

Leinster Rugby

The Coaches Handbook



FROM
THE
GROUND
UP

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Introduction

The Coaches Handbook is a collection of ideas to assist coaches in developing players to expand the players skills around handling, evasion, continuity and decision making. The games are to be developed further in connection with your players or as a coach seeing areas that require development so to adjust the rules to enhance that area of focus. The games and warm up games are developed with the player in mind, making them easy to explain.

A key requirement to learning is when things are enjoyable, simple and you see an end result. With keeping enjoyment in mind you can simple adjust the constraints of the game to a more difficult level but still make sure that the leaning is enjoyable and so seeing a positive adaptation for your players.

The warm up games are for all ages and as a coach you can decide to use the name below or come up with a name for the older players, the warm up games can be adapted in anyway you the coach chooses. The games can be touch, grab or full contact, we have created then with touch in mind but again you the coach should adjust to the development of your players.

Games Based Approach

The **Games Based Approach** differs from more conventional methods of instruction, characterised by lining up and standing around, which relies on repetition. With the **Games Based Approach** to teaching sports, all aspects of the sport, from the basic skills to more technical moves and strategies, are taught in the context of fun, yet instructive, games. Players practice skills with creative exercises.

The goals and benefits of the **Games Based Approach** include:

What the player gains from Games Based Approach:

1. It creates a sense of fun.
2. It keeps kids moving, so they spend more time engaged in physical exercise.
3. It allows versatile & creative play within their practice.
4. It accommodates children of all skill levels & personality types.

What the coach gains from Games Based Approach:

1. It enables the coach to isolate & focus on specific skills.
2. It allows the coach to teach to the strengths of the individual children & improve them overall.
3. It enables the coach to better control the group.
4. It fosters a positive learning environment.

Changing The Picture: Sliding Scale Approach

Using three guiding principles of:

- Pitch Size
- Player Numbers
- Rule Modifications

Can change the focus of any game, to increase/decrease the challenge, which adapt your players' responses, use different skills or interact differently with teammates.

Pitch Size:

Decrease Space

- Decrease Passing
- Increase Contact
- Increase Evasion

Increase Space

- Decrease Contact
- Increase Passing
- Increase Spatial Awareness

Rule Modifications:

Examples

- Change the Scoring System
- Change the Scoring Zone
- Change the Scenario
- Use a Superpower

Use your imagination plus involving the players to adapt the rules of the games and see what happens.

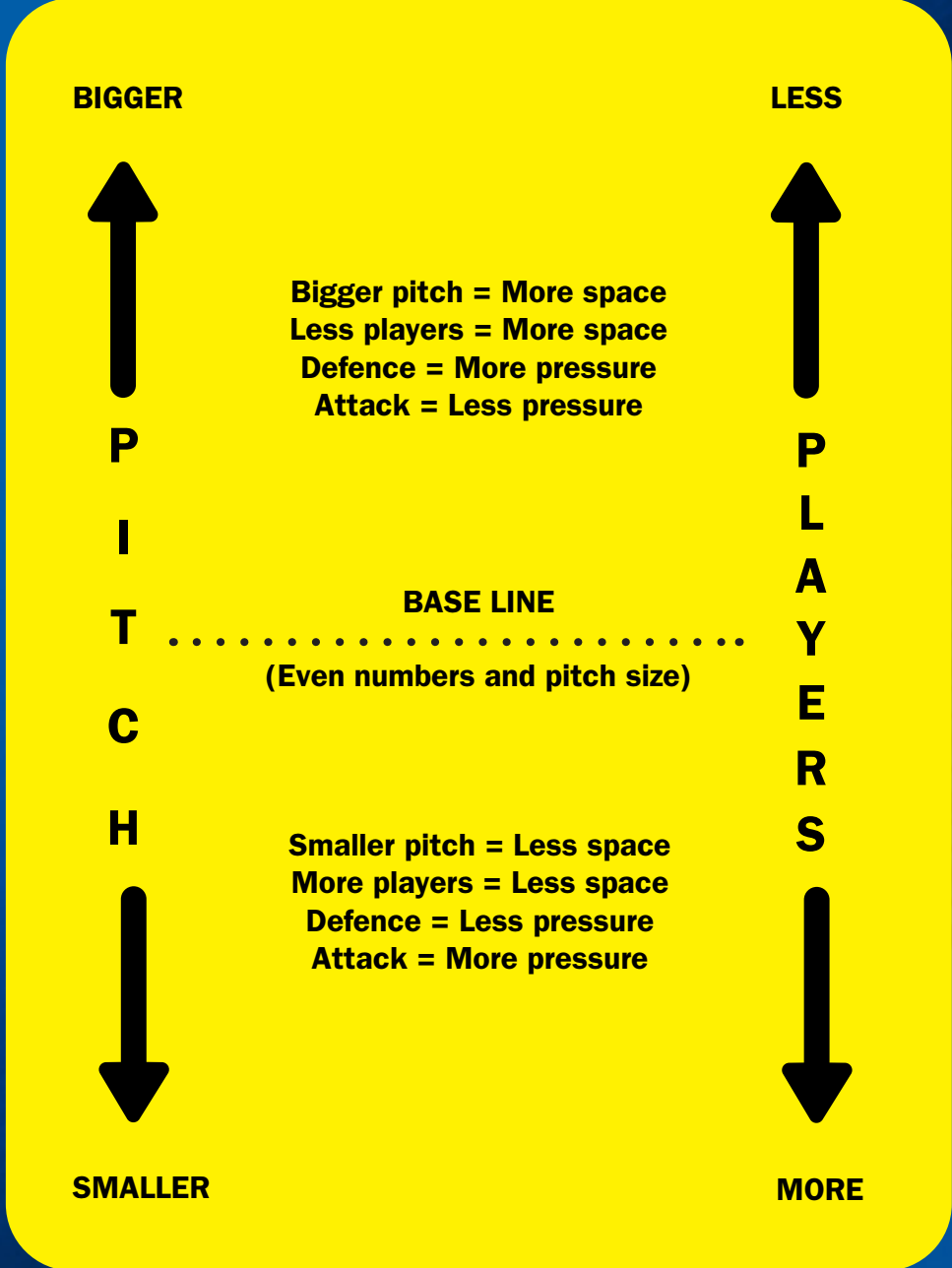
Player Numbers:

Decrease Numbers

- Increase Execution of
- Core Skills
- Builds confidence

Increase Numbers

- Decrease Skills Touches
- Increases Tactical
- Awareness



Warm Up Games

Warm Up Games

Game

Turtle Chasing

Rules

1. Time for chasers 15 - 30 seconds.
2. Between two and four tiger sharks (chasers) holding a ball or cone and everyone else is a sea turtle.
3. Once touched the sea turtle must lie on their back with knees tucked to chest and arms wrapped around.
4. To free a sea turtle a teammate must flip them over.
5. The tiger sharks can't touch when a player is being freed.

Progressions

1. Increase chasers.
2. Two players are needed to flip a turtle.
3. Add a safe area called Turtle Beach.

Game

Ostrich Chasing

Rules

1. Time for chasers 15 - 30 seconds.
2. Between two and four lions (chasers) and the rest are ostriches.
3. That lions chase other players trying to touch the ostriches to turn them into lions.
4. If you are an ostrich you can stand in a "SAFE" position for example: standing on one leg while holding your arm over your head.

Progressions

1. Change the number of lions.
2. Change the "SAFE" position for the ostriches.
3. Create less "SAFE" zones for the ostriches to hide in and only one player per safe zone.

Warm Up Games

Game

Circle Chasing

Rules

1. Time for chasers 15 seconds.
2. Divide the players into groups of six.
3. Players 1 - 5 join hands and form a circle and player 6 stays outside the circle.
4. The coach picks one player in the circle to be the caught.
5. On coaches signal the player (6) must try and touch the number called.
6. The players must work together and stay connected to keep their player safe.

Progressions

1. Touch on the thighs.
2. 30 seconds build up and try to catch all players, still coach calls the number.
3. Two chasers and increase the amount of players in the circle.

Game

Oz

Rules

1. Time for chasers 15 - 30 seconds.
2. One player is the witch or wizard with a wand plus three flying monkeys (players) and the rest of the players are munchkins.
3. Raise the wand and players jog or lower the wand and all players skip.
4. When the wand is placed on the ground all players run to the boundary before being caught by a flying monkey, if they are caught they become a flying monkey.

Progressions

1. Create new actions that the “wand” will make the munchkins complete.
2. Place four cone areas (castles). The munchkins must reach to be safe.
3. Get the witch or wizard to hold a ball.

Warm Up Games

Game

Monkey Tails

Rules

1. One minute games, everyone has a bib as a tail.
2. One player is the hunter and the hunter has to steal all the tails and put them in the hunters den, If you lose your tail you become a hunter.
3. The player or players with their tails still intact win the game.

Progressions

1. Start with more hunters.
2. Each tail stolen has to be dropped back to the hunters den.
3. Team game is two teams in two jungles and two hunters per team.
4. The hunters go to the other jungle and to catch as many tails in 20 seconds.
5. If you lose your tail you are out of the round, the team with the most tails wins the round. Best of five rounds.

Game

Flush The Toilet

Rules

1. Time for chasers 15 - 30 seconds, 2 - 3 chasers.
2. Catch a player with a two handed touch on the back.
3. Player caught must get into a lunge position with one arm held over their head.
4. The player caught can only be freed by their arm being pushed down.

Progressions

1. Players can only free a team mate facing them.
2. Have the players caught sit into a quarter squat with two arms out in front.
3. Introduce a ball held in two hands for the chasers that **CAN** be kicked along the ground to catch player **BUT** can't be thrown.

Warm Up Games

Game

Shark In The Water

Rules

1. Set out two island, in-between the islands is the sea.
2. The coach picks 1 - 2 sharks to be in the sea.
3. The rest of the players are seals.
4. The sharks call a seal who must get from one island to another without getting caught (coach can use tags, bibs or touch to catch a seal).
5. The seal can call "OPEN WATER" to allow the other seals to run from one island to the other.
6. The seals can call "WHIRLPOOL" once a round which makes all the sharks spin for 3 seconds (coach counts).
7. If caught the seal becomes a shark.

Progressions

1. Use a ball to catch the seals, limit the amount of balls used so the sharks must pass it to each other.
2. If a seal is caught they are put in the "Sharks Cave/Jail" which is centre of the sea **BUT** they can be freed with a tip to the shoulder.
3. Increase the number of sharks at the start of the game.

