

AJRA

Practice Plan and Guide Book

Revised Dec 2025



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Tips for Grade 1 Students

- Keep instructions short, simple, and visual. Demonstrate rather than long verbal talk.
- Use lots of positive praise: celebrate good passes, good support runs, good evasion.
- Use names, rotate roles, keep everyone involved (try to avoid long waiting times).
- Keep drills short and dynamic (5–10 min max) before switching activity.
- Use small fields to ensure lots of activity and touches for each child.
- Encourage safe behaviour: pull flags cleanly, no tackling, no shin-guard kicks, respect others.
- Use the Rookie Rugby video library as a resource: they have games and skills videos you can show to children or use as refresher. rookierugby.ca+1
- Adapt to your space and numbers: if you have fewer kids, smaller teams; if lots of kids, more teams or rotate quickly.
- Use simple equipment: cones to mark zones, flag belts, one ball (or more if you have), maybe bibs for teams.
- Emphasizing fun and teamwork over “winning” at this age enjoyment is key to building interest.



Grade 1

Class 1 Getting moving & introduction to flags & ball

Activity	Description	Verbal Cues	Equipment
<p>Warm-up (5-7 min): “Flag Fury”</p>	<p>Every child wears a flag belt; on the coach's whistle they run around avoiding someone pulling their flag. If their flag is pulled, the child continues to play and the winner at the end has the most flags.</p>	<p>Heads up Tricky feet</p>	<p>Flag belts Flags Cones</p>
<p>Flag Pulling Practice</p>	<p>Show (or refer to) the video clip for “Pull the Flag” (Rookie Rugby Skills: Pull the Flag) – how defenders remove a flag instead of tackling. rookierugby.ca</p> <p>Children practise: in pairs, one holds the flag belt and tries to get away; the other tries to gently pull the flag. Then swap. Emphasise change of direction, safe contact.</p> <p>Next: practise picking up the ball and carrying it safely over a short distance (5–10 m).</p>	<p>Heads up Squeeze and Pull</p>	<p>Flag Flag Belts Cones</p>

Game/practice (10 min):	“Ball chase” is one ball between 4-5 children, they pass lightly to each other (or if passing is tricky, they carry and run) within a small grid; when a defender pulls the carrier’s flag, the carrier stops, drops the ball, defender becomes attacker, new defender emerges.	Heads up Hands up Squeeze the ball	Ball Flags (Optional could use hands for touch) Cones
Mini game (5-8 min):	3 v 3 (or 4 v 4) on a small field, trying to run the ball into the opposite try zone, defenders remove flags. Use simplified rules: no fixed passes required, just carry forward, avoid flags, score in the try zone.	Heads up Hands up Score the Tri	Ball Flags (Optional could use hands for touch) Cones

Class 2 Passing & support movement

Activity	Description	Verbal Cues	Equipment
Warm-up (5 min): “Sharks & Fish”	Children are “fish” in a grid carrying a ball, one or two “sharks” without a ball try to pull flags; when flagged, they become sharks. Encourages movement,	Heads up Tricky/Quick Feet	Ball Flags (Optional could use hands for touch) Cones

	looking around.		
Skill station (10 min):	<p>Show video: “Rookie Rugby Skills: Basic Pass” from Rookie Rugby. rookierugby.ca+1</p> <p>Practice in pairs: standing ~3 m apart, practise passing the ball sideways (or backwards if that rule), focusing on two-hand pass, follow through, call receiver’s name.</p> <p>Then practice support: after a pass, the passer becomes support (runs ahead or toward the receiver) to give a next pass or help. Use video “Skills: Support”. rookierugby.ca+1</p>	<p>Hands Up</p> <p>Reach for the Ball</p> <p>Squeeze</p> <p>Tip the ball like you are pouring out a jug and push</p> <p>Point where you want the ball to go</p>	<p>Ball</p> <p>Cones</p>
Game/practice (10 min): “Pass & Move”	<p>Divide into small teams of 4; set up two “try” cones at each end; they must pass at least twice before trying to score by running over the try-line. Defenders (with flags) try to pull flag of ball carrier. If flagged, ball switches to the other team.</p>	<p>Hands Up</p> <p>Score the Ball</p> <p>Heads up</p>	<p>Ball</p> <p>Flags (Optional could use hands for touch)</p> <p>Cones</p> <p>Pinnies</p>

Mini game (10–12 min):	4 v 4 on a small field. Encourage passing, movement, support. Score by carrying the ball into the try zone.	Emphasise “pass early, move into space, support your teammate”.	Ball Flags (Optional could use hands for touch) Cones Pinnies
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Class 3 Evasion & simple defence

