



Handling different age groups

A useful guide to handling different age groups is as follows:

7 to 10 years old

- They are very much “small boys or girls”.
- They like to be “fathered/mothered”.
- They like to be recognised and praised.
- They have a short attention span.
- They are open to new simple ideas.

10 to 13 years old

- This group are the “little gentlemen” and “young ladies”.
- They are self-assured.
- They are keen to show they know the answers.
- They are outgoing and usually easy to deal with.

13 to 15 years old

- In this group are the 14 year olds who can develop to maturity differently both mentally and physically.
- They are uncertain of their identity.
- They are unsure of their self-image.
- They react to praise well.
- They resent criticism.
- They can become aggressive if they feel “threatened” by an adult mannerism.
- They are easily influenced by their peers.
- They like to be one of a group or team and therefore hate to be singled out.

15 years and upwards

- The approach to this group must be positive.
- They are still influenced by the group mentality.
- They like to be treated as adults.
- They resent any treatment that implies they are being treated as a “kid”.
- They soon detect an unsure referee/coach who thinks this age group is a threat



GIR for girls

Rugby is a great sport for girls!

For many people in rugby, working with girls is a new experience. There are some points that you may find useful.

From research and experiences shared across our Unions, the majority of women and girls play the game to have fun and make friends. As they get older, fitness also becomes a key motivator and some will have aspirations to play at an elite level.

Three key areas to consider when coaching girls are communication & relationship, safe & supportive spaces and physical & psychological considerations.





GIR for girls

Communication and relationship

How a coach communicates with their players is very important. Female players tend to respond to a more positive coaching style which helps create a positive atmosphere. An engaging relationship and a positive atmosphere will encourage female players to continue participating.

The coach should be mindful of the tone of delivery with special consideration given to introduction and explanation of activities and the provision of feedback. Well-placed praise boosts motivation and confidence among female players. They want to be corrected when they are doing something wrong and this should be delivered through honest and constructive feedback.

Coaches should have an equal relationship with all their players. The appearance of favouritism whether intended or not, may have a negative impact on relationships within the team. Coaches need to be aware of these potential divisions and tensions as they can affect the cohesion of the team.

What do coaches need to know?

What is important for coaches of female players to understand is that girls tend to ask questions. Female players usually need to understand the detail of an instruction before willingly completing it. If coaches are not aware of this tendency, they may find this confrontational and challenging and perhaps take it personally. Understanding this about female players will allow for more effective coaching.

Coaches also need to be mindful of how they physically interact with female players. Physical touch needs to be appropriate. If it is required to demonstrate a particular skill, permission should be obtained from the player provided that it is within cultural norms.

Safe and supportive space

What is a safe and supportive environment?

A safe and supportive environment is extremely important for female players to learn in. It has an atmosphere where players feel free to express themselves without fear and judgement. It is free from any intimidations and parental or peer pressures.

Why do you need a safe environment?

Safe environments are essential to retaining the participation and enthusiasm of players which promotes lifelong participation. This needs to be created and evident to all concerned including players, parents and the community. Players and families' trust will be gained as the activities in the sport occur in, and are seen to be occurring in, a safe and secure environment. Creating the right environment includes helping girls understand their rights and their freedom to exercise them while feeling safe to report any violation. Without a safe environment a player's growth may be inhibited.



GIR for girls

How do you achieve safe environment?

It is preferable to have the programme space conveniently located and familiar to the players. Having females involved in managing or coaching is good practice. Players should not be subjected to any forms of intrusion by adults un-associated with the programme. Safe environments need to have non-negotiable policies and organisational processes that truly ensure an inclusive space for all. The rights of the player should be of utmost importance and they should feel culturally accepted at all times. Coaches are key to creating an atmosphere of trust and acceptance. It is a coach's duty to be aware of and adhere to the child protection guidelines of their Union.

Bullying

Managing bullying is also an important aspect of creating a safe environment. Coaches should promote their environment as one that will not allow or tolerate bullying and use Codes of Conduct and policies that addresses bullying behaviours. Bullying is more likely to occur in environments that are highly competitive and promote a 'win at all cost' mentality.

Physical and physiological considerations

It may be helpful to understand that there are physical differences between boys and girls. Up to the age of ten or twelve, these differences are minimal. Some of the key difference occur during adolescence through to adulthood. These include shape, size, strength and hormonal differences. One that may impact on girl's participation is the menstrual cycle. Menstruation usually occurs every month and lasts for about four days. Females are able to exercise throughout their menstrual cycle without any adverse effects on the body, however some girls experience some discomfort during this time.

Before introducing girls to contact Rugby a coach should [complete Rugby Ready](#)

[Best practice guidelines on mixed gender contact Rugby](#)

[Further information on coaching girls and women in Rugby](#)



Introduction to the Try phase

Get Into Rugby is a three phase program - Try, Play and Stay.

The idea is that players will Try, Play and Stay in Rugby by following a comprehensive, safe and enjoyable pathway.

In this Try phase, the four different modules will allow you to introduce the players to non-contact / modified contact Rugby, suitable for any pitch surface, so they can discover and experience the values and principles of the Game. They will develop the basic skills to understand Rugby and progress towards playing touch or tag rugby by the end of the module.

The progression from one module to the next should be natural and consistent. However, we know that every player, coach, school, club or community is different and will progress in different ways. The modules can and should be repeated if needed, using different games and variations until the players reach the desired outcomes of each module. Moreover, the coaches and teachers should regularly repeat the games from previous modules, introducing new variations or modifying the rules, to ensure the players remember and keep practising what they need to play non-contact Rugby.

Game-based approach

The Get Into Rugby modules have been designed so teachers and coaches use a game-based approach in their sessions.

- Start the session with a general game, in which all players are involved. This first game serves as a warm-up and allows the players to engage and focus in an enjoyable way.
- Then use drills to work specifically on the key focuses of the module and develop particular skills.
- Go back to the general game as played at the beginning of the session to see how our players have improved on key focuses of the module.

This game-based approach helps teachers and coaches to keep their players active and engaged during an enjoyable session. In addition, it allows teachers and coaches to assess the abilities of the players at the beginning and at the end of the session and see their progression, thereby facilitating session planning.

Module structure

All the modules have the same structure:

Introduction – General game

Key points to organise the adapted Rugby game that will serve as your warm-up and will allow you to see how the players are progressing. Progressing from one module to the next, rules are added or modified leading to non-contact Rugby to be played when reaching fourth module.



Introduction to the Try phase

Areas to develop – Skills

Two key areas on which players, coaches and teachers should focus. These links lead to specific drills designed to develop the corresponding skills and abilities.

Variations to alter the games

All players are different, and what can work for one group, does not always work for another! Here are some points to simplify the game and allow your players to be more successful, or to increase the difficulty to keep your players engaged and focused. We suggest a few possibilities but teachers and coaches should feel free to introduce their own variations.

Outcomes

Outcome of the module: what your players should be able to do in the adapted game to move to the next module.

Coaching best practices

A Rugby session should always be A.P.E.S.S. to ensure the players improve and continue to enjoy the Game:

Active: keep the players engaged, playing and practising.

Purposeful: the players need to understand the purpose of the games they are playing: practising skills (such as passing or moving forward) should be put in relation to the Game of Rugby so the players understand why it is important for them to learn and practise them.

Enjoyable: ensure that players have fun and enjoy what they do to help them to stay focus and engaged.

Safe: it is paramount to ensure that players are playing safely at all times and that they understand the importance of safety.

Successful: teachers and coaches must ensure that all the players enjoy a sense of achievement during the session to keep rugby enjoyable: they will feel more confident and will keep engaged in the activity.



Introduction to the Try phase

Sample 50-minute Try Session

Before the session

- Decide what will be the key focus(es) (no more than two) for the session and decide which general game and drill(s) will be played during the session
- Mark the general game and drill(s) areas and prepare the necessary equipment if relevant.

0-10 mins - General game

- Explanation of the outcomes of the session: what are the players going to be working on?
- Warm-up game - remember to regularly run dynamic stretches approximately every 2-3 minutes.

10-25 mins - Skills

Drills - remember to keep the players active, e.g., by having multiple small groups playing simultaneously.

25-45 mins - General game

Wrap-up general game - progress or repeat the game, adding or removing rules.

45-50 mins - Cool down

Cool-down and stretches

Review of the session: what was/were the focus(es)? What went well? (Stay positive.)



Try Module 1

There are two main focuses in this Try Module 1:

Skill 1a - Passing and catching

Skill 1b - Move into space

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The rules of the Try Module 1 general game are as follows:

- Players will be divided in two teams with equal numbers of players
- The ball carrier is not allowed to move, just to pivot on one foot
- The ball carrier can pass the ball in any direction
- The ball carrier's team mates (attacking team players) can move anywhere in the playing area, and have to call for the ball to get it
- The defending team players can only block the ball carrier at a distance of 1m and attempt to intercept the ball while it is in the air
- In order to score, a player must catch the ball inside one of the scoring areas
- The defending team players cannot stay inside the scoring area
- There will be a turn over after one team drops the ball five times.

This game will help the players to familiarise themselves with a Rugby ball, how to pass it and how to move around the ball carrier to score.

Areas to develop – Skills

a. [Passing and catching](#) a Rugby ball

b. [Move into space](#) by identifying and use the empty space in a game to receive the ball



Try Module 1

Variations to regress or progress the activity

- Add or reduce the number of scoring areas
- Reduce or enlarge the playing area
- Reduce or increase the number of players in each team
- Award bonus points depending on the number of passes completed before scoring.

Outcomes

When your players are able to:

- Pass the ball with both hands
- Catch the ball successfully,
- Identify and use the empty space in the game to receive the ball

you are ready to progress to Try Module 2.

Skill 1a
Passing and catching
TRY

GET INTO RUGBY



30 players

Drill 1

6 groups of 5

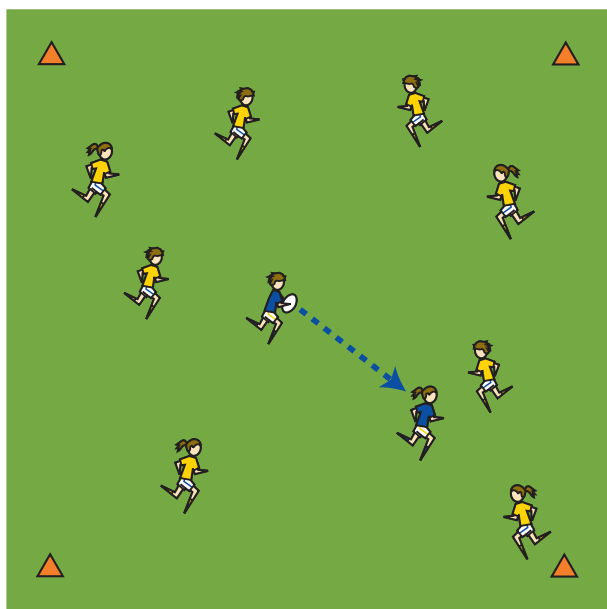
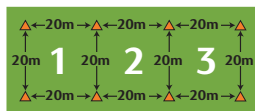
Pairs Tag

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 20 metres x 20 metres



Difficulty:

Harder (for the defenders):

- Make the channels bigger

Easier (for the defenders):

- Attackers can only walk or jog

Principles of play:

- Provide support • Create continuity
- Apply pressure

Suggested time allocation:

- 6 minutes

How to play:

- Three groups of 10 players
- Each group is made up of 5 pairs. One pair are the defenders and they have the ball
- They have to tag the attackers by touching them with the ball
- A defender cannot run with the ball but can pass the ball to his/her partner who can run to get near an attacker
- Pass in any direction
- When tagged, that pair then become the defenders

Coaching points:

For the attackers:

- Run into space
- Keep the head up to keep away from other players

For the defenders:

- Run to where the attackers will be
- Keep the head up
- Call to each other
- Keep the hands up to catch the pass

30 players

Drill 1

6 groups of 5

Scarecrow Tag

Equipment needed:

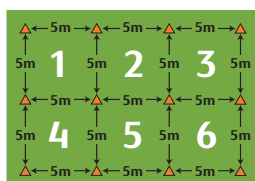
- 6 Rugby balls • 12 cones

Principles of play:

- Apply pressure

Space needed:

- 6 channels
- 5 metres x 5 metres

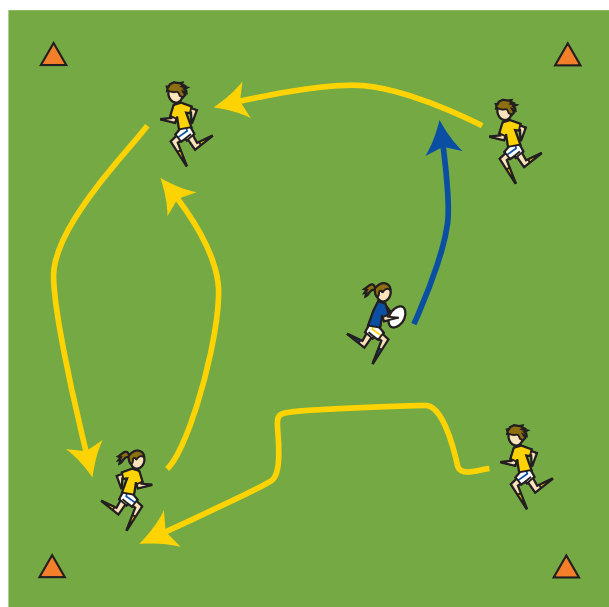


Suggested time allocation:

- 5 minutes

How to play:

- Each channel has 5 players – one is the defender and has the ball – the others are attackers
- The nominated defender must attempt to tackle the attacking players by touching them with the ball. When touched, the attacking player must stand still with both hands outstretched horizontally. To make a tackled player free, another attacking player must run under the outstretched arms
- Work for 1 minute, then change the nominated defender



Coaching points:

- Head up
- Eyes open
- Look for space
- Defender to focus on making two handed touch (not a push) on attacker's waist

Difficulty:

Harder (for the attackers):

- Make the channel smaller

Easier (for the attackers):

- Make the channel larger

30 players

Drill 2

6 groups of 5

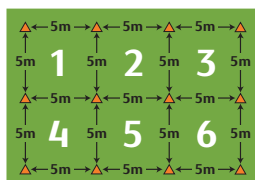
Find the Space

Equipment needed:

- 6 Rugby balls • 12 cones

Space needed:

- 6 channels
- 5 metres x 5 metres



Principles of play:

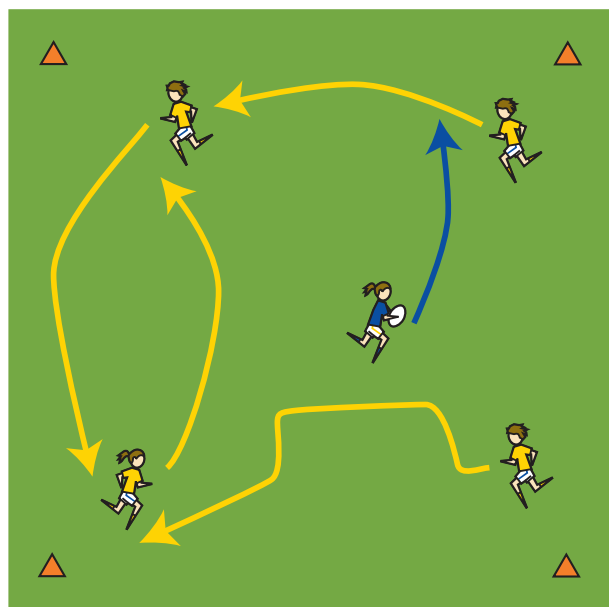
- Apply pressure

Suggested time allocation:

- 6 minutes

How to play:

- Each channel has 5 players – one is the defender and has the ball – the others are attackers
- The player with the ball attempts to touch as many players as possible with the ball. The other players work individually, running in any direction in the channel, trying to avoid being touched by running into space
- When the teacher or coach calls “Stop!”, each player must be at least one metre from the nearest player
- The ball carrier keeps count of the number of players touched
- Work for 1 minute and then give the ball to a different player



Coaching points:

- Ball carrier must keep both hands on ball
- Look for space
- Dodge other players

Difficulty:

Harder (for the attackers):

- Make the channel smaller

Easier (for the attackers):

- Make the channel larger



Try Module 2

There are two main focuses in this Try Module 2:

Skill 2a - Maintain possession

Skill 2b - Score a try

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Try Module 2 general game is a progression of the game presented in Try Module 1.

The new rule is: the teams will now have to **score by grounding the ball over their corresponding try line**. The other rules of the Try Module 1 still apply.

This game will help the players to improve their handling skills, learn and practice how to score a try and continue working on space identification and the use of it.

Areas to develop – Skills

a. [Maintain possession](#) of the ball

b. [Score a try](#) in a game situation

Variations to regress or progress the activity

- Reduce or enlarge the playing area
- Reduce or increase the number of players in each team
- Award bonus points depending on the number of passes completed before scoring.



Try Module 2

Outcomes

When your players are able to:

- Pass the ball successfully and maintain the possession in order to score behind the try line
- Identify the empty space and use it to allow the game flow.

you are ready to progress to Try Module 3.