Game

Dodge Ball

Rules

1. Set out a marked area with a centre line and place a number of rugby balls on the centre line.
2. Create two teams and get each team to line on their base lines facing the centre line.
3. On go everyone gets up trying to get a ball and they must retreat before throwing their ball.
4. Players must hit the other teams players below hips only to get a player out.
5. If that player catches the ball the player who threw it is out and the team who caught the ball get a player back.
6. If a ball hits the ground and hits the player they are out and if one ball hits two players they are both out.

Progressions

1. Set a time limit on the game and how long a player can hold the ball.
2. Include grubber kicks into the game.
3. Get the players to start each round in different positions.

Warm Up Games

Game

Skittles

Rules

1. Set out a marked area that is narrow and long but able to fit all the players safely in to run the length of the area.
2. On either side of the area place a number of rugby balls or soft balls.
3. To start there is only one player either side.
4. The coach will say go where the players have to run from one line to the other and avoid getting hit by the balls being throw into the narrow channel (**BELOW THE HIPS ONLY**).
5. When a player is hit they join the players on the side throwing the balls at the other players running.

Progressions

1. Put a time limit on the game.
2. Increase the width of the channel making it harder for the players on the sides.
3. Allow grubber kicks along the ground to increase the speed the ball travels.

Game

Numbers Game

Rules

1. All players are running around, coach calls an instruction for example: jog, hop, side step, fast feet etc.
2. When the coach calls out a number, the players must get into groups of that number, for example groups of 4.
3. The players who are last to react and get into a group are out.
4. The coach continues calling out different numbers until you have a winning group.

Progressions

1. Create an outer grid of cones where all players must run and touch the cones before getting into a group.

Warm Up Games

Game

Rats and Rabbits

Rules

1. All the players form a straight line facing their coach in the middle of a marked out area.
2. The coach will tell the players which way is “Rats” and “Rabbits”.
3. The coach will then ask the players to do different things e.g. hop, run on the spot, make a silly noise, spin in place etc, until they say “Rats” or Rabbits”.
4. On that word the players will run towards the safe zone and the last two players getting over the line are out of that round.

Progressions

1. Change the names or use hand signals only.
2. Have the players face away from you or get the players to have their eyes closed.
3. Have the players start on the ground so they have to get up and sprint.

Game

Cone Islands

Rules

1. The coach marks out four different coloured areas (10m x 10m), these will be your islands.
2. Two people are nominated as chasers (sharks).
3. All other players start on an island.
4. When the coach calls out a colour, all players must run to that island, while avoiding the chasers (sharks).
5. If the chaser (shark) gets a two-handed touch on a player, that player then joins the chasers (sharks).
6. The coach will continue calling out the colours, until you have a winner.

Progressions

1. Increase the number of chasers at the beginning.
2. Sharks may have a set den in the middle of the pitch where they have to start after every round.
3. The coach will give a colour sequence for example: blue, yellow, red, players are only allowed a maximum of 15 - 20 seconds stop at each island.
4. This is a high intensity set.

Warm Up Games

Game

Bridges and Boats

Rules

1. Groups of 20 - 25 player's, a minimum of 4 - 6 chasers nominated to be on with a rugby ball in two hands, for a 90 seconds game.
2. If a chaser touches a player with the ball, the player must then get into a tall plank position on their hands, keeping their body straight and core tight.
3. In order to free a player another player must crawl under the tall plank, just like a boat going under a bridge.
4. The chasers are not allowed to touch a player who is freeing someone, give the players 5 seconds to get up and run away.
5. Keep changing the chasers after 60 - 90 seconds.

Progressions

1. Increase the number of chasers at the beginning of the game.
2. Time limit for the plank, once you hold it for 30 seconds, the player is then free to jump up and run around.
3. Change the exercise to a side plank, elbow plank or downward dog.

Game

Snatch The Cone

Rules

1. Put your group of players into pairs.
2. Give each pair a cone and turn it upside down.
3. Players must face each other and place the cone in the middle.
4. Each player must be 1 meter away from the cone, a minimum of 2 meters between players.
5. The coach will call out a body part and all players must react and touch that body part for example: head, shoulders, knees, toes.
6. When the coach calls "CONE", the players must react and grab the cone.
7. The player who grabs the cone first is the winner
8. Place the cone back in the middle (upside down), coach can progress to calling new instructions for example: jog on the spot, hop, skip, star jump, burpee and then call cone. The winner once again is the player who grabs the cone first.
9. Do a maximum of three rounds and then change the pairs.

Progressions

1. Complete a competitive round, winners play winners.
2. Complete a competitive round, winners play winners. Line up all the pairs with a visible line down the middle. If you win you play the winner on your left, until we have the final two contestants.
3. Progress to using a rugby ball instead of a cone.

Warm Up Games

Game

Build Up

Rules

1. Two or four groups playing at the same time, one or two minutes per round.
2. One player starts with the ball and they are allowed to run with the ball in two hands until they touch another player with the ball (who joins their team).
3. Once there is more than one player the player holding the ball **CAN'T** run **BUT** the player without the ball **CAN** run.
4. The players must work together to pass and move to catch the other players to join their team (two hands always on the ball)
5. The players need to communicate, move when without the ball, look to where they are going and keep a connection with their team as they increase in size.

Progressions

1. One ball only and two one minute rounds.
2. Two balls, two chasers and one minute rounds.
3. Three or four balls, three or four chasers and one minute rounds.

Touch Rugby Games

Switch

Game

Create two teams and create equal groups within each team (5, 6 or 7).

Purpose

Teamwork, ball carrier running forward with support.

Rules

1. Two teams, five players playing per team (example) and four touches = turnover.
2. Try scored = "SWITCH". Ten players off and ten on. Rotate groups non-stop.
3. After a try is scored touch off your foot, knee or pass to play.
4. A touched player **MUST** pass to a team mate to start the game again.

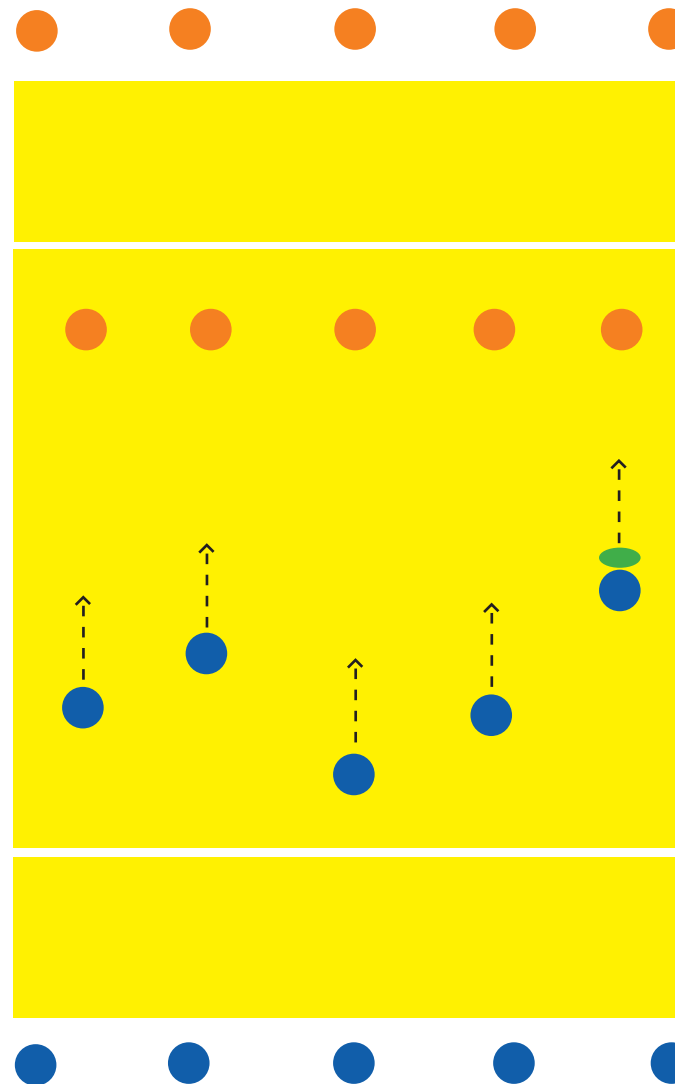
Progressions

- *Beginner* - After a try each team starts on their own try line
- *Intermediate* - The attack starts half way and defence starts on their try line.
- *Advanced* - The attack starts half way and the defence starts 5 metres away from halfway, increase players and reduce touches.

Key Coaching Points

1. Attack looking to move the ball into space.
2. The attacking players must go forward.
3. Head and hands facing forward.
4. Two hands on the ball.
5. Defenders tracking eyes on the hips and step in close.

Players ready to attack or defend after a try is scored.



Players ready to attack or defend after a try is scored.

Fast Touch

Game

3 - 4 teams, 5 - 7 players with 3 - 4 minutes per game and 6 touches per team.

Purpose

Increase speed of play in attack and defence.

Rules

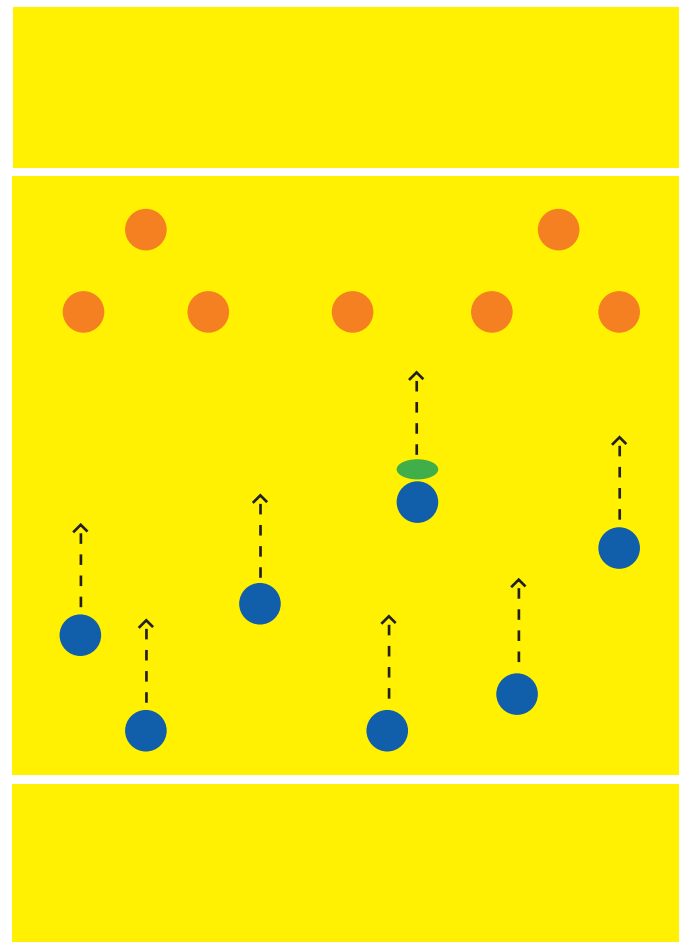
1. Try scored, the team who scored must go back past half way.
2. After a try, the attacking team can start while the defence resets.
3. If the defence working hard to get back inside the ref calls "turn and play".
4. A touched player **MUST** retreat to the spot they were touched **BUT** can pass to a supporting team mate while retreating.
5. Grubber kicks allowed after 5th touch (find space behind the defence).

