tags on – belt goes around the waist; one tag on either hip (same colour if possible). Please note if you don't have tag belts a bib can be tucked in like a tail (at the side) as an alternative.

## WARM UP: Taggers

- 5 or 6 children start as the taggers – wearing bibs.
- The rest of the children begin moving around inside the area.
- Teacher introduces up to 10 rugby balls.
- If you have a rugby ball in your hands you can be tagged by a tagger – players without a ball cannot be tagged but must try to support the players with the ball.
- You can only hold a ball for up to 5 seconds; then you must hand the ball to another player.
- If tagged replace your tag and your 5 seconds starts again.
- The taggers earn a point for each successful tag – swap the taggers after 1 minute.

## ACTIVITY 1: Handover Practice

1. In groups of 4, children to practise handing over the ball to each other.
2. Children start on the line – standing alongside each other.

A starts running with the ball as child B, C and D run alongside them or slightly behind – never in front of the player with the ball.

4. After 5 strides child A hands the ball to child B – who repeats the same and hands to child C – who then hands the ball to child D – the ball is then handed back along the line to child C and so on.

5. Children work across a 20m area up to a line of cones and then all the way back to the start point.

6. Teacher can ask the children to demonstrate good examples.

Q & A – What is important when holding the ball? Teacher to go through Teaching Point 1.

8. Repeat the game; children to now focus on holding the ball correctly:

9. Repeat the game: children to focus on transferring the ball from one side of their body

**Safety: When running, children to avoid each other, looking out not to bump into their friends.**

### TEACHING POINT 2

1. Two hand on either side of ball
2. Hold the ball at chest height
3. Ball travels in across the body

*Make it easier:* To move at a slower pace.



## ACTIVITY 2: Terminator 1v1

1. Teacher or children to demonstrate the activity and go through teaching points of running past a defender with the ball.
2. Set up the activity as shown in the picture.
3. Children work in groups of 5 or 6.
4. One child starts as the defender (terminator) standing in the middle of the gate; the defender can move as soon as the attacker begins to run with the ball.
5. The child at the front of the line is the attacker and must aim to avoid getting tagged by the defender and through the gate – once through the gate they place the ball on the floor and a try is scored.
6. The defender must attempt to tag the attacker; if the defender makes a tag the attack is over immediately.
7. It is then the turn of the next attacker in the line.
8. Once each attacker has had 1 attempt to get past the defender, a new child from the group becomes the defender.

*Make it harder:* Quick changes of direction, feints.

*Make it easier:* Defender can only skip; attacker can run.

### TEACHING POINTS: AVOID A DEFENDER

1. How can you fool the defender?  
Make them off-balance
2. Side-step – step one way and move in the other quickly
3. Feint – drop the shoulder then change direction quickly
4. Change of speed - acceleration



## ACTIVITY 3: Hunter Relays

1. Set up the area as shown in the picture.
2. Children to work in equal teams of 5 or 6.
3. Hunter relay rules:
  - Player at the front of the line is the attacker (starts without a ball).
  - 2nd player in the line is the defender (hunter).
  - As soon as the attacker reaches the cone 2-3 metres in front of start point the hunter can begin to chase and try to tag them.
  - The attacker must run around the cone 15m in front of the start point – pick up the ball (next to cone) – then turn and run back to the start point.
  - If the attacker makes it back to their team without being tagged they place the ball down and a try is scored – if the hunter tags them during the run the hunter earns a point.
4. Teacher to go through teaching points of picking the ball up.
5. Children to repeat the activity concentrating on “clean” pick-ups – teacher to highlight good examples of ball handling and picking up of the ball throughout the races and reward children with points for good work.

### TEACHING POINTS: PICK-UP

1. Bend your knees in approach
2. Scoop and collect using 2 hands
3. Don't stop – try to pick up the ball whilst moving
4. Clean pick-up – don't drop the ball
5. Accelerate out of pick-up



## COOL DOWN

Children to take off their tag belts and roll them into a ball.

## PLENARY

What did you enjoy about the lesson? How can you move with a ball in your hands and avoid a defender?