

Curriculum area	Topic	Year	Session Number	Skill
Invasion Games	Tag Rugby	3/4	#4	Passing & The rules

Equipment

- Rugby Balls
- Tag belts/bibs
- Cones

Learning Objective

- To understand the rule of passing backwards or sideways
- To apply the forward pass rule in simple games
- To make good decisions throughout the session

Success Criteria

- I can explain that passes must go backwards or sideways
- I can follow the forward pass rule during games
- I can stop and restart play when a rule is broken

Key words

- Accuracy
- Control
- Forward pass

Preparation Ideas/Warm Up

Germes & Medicine

Everyone is given a tag belt. Choose 4-5 people to be germes. These are the taggers in the game. They must remove the tags from those who don't have a ball. Choose the same amount of people to be medicine. These are given a ball.

Their job is to pass the ball using good technique to those who have been tagged. Those who have the ball passed to them then become the medicine and must find someone else to pass the ball to.

Skill Development

Passing around the diamond

Class to be split into groups of 5. A diamond shape is to be created with an extra cone in the middle as well. Each person starts on a cone with an extra person starting behind the person with the ball.

The aim is to run into the middle of the diamond to the cone and pass the ball either to the left or the right. They then follow their pass and swap with the person that now has the ball. Repeat this around the diamond until each person has had a number of turns each. Swap the direction of the pass so that the children have a turn passing in both directions.

Passing in 4's

Children to be in groups of 4. They are to create a diagonal line with cones and will each stand on a cone. The ball starts at the top line and the ball is passed down the line to the person at the back. This

person then runs with the ball to the first cone and each person moves down one cone. Repeat this until everyone is back to their start point.

Challenge:

>This could become a race game where each team compete against each other to see who is the quickest team. First team to have everyone back at their original spot are the winners

>Now set up 2 lines approx. 10m apart from one another. Teams of 4 line up at one side and move from the start line to the try line passing the ball along their line. Remember to start in a diagonal line. When someone receives the ball the must move forward with the ball and the person who has passed the ball needs to move behind the person with the ball to receive the ball again.

Progressions:

>Start this activity by walking to make it easier for teams and progress to a jog

Game

3v1

Explain the offside rule to the class:

>Offside rule – When a player/team mate is further forward than the ball carrier

>Forward pass – When the ball is played forwards, a foul is given and the opposition are given possession

Groups to have a 10m x 6m area each to work in. 3 attackers v 1 defender in the area. Have a start line on one side a try line on the other. Attackers begin on the start line and have to move the ball to the try line. The defender's job is to stay on the try line side of the ball and try to remove the tag of the person who has the ball. The attackers have 3 attempts to reach the try line (tags need to be removed three times by the defender)

Rules:

>Attackers must make 2 passes before going over the try line

>Defender has to remove 3 tags (only from those who have the ball) to win a point. If they do this the attackers must start from the start line again

>If the defender removes a tag, they must get back onside (make sure they are behind the attacker with the ball)

>Remember the ball can only be passed sideways and backwards

>Each attacking side get three attempts at scoring a try. Swap the defender after three attempts.

>Remember to stay behind or side on to the person with the ball to receive a pass. Any forward passes mean the game starts again. Ask the children how they move closer to the try line (they have to run with the ball). The ball carrier should always be the closest to the try line. All of their attacking team mates should be behind the ball carrier.

Teaching points

- We are looking for good power and aim in our passing to ensure we have good control. Ensure the children understand where they are aiming when passing (which should be our partner's hands) and why they are aiming there.
- We cannot pass the ball forward in rugby. We can only pass sideways and backwards. So, to move forward, encourage the children to run with the ball. This will be the only way they can get closer to the opposition line. When a defender comes towards them, that is when they should pass the ball, making sure it either goes to a player to the side of them or behind them.

- Encourage the ball carrier's team mates to be on line with them or slightly behind them as they are carrying the ball (imagine an invisible line that you cannot go past). This will make it easier for the ball carrier to pass the ball to them.

Key Questions

- In rugby, which directions can we pass the ball?
- What happens when we pass the ball forwards? – foul is given
- Explain the offside rule?
- How can you help your team mate when they have the ball?

National curriculum links:

- Use running, throwing and catching in isolation and combination
- Develop technique, balance, agility and control through playing rugby

Social and environmental skills:

- Developing team work and collaboration skills
- Developing communication skills
- Developing good decision-making skills