Progressions

- *Beginner* - Three second rest countdown after try is scored for both teams.
- *Intermediate* - Reduce the number of touches.
- *Advanced* - Two pass rule and two defenders in the back field.

Key Coaching Points

1. Attack looking to move the ball into space.
2. Defence working to stay connected and reduce space.
3. Head and hands facing forward.
4. Two hands on the ball.
5. Two handed touch on hips.



Touched 2 Ground

Game

3 - 4 teams, 5 - 7 players, 3 - 4 minutes per game, 6 touches per team.

Purpose

Attack looking for space and support. Defence working on good structure and communication.

Rules

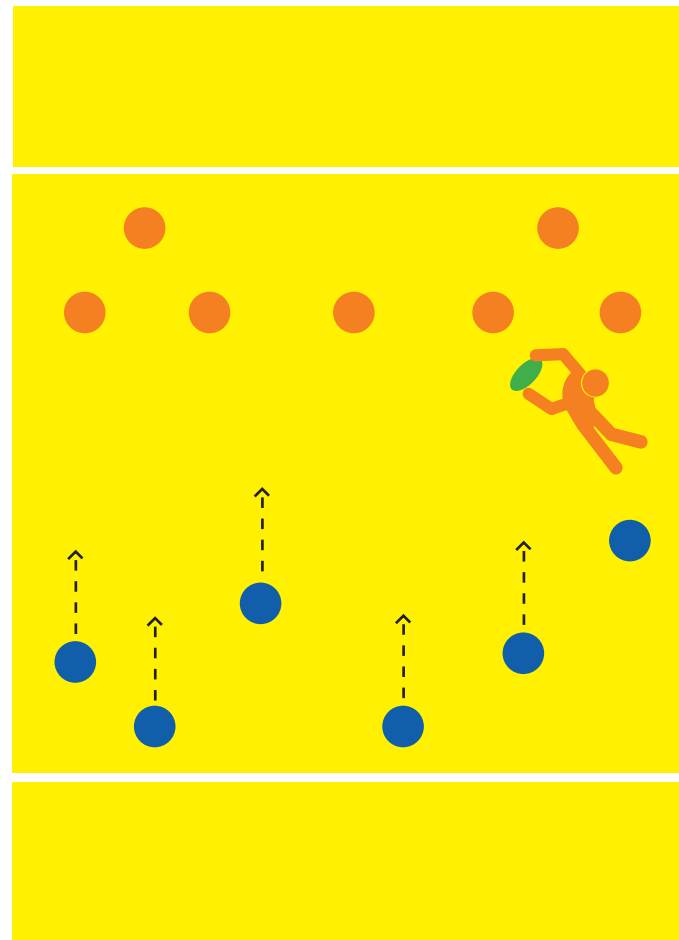
1. Try scored: The team who scored must go back past half way.
2. After a try: The attacking team can start while the defence resets.
3. If the defence working hard to get back inside the ref calls "turn and play".
4. A touched player **MUST** go to ground (longbody) and defence sets at their feet.
5. Kicks are allowed but only grubber/chip. Explore the space behind the defence.

Progressions

- *Beginner* - Three second rest countdown for both teams after the player goes to ground, to allow the defence to set and the attack to look for space.
- *Intermediate* - Two pass rule and two defenders in the back field.
- *Advanced* - **ANY** two defenders **MUST** take a knee.

Key Coaching Points

1. Attack to move the ball into space, draw defence and explore kicks.
2. Defence working to stay connected, fill space and communicate.
3. Head and hands facing forward.
4. Two hands on the ball.
5. Two handed touch on hips.



One Touch Rugby

Game

3 - 4 teams with 5 - 7 players and 3 - 4 minutes per game. One touch per team (turnover happens on the second touch).

Purpose

Attack focused on quick passing and support. Defence focused on closing off the ball carrier to win the turn over.

Rules

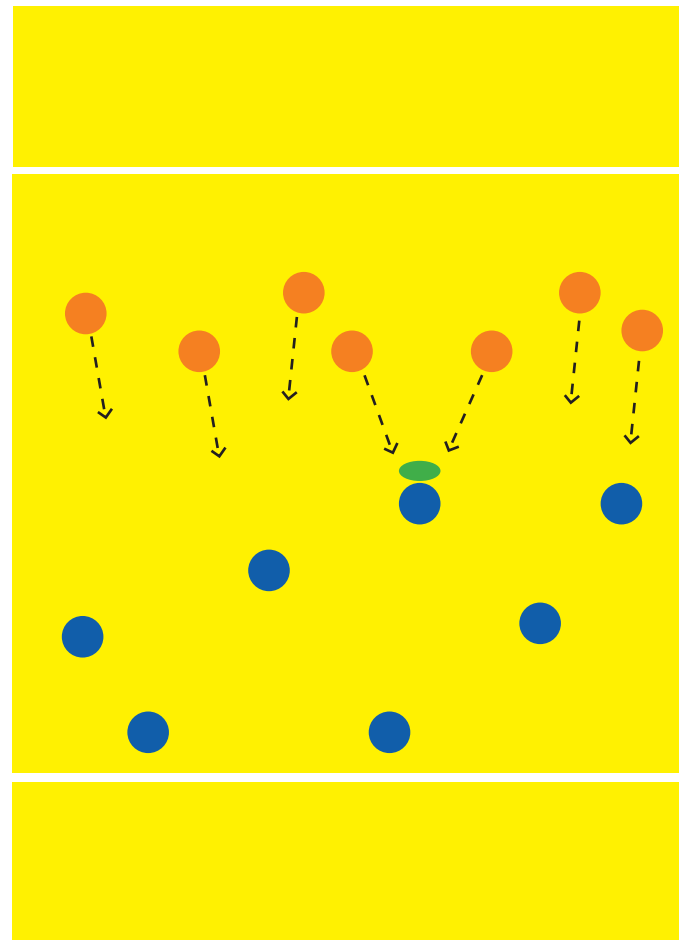
1. Controlled restarts after a try = On the half way line with defence 5 metres away.
2. A touched player **MUST** retreat to the spot they were touched **BUT** can pass to a supporting team mate while retreating.
3. Second touch is a turnover.
4. The ball must be in the player's hands and not be in the process of leaving their hands for the touch to count, defence must close space quickly.

Progressions

- *Beginner* - Less defenders than attackers to increase space (rolling subs in defence).
- *Intermediate* - Create even teams to challenge the players further.
- *Advanced* - **ANY** two defenders **MUST** take a knee and two attackers **MUST** do a "DOWN and UP".

Key Coaching Points

1. Defence working to close ball carrier down and win turn over.
2. Attack looking to move the ball to space and increase passing speed.
3. Head and hands facing forward.
4. Two hands on the ball.
5. Two handed touch on hips.



2 Attack Touch Lives

Game

3 - 4 teams with 5 - 7 players and 3 - 4 minutes per game. Six touches per team.

Purpose

Attack focused on quick passing and support. Defence focused on closing off the ball carrier to win the turn over.

Rules

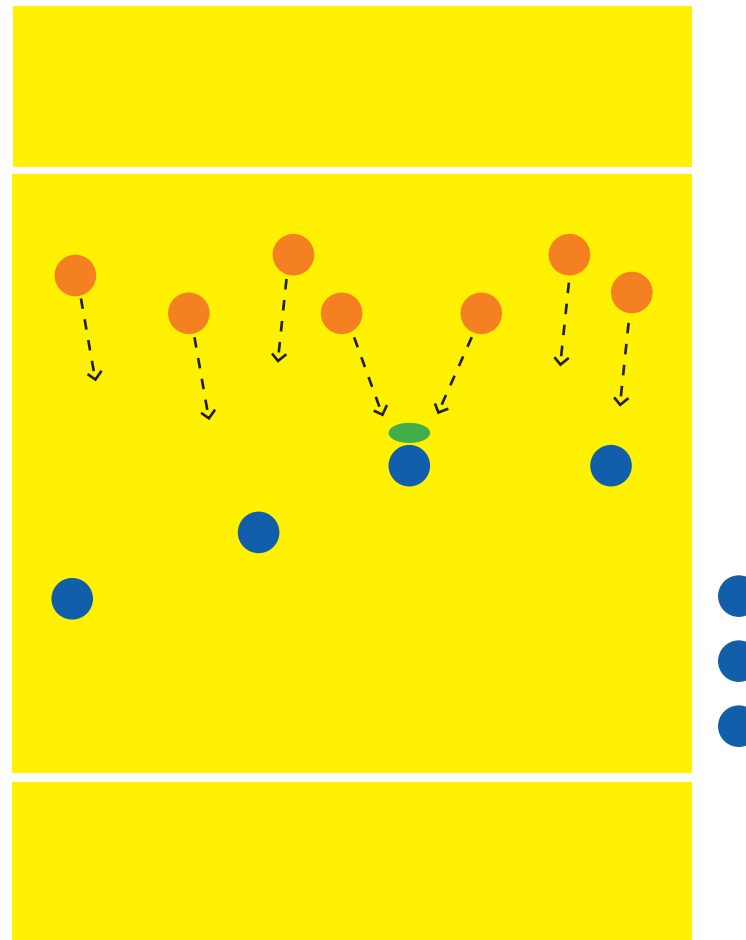
1. Controlled restarts after a try = On the half way line with defence 5 metres away.
2. Each player has two lives, they lose a life when they get touched
3. If a player loses both lives, they leave the game (no double team allowed).
4. The attackers rejoin the game if a try is scored, a turn over happens or the attacking team has only two players left.
5. Conversions are included which are taken by a grubber kick towards a target (selected by the players).