30 players

Drill 1

6 groups of 5

Keep Ball

Equipment needed:

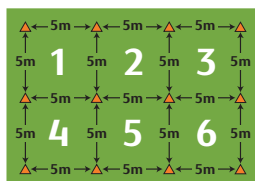
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Provide support • Create continuity
- Apply pressure

Space needed:

- 6 channels
- 5 metres x 5 metres

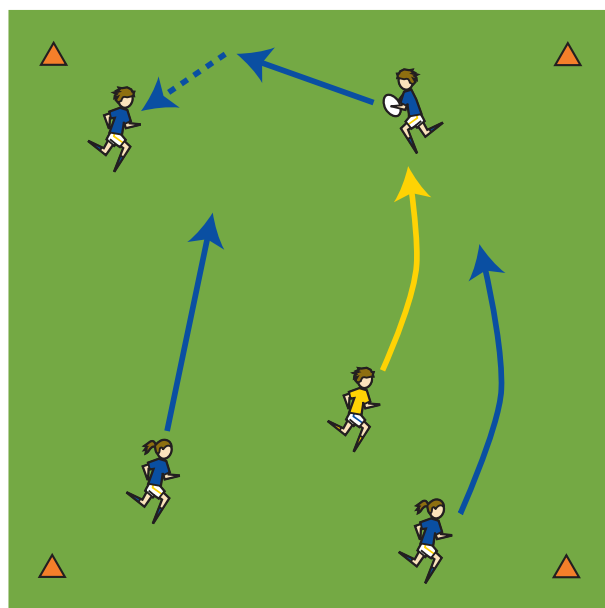


Suggested time allocation:

- 5 minutes

How to play:

- Each channel has 5 players – one is the defender – the others are attackers
- Four of the five players work as a team with the target of successfully completing 10 passes
- The remaining player is the nominated defender, and he/she tries to tackle the player who is holding the ball by touching them with two hands on the waist
- The coach can either rotate the defenders every few minutes or, alternatively, the tackled player can become the defender with the successful tackler joining the other three, starting again to work towards 10 passes



30 players

Drill 1

6 groups of 5

Keep Ball

Coaching points:

For the team of four:

- Head up, eyes open
- Look for space
- Hands up, ready to receive pass
- No overhead passes

For the defender:

- No interceptions of passes
- Focus on the tackling of the ball carrier by touching their waist with two hands

Difficulty:

Harder (for the attackers):

- Play two defenders and three attackers
- Play over a smaller area

Easier (for the attackers):

- Defenders are allowed only to walk, not run
- Play over a larger area

30 players

Drill 1

6 groups of 5

Relay Races

Equipment needed:

- 6 Rugby balls • 12 cones

Principles of play:

- Go forward • Score points

Space needed:

- Using 12 cones, make a start and finish point 10 metres apart for each group over a football pitch sized area

Suggested time allocation:

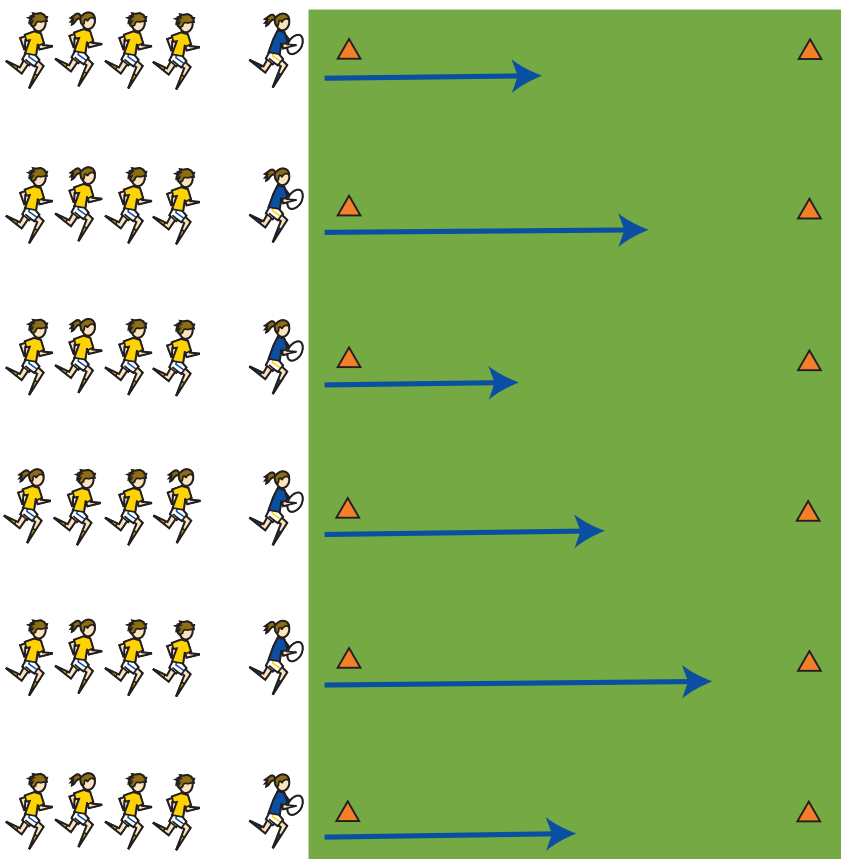
- 12 minutes

How to play:

- 5 players to each start cone
- The groups should line up in single file, with the groups parallel to each other, ready to run across the width of the pitch
- Players race to a line 10 metres away and back to their group, performing skills along the way, and then hand the ball over to the next player in the relay
- The skills to be performed can be built up in terms of complexity:

1. Run to the line and score a try, then run back with the ball in two hands
2. Pass the ball around the body twice while running
3. Throw the ball in the air and clap before catching the ball and returning to the group

There are many more possibilities depending on the capabilities of the players. Keep team sizes small to maximise activity.



30 players

Drill 1

6 groups of 5

Relay Races

Coaching points:

- Perform the skills accurately - no cutting corners just to get back to the group
- Get teams to cheer and encourage their team members (if you get teams to cheer for other teams as well, then you avoid the last team member of one group running in silence - everyone is cheering so they feel okay about being last)
- Carry the ball in two hands so a good pass is easy to make

Difficulty:

Harder (for the attackers):

- Speed up the running

Easier (for the attackers):

- Slow down the running

30 players

Drill 2

6 groups of 5

Score a Try

Equipment needed:

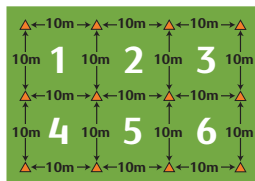
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Apply pressure
- Score points

Space needed:

- 6 channels
- 10 metres x 10 metres

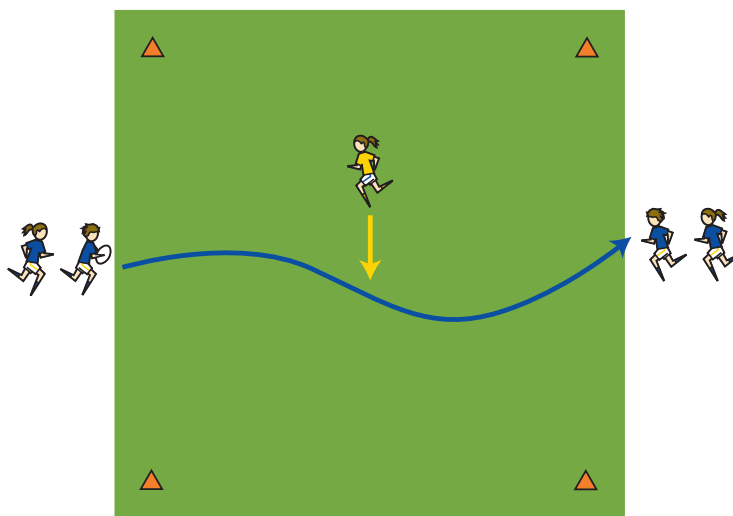


Suggested time allocation:

- 6 minutes

How to play:

- Groups of five with one ball per group
- One player is nominated as the defender and takes up position in the centre of the channel
- One by one, the attackers try to pass the defender and score a try at the far side of the channel, without being tackled along the way
- One point is given to the defender if he/she successfully tackles a player by pulling off a tag; similarly, the attacker gains a point if he/she successfully scores a try
- Work for four tag tackles, and then change the nominated defender



30 players

Drill 2

6 groups of 5

Score a Try

Coaching points:

For the attackers:

- Run into space
- Dodge the defender
- Two hands on the ball at all times

For the defender:

- Keep head and shoulder above the waist when going for the two hand touch tackle
- Focus on the waist of the ball carrier

Difficulty:

Harder (for the attackers):

- Reduce the dimensions of the channel

Easier (for the attackers):

- Start the defender from the corner of the channel rather than the centre

Try Module 3

There are two main focuses in this Try Module 3:

Skill 3a - Carry the ball forward

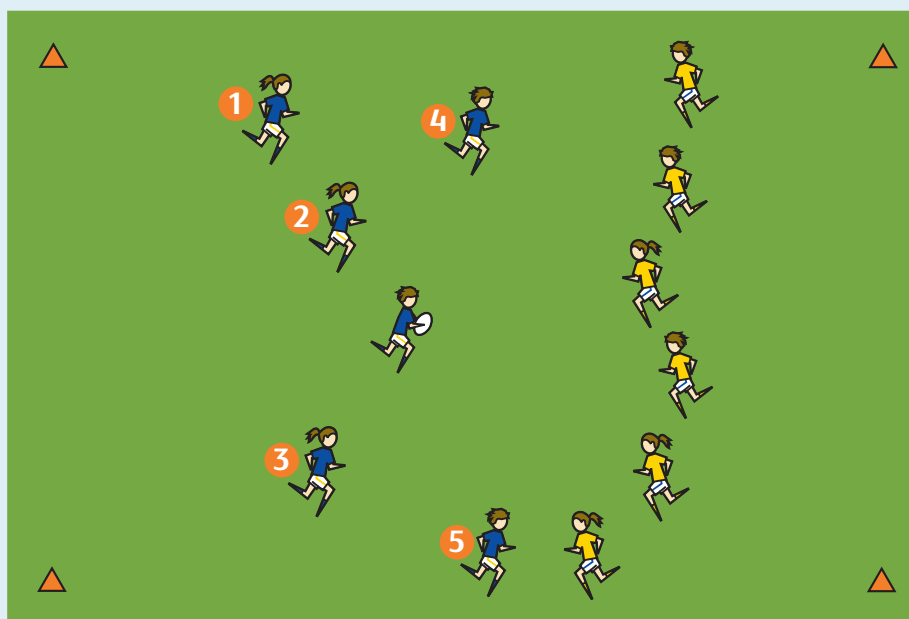
Skill 3b - Pass the ball backwards

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Try Module 3 general game is a progression of the game presented in Try Module 2.
The new rules are:

- The ball carrier is allowed a limited number of steps
- If the ball carrier knocks the ball on or passes it forward, the defending team is awarded possession
- The ball carrier is only allowed to pass the ball backwards (which means towards his/her own try line); therefore, the attacking team players must be between the ball carrier and their own try line to be able to receive the ball.



As the blue team plays from left to right, players 1, 2 and 3 are behind the ball carrier (nearer to that team's own try line) and so are onside - they may receive a pass. However, teammates 4 and 5 have strayed offside - ahead of the ball carrier - so they may not receive a pass unless they return to an onside position first.



Try Module 3

The other rules of the Try Module 2 still apply. This game will help the players to learn about the unique Rugby feature of passing the ball backwards while at the same time learning the importance of moving forwards and supporting the ball carrier in order to score.

Areas to develop – Skills

- a. Carry the ball forward by recognising and exploiting space effectively
- b. Pass the ball backwards to a better-positioned teammate

Variations to regress or progress the activity

- Allow the ball carrier to take more or fewer steps
- Reduce or enlarge the playing area
- Reduce or increase the number of players in each team
- Award bonus points depending on the number of passes completed before scoring.

Outcomes

When your players are able to:

- Carry the ball forward by recognising and exploiting space effectively
- Pass the ball backwards to a better-positioned teammate
- Support the ball carrier efficiently to create continuity

you are ready to progress to Try Module 4.

Skill 3a
Carry the ball forward
TRY

GET INTO RUGBY



30 players

Drill 2

6 groups of 5

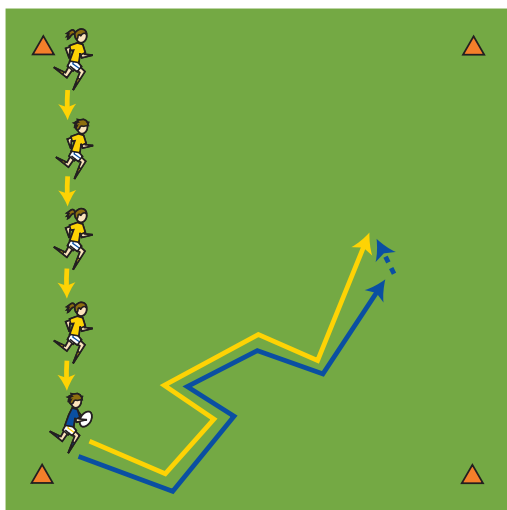
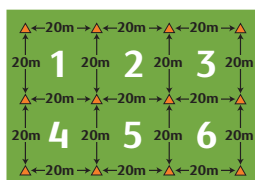
Pass and Support - Follow the Leader

Equipment needed:

- 6 Rugby balls • 12 cones

Space needed:

- 6 channels
- 20 metres x 20 metres



Principles of play:

- Go forward • Provide support
- Create continuity

Suggested time allocation:

- 6 minutes

How to play:

- The leader - the ball carrier - can run in any direction
- The rest of the group must follow in snake formation
- When the teacher or coach calls "Pass!", the leader must stop, and then either hold the ball to one side, pass, or place the ball on the floor
- The next player must react, collect the ball and continue running, becoming the new leader
- The dispossessed leader then joins the back of the group

Coaching points:

- Run into space
- Follow the ball carrier
- Don't follow too close - support from depth, from about 5 metres back, and try to take the ball without slowing down
- When picking the ball up from the ground, bend the knees. Put one foot over the ball and pick up from between the feet. Keep the head up.

Difficulty:

Harder:

- The players decide for themselves when to pass (thus, the support players can run into space)
- Use more balls if you have them and work in groups of 2 or 3

Easier:

- Slow the pace to a walk or a jog

Skill 3a
Carry the ball forward
TRY

GET INTO RUGBY



30 players

Drill 3

6 groups of 5

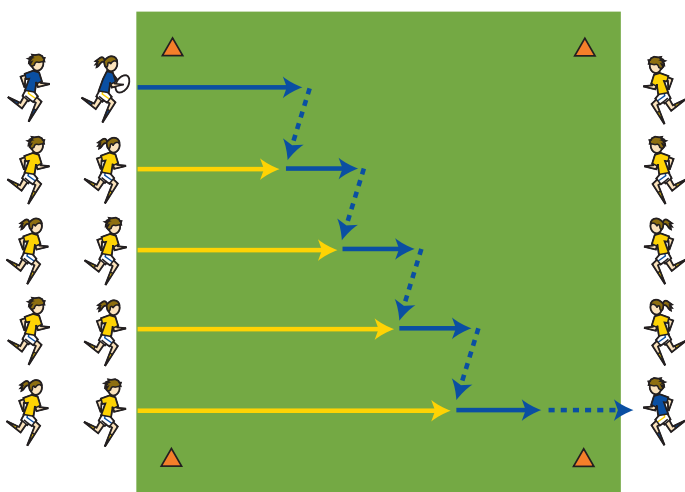
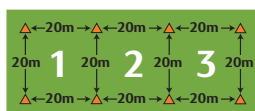
Relays with Passing

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 20 metres x 20 metres



Coaching points:

- Run forward with the ball
- Carry the ball in two hands
- Swing the arms across the body to release the ball towards the receiver
- Support players must stay behind the ball
- Call for the ball
- Receivers should run with their hands out towards the ball carrier and so give a target for the pass

Principles of play:

- Go forward • Provide support
- Create continuity

Suggested time allocation:

- 6 minutes

How to play:

- Three teams of 5 players in each channel
- Two teams (including one with the ball) should position themselves on one side of the channel and the other team on the opposite side of the channel
- Teams stand in a line
- The team with the ball (ball starts at one end of the line) run slowly across the channel passing the ball along the line
- By each receiver staying slightly behind the ball carrier, the ball should be passed backwards
- Once the ball reaches the player at the end of the line, he/she passes it forwards to the next team waiting on the opposite side
- That team then repeats the exercise

Difficulty:

Harder:

- Speed up the running

Easier:

- Slow down the running

Skill 3b
Pass the ball backwards
TRY

GET INTO RUGBY



30 players

Drill 1

6 groups of 5

Pass and Support

Equipment needed:

- 6 Rugby balls • 12 cones

Principles of play:

- Go forward • Provide support
- Create continuity

Space needed:

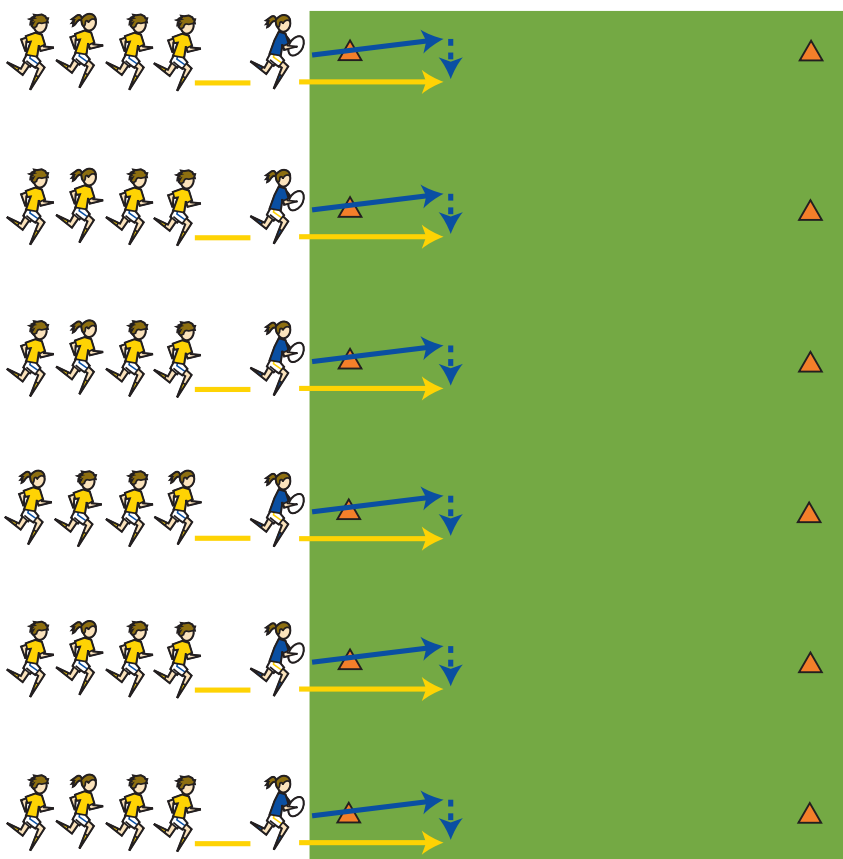
- Using 12 cones, make a start and finish point 25 metres apart for each group over a football pitch sized area

Suggested time allocation:

- 6 minutes

How to play:

- 5 players to each start cone
- The groups should line up in single file, with the groups parallel to each other, ready to run across the full 25 metre width
- The player at the front of each group runs 5 metres with the ball, then stops and holds out the ball for player 2
- Player 2 runs, takes the ball, carries it a further 5 metres and then stops and holds it for player 3, and so on
- When player 5 has taken the ball and run 5 metres with it, a try is scored
- The group will have carried the ball 25 metres in a straight line. They will be standing 5 metres apart across that 25 metre span
- Reset and return in the opposite direction



Skill 3b
Pass the ball backwards
TRY



30 players

Drill 1

6 groups of 5

Pass and Support

Coaching points:

- Try and take the ball without slowing down
- Run on 5 metres and stop
- End up with the players evenly spaced
- Score a try when the other side is reached
- Race against the other teams

Difficulty:

Harder (for the attackers):