Activity	Description	Verbal Cues	Equipment
Warm-up (5 min): “Freeze Tag with Ball”	One or two children are defenders; others carry a ball and try to avoid defenders pulling their flag. If flagged, they freeze until a teammate taps them, then they are back.	Heads up	Ball Flags (Optional could use hands for touch) Cones
Skill station (10 min):	Show video: “Rookie Rugby Skills: Evasion” (or similar) practise running with the ball and dodging. Use a resource list. rookierugby.ca+1 Children practise: in pairs, one is attacker with ball, other defender with flags. Attacker tries to dodge (side step, change pace) over ~5-10 m; defender tries to pull flag. Then swap roles. emphasise safe space, look ahead,	reinforce “move feet”, “stay on line”.	Ball Flags (Optional could use hands for touch) Cones Pinnies

	<p>change direction.</p> <p>Introduce simple defence: defenders must form a line, move together, when an attacker approaches they try to pull a flag.</p>		
Game/practice (10 min):	“Evasion relay” teams of 3; attacker runs from one end to the other with ball avoiding defenders; defenders rotate each run. Keep it fun, maybe time it.	Heads up Quick Feet	Ball Cones
Mini game (10–12 min):	5 v 3 (if numbers allow) on a small field. Emphasis: attackers try to carry/pass, avoid flags; defenders try to pull flags and get ball possession. Encourage switching attack/defence.	Heads Up Pass to friends	Ball Flags (Optional could use hands for touch) Cones Pinnies

Class 4 Combining skills & introducing simple game rules

Activity	Description	Verbal Cues	Equipment
Warm-up (5 min): “Ball tag”	Each child has a ball, they run and try to pass to someone else before being flagged. If flagged while holding the ball they drop the ball, becoming “chaser” for one turn.	<p>“Pass early, don’t wait to be tagged!”</p> <p>“Move into space after you pass!”</p> <p>“Quick hands, soft pass!”</p>	<p>Rugby balls</p> <p>Flag belts or tag rugby flags</p> <p>Cones</p> <p>Pinnies</p>

Skill station (10 min):	Review passing + support + evasion in one drill: set up a “grid” ~10×15 m; groups of three: attacker with ball in middle, two supporters on left/right; attacker runs, passes to one supporter, who passes, etc, while a defender with flags tries to intercept/pull flag. Rotate roles.	<p>“Attack the defender’s outside shoulder!”</p> <p>“Change speed or direction to evade!”</p> <p>“Draw the defender, then pass!”</p> <p>“Protect the ball when close!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Game/practice (10 min):	<p>“Support & Score” teams of 4; attackers must make at least one support run (after passing) before trying to score in the try zone; defenders try to pull the flag of the carrier. If flagged, turnover. Focus on moving without the ball, supporting the ball carrier.</p>	<p>“No standing still!”</p> <p>“Constant movement!”</p> <p>“Communicate!”</p> <p>“Support before scoring!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Mini game (10–12 min):	<p>6 v 6 or 5 v 5 depending on numbers. Use field ~20×14 m; rules:</p> <p>Once flagged, the carrier stops, passes the ball to a supporting teammate, defence becomes possession (or ball is handed over) depending on your choice.</p> <p>Encourage passing</p>	<p>“Communication!”</p> <p>“Continuous movement!”</p> <p>“Width and depth!”</p> <p>“Fast transition!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones (to mark 20 × 14 m playing area)</p> <p>Pinnies</p>

	<p>before score; maybe limit number of steps the carrier can take (e.g., 3 steps) then must pass.</p> <p>Score = carry ball into try zone or pass into supporter in try zone.</p>		
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Class 5 Full mini game & fun tournament

Activity	Description	Verbal Cues	Equipment
<p>Warm-up (5 min): “Follow the Leader with ball”</p>	<p>children follow coach moves (zig-zag, change pace, drop/pass ball) to warm up.</p>	<p>“Carry the ball in two hands!”</p> <p>“Eyes up while moving!”</p> <p>“Drop the ball and recover!”</p> <p>“Pass and keep moving!”</p> <p>“Soft hands!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Whistle</p>
<p>Quick skill review (5 min):</p>	<p>In pairs quickly practise a pass + support run + dodge from defender (flags).</p>	<p>“Step to the side!”</p> <p>“Sell the dummy!”</p> <p>“Explode into space!”</p> <p>“Protect the ball!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

Tips for Grade 2 Students

Keep instructions short and visual, show rather than long lecture.

Use lots of positive reinforcement: “Great pass!”, “Nice support run!”, “Super dodge!”.

Rotate roles often so every child has a chance to carry, pass, defend.

Make the field small so there is lots of involvement and touches.

Use simple equipment: cones, flag belts, one ball (or a few if you have enough).

Emphasise safe behaviours: no tackling, no heavy collisions, flags only.

Use the Rookie Rugby video library as reference for games/skills. Simply show clips or use ideas. For example: “*Rookie Rugby Games: Hunter & the Herd*” (for defence) rookierugby.ca or “*Rookie Rugby Games: Passing Lines*” [YouTube](#)

Adapt to your space, weather, number of kids. If fewer kids, smaller teams; if more kids, break into more groups or rotate more quickly.