Progressions

- *Beginner* - The defender must run to their try line and back after a touch.
- *Intermediate* - The attacking player **MUST** "HIKE" the ball backwards to a teammate and a dropped catch = TURNOVER.
- *Advanced* - One life per player.

Key Coaching Points

1. Defence working to close ball carrier down and win turn over.
2. Attack looking to move the ball to space and increase passing speed.
3. Head and hands facing forward.
4. Two hands on the ball.
5. Two handed touch on the hips.



Touch Attack/Defence

Game

3 - 4 teams with 5 - 7 players and 3 - 4 minutes per game. 6 touches per team.

Purpose

Develop further spatial awareness through passing and kicking in attack with increased and decreased players. Develop further defensive problem solving with increased and decreased players.

Rules

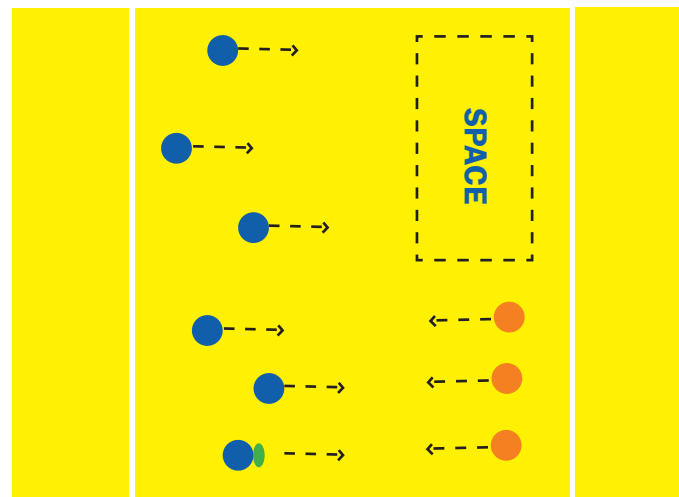
1. Controlled restarts after a try = On the half way line with defence 5 metres away.
2. As the game progresses increase or decrease the attack or defence.
3. The attacking team with more players than defence must look to play to space.
4. The attacking team with less players than defence must disrupt the defence to create space or kick behind to the space.
5. The defence with more or less than attack will have to stay connected, disciplined and communicate to stop the attack (close the space down).

Progressions

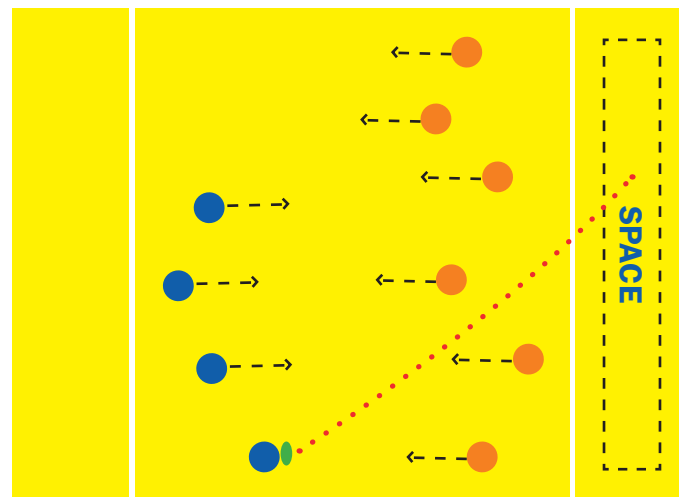
- *Beginner* - Start with even teams and focus on the basics.
- *Intermediate* - Start to adjust the teams to create space or remove space.
- *Advanced* - Allow different kicks to be used and defence always plays with one less player.

Key Coaching Points

1. Are the players managing the width of the pitch in attack and defence.
2. Are the attack looking to pass the ball or kick behind to space.
3. Are the defence holding their line and spacing.
4. Two hands on the ball.
5. Two handed touch on hips.



Less defenders. Attack needs to fix the defenders & pass the ball to the space.



More defenders. Attack needs to look at the space behind using kicks.

Double Touch Turnover

Game

3 - 4 teams with 5 - 7 players and 3 - 4 minutes per game. 6 touches per team.

Purpose

Increase pressure on attack, reward defence on closing the space quickly, focus on support in attack and spatial awareness.

Rules

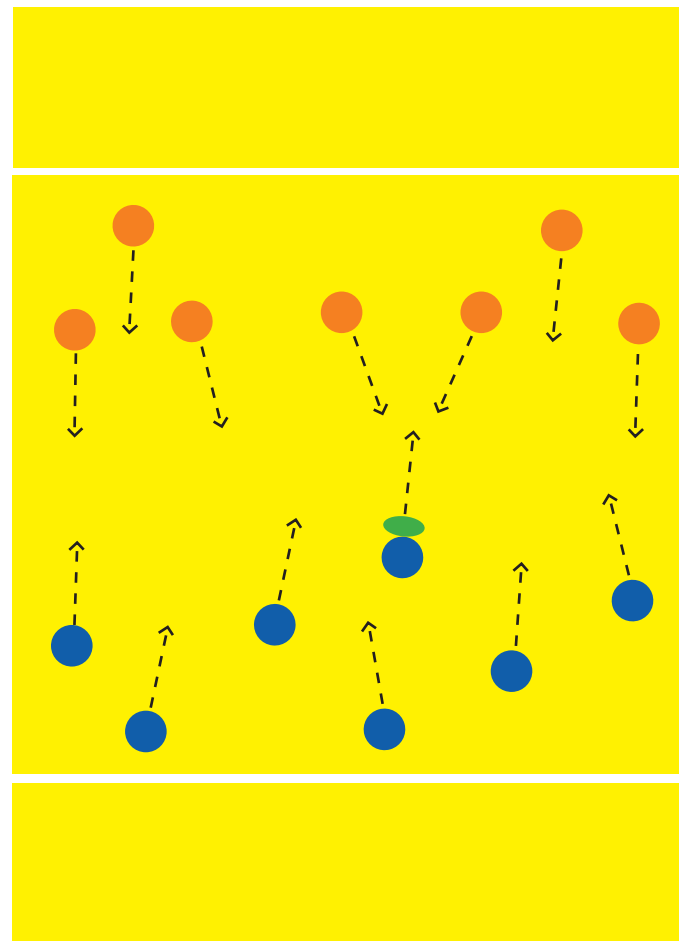
1. Controlled restarts after a try = On the half way line with defence 5 metres away.
2. If the ball carrier has two defenders "TOUCH ON THIGHS" before the pass can be made, the ball is turned over straight away.
3. The player that has been "DOUBLE TOUCHED" must count to ten on one knee before returning to game.
4. Try scored closest defender picks, passes to a support player to get play going again, defence must **ALL** be active towards halfway before ref calls turn and play.
5. Grubber and chip kicks allowed.

Progressions

- *Beginner* - Start with even teams and focus on the basics.
- *Intermediate* - Reduce the number of touches per team.
- *Advanced* - First touch means a player must go to ground **BUT** can still be touched again - scrum half must react quickly to avoid losing the ball.

Key Coaching Points

1. Are the attack looking to pass the ball or kick behind to space.
2. Are the defence holding their line, spacing to put pressure on the attack.
3. Two hands on the ball.
4. Two handed touch on hips.



Pass, Move and Count - Part 1

Game

Two teams with half a pitch each. Two balls, 10 - 15 seconds per round with three or five rounds.

Purpose

Movement, passing, support, teamwork and spatial awareness.

Rules

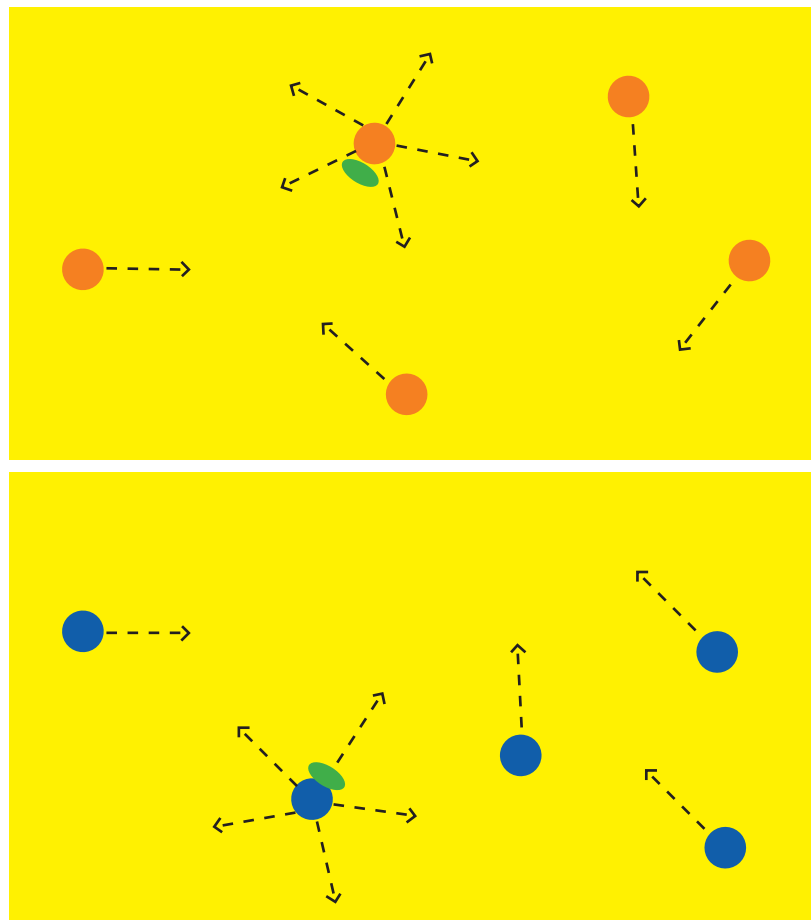
1. Each team has to complete as many passes in 15 seconds, the team with the most gets a point.
2. The coach resets teams to zero if one or more players are not moving.
3. Players must be moving when passing and the players receiving must also be moving.
4. Each team must count their passes, drop the pass go back to zero, overhead height passes go back to zero.

Progressions

- *Beginner* - Not as strict on movement type, players must be making an effort.
- *Intermediate* - Stricter on the players moving on and off the ball.
- *Advanced* - Increase the time allowed BUT all players must touch the ball once.

Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding space already taken.
3. Two hands on the ball.



Pass, Move and Count - Part 2

Game

Two teams with half a pitch each and two balls. 10 - 15 seconds per round with three or five rounds (now add defenders or annoyers).

Purpose

Movement, passing, support, teamwork, awareness and defence.