- Speed up the running

Easier (for the attackers):

- Slow down the running

Skill 3b
Pass the ball backwards
TRY

GET INTO RUGBY



30 players

Drill 2

6 groups of 5

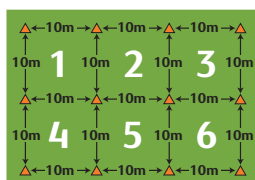
Pass and Support - Formation

Equipment needed:

- 6 Rugby balls • 12 cones

Space needed:

- 6 channels
- 10 metres x 10 metres



Principles of play:

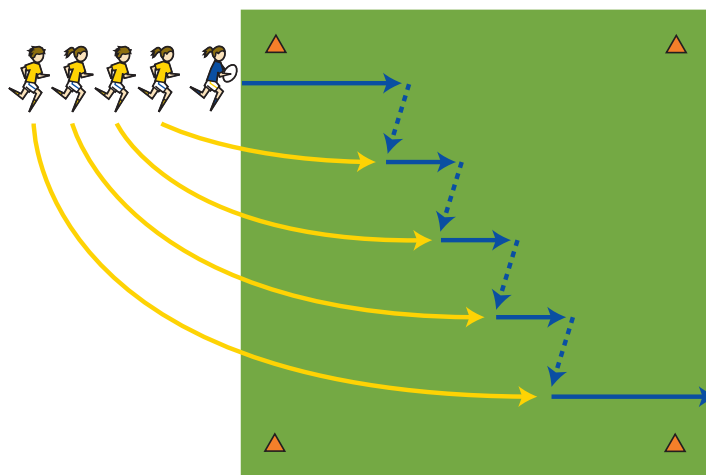
- Go forward • Provide support
- Create continuity • Score points

Suggested time allocation:

- 6 minutes

How to play:

- Groups of five with one ball per group
- Groups line up in single file
- Player 1 runs 2 metres and passes the ball to his/her right. Player 2 catches the ball, runs another 2 metres and passes the ball to the right
- When player 5 completes the exercise, the ball will have travelled 10 metres forwards and 10 metres to the right
- Then repeat the drill, this time passing to the left



Coaching points:

- Two hands on the ball at all times
- Run straight before passing (it may help to give an analogy - imagine they line up single file in lane 1 of an athletics track. When player 2 receives the ball, he/she will be running straight along lane 2 before passing into lane 3, etc.)
- Gentle passes

Difficulty:

Harder:

- Reduce the width of the channel
- Increase the number of players

Easier:

- Increase the width of the channel
- Decrease the number of players
- Slow the pace to a walk or a jog

30 players

Drill 3

6 groups of 5

Pass and Support - Chain Reaction

Equipment needed:

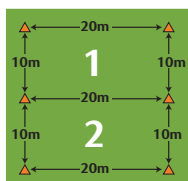
- 3 Rugby balls • 6 cones

Principles of play:

- Go forward • Provide support
- Create continuity • Score points

Space needed:

- 2 channels
- 20 metres x 10 metres



Suggested time allocation:

- 6 minutes

How to play:

- Three groups of 5 work in each channel
- One ball per group of 5
- The groups take it in turns to practise lateral passing (i.e. in each channel, the three groups take it in turns):
 - Player 1 starts in a standing position with the ball
 - Player 2 is on one knee
 - Player 3 is on both knees
 - Player 4 lies on his/her front
 - Player 5 sits cross-legged
- On the call of the teacher or coach, all players start running forward as quickly as possible, and pass the ball along the line
- The starting positions should mean that every pass is made to a player supporting from behind
- When the drill is finished, repeat it, this time with the players passing to the left
- Players should change position after each run through

Skill 3b
Pass the ball backwards
TRY

GET INTO RUGBY

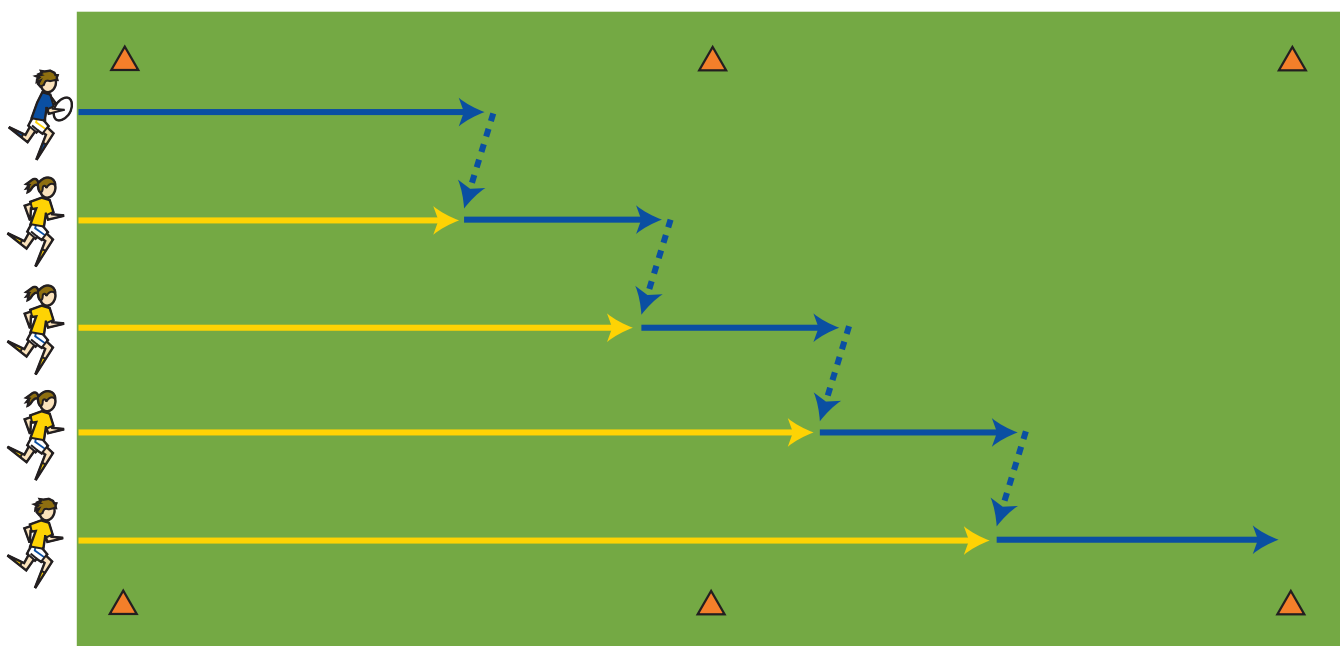


30 players

Drill 3

6 groups of 5

Pass and Support - Chain Reaction



Coaching points:

- Ball carrier must keep both hands on the ball
- Gentle passes, just in front of the support player
- Support players call for the ball
- Support players keep hands up, ready to receive pass
- Always pace the run to stay behind the ball carrier
- Communicate between players

Difficulty:

Harder:

- After passing the ball, player 1 races to the end to touch tackle player 5 when he/she receives the ball

Easier:

- Instead of using different starting positions, teacher can call "1, 2, 3, 4, 5" to create the same effect of staggering the starts
- Players can hand the ball across the line instead of passing it through the air

30 players

Drill 4

6 groups of 5

Passing - 5 v 1 x 5

Equipment needed:

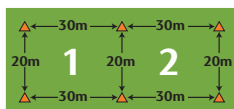
- 6 Rugby balls • 6 cones

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure

Space needed:

- 2 channels
- 30 metres x 20 metres

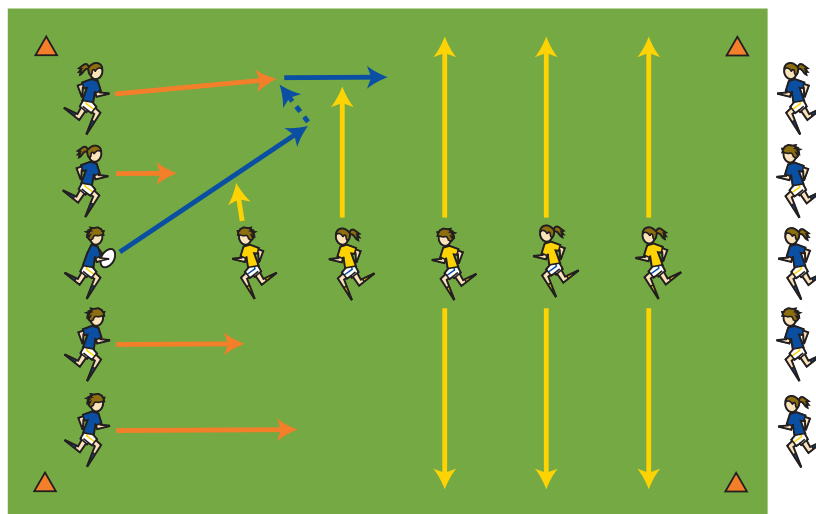


Suggested time allocation:

- 10 minutes

How to play:

- 15 players to each channel - two groups of 5 attackers and one group of 5 defenders - with one ball per group
- The defenders stand one behind the other, 5 metres apart
- One group of attackers to each end of the channel, taking it in turns to attack
- The attacking players must try to run past the defenders by passing the ball to score a try
- The defenders attempt to tackle the attackers as they pass by touching them with two hands on the waist
- The defenders are only allowed to move sideways
- Any attacker who is tackled can play no further part in the move
- Change the defenders after each of the attacking teams has had a go



Skill 3b
Pass the ball backwards
TRY



30 players

Drill 4

6 groups of 5

Passing - 5 v 1 x 5

Coaching points:

For the attackers:

- Try to run around the defender but pass if a team mate is in a better position
- Support players stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the attackers):

- Allow defenders to move forwards and backwards as well as sideways
- Defenders can make contact tackles – if proficient

Easier (for the attackers):

- Place the defenders further apart (every 10 metres rather than every 5 metres)

Skill 3b
Pass the ball backwards
TRY

GET INTO RUGBY



30 players

Drill 5

6 groups of 5

Passing - 5 v 2 v 1 v 2

Equipment needed:

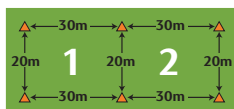
- 6 Rugby balls • 6 cones

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure

Space needed:

- 2 channels
- 30 metres x 20 metres

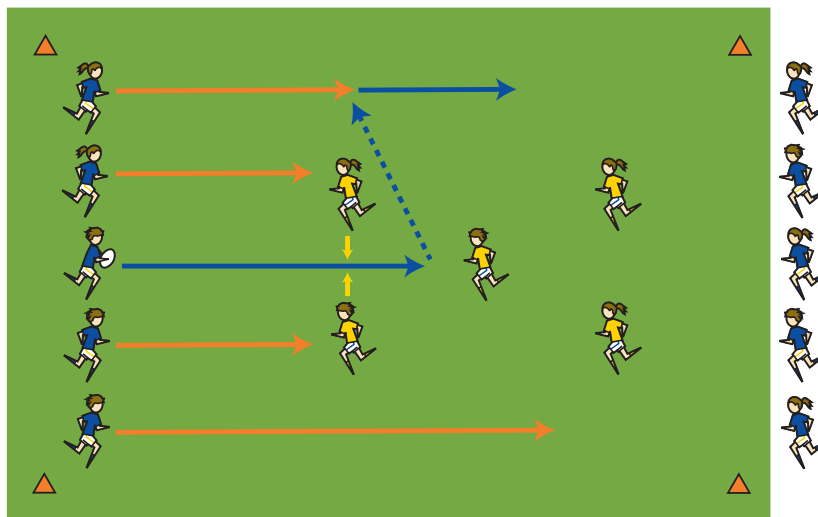


Suggested time allocation:

- 10 minutes

How to play:

- 15 players to each channel - two groups of 5 attackers and one group of 5 defenders - with one ball per group
- The defenders stand in a line - two beside each other, then one and then two, 5 metres apart
- One group of attackers to each end of the channel, taking it in turns to attack
- The attacking players must try to run past the defenders by passing the ball to score a try
- The defenders attempt to tackle the attackers as they pass by touching them with two hands on the waist
- The defenders are only allowed to move sideways
- Any attacker who is tackled can play no further part in the move
- Change the defenders after each of the attacking teams has had a go



30 players

Drill 5

6 groups of 5

Passing - 5 v 2 v 1 v 2

Coaching points:

For the attackers:

- Try to run around the defender but pass if a team mate is in a better position
- Support players stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Defenders can make contact tackles but ONLY if players are proficient

Difficulty:

Harder (for the attackers):

- Allow defenders to move forwards and backwards as well as sideways
- Or, allow defenders to choose their own defensive pattern, so that the attackers cannot predict it

Easier (for the attackers):

- Place the defenders further apart (every 10 metres rather than every 5 metres)
- Only allow defenders to walk or hop)



Try Module 4

There are two main focuses in this Try Module 4:

Skill 4a - Effect a touch or pull a tag

Skill 4b - Defence to align at the offside line

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Try Module 4 general game is a progression of the game presented in Try Module 3, and it is called Touch or Tag rugby.

The new rules are:

- The ball carrier now is allowed an unlimited number of steps either walking or running
- to stop the ball carrier, defenders must pull a tag from his/her belt or touch him/her with two hands between the hips and the chest
- The defending team players will retreat behind the offside line after a tag has been pulled or a touch has been effected.

The other rules of the Try Module 3 still apply. This game is the traditional non-contact version of the game of Rugby, including the most important principles and Laws of the Game.

Areas to develop – Skills

a. [Effect a touch or pull a tag](#) to stop the advance of the ball carrier

b. [Defend in a line](#) respecting the offside Laws

Variations to regress or progress the activity

- Allow the ball carrier to take more or fewer steps
- Reduce or increase the number of players in each team
- Award bonus points depending on the number of passes completed before scoring.



Try Module 4

Outcomes

When your players are able to:

- Learn and understand the concept of offside
- Retreat in defence in order to align in a line
- Effect a touch safely or pull a tag safely to stop the ball carrier
- Play and enjoy a touch or tag game

you are ready to progress to Play Module 5 or repeat any Try Module to reinforce the concepts learned so far.

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

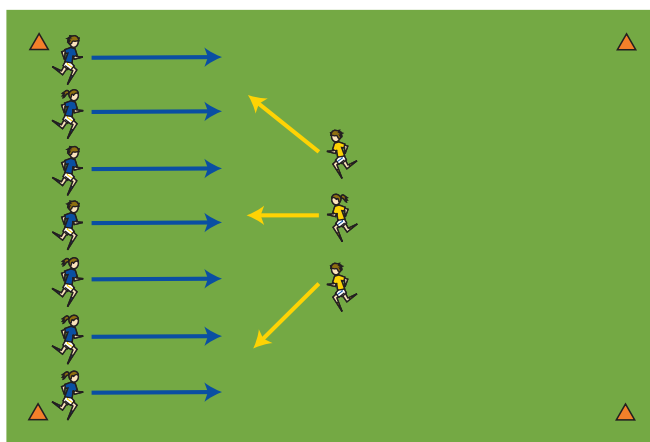
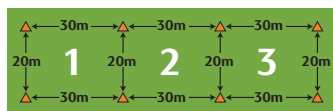
Bulldog

Equipment needed:

- 8 cones

Space needed:

- 3 channels
- 30 metres x 20 metres



Coaching points:

For the attackers:

- Look for space
- Dodge the defenders

For the defenders:

- Keep the head up - focus on the waist of the ball carrier
- Try to defend as one line - defend as a team

Principles of play:

- Go forward

Suggested time allocation:

- 5 minutes

How to play:

- 10 players per channel, starting with 3 nominated defenders in a line in the middle of the channel
- The other 7 players line up along one edge of the channel as attackers
- On the coach's call, the attackers try to run past the defenders to reach the opposite edge of the channel
- The defenders attempt to tackle the attackers as they pass by touching them with two hands on the waist
- Those attackers who are tackled join the defenders and, on the call of the coach or teacher, the remaining attackers try to run back to where they started
- Continue until there are only a few, or no, attackers left

Difficulty:

Harder (for the defenders):

- Defenders have to run and touch the sideline when they have made a tackle

Easier (for the defenders):

- Attackers must hop on one leg

Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 2

6 groups of 5

Pass, Defend, Attack

Equipment needed:

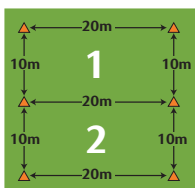
- 3 Rugby balls • 6 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Score points

Space needed:

- 2 channels
- 20 metres x 10 metres



Suggested time allocation:

- 6 minutes

How to play:

- Three groups of 5 work in each channel
- One ball per group of 5
- A group of 5 players, including a ball carrier, runs through the channel
- The ball carrier passes the ball and sprints ahead of the group past halfway, turns back towards the group, and becomes a defender
- The rest of the group continue through the channel, attempting to beat the defender by passing
- The defender tries to tag tackle the ball carrier by pulling off a tag
- Each group takes turns to play across

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY

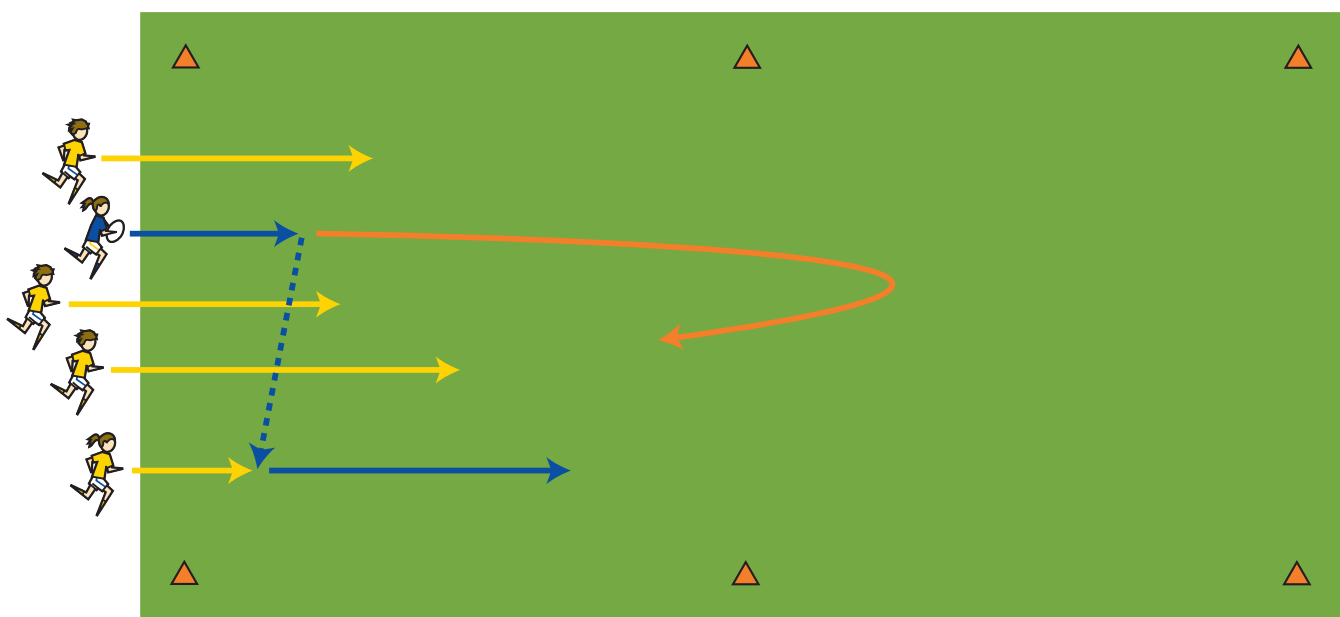


30 players

Drill 2

6 groups of 5

Pass, Defend, Attack



Coaching points:

For the attackers:

- Run forward
- Dodge the defender
- Pass if tackled, or pass early if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defender:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the attackers):

- Players 1 and 2 become defenders rather than just player 1

Harder (for the defenders):

- Limit the defender's movement (for example, he/she can only move sideways)

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 3

6 groups of 5

2 v 1

Equipment needed:

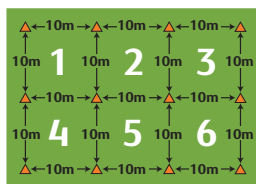
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Apply pressure

Space needed:

- 6 channels
- 10 metres x 10 metres

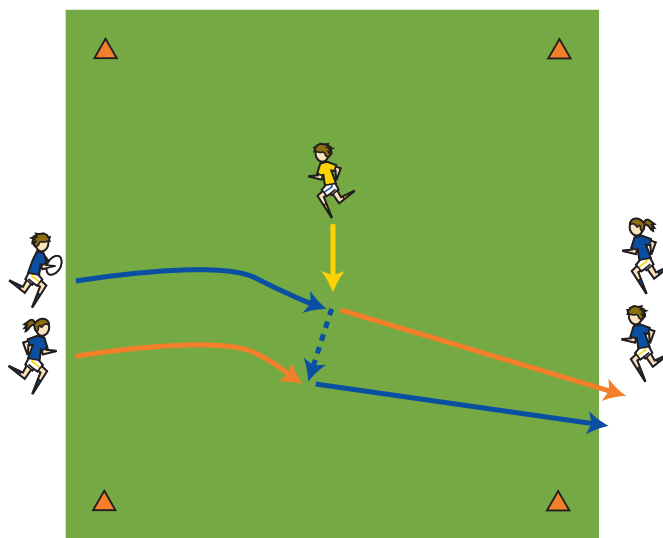


Suggested time allocation:

- 10 minutes

How to play:

- Groups of five with one ball per group
- In pairs, the attackers try to pass the defender and score a try at the far side of the channel, without being tag tackled along the way
- One point is given to the defender if he/she successfully tackles a player by pulling off a tag; similarly, the attackers gain a point if they successfully score a try. Attackers should pass the ball without dropping it or the try does not count. To start with, attackers can pass the ball in any direction
- Work for four tag tackles, and then change the nominated defender



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 3

6 groups of 5

2 v 1

Coaching points:

For the attackers:

- Run into space
- Dodge the defender
- Two hands on the ball at all times
- Pass at waist height so team mate can easily catch the ball

For the defender:

- Keep head and shoulder above the waist when going for the tag tackle
- Focus on the tags of the ball carrier

Difficulty:

Harder (for the attackers):

- Reduce the dimensions of the channel
- Attackers have to pass the ball backwards

Easier (for the attackers):

- Start the defender from the corner of the channel rather than the centre

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 4

6 groups of 5

Decision Making 3 v 1

Equipment needed:

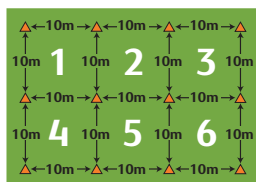
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Apply pressure • Score points

Space needed:

- 6 channels
- 10 metres x 10 metres

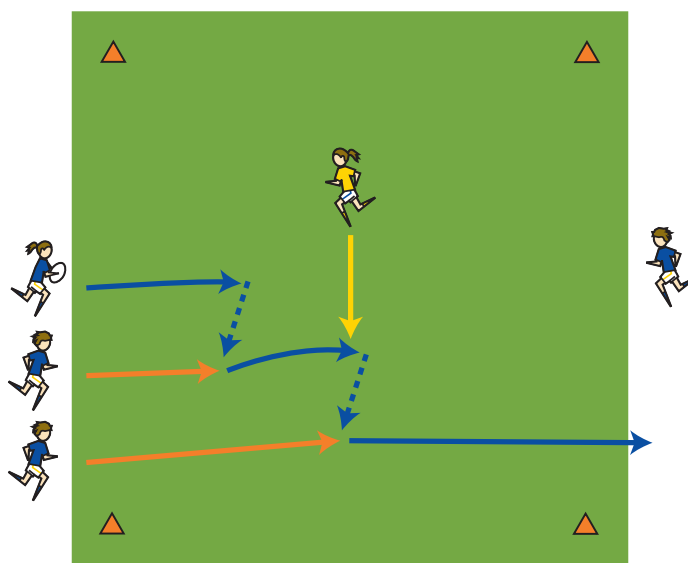


Suggested time allocation:

- 10 minutes

How to play:

- Groups of five with one ball per group
- In threes, the attackers try to pass the defender and score a try at the far side of the channel, without being tackled along the way
- One point is given to the defender if he/she successfully tackles a player by pulling off a tag; similarly, the attackers gain a point if they successfully score a try. Attackers should pass the ball without dropping it or the try does not count. To start with, attackers can pass the ball in any direction
- One player is resting each time and should swap with the defender each go



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 4

6 groups of 5

Decision Making 3 v 1

Coaching points:

For the attackers:

- Run into space
- Dodge the defender
- Two hands on the ball at all times
- Pass at waist height so team mate can easily catch the ball

For the defender:

- Keep head and shoulder above the waist when going for the tag tackle
- Focus on the tags of the ball carrier

Difficulty:

Harder (for the attackers):

- Reduce the dimensions of the channel
- Attackers have to pass the ball backwards

Easier (for the attackers):

- Start the defender from the corner of the channel rather than the centre

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 5

6 groups of 5

3 v 2

Equipment needed:

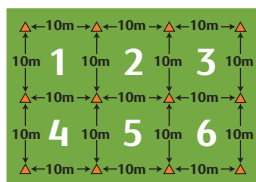
- 6 Rugby balls • 12 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 6 channels
- 10 metres x 10 metres

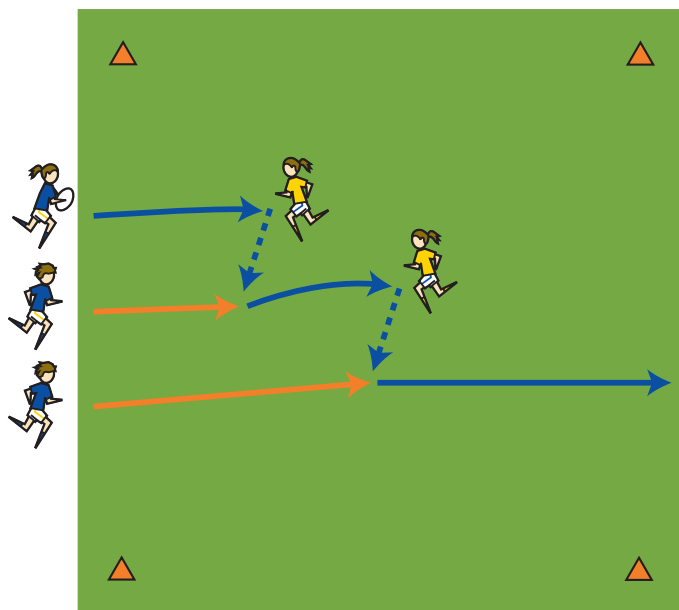


Suggested time allocation:

- 12 minutes

How to play:

- 5 players to each channel
- One ball per each group of five
- Three attackers with the ball have to get past two defenders to score a try on the opposite line to where they start
- Attackers should only pass the ball backwards to a team mate
- Defenders tackle the ball carrier by pulling off a tag
- Attackers should try to pass the ball before they are tag tackled
- One attacker swaps with a defender each time



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 5

6 groups of 5

3 v 2

Coaching points:

For the attackers:

- Run forward
- Dodge the defender
- Pass if tackled, or pass early if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defender:

- Keep the head up - focus on the waist of the ball carrier
- Communicate with team mate

Difficulty:

Easier (for the attackers):

- Limit the defender's movement (for example, he/she can only move sideways)

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 6

6 groups of 5

Decision Making 4 v 1

Equipment needed:

- 6 Rugby balls • 6 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 2 channels
- 30 metres x 10 metres



Suggested time allocation:

- 6 minutes

How to play:

- Groups of five – one player is a defender
- Three groups to each channel, groups taking turns to work
- One ball per group
- The ball carrier runs and passes the ball to another player. Having passed the ball, he/she becomes a defender and the first defender becomes an attacker
- The ball carrier tries to score a try by running past the defender
- The other three support players flank the ball carrier on either side. If tag tackled, the ball carrier must pass backwards to one of his/her support players



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 6

6 groups of 5

Decision Making 4 v 1

Coaching points:

For the ball carrier:

- Run into space
- Dodge the defender
- Pass if tackled, or pass early if a team mate is in a position to score a try more easily
- Ball carrier must try to pass before he/she is tackled

For the support players:

- Stay on your own side of the ball to be in a position to receive a pass

For the defender:

- Keep head and shoulder above the waist when going for the tag tackle
- Focus on the tags of the ball carrier

Difficulty:

Harder (for the attackers):

- Attackers must (backwards) pass the ball at least twice before they can score a try)

Easier (for the attackers):

- Increase the width of the channel

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 7

3 groups of 10

Drift, Cover or Blitz Touch Rugby

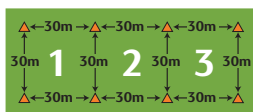
This game is for players who need to practise their attacking skills. It is excellent for improving visual awareness and learning how to attack different defensive alignments.

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x 30 metres

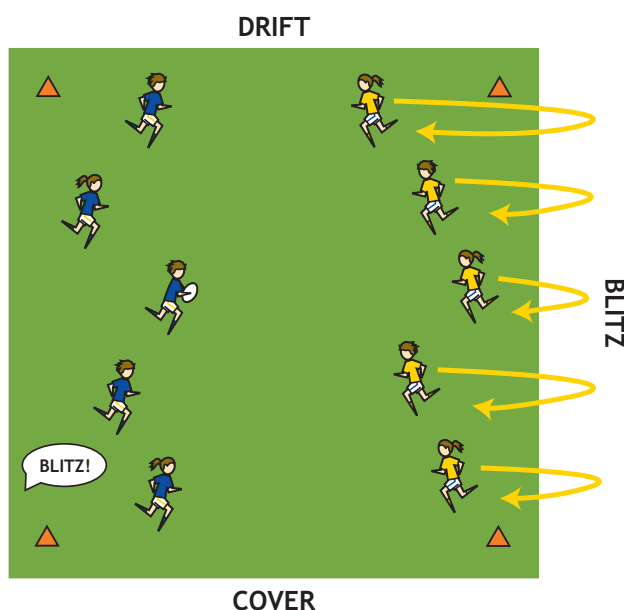


Suggested time allocation:

- 20 minutes

How to play:

- 10 players to each channel - split players into 2 teams of 5
- Play 5 v 5 touch rugby. The sides of the channels have names: 'Blitz', 'Drift' and 'Cover'
- During the game, the coach/teacher or an attacking player can choose to call "Blitz", "Drift" or "Cover" at any breakdown
- Upon hearing the call, the defenders must run and touch the relevant line before running back to rejoin the game
- When the defenders are running to touch their line, the attackers must turn their back on the defenders and give the ball to the coach/teacher. (If without a coach/teacher, the attacking players should leave the ball on the ground.) When the defenders are almost back in position, the coach/teacher should roll the ball back to the attackers to restart the game (or the attacking players pick up the ball and attack)
- The coach/teacher can later develop the game by introducing a visual cue to the defenders, instead of an audio cue, thus forcing the attackers to react to an unknown type of defence



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 7

3 groups of 10

Drift, Cover or Blitz Touch Rugby

Coaching points:

For the attackers:

- Identify space left by defenders
- Communicate effectively with team mates
- Good handling skills
- 'Look-Think-Do' process

For the defenders:

- Communicate – man-on-man defence
- Maintain same space between defenders – no gaps

For the coach/teacher:

- Allow players to self-correct before intervention

Difficulty:

Easier (for the defenders):

- Attackers must lie down and only move when defenders are halfway back from the line

Easier (for the attackers):

- Coach/teacher gives individual players numbers to make more attackers versus fewer defenders (especially relevant for cover defence)

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 8

3 groups of 10

Parramatta Touch

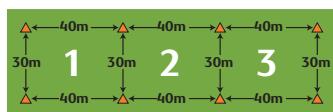
This game is for players who need to practise their supporting skills. It works on players' spatial awareness, communication, decision making, attacking skills into space and overall fitness conditioning.

Equipment needed:

- 3 Rugby balls • 16 cones

Space needed:

- 3 channels
- 40 metres x 30 metres

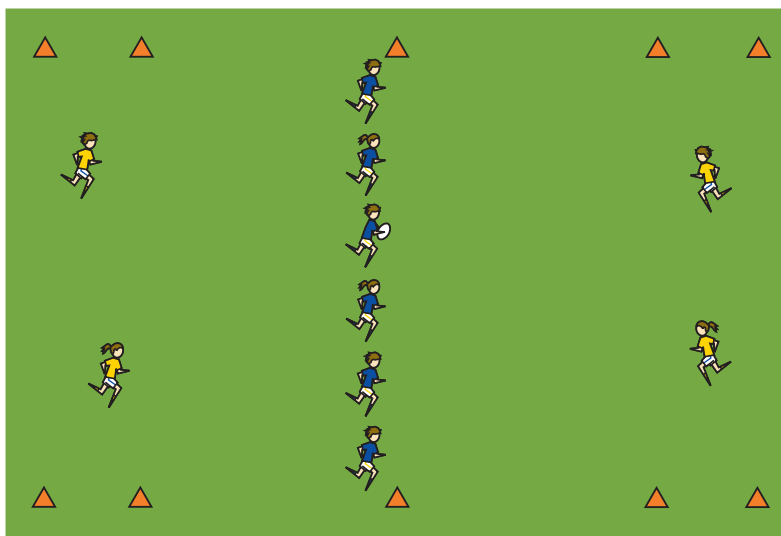


Suggested time allocation:

- 20 minutes

How to play:

- 6 attackers play touch rugby against 2 defenders and then turn and play against another 2 defenders. As players get tired, the game becomes more real
- The attackers start from the centre and attack one of the defensive zones
- If a touch is made on the attacking team or the ball is dropped or a forward pass is played, the attack must turn around and immediately attack the opposite defensive zone
- This continues for a set time dictated by the coach/teacher
- If the attack scores, the defence must run around the centre cones and get back to their defensive zone before the attack starts attacking them again
- The defenders cannot defend outside of their zones
- Each team gets 5 attacks. Add up the scores



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 8

3 groups of 10

Parramatta Touch

Coaching points:

For the attackers:

- Lines of running must be effective in order to score
- Attacking a drift and blitz defence needs good communication and quick thinking
- Realignment is essential in order to be effective continuously

For the defenders:

- Communicate – man-on-man defence
- Maintain same space between defenders – no gaps
- Defence cover each other and do not give in

Difficulty:

Easier (for the defenders):

- Add one defender from the attacking team

Easier (for the attackers):

- Defenders start at the dead ball line

Skill 4a

Effect a touch or pull a tag

TRY

GET INTO RUGBY



30 players

Drill 9

3 groups of 10

Quick Ball/Offload

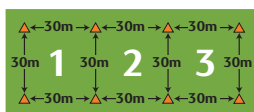
This game is for players who need to practise their attacking skills. It highlights the importance of getting behind the defenders to make more ground in the attack and to keep possession alive.

