

RUGBY IDEAS

Rugby Pass - Sweep the ball off your hip as you swing your hands through an arc, keeping your elbows close to your body. Release the ball with a flick of the wrists and fingers. Follow through with your fingers pointing to the target - chest high in front of the receiver.

Circle Passing

Student groups of 6-8 form a circle and practice passing. Mix up the drill with cues; switch (change direction of pass) Tri (place the ball, then return to passing) or Skip (pass skipping the next person in line)

Variations:

- Popcorn passing; students offer a pop up pass to the next player, increasing the pace of the pass until the ball is dropped.
- Skip 1 – Back 1 Passing; students skip the next player then pass backwards to the player behind them, continuing to pass around the circle.
- Beat the Ball – Circle passing one direction, run the opposite way around the circle.

Line Passing

<https://www.youtube.com/watch?v=UJ6qGIE-bUc>

- Hands
- Skip one
- Loop

Ultimate Rugby – Played by touch (1 hand or 2 hand, teachers choice) or flag

- Toss the ball to opposite team.
- 5 touches or flag pulls equals a turnover
- After each touch/flag pull offense must off load the ball/pass the ball, defense must retreat 5 yards before advancing on the ball
- Score by touching the ball down in the try zone, must be controlled no throwing
- Modifications
 - Turnover on forward passes
 - Dropped passes who gets to the ball first wins it

RUGBY SOURCES

USA RUGBY

<http://rookierugby.com/lesson-plans/>

OPEN (may need to sign up for a free membership)

http://openphased.org/curriculum_resources/rugby

<http://www.avsoccer.com/media/leagues/1907/graphics/Flag%20Rugby%20Lesson%20Plans.pdf>

<http://www.agard.rugby.hu/letolt/EDZOI/09607pdf-Angol-NehanyEdzesterv.pdf>

<https://sites.google.com/site/rugbyunitresource/>

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Don't be afraid to try!