Rules

1. Each team has to complete as many passes in 15 seconds, the team with the most passes gets a point.
2. Now 1 - 2 defenders (annoyers) are sent in from the other team.
3. Defenders can't make physical contact with the ball carrier but can intercept the ball to reset them to zero, after an intercept the player must place the ball on the ground to allow the team to start again.
4. Defenders must try to keep the attackers together so to make it easier to force the attack to drop a pass or for the defence to intercept the pass.

Progressions

- *Beginner* - One or two defenders in to annoy the other team.
- *Intermediate* - Increase the defenders and be stricter on the players moving on and off the ball.
- *Advanced* - Allow players move from defender to attacker without setting a set number of players wanting to be defenders or attackers (free following chaos).

Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding the defenders.
3. Are the defenders working together to make the attack work harder.
4. Two hands on the ball.

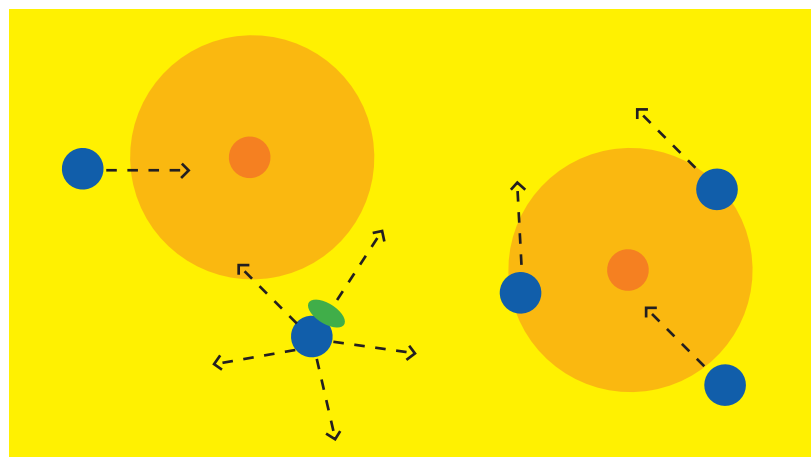
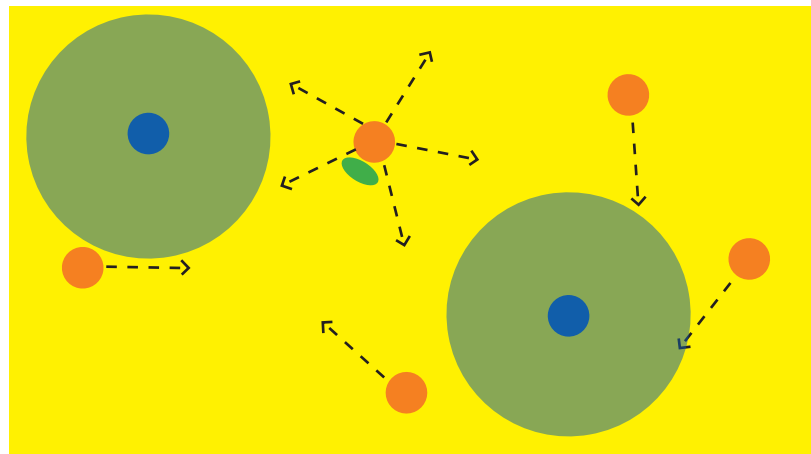


Table Rugby - Part 1

Game

Four teams with 5 - 7 players per team and unlimited touches. 30 seconds to 1 minute per round.

Purpose

Support, defence, attack, realignment, communication, passing, evasion and speed.

Rules

1. Each team takes a turn at defending the try line against the other 3 teams, the winner is the team with the lowest try count against them.
2. Playing area should be wide enough, 1 x 22 metre line, 2 x touch lines, a 5 metre line from the try line and a try line.
3. The attack starts outside the 22 metre line and the defence starts on the 5 metre line.
4. Each attacking team has 30 seconds to 1 minute to score tries against the defence, the defence must touch the ball carrier to reset them back to the 22 and the defence resets back on the 5 metre.
5. If the attacking team scores a try they now can start from the 5 metre line and the defence starts on the try line (close defence).

Progressions

- *Beginner* - Each round is 30 seconds.
- *Intermediate* - Each round is 1 minute.
- *Advanced* - Allow the attacking team have extra players and increase the time.

Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding the defenders.
3. Are the defenders working together to make the attack work harder.
4. Two hands on the ball and two handed touch on hips.

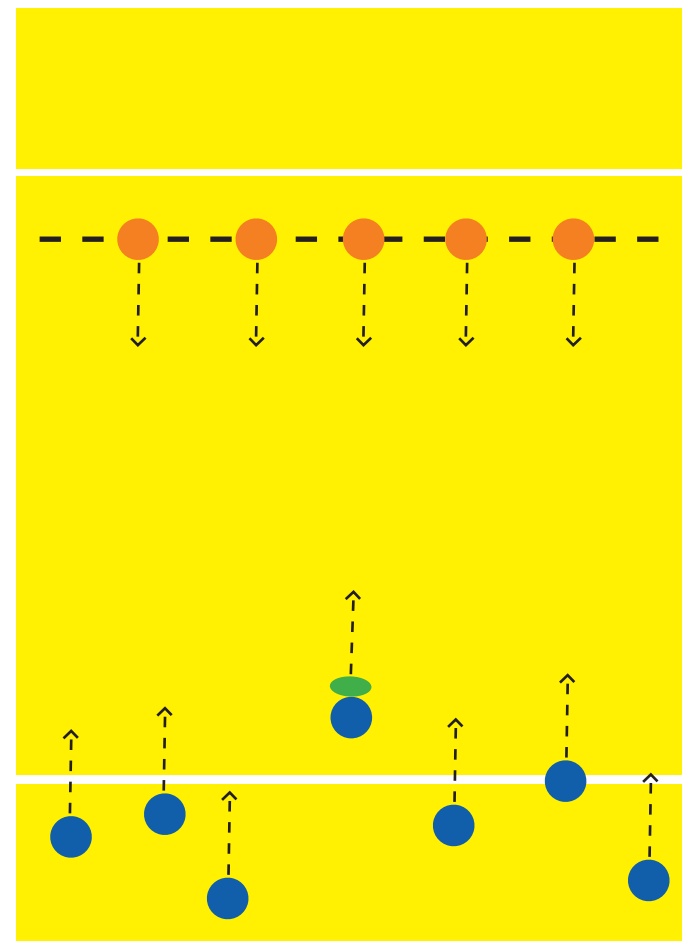


Table Rugby - Part 2

Game

Two teams (broken into two groups per team) with 5 - 7 players per team. Thirty seconds to one minute per round and unlimited touches.

Purpose

Support, defence, attack, realignment, communication, passing, evasion and speed.

Rules

1. Same set up as *Part 1* but now we will break the group into two teams; one attacking and one defending, the winner is the team with the fewest tries scored against them while defending.
2. The attacking team will be broken into two lines of attack, when one line of attack is stopped by the defence they will activate the second line of attack to try to score a try.
3. The defending team is also broken into two lines of defence, when one line of defence stops an attacking line the second line steps onto the 5 metre line to be ready for the second line of attack.
4. If an attacking line scores, this too activates the second line of attack and defence so **realignment**, **communication** and **focus** is needed.

Progressions

- *Beginner* - Each round is two minutes.
- *Intermediate* - Allow the attacking lines have three touches until they are reset.
- *Advanced* - Increase the players in attack but restrict the defenders to a lower number of players to increase their work rate and focus.

Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding the defenders.
3. Are the defenders working together to make the attack work harder.
4. Two hands on the ball and two handed touch on hips.

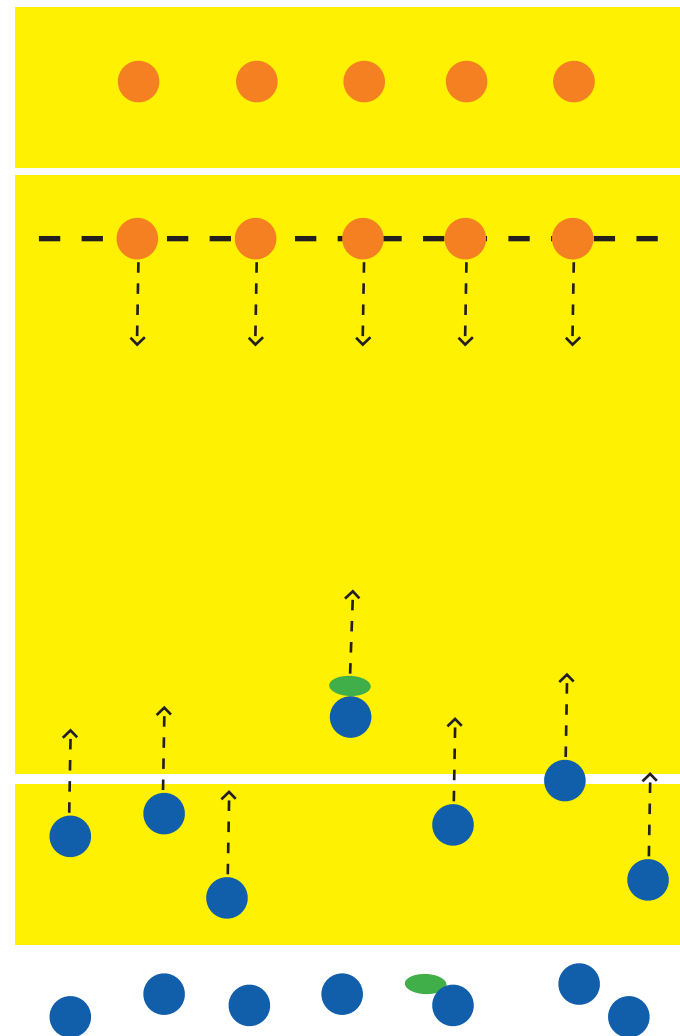


Table Rugby - Attack/Defence

Game

One attacking and two defending teams with 5 - 7 players per team. One touch reset with one minute rounds.

Purpose

Support, defence, attack, realignment, communication, passing, evasion and speed.

Rules

1. The attacking team are set in the home (rectangle area the width of the pitch) with two defending teams at either end of the pitch standing on their try line.
2. The attacking team will play towards a defending team to try and score **BUT** the defending team is only activated when the attack leave their home.
3. Once the attack enters their area the defence pushes off the line to touch the ball carrier so resetting the attack.
4. If the attack is reset they must turn to attack the other defending team with the same activation process each time for defence.
5. If the attack scores a try they reset the defence and turn to attack the other defending team.