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x 30 metres

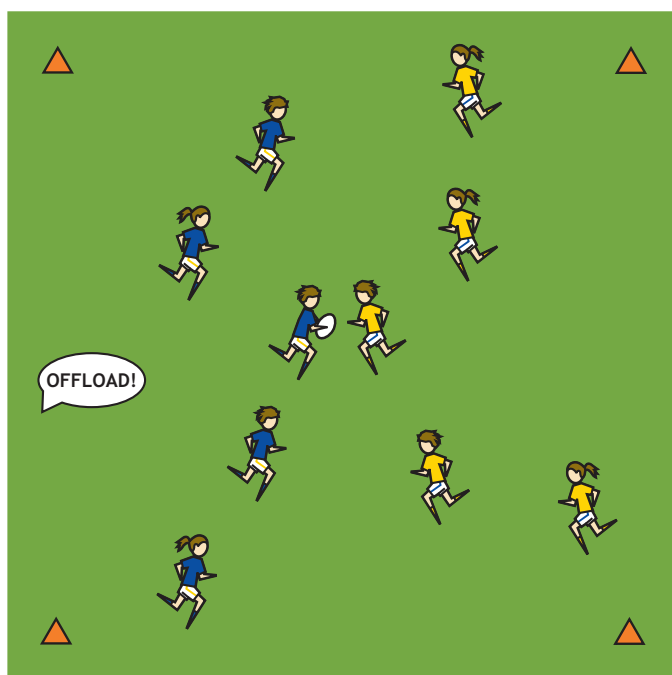


Suggested time allocation:

- 20 minutes

How to play:

- 10 players to each channel - split players into 2 teams of 5
- Play 5 v 5 touch rugby
- Once an attacker is touched they must offload within one second
- Start the game so that players have to pass the ball in front of defenders and then later progress the drill and ask them to pass from behind the defence, by taking two steps past the defender, before offloading



Skill 4a

Effect a touch or pull a tag

TRY



30 players

Drill 9

3 groups of 10

Quick Ball/Offload

Coaching points:

For the attackers:

- With the touched player having to pass within 1 second, support is the key for keeping possession alive
- Change of speed and direction needed to beat the defender
- Support runner attacking the ball

For the defenders:

- Maintain same space between defenders – no gaps

Difficulty:

Easier (for the defenders):

- Add one defender from the attacking team (6 v 4)

Easier (for the attackers):

- Add one attacker from the defenders (6 v 4)

Skill 4b

Defence to align at the
offside line

TRY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

5 v 5

Equipment needed:

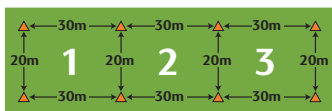
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 30 metres x
20 metres

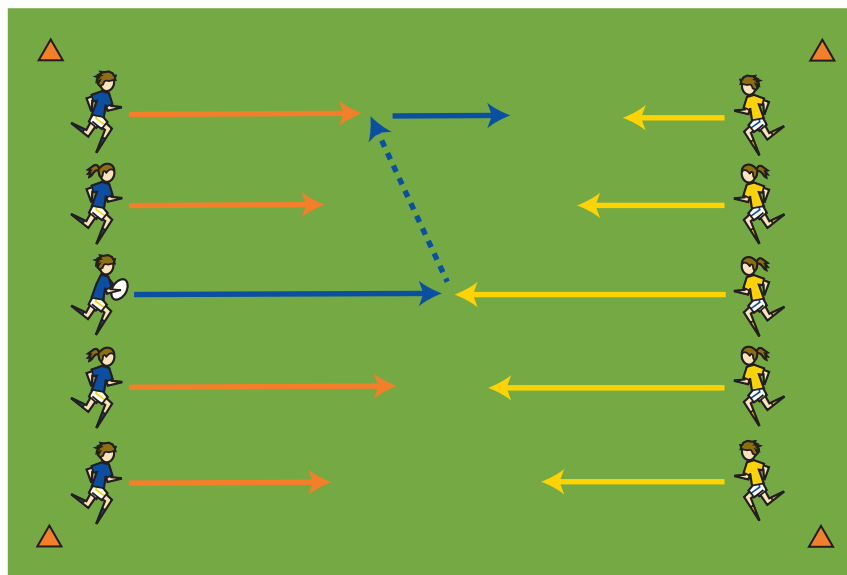


Suggested time allocation:

- 15 minutes

How to play:

- 10 players to each channel - split players into two teams of 5
- Start the drill with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- If tackled, the attacker must pass the ball backwards to a team mate
- After a successful tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass
- Play three games, then change teams so all play each other



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 1

3 groups of 10

5 v 5

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the defenders):

- Defenders can make contact tackles – if players are sufficiently proficient
- Make the channel wider

Easier (for the defenders):

- Make the channel narrower

Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 2

3 groups of 10

Decision Making 6 v 4

Equipment needed:

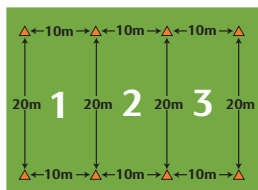
- 3 Rugby balls • 8 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 3 channels
- 20 metres x 10 metres

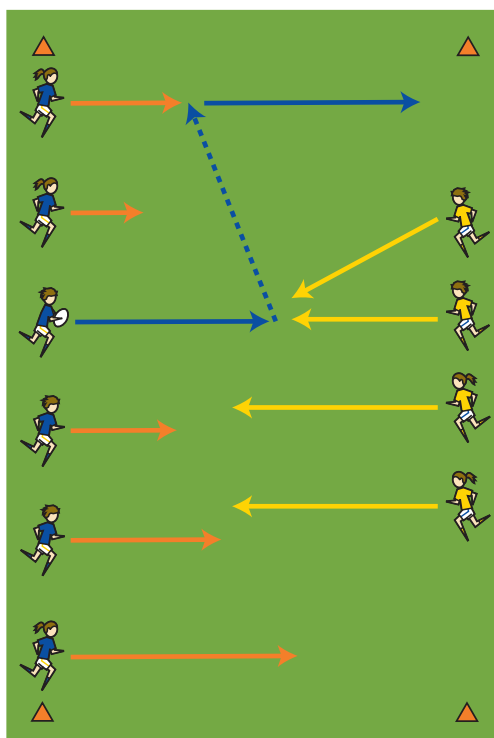


Suggested time allocation:

- 12 minutes

How to play:

- 10 players to each channel - four defenders and six attackers
- Start the drill with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- Defenders tackle by pulling off a tag
- If tag tackled, the attacker must pass the ball backwards to a team mate within three strides or three seconds
- After a successful tag tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 2

3 groups of 10

Decision Making 6 v 4

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

Difficulty:

Harder (for the attackers):

- If the team in possession has not scored a try after seven tackles, possession is awarded to the other team with a free pass

Easier (for the attackers):

- No pass interceptions allowed

Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 3

3 groups of 10

Multi-support Touch Rugby

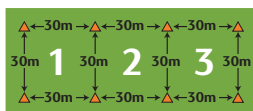
This game is for players who need to practise their supporting skills.

Equipment needed:

- 3 Rugby balls • 8 cones

Space needed:

- 3 channels
- 30 metres x
30 metres

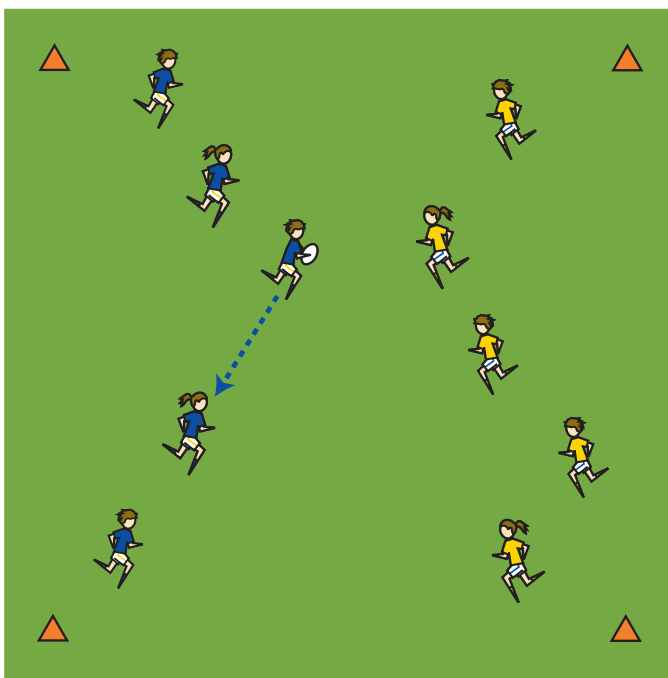


Suggested time allocation:

- 20 minutes

How to play:

- 10 players to each channel - split players into 2 teams of 5
- The players play a normal game of 5 v 5 touch rugby
- The only difference is with the scoring:
 - 1 point for a try, plus 1 x bonus point for an offload within 10 metres and 2 x bonus points for offload within 5 metres of the try line
 - If no passes within 15 metres of the try line, then the score does not count



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 3

3 groups of 10

Multi-support Touch Rugby

Coaching points:

For the attackers:

- Support runners should try to get behind the defence
- Support the ball carrier closely

For the defenders:

- Communicate
- Maintain same space between defenders – no gaps
- Defence covering each other and not giving in

Difficulty:

Easier (for the defenders):

- Make the channel narrower

Easier (for the attackers):

- Make the channel wider

Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 4

2 groups of 15

Backline Attack

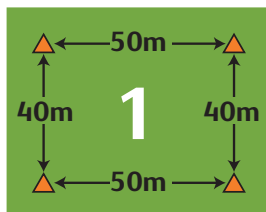
This game is for players who need to practise their attacking skills.

Equipment needed:

- 1 Rugby ball • 8 cones

Space needed:

- 1 channel
- 50 metres x 40 metres
(half a rugby pitch)



Suggested time allocation:

- 20 minutes

How to play:

- Divide the players into 4 teams – 2 attacking teams of 8 and 2 defending teams of 7
- One team attacks against another defensive team. Two teams rest. Then swap over
- Use this drill, between the try line and 10 metre line, to promote clinical decision-making, execution, passing and running skills
- The objective of this game is to score from first phase. The defence start on the try line and can only advance to the 5 metre line (gain line)
- The attack must start from the 5 metre line, as if simulating a scrum, and vary the starting points, e.g. centre, left side, right side
- If simulating a lineout start, use the 10 metre line to halfway
- If the attack can score from the set piece, they are awarded 5 points
- If they score after one phase, they are awarded four points
- If they score after two phases, they get awarded three points, and so on
- If the attack fails to score after four phases, they turn around and defend
- Kicking options may be introduced

Skill 4b

Defence to align at the
offside line

TRY

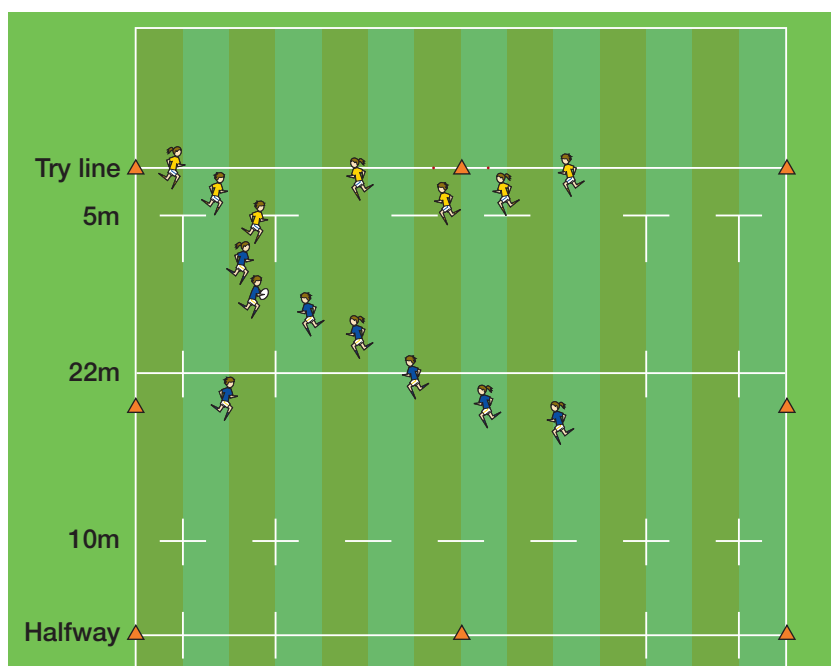


30 players

Drill 4

2 groups of 15

Backline Attack



Coaching points:

For the attackers:

- Decision-making skills are key (strike move, defensive alignment)
- Look for appropriate passing (short, long, flat, deep, etc)
- Make good running lines (decoys/options/creating space)
- Accelerate into space

For the defenders:

- Communicate – man-on-man defence
- Maintain same space between defenders – no gaps

For the coach/teacher:

- Allow players to self-correct before intervention

Difficulty:

Easier (for the defenders):

- Attackers start 10 metres out

Easier (for the attackers):

- Defenders start 5 metres behind the try line

Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 5

6 groups of 5

Try Rugby game

Equipment needed:

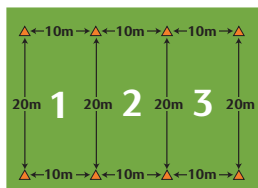
- 3 Rugby balls • 8 cones
- 12 tag belts and 24 tags (if not enough tags for all players, rotate groups so all have a go with tags)

Principles of play:

- Go forward • Provide support
- Create continuity • Apply pressure
- Score points

Space needed:

- 3 channels
- 20 metres x 10 metres

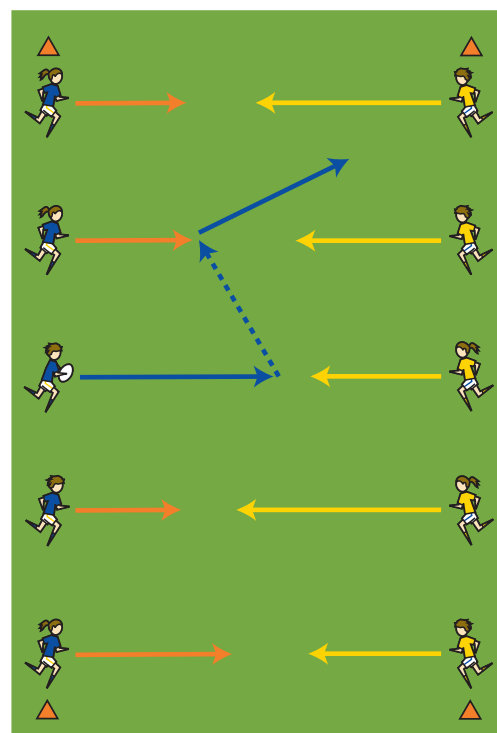


Suggested time allocation:

- 12 minutes

How to play:

- 2 teams of 5 to each channel - one team will defend, one team will attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- If tackled by a defender taking off a tag, the ball carrier must pass the ball backwards to a team mate within three strides or three seconds
- After a successful tag tackle, the defender must retreat 5 metres and must not attempt to intercept or obstruct the pass
- Playing 6 v 4 gives the advantage of making it easier to score and this is rewarding for players. Every time a team scores, two attackers (perhaps the player who gave the scoring pass and the scorer) swap over to the defending team that then becomes the six attackers



Skill 4b

Defence to align at the
offside line

TRY



30 players

Drill 5

6 groups of 5

Try Rugby game

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Initially there may be chaos, but perseverance will ensure that players are given a taste of the game

Difficulty:

Harder (for the attackers):

- After 3 tackles, change possession

Easier (for the attackers):

- Increase the width of the channel



Touch Rugby - friend or foe?

I hear lots of coaches lament the amount of Touch Rugby played by their players either before practice or recreationally. The fear appears to be that the players are developing bad habits and not working on important contact skills.

Let's face it, Touch Rugby can be fun, but it is a far cry from playing the game and is usually not very realistic preparation for the match on Saturday.

Some basic problems with Touch Rugby:

- The fact that it's TOUCH. It means that a sidestep or change of direction isn't as effective as it would be in the tackle game. What would be a good gap in contact is not enough in touch for a player to avoid the fingertips of the defender.
- It takes the advantage away from the big player and doesn't build the skills of executing and defending the straightforward smash.
- It encourages evasion more than go-forward. Touch will make players reluctant to close distance with the defenders, which might make for good evasion and passing, but will pose problems in a contact game if you don't know when and how to make the gain-line.
- Most Touch Rugby discourages attacking the line at pace. A major problem in open field attack is the lack of depth to allow acceleration and penetration of the defensive line. Attacking lines in Touch Rugby are usually very flat and wide.
- Most versions of touch do not allow kicking - a useful attacking tool that gets limited attention at practice and would create more space in the defensive line by requiring some defenders to play deep.

- Most touch games have too many players - usually divided evenly to each side - which leads to a lot of congestion, no gaps to exploit and a lack of opportunities for each player to handle the ball.

But wait, Touch Rugby isn't ALL bad. It can offer lots of passing and running, decision-making, evasion, defence, phases of play. Certainly, there are some ways that playing touch can be useful.

Maybe the issue is not that we play touch, but the WAY that we play it. To look at possible variations that coaches may want to use, let's start with the two main types of recreational touch that I've encountered in the Caribbean (and much of the world):

One touch turnover (also known as Fijian Touch)

When the ball carrier is touched, possession goes to the other team. Defenders line up 5m from the ball at each turnover. This version could encourage some deep support players for "escape" passes, as well as some frantic throwing around of the ball. Of course, that's not always the best prep for a prop going into a serious smash-up game on Saturday. And it's counter-intuitive that if you intercept a pass and get tagged as you catch the ball, possession goes back to the other side. It would be better to NOT intercept the ball and tag the opposition to get possession! When to use this version? Perhaps when you want to prepare a team to play against opposition that are dominant in contact. Could be useful for Sevens as well, since it pushes players to provide and look for a deep support player to escape pressure.

Touch Rugby - friend or foe?

Go back to the where you were touched and restart

This is the most common form of touch that I see. Runner gets touched, stops, and comes back to where they were touched while the defence and offence reorganize. Then it's either a Rugby League restart with the ball rolled backwards with one foot, or it's a tap-kick restart (though the tap-kick is seldom really a kick and is more often touching a foot or knee with the ball). Sometimes there are a set number of touches after which possession goes to the defenders. This version allows some phases of play so teams can get used to reading and reacting to changing situations. The game gets slowed down by returning to the mark each touch, (which allows defenders ample time to sort themselves out) and the method of restarting means that one or more attackers are involved in the restart while the defenders are all back in the game (how often in contact does the same defender make three or more tackles in a row?).

Variations

So what are some other ways to play touch that might be more useful as preparation for playing contact? Below are a few of the many variations that you might want to consider when using Touch Rugby to prepare a team.

Change the rules

- If you want a certain skill to be performed, require that the skill be used at certain intervals or the team will lose possession. For example, if you want teams to use switches and changes of direction, require that at least once every three touches the attacking team must use a switch or pass in two directions or the ball will go to the defenders.

- If you want the team to get used to passing the ball wide to stretch a defence, make a rule that possession will turn over if the team gets touched in the middle of the field or twice in a row near either sideline. Or require that they make two passes before being touched. This will also encourage first receivers to get used to distributing instead of running first and thinking later.
- If touch is making your players retreat from pressure and not move the ball forward, add a rule that getting touched behind the gain-line will result in a turnover. Of course, this might deter passing, so add other requirements as needed, such as two passes per phase, etc.
- Want the team to practice using tactical kicking and launching counter-attacks? Add a requirement that a team gets four phases (touches) after which the ball must be kicked. But if the kicking team recovers the ball, they get four more phases to attack.
- Want to teach your players to take on a single opponent but avoid being caught by a group? Allow them to pass after one defender touches them, but it's a turnover if two or more defenders touch them before they pass.
- Offer more points for scoring with certain players or on certain parts of the try line.
- If you need to practise taking and defending quick penalties/free kicks, then play a normal game of touch with a referee that randomly and arbitrarily awards free kicks/penalties and gives a mark some distance from the ball. The teams will learn to scramble to get in position to defend and attack from the quick-tap, deal quickly with sudden turnovers in possession, and learn to be patient with the apparent lunacy of the ref! (I would encourage you to have players rotate through the role of referee for your touch games and other aspects of practice - it teaches the players what it's like to referee and it keeps them on their toes as they respond to the styles of different officials).

Touch Rugby - friend or foe?

Change the field

- Changing the width and length of the field alters the way players read and react. If you make the field much longer than it is wide, you'll have penetration through the middle with short passes and changes of direction. The defence will need to cover in depth and the attackers will need support and several successful phases to score. If you make it wide and not long, players will have space in width and look to penetrate with long passes and one-on-one mismatches. There will be more passes and tries will be more frequent. You can vary between both by playing down the length for two tries then everyone turns to play width wise for 2 tries.