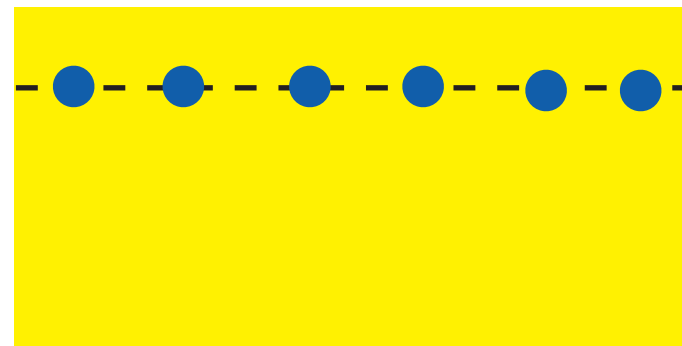
Progressions

- *Beginner* - Each round is one minute.
- *Intermediate* - Allow the attacking team to have three touches until reset.
- *Advanced* - Increase the number of touches for the attacking team **BUT** if the defending team double touches (two different players) = reset.

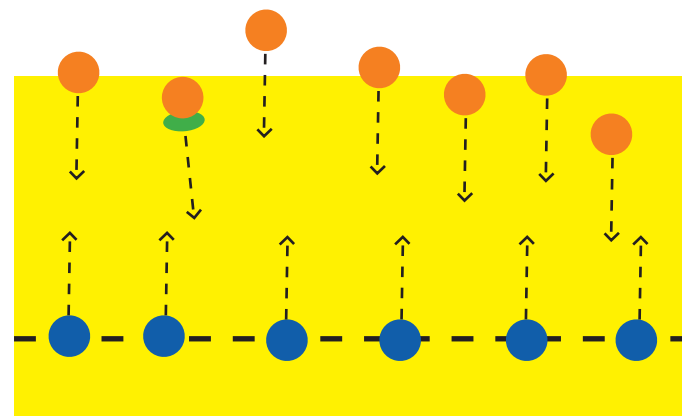
Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding the defenders.
3. Are the defenders working together to make the attack work harder.
4. Two hands on the ball.

Defending team waiting to get off the line once the attack enter their zone after crossing home.



HOME



Defending team getting off the line once attack leave home.

Table Rugby - Switch Attack

Game

One attack and two defending teams with 5 - 7 players per team and unlimited touches.

Purpose

Support, defence, attack, realignment, communication, passing, evasion and speed.

Rules

1. The attacking team are set in the home (rectangle area the width of the pitch) with two defending teams at either end of the pitch standing on their try line.
2. The attacking team has unlimited touches and can select which defending line they attack first.
3. Each time the attacking team scores against a defending team they **MUST** turn and attack the opposite defending line.
4. The defending teams **MUST** defend their try lines for a period of time, they reset the attacking line by touching the ball carrier (reset = attack back to their home).
5. During an attack on a defending line the coach can call "SWITCH" which makes the attack turn and attacks the other defending line.

Progressions

Beginner - Each round is 2 minutes.

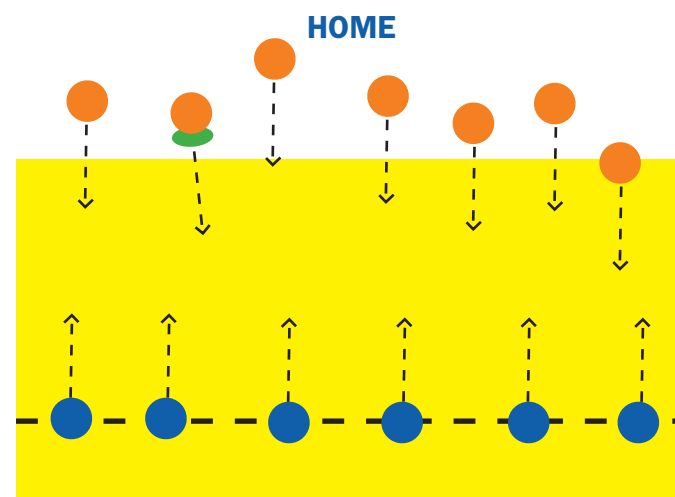
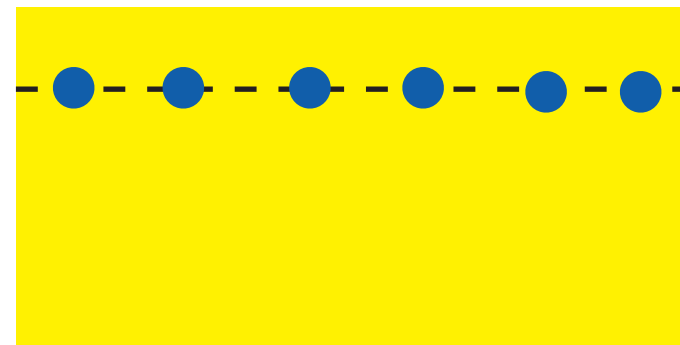
Intermediate - Each round is 1 minute.

Advanced - Each round is 30 seconds.

Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding the defenders.
3. Are the defenders working together to make the attack work harder.
4. Two hands on the ball.

Defending team waiting for the coach to call 'SWITCH'. Defence can push towards home without attack having crossed it BUT can't enter home.



The defending teams leave their line once the coach says 'PLAY' **but** can't enter home.

Table Rugby - Switch Defence

Game

One defence and two defending teams with 5 - 7 players per team.
Unlimited touches.

Purpose

Support, defence, attack, realignment, communication, passing, evasion and speed.

Rules

1. The defending team are set in the home (rectangle area the width of the pitch) with two attacking teams at either end of the pitch standing on their line.
2. The defending teams **MUST** defend their home for a period of time, they reset the attack by touching the ball carrier (reset = back to try line).
3. After the reset the defence returns to their home to defend the same attacking team again or they can call "SWITCH" themselves to change focus to the other team attacking.
4. Each try the attacking team scores against a defending team they **MUST** turn and defend the opposite attacking line right away.
5. During the defence of an attacking team the coach can call "SWITCH" which makes the defence turns and defends the other attacking line.

Progressions

Beginner - Each round is 2 minutes

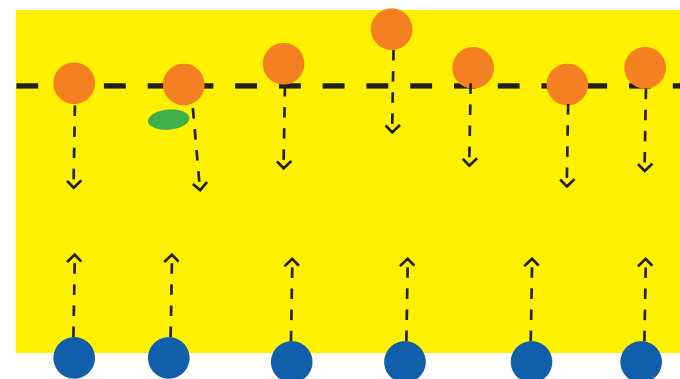
Intermediate - Each round is 1 minute

Advanced - Each round is 30 seconds

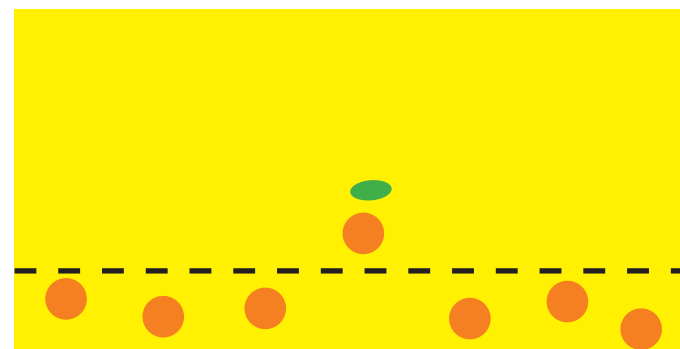
Key Coaching Points

1. Head and hands facing forward.
2. Are the players finding space and avoiding the defenders.
3. Are the defenders working together to make the attack work harder.
4. Two hands on the ball.

The attacking team pushes towards their home edge to score quickly.



HOME



The second attacking team waiting for the coach to call 'SWITCH' or a reset to happen so they can push towards their home edge quickly to score a try.

3 Go and Pass

Game

Two teams. Number of passes: 1 Try. Multi-direction game.

Purpose

Movement on the ball and off the ball.

Rules

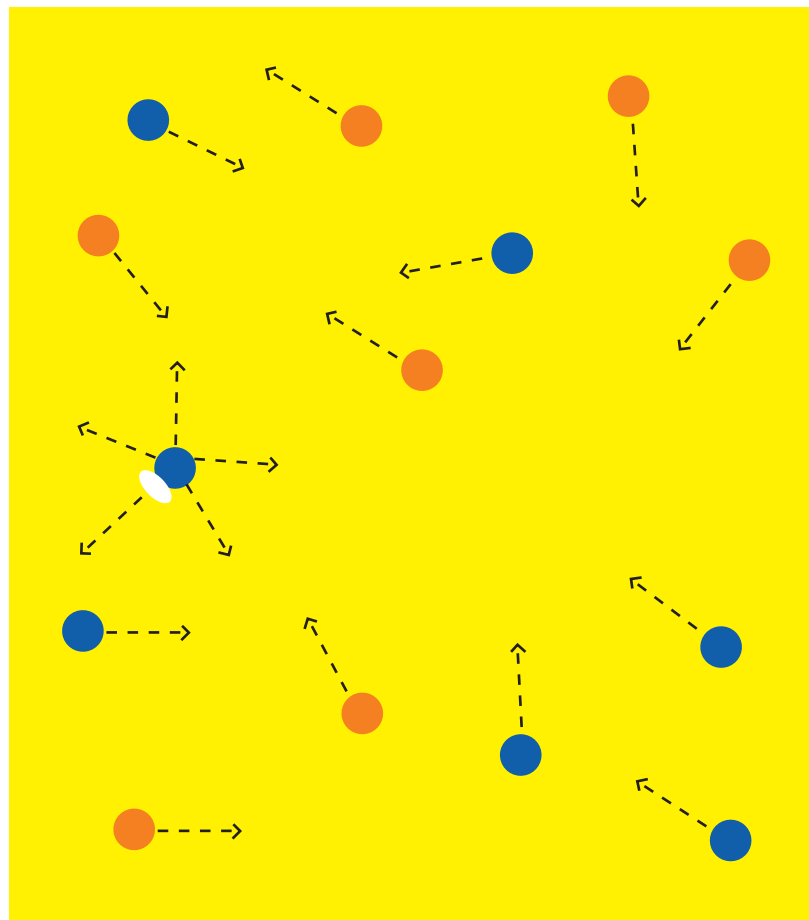
1. Attackers must receive the ball moving.
2. Allowed to take three steps and must pass in any direction.
3. Defenders must be 1m back, no slap downs and intercepts allowed.