Change the numbers

- It is much easier to defend in Touch Rugby than attack. It takes far more space to create a gap in touch so it takes fewer defenders to cover it. Defenders don't need tackling skills, just the hand-eye co-ordination to touch someone while running. So how do we address this imbalance? One option is to have more attackers than defenders. I often play with twice as many attackers and have them in three teams. Each team of, say, four players takes a 5-minute turn trying to hold the other two teams combined to the lowest possible score.
- Another way to play with numbers is to have "swing" players. Say you have 12 players. You can play 7 on 5, and the last two players to touch the ball on the scoring side (passer and scorer) move to the defending side that now attacks with the ball and 7 players. (If the team with 5 players scores, then nobody swings, but it is appropriate to mock the team with superior numbers for being scored on!).

Change the players

- Let's face it. Not all Rugby players are the same. And Touch Rugby caters more to the fancy-footed dancer than to the big bashing bruiser. I am often dismayed by the sight of a massive hunk of powerful meat trying a deft miss pass 5m from the try line in a game of touch, when the instinct we want that player to have is to hit the line so hard that only the combined force of the X-men could stop them. So how do we encourage the basher to still bash in Touch Rugby? Perhaps change the rules for different players. Identify a few "impact players" in a game of touch. The impact players need to be touched by three players before they have to put the ball down or pass. And if an impact player touches an opposing ball carrier, it's a turnover (teaches attackers to keep away from strong tacklers). This way, bashers can still have an impact by playing their style of game.

Gradual contact

- I have been accused of tricking players into playing contact at practice. I change the rules every couple of minutes and gradually work my way into a bit of knockabout Rugby. I start with Touch Rugby with unlimited touches and a dropped ball is a turnover. Then I allow the ball carrier to pass the ball after one touch, but must do a tap-restart if touched by two defenders. A minute or two of this and I allow the defenders to try to hold the ball carrier's arms to stop him from passing after the touch. I then add a rule that if the defenders can stop the ball carrier from passing or getting the ball to the ground it's a turnover (now the ball carrier is struggling to protect the ball, get to ground and place the ball well - hmmm, seems like contact). Next rule change is that once the ball carrier is on the ground, if any defenders can, from onside, touch the ball with their hands once it is placed, then



Touch Rugby - friend or foe?

it's a turnover. So attacking support players need to push and block defenders from getting near the ball. Looks almost like a ruck (shhh, we're playing touch!). Now the players are getting enthused by a game that much more closely resembles the game they'll be playing on the weekend - and players are using their unique Rugby strengths to succeed (strong players will do as well in this as fast players.) If lots of tries are being scored in this game, I keep narrowing the field until 4-5 phases are needed. If you require kicking after the 4th phase, the pace picks up considerably!

These are just a few of the methods of bending the rules of touch to make it more useful in developing skills and preparing to play contact Rugby.

P.S. For your information, I have written a short description on Flag/Tag Rugby below.

Flag (or Tag) Rugby

Please note that Flag and Tag are commonly used to describe Rugby where plastic ribbons are attached with velcro to the sides of a special belt in such a way that the ribbons can be pulled off and reattached easily. I have organized Tag Rugby games where everyone had an old sock tucked into each side of their shorts to act as tags/flags. For the rest of this section, I will vary between the terms flag and tag, purely in an effort to confuse you.

Flag Rugby is an effective tool for building some useful skills for contact Rugby. Instead of touching a ball carrier, you have to be able to line up his/her hips, track the flag, bend and grab. Very similar to the tracking and body position that you want tacklers to use just before engaging in contact.

The ball carrier can actually get through a small gap if they are coming at pace, and sidesteps work in Tag where they seldom succeed in touch.

There are many ways to vary the rules but the most commonly used Laws of Tag Rugby are that the game is restarted with a pass (not a tap-kick) following a score or referee decision (penalty, knock-on, off-side, etc). You score by crossing the line, no need to touch the ball to the ground (this allows the game to be played on rougher terrain and avoids diving). No intentionally going to ground allowed. Once a ball carrier's flag has been pulled (indicated by the defender holding the flag up and yelling "FLAG!"), the ball carrier has three seconds and three steps to pass the ball, after which they return to get their flag from the defender. Once the defender has given the flag back, he/she may re-enter the game. Defenders should retreat to their own side of the ball after each call of "FLAG!" but, if they are on the wrong side, they must not interfere with the pass and can only pull the flag from the new ball carrier when the ball has passed the gain-line. Some places play a 5m offside line on every FLAG, but others only require the 5m space for restart passes. In some co-ed Tag Rugby leagues, the teams get awarded double the normal points when a female scores.

Scott Harland



Introduction to the Play phase

Get Into Rugby is a three phase program - Try, Play and Stay.

The idea is that players will Try, Play and Stay in Rugby by following a comprehensive, safe and enjoyable pathway.

In this Play phase, the four different modules will allow you to introduce the players to contact Rugby, so they can discover and experience the values and principles of the Game. They will develop the basic skills to understand Rugby and progress towards playing contact Rugby by the end of the module.

The progression from one module to the next should be natural and consistent. However, we know that every player, coach, school, club or community is different and will progress in different ways. The modules can and should be repeated if needed, using different games and variations until the players reach the desired outcomes of each module. Moreover, the coaches and teachers should regularly repeat the games from previous modules, introducing new variations or modifying the rules, to ensure the players remember and keep practising what they need to play contact Rugby.

Game-based approach

The Get Into Rugby modules have been designed so teachers and coaches use a game-based approach in their sessions.

- Start the session with a general game, in which all players are involved. This first game serves as a warm-up and allows the players to engage and focus in an enjoyable way.
- Then use drills to work specifically on the key focuses of the module and develop particular skills.
- Go back to the general game as played at the beginning of the session to see how our players have improved on key focuses of the module.

This game-based approach helps teachers and coaches to keep their players active and engaged during an enjoyable session. In addition, it allows teachers and coaches to assess the abilities of the players at the beginning and at the end of the session and see their progression, thereby facilitating session planning.

Module structure

All the modules have the same structure:

Introduction – General game

Key points to organise the adapted Rugby game that will serve as your warm-up and will allow you to see how the players are progressing. Progressing from one module to the next, rules are added or modified leading to non-contact Rugby to be played when reaching fourth module.



Introduction to the Play phase

Areas to develop – Skills

Two key areas on which players, coaches and teachers should focus. These links lead to specific drills designed to develop the corresponding skills and abilities.

Variations to alter the games

All players are different, and what can work for one group, does not always work for another! Here are some points to simplify the game and allow your players to be more successful, or to increase the difficulty to keep your players engaged and focused. We suggest a few possibilities but teachers and coaches should feel free to introduce their own variations.

Outcomes

Outcome of the module: what your players should be able to do in the adapted game to move to the next module.

Coaching best practices

A Rugby session should always be A.P.E.S.S. to ensure the players improve and continue to enjoy the Game:

Active: keep the players engaged, playing and practising.

Purposeful: the players need to understand the purpose of the games they are playing: practising skills (such as passing or moving forward) should be put in relation to the Game of Rugby so the players understand why it is important for them to learn and practise them.

Enjoyable: ensure that players have fun and enjoy what they do to help them to stay focus and engaged.

Safe: it is paramount to ensure that players are playing safely at all times and that they understand the importance of safety.

Successful: teachers and coaches must ensure that all the players enjoy a sense of achievement during the session to keep rugby enjoyable: they will feel more confident and will keep engaged in the activity.



Introduction to the Play phase

Sample 50-minute Try Session

Before the session

- Decide what will be the key focus(es) (no more than two) for the session and decide which general game and drill(s) will be played during the session
- Mark the general game and drill(s) areas and prepare the necessary equipment if relevant.

0-10 mins - General game

- Explanation of the outcomes of the session: what are the players going to be working on?
- Warm-up game - remember to regularly run dynamic stretches approximately every 2-3 minutes.

10-25 mins - Skills

Drills - remember to keep the players active, e.g., by having multiple small groups playing simultaneously.

25-45 mins - General game

Wrap-up general game - progress or repeat the game, adding or removing rules.

45-50 mins - Cool down

Cool-down and stretches

Review of the session: what was/were the focus(es)? What went well? (Stay positive.)

Additional considerations when running a Play session

Player development

During the activities and events, coaches and teachers will observe that some of the more physically developed players will tend to stand out from the rest of the group. When contact Rugby is introduced, these players might over-use this size advantage. It is essential to ensure that other less physically developed players keep enjoying the game and, even more importantly, feel safe.



Introduction to the Play phase

In this situation, coaches and teachers should introduce new rules into the game to ensure that all players have equal opportunities to participate and no particular player has an unfair advantage because of his or her physical development. These new rules must not apply to only one player but to a group of players or all of them - never segregate one player.

Say, for example, a few players always run into their opponents when they have the ball to force their way through, instead of passing the ball to a better-positioned team mate. The following rules would encourage these players to use their passing and stepping skills to go forward:

- A minimum number of passes before a team can score
- A maximum number of metres a player can run with the ball
- Every player in the team must score.

GIR for girls and women

The Get Into Rugby program puts a special emphasis in developing girls' and women's Rugby around the world. When running a Play session, we strongly recommend you first check the GIR for Girls section of the website.



Play Module 5

There are two main focuses in this Play Module 5:

Skill 5a - Perform a tackle (1)

Skill 5b - Create continuity in attack after the tackle

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Play Module 5 general game is a progression of the Tag/Touch Rugby game presented in Try Module 4. At this stage, we will start to introduce, gradually and safely, contact rugby situations. The rules are:

- The ball carrier is allowed to take an unlimited number of steps, either walking or running
- If the ball carrier knocks the ball on or passes it forward, the defending team is awarded possession of the ball
- To stop the ball carrier, the defenders perform a 2-hands touch, tag or tackle by wrapping the ball carrier with both arms between his/her chest and hips, stopping the ball carrier's progression forward but without bringing them to ground
- When tackled, the ball carrier must stop and pass the ball to an onside team-mate; the defender should not release or let go the ball carrier until he/she passes the ball
- The defender cannot try to gain possession of the ball during the tackle
- The defending team players will retreat behind the offside line after a tackle has been made
- The defending team players can attempt to intercept the ball while it is in the air, with a penalty given in favour of the attacking team if the defender knocks the ball forward while trying to intercept it.

This game will help your players to start feeling confident with contact. Safety must be paramount: the teacher/coach must ensure that contact Rugby situations are introduced in a safe environment and with the adequate progression for all the players to enjoy the session.



Play Module 5

Areas to develop – Skills

- a. Perform a tackle (1) to stop the ball carrier
- b. Create continuity in attack after being tackled

Variations to regress or progress the activity

- Reduce or increase the number of players on the teams to facilitate continuity
- Award bonus points for teams performing good tackles or maintaining good continuity.

Outcomes

When your players are able to:

- Safely stop the progression forward of an attacker by wrapping him/her with both arms between his/her chest and hips
- Maintain the continuity and movement of the ball in attack

you are ready to progress to Play Module 5 or repeat any Try Module to reinforce the concepts learned so far.

Skill 5a
Perform a tackle (1)
PLAY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

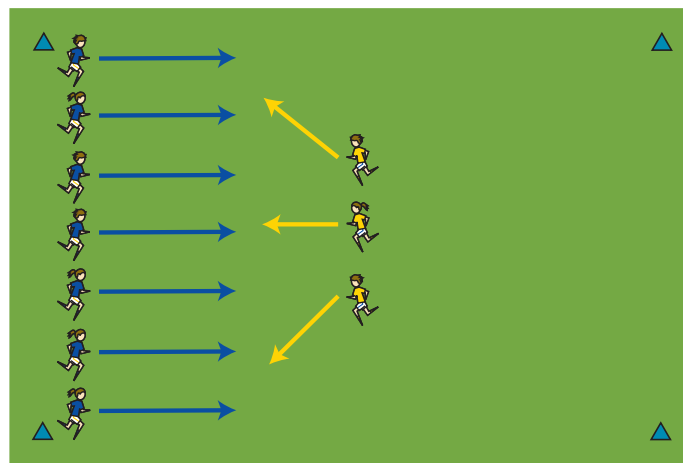
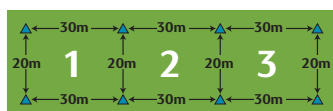
Bulldog

Equipment needed:

- 8 cones

Space needed:

- 3 channels
- 30 metres x 20 metres



Coaching points:

For the attackers:

- Look for space
- Dodge the defenders

For the defenders:

- Keep the head up - focus on the waist of the ball carrier
- Try to defend as one line - defend as a team

Principles of play:

- Go forward

Suggested time allocation:

- 5 minutes

How to play:

- 10 players per channel, starting with 3 nominated defenders in a line in the middle of the channel
- The other 7 players line up along one edge of the channel as attackers
- On the coach's call, the attackers try to run past the defenders to reach the opposite edge of the channel
- The defenders attempt to touch with both hands, tag or tackle the attackers by wrapping them with both arms between his/her chest and hips but without bringing the ball carrier to ground
- Those attackers who are tackled join the defenders and, on the call of the coach or teacher, the remaining attackers try to run back to where they started
- Continue until there are only a few, or no, attackers left

Difficulty:

Harder (for the defenders):

- Defenders have to run and touch the sideline when they have made a tackle

Easier (for the defenders):

- Attackers must hop on one leg

30 players

Drill 2

6 groups of 5

Attack the Space

Equipment needed:

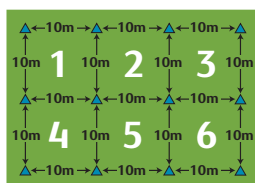
- 6 Rugby balls • 20 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 6 channels
- 10 metres x 10 metres



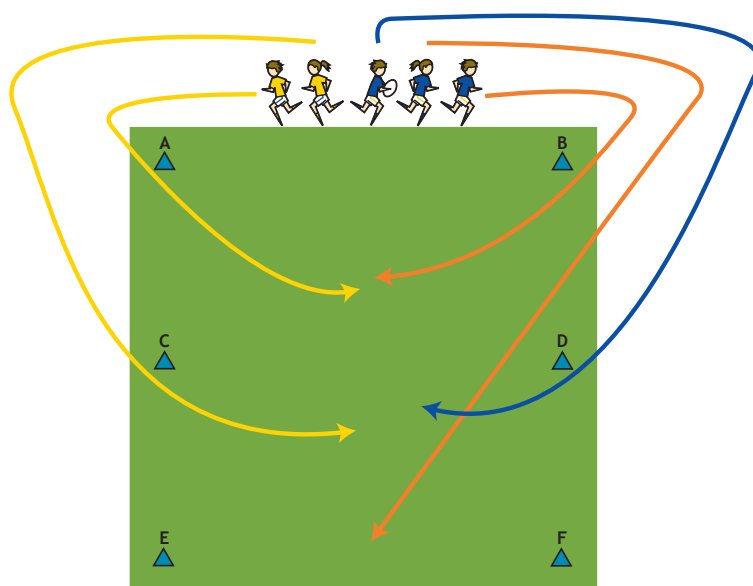
Suggested time allocation:

- 10 minutes

How to play:

- The ball carrier must run around cone D and one of the defenders could be asked to run around cone C
- 5 players to each channel
- 2 defenders and 3 attackers (one of whom has the ball) start on the middle of line A-B
- When the coach calls "Go!", the attackers run around cone B (but the ball carrier must run around cone D) and try to score on line A-E
- The defenders run around cone A (but one could run around cone C) and try to prevent the attackers scoring by touching them with both hands, tagging them or tackling them, wrapping them with both arms between the chest and hips but without bringing the ball carrier to ground
- Coaches should encourage attackers to draw defenders wide and look to produce gaps in the middle of the channel

- Attackers will need to move around and pass quickly
- To increase pressure on either side, the coach can stagger the start of the attackers or defenders



30 players

Drill 2

6 groups of 5

Attack the Space

Coaching points:

For the attackers:

- Two hands on the ball at all times
- Gentle passes in front of the support player
- Support players call for the ball
- Support players keep hands up, ready to receive pass
- Run wide
- Pass when a team mate is in a better position
- 'Fix' the defender

Difficulty:

Harder (for the defenders):

- Defenders can make contact tackles – if players are sufficiently proficient

Easier (for the defenders):

- Allow defenders to enter the channel earlier

Skill 5b

Create continuity in attack

PLAY

GET INTO RUGBY



30 players

Drill 1

6 groups of 5

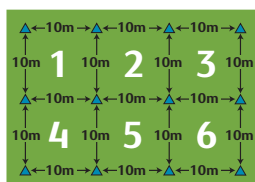
Move it Wide

Equipment needed:

- 6 Rugby balls • 20 cones

Space needed:

- 6 channels
- 10 metres x 10 metres



Principles of play:

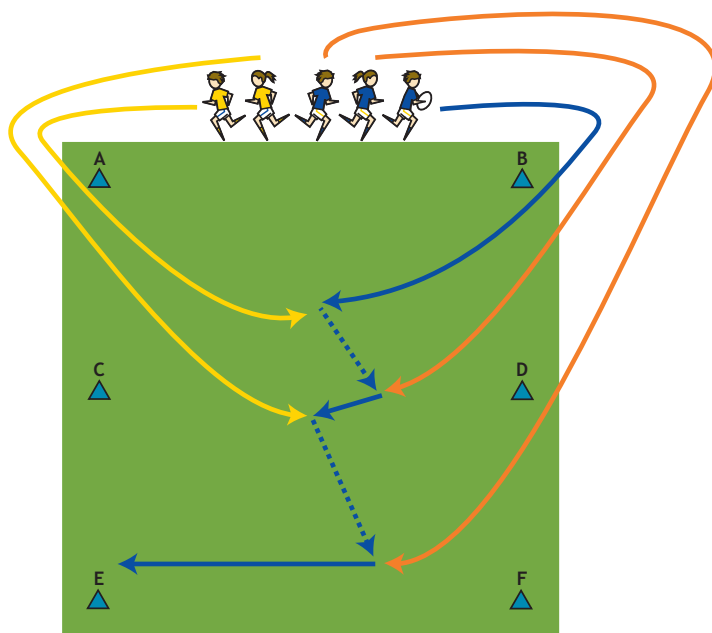
- Go forward • Provide support • Create continuity • Apply pressure • Score points

Suggested time allocation:

- 10 minutes

How to play:

- 5 players to each channel
- 2 defenders and 3 attackers (one of whom has the ball) start on the middle of line A-B
- When the coach calls "Go!", the attackers run around cone B and try to score on line A-E
- The defenders run around cone A and try to prevent the attackers scoring by touching them with both hands, tagging them or tackling them, wrapping them with both arms between their chest and hips but without bringing the ball carrier to ground
- Coaches should encourage attackers to stay close in to draw the defenders and then pass out wide to the outside player
- To increase pressure on either side, the coach can stagger the start of the attackers or defenders



Skill 5b

Create continuity in attack

PLAY



30 players

Drill 1

6 groups of 5

Move it Wide

Difficulty:

Harder (for the defenders):

- Defenders can make contact tackles – if players are sufficiently proficient

Easier (for the defenders):

- Allow defenders to enter the channel earlier

Coaching points:

For the attackers:

- Two hands on the ball at all times
- Gentle passes in front of the support player
- Support players call for the ball
- Support players keep hands up, ready to receive pass
- Run wide
- Pass when a team mate is in a better position
- 'Fix' the defender



Play Module 6

There are two main focuses in this Play Module 6:

Skill 6a - Perform a tackle (2)

Skill 6b - Set up a ruck

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Play Module 6 general game is a progression of the game presented in Play Module 5.