Progressions

- *Beginner* - Five passes in a row is a try.
- *Intermediate* - Must pass from the hip. No overhead passes. Eight passes in a row is a try and ball must be grounded.
- *Advanced* - All passes must be from hip and push/spin pass, ten passes in a row is a try and ball must be grounded.

Key Coaching Points

1. Head and hands facing forward.
2. Two hands on the ball.
3. Players on and off the ball always moving.



Zone Pass

Game

Two teams. 3 - 4 minutes per game. Multi-direction game.

Purpose

Movement in attack on/off the ball, identifying space and the defence tracking players plus communicating to each other.

Rules

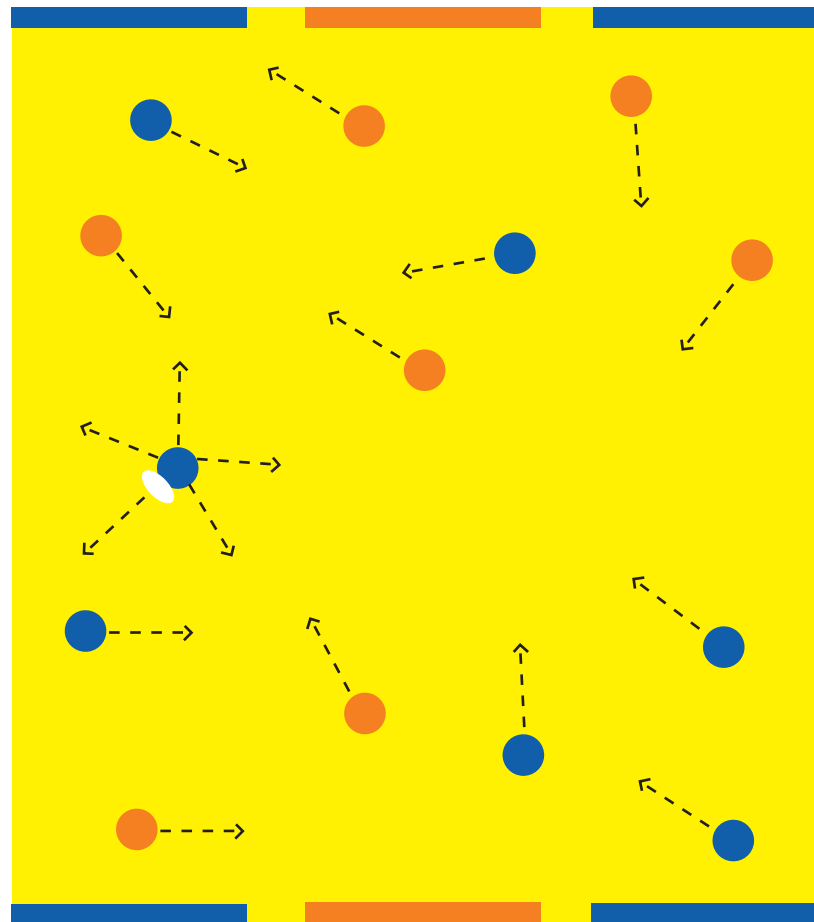
1. Pass and run in any direction.
2. Defenders must make a 2 handed touch on thighs in order to stop the attack.
3. Six touches is a turnover.
4. Ball must get to a particular zone, two wide scoring areas and one in the middle.

Progressions

- *Beginner* - Unlimited passes and touches in order to get the ball to the end zones and be grounded. (Varying scoring zones and point system. For example; 10 points for wide zone and 5 for middle zone).
- *Intermediate* - Emphasis on all passing from the hip, attack must complete a minimum of four passes in middle zone before scoring.
- *Advanced* - No passing forward – emphasis on passing from the hip and across the body, defenders must make a two handed touch on hips and get back 3m in a wall format.

Key Coaching Points

1. Head and hands facing forward.
2. Two hands on the ball.
3. Players on and off the ball always moving.
4. Two handed touch on hips.



Kicking Touch Rugby

Game

Two teams. 3 - 4 minutes per game.

Purpose

Increasing the attacks spacial awareness in different forms and for the defence to adapt to the attack.

Rules

1. If you don't score within six touches the opposite team gain possession.
2. Touch and pass, once touched you must pass the ball backwards.
3. Once a defender makes a touch their whole team must go back 3m from where the touch occurred, in a wall formation.
4. Ball is turned over when a try is scored or the ball is knocked on, intercepted or passed forward. Restart with a tap on knee/foot and pass.
5. Bonus point kicks are; grubbers, chip and catch, punt to hand/grass.

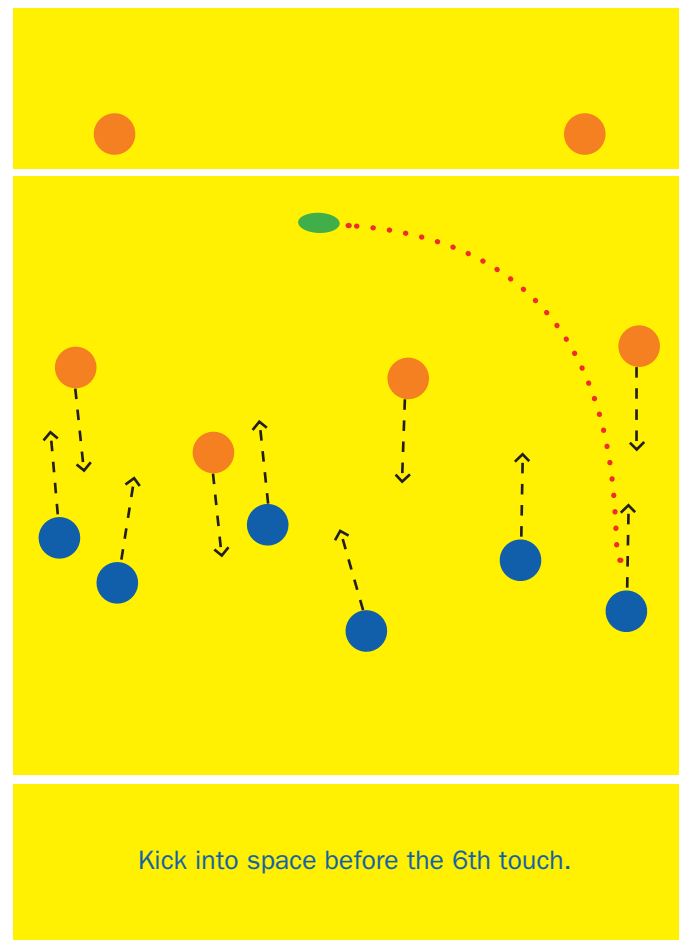
Progressions

- *Beginner* - Two defenders in the back field, before the 6th touch the ball must be kicked into space.
- *Intermediate* - Before the 6th touch the ball must be kicked into space, if attack kick and retrieve the ball they gain an extra point and start over with six free touches. The ball is allowed to find grass and bounce up.
- *Advanced* - Defenders may decide how many they need, if any, in the backfield, attack can kick at any stage they see space, however, if the ball is kicked out of play the other team gain possession where the ball was kicked from.

Key Coaching Points

1. Head and hands facing forward.
2. Two hands on the ball.
3. Players on and off the ball always moving.
4. Two handed touch on hips.

Two defenders in the back field



Break Touch Rugby

Game

Two teams. 3 - 4 minutes per game.

Purpose

Increase attackers evasion with footwork pre touch, supporting the ball carrier and increase the defenders communication/decision making to fill gaps.

Rules

1. If the ball carrier is touched once they are allowed to break free and take a further 2 - 3 steps forward and pass the ball.
2. Once a defender makes a touch their whole team must go back 3m from where the touch occurred, in a wall formation.
3. Ball is turned over when a try is scored or the ball is knocked on, intercepted or passed forward. Restart with a tap on knee/foot and pass.

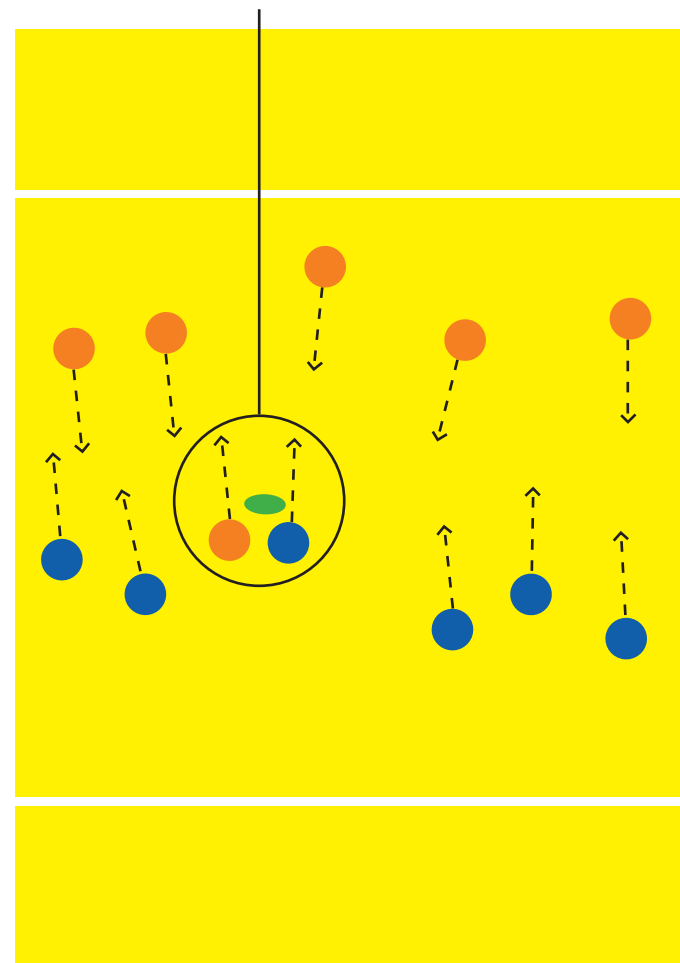
Progressions

- *Beginner* - If touched you may take 2-3 steps forward and pass the ball.
- *Intermediate* - If touched once you may keep running, but cannot score, if touched a second time you must off load/pass the ball.
- *Advanced* - If touched once you may keep running, but cannot score, if touched a second time it is an immediate turnover to the other team, emphasis on support lines and keep the ball alive.