The new rules are:

- To stop the ball-carrier, the defenders perform one of the following (as chosen by the coach/teacher):
 - a 2-hands touch or tag
 - a **slide-to-ground** tackle:
 - the defender wraps the ball carrier with both arms between his/her chest and hips
 - when tackled, the ball carrier goes voluntarily to ground with the tackler
 - the defender cannot try to gain possession of the ball during the tackle.
 - or a **tackle**:
 - the defender tries to bring the ball-carrier to ground safely, wrapping the ball carrier with both arms, not higher than his/her chest,
 - the ball carrier tries to stay on his/her feet and resist the tackle
 - the defender can try to gain possession of the ball during the tackle.
- In any case, **when on the ground, players cannot play the ball**:
 - **the ball carrier must release the ball** and place it on the ground toward his/her try line
 - **the defender must release the ball carrier and roll away**
- When the ball is placed on the ground, players from both teams can bind over the ball to set up a ruck (1 defender + 1 attacker form a ruck)
- The rucks are uncontested (no push) - the team of the tackled ball carrier keeps possession of the ball.

The other rules of the Play Module 5 still apply.



Play Module 6

Areas to develop – Skills

- a. Perform a tackle (2) in a game
- b. Set up a ruck after a player has been slide-to-ground tackled or tackled

Variations to regress or progress the activity

- Set a limited number of tackles to turn over the possession
- Give points for good position at the rucks for either team
- Allow progressively contested rucks once the technique has been mastered without contact
- Reduce or increase the number of players in the teams to facilitate continuity.

Outcomes

When your players are able to:

- Safely and successfully perform a slide-to-ground tackle/tackle
- Set up a ruck
- Support the ball carrier efficiently to create continuity after a slide-to-ground tackle/tackle/ruck

you are ready to progress to Play Module 7.

30 players

Drill 1

3 groups of 10

Passing and Decision Making - 6 v 4

Equipment needed:

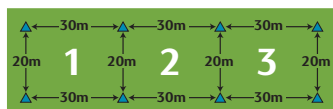
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 30 metres x 20 metres

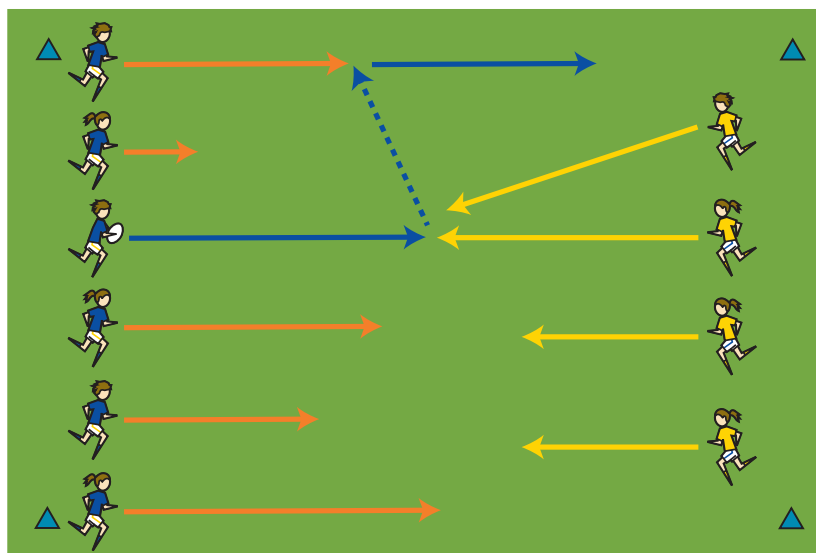


Suggested time allocation:

- 15 minutes

How to play:

- 10 players to each channel - four defenders and six attackers
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- Defenders stop the ball carrier by either touching them with both hands on the waist, pulling their tag or tackling them
- If touched / tagged / tackled, the attacker must pass the ball backwards to a team mate
- After a successful touch / tag / tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass
- After a few attempts, change attackers and defenders around but stick to 6 v 4



30 players

Drill 1

3 groups of 10

Passing and Decision Making - 6 v 4

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Defenders can make contact tackles but ONLY if players are proficient

Difficulty:

Harder (for the attackers):

- If the team in possession has not scored a try after seven tackles, possession is awarded to the other team with a free pass

Easier (for the attackers):

- No pass interceptions allowed

30 players

Drill 1

3 groups of 10

Ruck Touch Rugby - 6 v 4

Equipment needed:

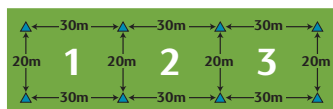
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 30 metres x 20 metres



Suggested time allocation:

- 12 minutes

How to play:

In Rugby, when a tackled player falls to the ground, a supporting player can come in and help prevent the defenders from taking the ball by standing over the tackled player. If there are 3 players involved – 2 attackers and 1 defender - it is called a 'ruck'.

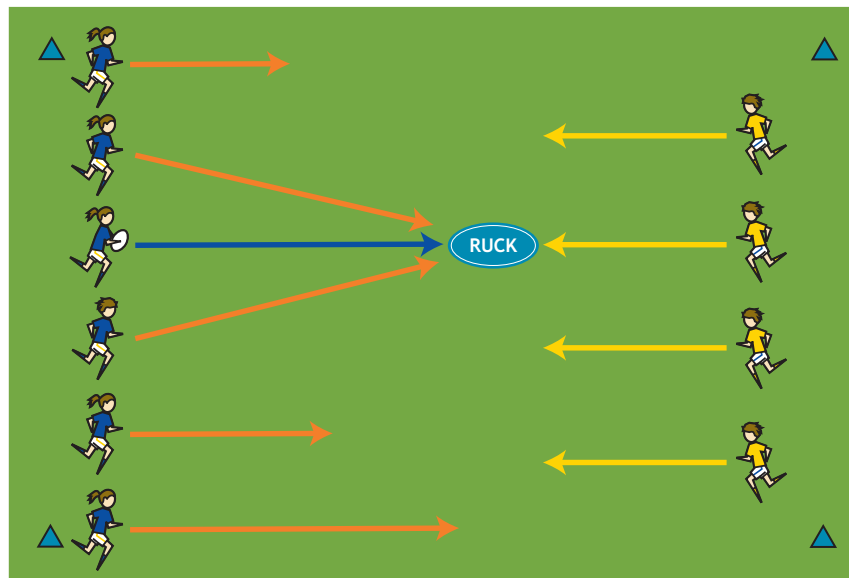
- Split the 10 players in each channel into two teams - 4 players to defend, 6 players to attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- If 2-hands-touched / tagged / tackled, the ball carrier must not pass but must hold the ball and slide onto the ground. The ball carrier should lie parallel to the try line with the ball held at arms length away from his/her body towards his/her team mates. Another attacking player must come in and stand over the tackled player to prevent the defenders picking the ball up
- The tackler holds the ball carrier until the next attacking player takes the ball. The tackler only holds the ball carrier – he/she does not wrestle or turn the ball carrier
- After a successful tackle, the defender must stay on his/her own side of the ball (stay onside) and must not attempt to intercept or obstruct the pass
- When a tackle is made, the defending team must retreat 7 metres. Only the tackler can remain with the ball carrier

30 players

Drill 1

3 groups of 10

Ruck Touch Rugby - 6 v 4



Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- When tackled, slide down to the ground and lie flat with the ball held towards team mates. Keep the body between the defenders and the ball
- The second attacker must stand in a crouched position over the tackled player to protect the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier
- After making the tackle, stay on the feet if possible and allow the second attacker to stand over the tackled player. The defender can hold on to the second attacker

Difficulty:

Harder (for the attackers):

- Tacklers can try to take the ball once it is placed on the ground

Easier (for the attackers):

- All defenders, apart from the tackler, have to retreat 7 metres when a tackle is made

For the purposes of this exercise, ensure that only 3 players are involved in a ruck – 2 attackers and 1 defender



Play Module 7

There are two main focuses in this Play Module 7:

Skill 7a - Ruck and maul decision making

Skill 7b - Set up and progress with a maul

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Play Module 7 general game is a progression of the game presented in Play Module 6. The new rules are:

- The ball carrier and his/her teammate can create a maul and advance no more than two metres; the ball must then be passed
- The defending team can resist the progression of the maul, respecting the off-side laws
- Rucks can be contested ONLY if the players have been appropriately trained.

The other rules of the Play Module 5 still apply.

Areas to develop – Skills

a. [Ball carrier decision making](#): pass the ball, set-up a maul or go to ground to create a ruck

b. [Set up and progress with a maul](#)

Play Module 7

Variations to regress or progress the activity

- Set a certain number of mauls and rucks, to help players to make decision at the beginning
- Set a limited numbers of rucks or mauls in case a team is overusing the rucks and mauls and not identifying the open space
- Give extra points for well-executed mauls that advance successfully
- Increase the distance that the maul can advance
- Allow contested rucks with more than one player from each team.

Outcomes

When your players are able to:

- Make good decisions as ball carriers
- Set up and safely advance safely a maul
- Create continuity after a maul or a ruck has been set

you are ready to progress to Play Module 8.

30 players

Drill 1

3 groups of 10

Ruck & Maul Touch Rugby - 6 v 4

Equipment needed:

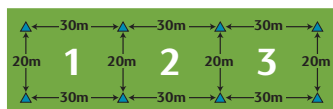
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 30 metres x 20 metres

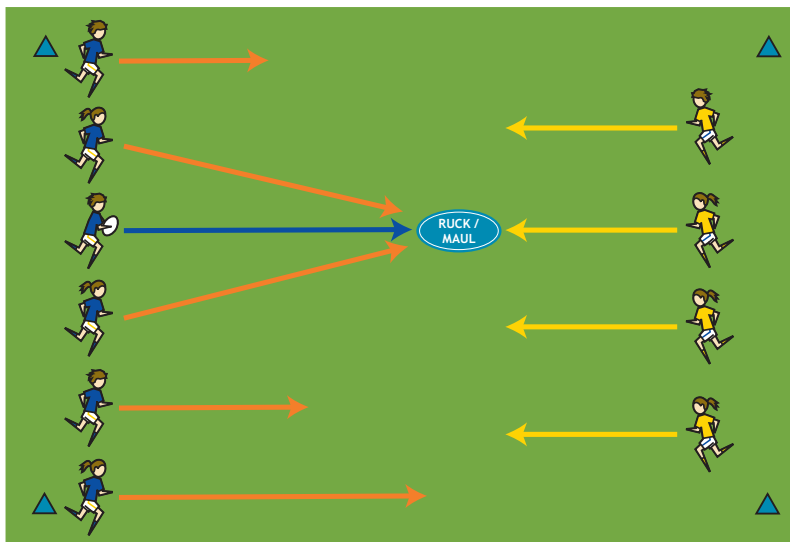


Suggested time allocation:

- 12 minutes

How to play:

- Using the skills learnt previously, attacking players can decide to set up either a ruck or a maul when tackled
- After a successful 2-hands-touch / tag / tackle, the defender must stay on his/her own side of the ball (stay onside)
- Teachers and coaches may decide to allow contested rucks
- When a successful 2-hands-touch / tag / tackle is made, or when the ball carrier stays on his/her feet when a defender attempts to tackle him/her, the attackers can decide to form a maul
- Teachers & coaches may decide:



- to allow contested mauls: the ball carrier and his/her teammates can advance the maul no more than two metres; the ball must then be passed; the defending team can resist the progression of the maul, respecting the off-side laws
- to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed

30 players

Drill 1

3 groups of 10

Ruck & Maul Touch Rugby - 6 v 4

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- When tackled, keep the body between the defenders and the ball
- Support players must stay behind the ball
- After a tackle is made, decide whether to go to ground (ruck) or stay on the feet (maul) and wait for a supporting player to come in to help

For the defenders:

- Keep the head up - focus on the waist of the ball carrier
- Two handed touch tackle
- In a ruck, stand over the tackled player and hold the second attacker
- In a maul, hold on to the ball carrier

For the purposes of this exercise, ensure that only 3 players are involved in a maul or ruck – 2 attackers and 1 defender

Difficulty:

Harder (for the attackers):

- Tacklers can try to take the ball once it is placed on the ground in a ruck and wrestle for the ball in a maul

Easier (for the attackers):

- Increase the number of attackers in the maul or ruck. But remember, the more attackers that commit to the contact area, the less that are available to use the space away from the ruck or maul

30 players

Drill 1

3 groups of 10

Maul Touch Rugby - 6 v 4

Equipment needed:

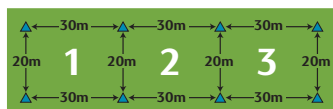
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 30 metres x 20 metres

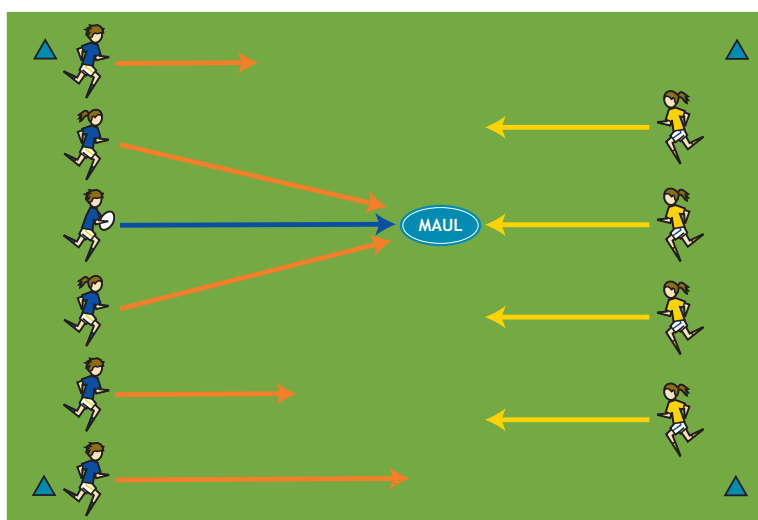


Suggested time allocation:

- 12 minutes

How to play:

- Split the 10 players in each channel into two teams - 4 players to defend, 6 players to attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- In this game, the ball carrier is not brought to ground
- When a successful 2-hands-touch / tag is made or when a defender wraps the ball carrier with both arms between his/her chest and hips the attackers must form a maul: the ball carrier must not pass but must hold the ball and another attacking player must come in and take the ball away from the tackled player
- Teachers & coaches may decide:
 - to allow contested mauls: the ball carrier and his/her teammates can advance the maul no more than two metres; the ball must then be passed; the defending team can resist the progression of the maul, respecting the offside laws
 - to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed.



Skill 7b

Set up and progress
with a maul

PLAY



30 players

Drill 1

3 groups of 10

Maul Touch Rugby - 6 v 4

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- When tackled, stay on the feet and keep the body between the defenders and the ball
- Support players must stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

For the purposes of this exercise, ensure that only 3 players are involved in a maul – 2 attackers and 1 defender

Difficulty:

Harder (for the defenders):

- Tackled player and supporting player can drive forward using their legs whilst staying on their feet

Easier (for the defenders):

- Defenders do not have to retreat 7 metres when a tackle is made



Play Module 8

There are two main focuses in this Play Module 8:

Skill 8a - Set up a scrum to restart a game

Skill 8b - Set up a lineout to restart a game

The games are designed to help players gradually become familiar with the [six principles of play](#).

Introduction – General game

The Play Module 8 general game is a progression of the game presented in Play Module 7. The new rules are:

- If the ball is passed forward or is knocked on, a scrum is set to restart the game
- The scrums are uncontested and formed with the closest players to the ball
- If the ball goes out of the field of play through the touchline, a lineout is set to restart the game
- The lineout can be uncontested or contested (coach/teacher choice)
- There is no lifting in the lineout in 5v5 or 7v7 games; in 10v10, 12v12 and 15v15 games, ONLY if the players has been appropriately trained, one jumper supported by two lifters in each team can contest the ball (coach/teacher choice).

This game, which can be 7v7, 10v10, 12v12 or 15v15, is the traditional under-age version of the Game, in which safety during the contact situations can be more easily ensured and managed.

Areas to develop – Skills

- a. [Set up a scrum](#) to restart the game
- b. [Set up a lineout](#) to restart the game



Play Module 8

Variations to regress or progress the activity

- Reward with extra points teams that set up a good scrum or lineout (body position and safety)
- Gradually increase the number of participants in the scrum/lineout *if the number of players allows it*
- Progress to contested scrums with a maximum of 1.5 metres push.

Outcomes

When your players are able to:

- Understand the role of the scrum & of the lineout in a game of Rugby
- Set up safely a scrum and lineout to restart the game
- Play an adapted game of Rugby with scrums, lineouts, rucks and mauls, and tackles

your players are ready to [Stay in Rugby](#)

Skill 8a

Set up a scrum to restart a game

PLAY

GET INTO RUGBY



30 players

Drill 1

3 groups of 10

5 v 5 with Scrums

Equipment needed:

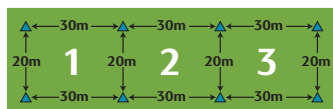
- 3 Rugby balls
- 8 cones

Principles of play:

- All six principles

Space needed:

- 3 channels
- 30 metres x 20 metres



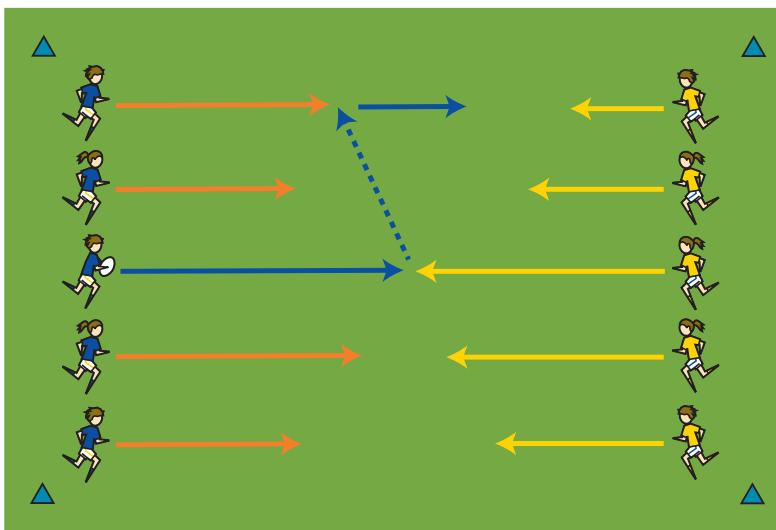
Suggested time allocation:

- 15 minutes

How to play:

- Before playing this game, teachers and coaches should look again at the scrum techniques at: <http://rugbyready.worldrugby.org>

- 10 players to each channel - split players into two teams of 5
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- When there is a knock-on or forward pass, then a 3 v 3 scrum takes place. No pushing is allowed and only the side putting the ball in is allowed to win it
- Teachers and coaches may decide to allow contested rucks (offside laws must be respected)



- When a successful 2-hands-touch / tag / tackle is made, or when the ball carrier stays on his/her feet when a defender attempts to tackle him/her, the attackers can decide to form a ruck or a maul
- Teachers & coaches may decide:
 - to allow contested mauls: the ball carrier and his/her teammates can advance the maul no more than two metres; the ball must then be passed; the defending team can resist the progression of the maul, respecting the offside laws
 - to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed.

Skill 8a

Set up a scrum to
restart a game

PLAY



30 players

Drill 1

3 groups of 10

5 v 5 with Scrums

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the defenders):

- Defenders make contact tackles – if players are sufficiently proficient
- Make the channel wider

Easier (for the defenders):

- Make the channel narrower

Skill 8b

Set up a lineout to restart a game

PLAY

GET INTO RUGBY



28 players

Drill 1

2 groups of 14

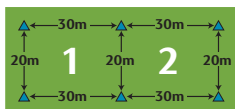
7 v 7

Equipment needed:

- 2 Rugby balls
- 8 cones

Space needed:

- 2 channels
- 30 metres x 20 metres (though use a suitably wide pitch depending on age of the players - perhaps use a 1/4 of the full rugby pitch for Under 12s and 1/2 of the pitch for older players)

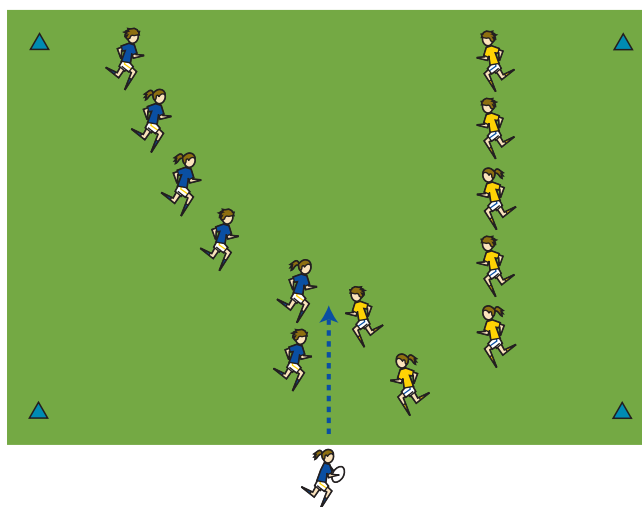


Principles of play:

- All six principles

Suggested time allocation:

- 15 minutes



How to play:

- 14 players to each channel - split players into two teams of 7
- Use 3 v 3 scrums
- Use 3 person lineouts
- Free pass to restart
- 5 minutes each way

Coaching points:

- Play the normal Laws of Rugby
- However, try to let the game flow by playing advantage as much as possible
- When starting, it might be better to have no pushing in the scrums
- When starting, allow the side throwing into the lineout to win the ball before the opposition can compete
- Once players are competent, allow pushing in the scrums and contesting in the lineouts

Difficulty:

Harder:

- As players become more and more confident, you may add to the numbers of players involved and also increase the size of the playing area:
 - 9 v 9 (3 v 3 scrum); 10 v 10 (5 v 5 scrum);
 - 12 v 12 (6 v 6 scrum);
 - 15 v 15 (8 v 8 scrum)

Harder (for the defenders):

- Make the channel wider

Easier (for the defenders):

- Make the channel narrower

Skill 8b

Set up a lineout to
restart a game

PLAY



30 players

Drill 2

3 groups of 10

5 v 5 with Lineouts

Equipment needed:

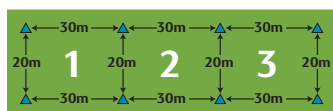
- 3 Rugby balls • 8 cones

Principles of play:

- All six principles

Space needed:

- 3 channels
- 30 metres x
20 metres

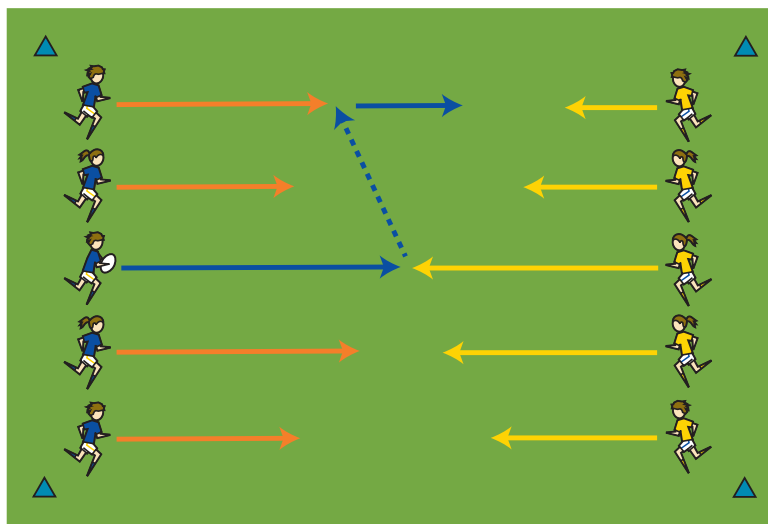


Suggested time allocation:

- 15 minutes

How to play:

- Before playing this game teachers and coaches should look again at the lineout techniques at:
<http://rugbyready.worldrugby.org>
- 10 players to each channel - split players into two teams of 5
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- When the ball goes over the touchline, then a 2 v 2 lineout takes place. Players should not be lifted in the lineout but should jump unassisted. Pushing is not permitted
- Teachers & coaches may decide to allow contested rucks (offside laws must be respected)
- When a successful 2-hands-touch / tag / tackle is made, or when the ball carrier stays on his/her feet when a defender attempts to tackle him/her, the attackers can decide to form a ruck or a maul
- Teachers & coaches may decide:
 - to allow contested mauls: the ball carrier and his/her teammates can advance the maul no more than two metres; the ball must then be passed; the defending team can resist the progression of the maul, respecting the offside laws
 - to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed.



Skill 8b

Set up a lineout to restart a game

PLAY



30 players

Drill 2

3 groups of 10

5 v 5 with Lineouts

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the defenders):

- Defenders make contact tackles – if players are sufficiently proficient
- Make the channel wider

Easier (for the defenders):

- Make the channel narrower

Skill 8b

Set up a lineout to restart a game

PLAY

GET INTO RUGBY



30 players

Drill 3

3 groups of 10

5 v 5 with Scrums and Lineouts

Equipment needed:

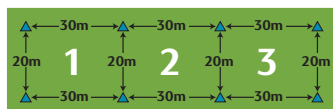
- 3 Rugby balls
- 8 cones

Principles of play:

- All six principles

Space needed:

- 3 channels
- 30 metres x 20 metres

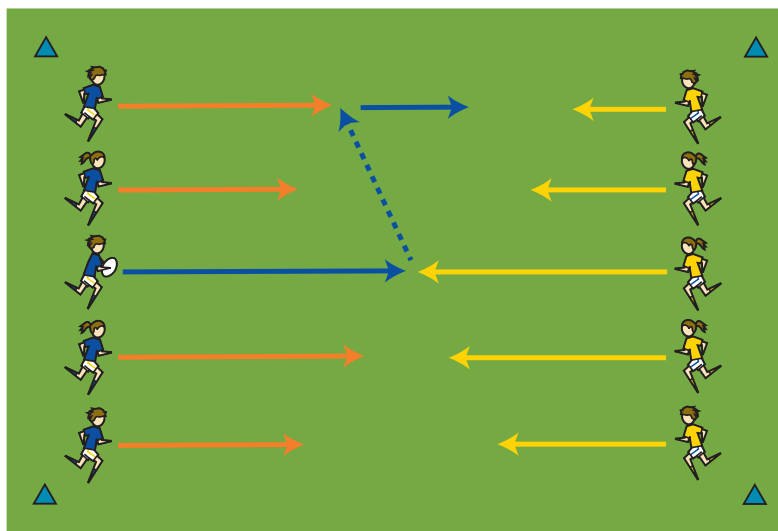


Suggested time allocation:

- 15 minutes

How to play:

- 10 players to each channel - split players into two teams of 5
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- When there is a knock-on or forward pass, then a 3 v 3 scrum takes place. No pushing is allowed and only the side putting the ball in is allowed to win it
- When the ball goes over the touchline, then a 2 v 2 lineout takes place. Players should not be lifted in the lineout but should jump unassisted. Pushing is not permitted
- Teachers and coaches may decide to allow contested rucks (offside laws must be respected)
- When a successful 2-hands-touch / tag / tackle is made, or when the ball carrier stays on his/her feet when a defender attempts to tackle him/her, the attackers can decide to form a ruck or a maul
- Teachers & coaches may decide:
 - to allow contested mauls: the ball carrier and his/her teammates can advance the maul no more than two metres; the ball must then be passed; the defending team can resist the progression of the maul, respecting the offside laws
 - to not allow contested mauls: all the attackers and defenders touching the ball carrier must stay bounded until the ball is passed.



Skill 8b

Set up a lineout to restart a game

PLAY



30 players

Drill 3

3 groups of 10

5 v 5 with Scrums and Lineouts

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball
- Communicate between players

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Difficulty:

Harder (for the defenders):

- Defenders make contact tackles – if players are sufficiently proficient
- Make the channel wider

Easier (for the defenders):

- Make the channel narrower

Skill 8b

Set up a lineout to
restart a game

PLAY



30 players

Drill 4

3 groups of 10

Play Rugby game with tackling

Equipment needed:

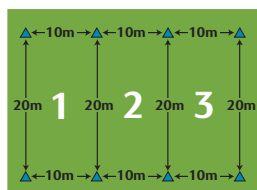
- 3 Rugby balls • 8 cones

Principles of play:

- Go forward • Provide support • Create continuity • Apply pressure • Score points

Space needed:

- 3 channels
- 20 metres x 10 metres

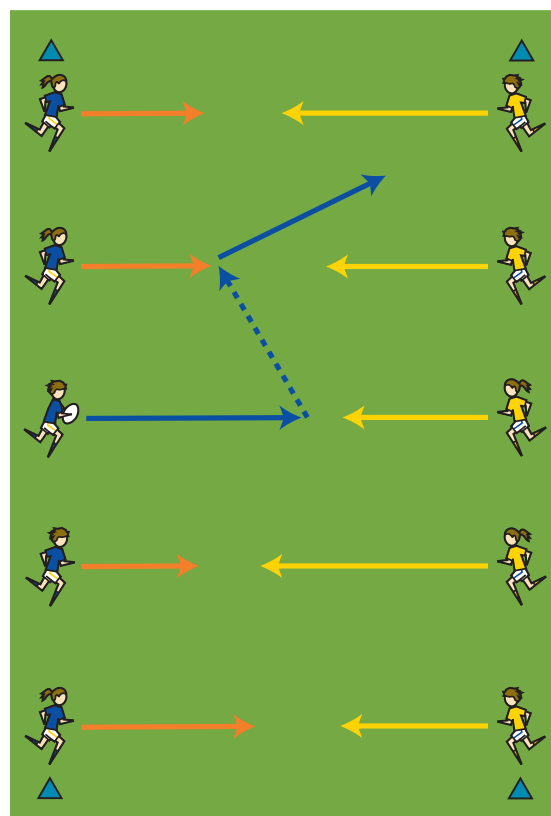


Suggested time allocation:

- 12 minutes

How to play:

- 2 teams of 5 to each channel - one team will defend, one team will attack
- Start the game with a free pass at the centre, ensuring that the defending team retreats 7 metres
- The attacking players must try to run past the defenders to score a try
- Defenders can tackle by either:
 - Holding the ball carrier upright - ball carrier is then released to pass
 - Tackling the ball carrier to the ground as shown in IRB Rugby Ready
- If tackled by a defender, the ball carrier must pass the ball backwards to a team mate within three strides or three seconds
- After a successful tackle, the defender must retreat 5 metres and must not attempt to intercept or obstruct the pass



Skill 8b

Set up a lineout to restart a game

PLAY



30 players

Drill 4

3 groups of 10

Play Rugby game with tackling

Coaching points:

For the attackers:

- Run forward
- Dodge the defenders
- Only pass if tackled, or if a team mate is in a better position
- Support players must stay behind the ball

For the defenders:

- Keep the head up - focus on the waist of the ball carrier

Initially there may be chaos, but perseverance will ensure that players are given a taste of the game

Difficulty:

Harder (for the attackers):

- After 3 tackles, change possession

Easier (for the attackers):

- Increase the width of the channel



7s

7 steps to running a GIR 7-a-side team

There are a number of steps to consider to ensure the best chance of keeping the players together and keen to play:

1. Make sure you have completed either the online IRB Rugby Ready course or, even better, a face-to-face Rugby Ready course which your national Union may be able to provide.
2. Ensure you have a squad of at least 10 players who attend training regularly and who will commit to playing regular fixtures against other teams.
3. Make sure there are at least four or five other teams nearby that are keen to play fixtures as well.
4. Are there enough qualified referees to so that games are refereed fairly? If not, then coaches of the teams can agree to take turns refereeing. Normally, the hosting team provides the referee.
5. How will teams travel to away games? Are there enough supportive parents to provide transport?
6. What kit will your team play in? They will need to be in a different colour from the opposing team.
7. Has your national Union been informed of your plans? They could help you organise a league and or link with other teams. They could also put you in touch with other coaches who could help you.



10s

10 steps to running a GIR 10-a-side team

There are a number of steps to consider to ensure the best chance of keeping the players together and keen to play:

1. Make sure you have completed either the online IRB Rugby Ready course or, even better, a face-to-face Rugby Ready course which your national Union may be able to provide.
2. Ensure you have a squad of at least 14 players who attend training regularly and who will commit to playing regular fixtures against other teams.
3. Make sure there are at least four or five other teams nearby that are keen to play fixtures as well.
4. Are there enough qualified referees to so that games are refereed fairly? If not, then coaches of the teams can agree to take turns refereeing. Normally the hosting team provides the referee.
5. How will teams travel to away games? Are there enough supportive parents to provide transport?
6. What kit will your team play in? They will need to be in a different colour from the opposing team?
7. Has your national Union been informed of your plans? They could help you organise a league and or link with other teams. They could also put you in touch with other coaches who could help you.
8. Now your squad is getting larger, you may need to organise a budget so that you run the team on a sensible financial footing. It may be that one of the parents could help organise some sponsorship from a local company. Another may help by organising some fundraising for the team.
9. Delegate some of the tasks involved in running the team as you do not want to take on so much responsibility that things do not get done efficiently.
10. Form a playing committee to run the team so responsibilities are properly delegated.



12s

12 steps to running a GIR 12-a-side team

There are a number of steps to consider to ensure the best chance of keeping the players together and keen to play:

1. Make sure you have completed either the online IRB Rugby Ready course or, even better, a face-to-face Rugby Ready course which your national Union may be able to provide.
2. Ensure you have a squad of at least 17 players who attend training regularly and who will commit to playing regular fixtures against other teams.
3. Make sure there are at least four or five other teams nearby that are keen to play fixtures as well.
4. Are there enough qualified referees to so that games are refereed fairly? If not, then coaches of the teams can agree to take turns refereeing. Normally the hosting team
5. How will teams travel to away games? Are there enough supportive parents to provide transport?
6. What kit will your team play in? They will need to be in a different colour from the opposing team?
7. Has your national Union been informed of your plans? They could help you organise a league and or link with other teams. They could also put you in touch with other coaches who could help you.
8. Now your squad is getting larger, you may need to organise a budget so that you run the team on a sensible financial footing. It may be that one of the parents could help organise some sponsorship from a local company. Another may help by organising some fundraising for the team.
9. Delegate some of the tasks involved in running the team as you do not want to take on so much responsibility that things do not get done efficiently.
10. Form a playing committee to run the team so responsibilities are properly delegated.
11. Form a parent association to ensure that parents both feel involved and also help provide what resources the team needs to flourish.
12. Make sure your team is covered by insurance. If you have registered your team with your national Union, they will be able to both help and advise you on this.



15s

15 steps to running a GIR 15-a-side team

There are a number of steps to consider to ensure the best chance of keeping the players together and keen to play:

1. Make sure you have completed either the online IRB Rugby Ready course or, even better, a face-to-face Rugby Ready course which your national Union may be able to provide.
2. Ensure you have a squad of at least 20 players who attend training regularly and who will commit to playing regular fixtures against other teams.
3. Make sure there are at least four or five other teams nearby that are keen to play fixtures as well.
4. Are there enough qualified referees to so that games are refereed fairly? If not, then coaches of the teams can agree to take turns refereeing. Normally the hosting team provides the referee.
5. How will teams travel to away games? Are there enough supportive parents to provide transport?
6. What kit will your team play in? They will need to be in a different colour from the opposing team?
7. Has your national Union been informed of your plans? They could help you organise a league and or link with other teams. They could also put you in touch with other coaches who could help you.
8. Now your squad is getting larger, you may need to organise a budget so that you run the team on a sensible financial footing. It may be that one of the parents could help organise some sponsorship from a local company. Another may help by organising some fundraising for the team.
9. Delegate some of the tasks involved in running the team as you do not want to take on so much responsibility that things do not get done efficiently.
10. Form a playing committee to run the team so responsibilities are properly delegated.
11. Form a parent association to ensure that parents both feel involved and also help provide what resources the team needs to flourish.



15s

15 steps to running a GIR 15-a-side team

12. Make sure your team is covered by insurance. If you have registered your team with your national Union, they will be able to both help and advise you on this.
13. Start to play home and away fixtures so that a proper league is started. Agree with other team officials a simple way of scoring league points. For instance: 5 points for a win; 3 points for a draw; 1 point for a loss.
14. Ensure you hold a pre-season meeting to agree codes of conduct as shown in the “Spirit of Rugby” sections on this website.
15. Start a bank account to look after the subscriptions and sponsorship money. Ensure that those in the club responsible for the finances are trustworthy. No one person should control the money.