Key Coaching Points

1. Head and hands facing forward.
2. Two hands on the ball.
3. Players on and off the ball always moving.
4. Two handed touch on hips.

First touch = defender retreats & attack breaks through



Lane Game

Game

Two teams. 3-4 minutes per game.

Purpose

The attacking team identifying spatial awareness either out wide, in the middle or behind the defence.

Rules

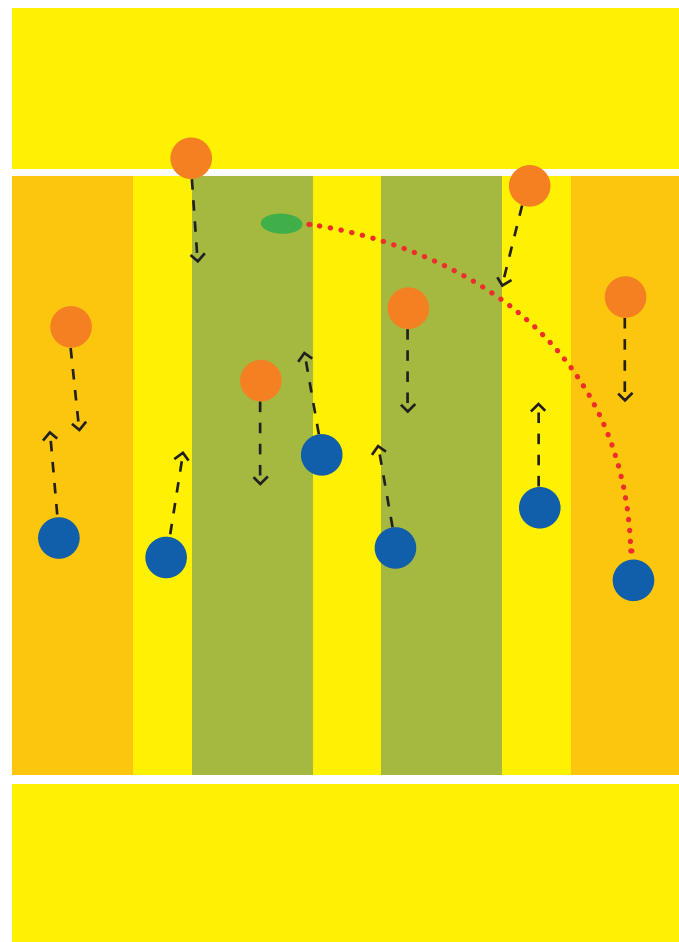
1. If the attack does not score within 6 touches the other team gets possession.
2. Touch and pass, once touched you must pass the ball backwards.
3. Once a defender makes a touch their whole team must go back 3m from where the touch occurred, in a wall formation.
4. Ball is turned over when a try is scored or the ball is knocked on, intercepted or passed forward. Restart with a tap on knee/foot and pass.
5. Bonus points kicks are: grubbers, dink, chip and collect, punt across field
6. Coloured lanes are bonus points.

Progressions

- *Beginner* - On the 6th touch the 1st receiver must kick to space. Identify the lanes—width, if the ball is gathered the attack get 6 new touches.
- *Intermediate* - If touched the ball carrier must fall forward going to ground into long body.
- *Advanced* - If touched the ball carrier must fall forward going to ground into long body, first receiver may kick at any stage, if the kick is retrieved in the wide lane, the first touch is free in the wide lanes and the ball carrier must then look for support/pass.

Key Coaching Points

1. Attacking players using footwork to commit/fix defenders?
2. Can you see players using effective passing/kicking and timing of pass/kick?
3. Are players actively seeking space, both in support and on the ball?



Captains Ball

Game

Two teams. 3-4 minutes per game.

Purpose

Multi directional passing/evasion game for attack and defence to increase players spatial awareness.

Rules

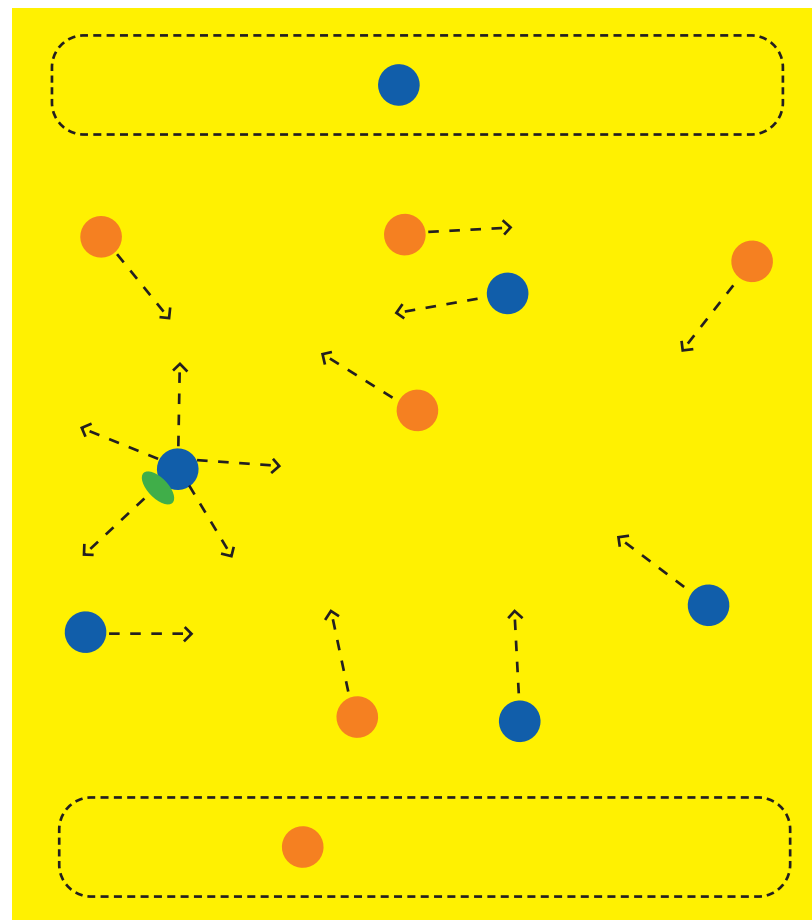
1. Ball carrier is allowed to take 3 steps and pass in any direction.
2. Defenders must be back 1m and no slap downs.
3. In order to score the ball must get be passed to a "Captain" in a zoned area, the Captain can move in the zone but not leave until the ball is passed in to them.
4. Whoever passes the ball into the Captain becomes the new Captain.

Progressions

- *Beginner* - Minimum of three passes in middle zone and then get to the Captain.
- *Intermediate* - Must pass from the hip, no overhead passes, minimum of five passes in middle zone and then get to Captain.
- *Advanced* - All passes must be from hip and push/spin pass, once you pass to the Captain you join them in the zone, first team to get everyone in the end zone wins.

Key Coaching Points

1. Head and hands facing forward.
2. Two hands on the ball.
3. Players on and off the ball always moving.



Kings

Game

Four teams. 3 - 4 minutes per game.

Purpose

High tempo, continuous attack and defence games which focuses on all aspects of touch rugby in a competitive environment.

Rules

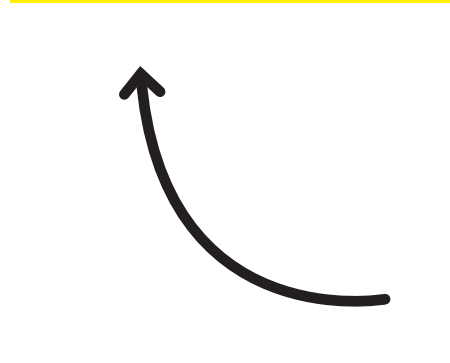
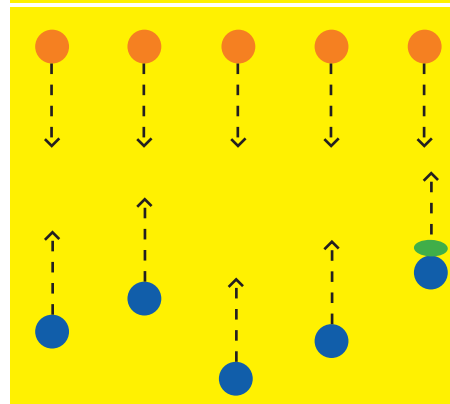
1. Four Teams; Kings/Queens/Jacks/Jokers.
2. The aim of the game is to score a try in the oppositions zone. For example; Queens v Kings.
3. Three to six touches is a turnover. If you don't score the coach kicks or throws a ball into another zone and the continuous play commences.

Progressions

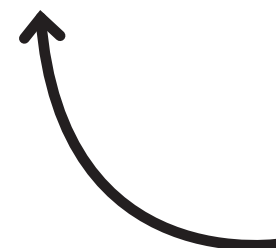
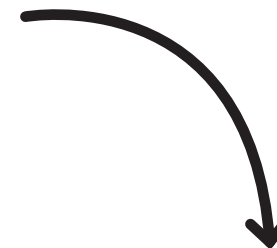
- *Beginner* - Six touches equals turnover.
- *Intermediate* - Four touches equals turnover.
- *Advanced* - Three touches equals turnover.

Key Coaching Points

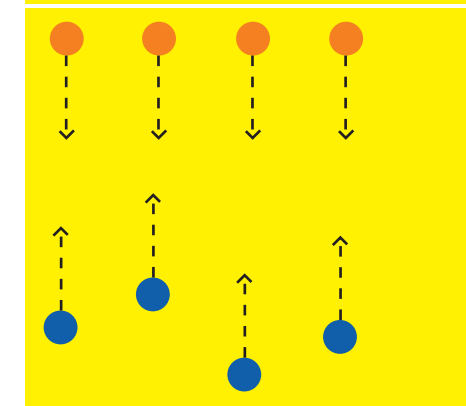
1. Head and hands facing forward.
2. Two hands on the ball.
3. Players on and off the ball always moving.
4. Two handed touch on hips.



If the Queens beat the Kings they become the Kings and the Kings become the Jokers.



If the Jokers beat the Jacks they become the Queens. As the Kings are becoming the Jokers, the Jacks stay where they are.





FROM
THE
GROUND
UP

Coaches Notes

A large, empty white rectangular area with rounded corners, intended for coaches to write their notes.



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