Focus on fun and encouragement rather than strict “winning” — at this age, building interest and confidence is key.

Grade 2

Class 1 Rugby Explorers: Moving, Tagging, and Team Awareness

Activity	Description	Verbal Cues	Equipment
<p>Warm-Up (5 min)</p> <p><i>Animal Relays:</i></p>	<p>Students move like animals to cones (bear crawl, kangaroo hops, etc.) while holding a rugby ball... encourages grip and movement control.</p>	<p>“Move like a bear — strong hands and feet!”</p> <p>“Kangaroo hops — soft landings!”</p> <p>“Crab walk — keep hips up!”</p> <p>“Cheetah run — quick and light!”</p> <p>“Stay balanced while moving!”</p>	<p>Rugby balls or soft foam balls</p> <p>Cones</p> <p>Whistle</p>
<p>Skill 1: Flag Pulling in Motion (10 min)</p>	<p>Introduce <i>flag pulling while running</i> (instead of stationary).</p> <p>Watch: Pull the Flag Rookie Rugby Skills</p> <p>Activity: Pairs chase each other within a 10 m grid, one runner, one defender; switch every 30 seconds.</p>	<p>“Control first, then speed!”</p> <p>“React quickly!”</p> <p>“Reset fast!”</p> <p>“Good effort!”</p>	<p>Flag belts</p> <p>Rugby balls</p> <p>Cones (to mark 10 m × 10 m grid)</p> <p>Whistle</p>

<p>Skill 2: Carrying & Evasion (10 min)</p>	<p>Set up small lanes. Runners carry the ball, try to zig-zag through cones without losing flags.</p> <p>Add one passive defender to create a challenge.</p> <p>Focus cues: <i>“Eyes up, two hands, dodge safely.”</i></p>	<p>“Eyes up!”</p> <p>“Two hands on the ball!”</p> <p>“Zig-zag through the cones!”</p> <p>“Change speed!”</p> <p>“Protect your flags!”</p> <p>“Explode into space after the dodge!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones (to create zig-zag lanes)</p> <p>Pinnies</p>
<p>Mini-Game (10 min)</p>	<p><i>Treasure Run:</i> Players carry the ball across a “river” while defenders try to grab flags. If tagged, return and retry. Teams compete for the most successful crossings.</p> <p>Watch: Rookie Rugby Game – End Zone Tag</p>	<p>“Use footwork, not strength!”</p> <p>“Quick decisions!”</p> <p>“Keep moving!”</p> <p>“Encourage your teammates!”</p> <p>“Have fun!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p> <p>Whistle</p>

Class 2 Pass, Catch, and Communicate

Activity	Description	Verbal Cues	Equipment
<i>Cone Grabbers:</i>	Two teams race to grab cones and return to facing upright like a volcano or down like a crater. Builds awareness and movement.	<p>“Flip cones carefully!”</p> <p>“One cone at a time!”</p> <p>“Communicate with your team!”</p> <p>“Make quick decisions!”</p>	<p>Cones Cones to mark boundaries</p> <p>Whistle</p>
Skill 1: Passing While Moving (10 min)	<p>Watch: Basic Pass – Rookie Rugby Skills</p> <p>3-player weave drill: Pass and follow your pass. Keep the ball moving down the line.</p> <p>Emphasise “soft hands”, “call the name”, and “follow your pass.”</p>	<p>“Soft hands!”</p> <p>“Two hands on the ball!”</p> <p>“Push the ball across your body!”</p> <p>“Pass in front of the runner!”</p> <p>“Aim for chest height!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Pinnies</p>
Skill 2: Team Relay Passing (10 min)	<p>Teams of 4 line up; pass down the line, the last runner sprints back to start with the ball.</p> <p>Challenge: add</p>	<p>“Keep the ball moving!”</p> <p>“Quick decisions!”</p> <p>“Movement beats defence!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

	defenders who can't touch ball but can pull flag if players stand still		
Mini-Game (10 min)	<p><i>Rookie Rugby "Keep Away":</i> 3 v 2 in a small grid; attackers pass and move to keep possession for 5 passes = 1 point.</p> <p>Watch: Rookie Rugby Game Keep Away</p>	<p>"Pass and move!"</p> <p>"Support the ball!"</p> <p>"Create space!"</p> <p>"Call for it!"</p> <p>"Soft hands!"</p> <p>"Keep the ball alive!"</p>	<p>Rugby balls</p> <p>Cones (to mark small grids, ~10 × 10 m)</p> <p>Pinnies</p>

Class 3 Attack and Defence: Finding Space

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min)	<p><i>Red Light, Green Light – Rugby Edition:</i></p> <p>Players run with the ball on "green", freeze on "red", and dodge flags on "yellow".</p>	<p>"Move under control!"</p> <p>"No collisions!"</p> <p>"Head up at all times!"</p> <p>"Have fun!"</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones (to mark start/end lines and boundaries)</p> <p>Whistle or verbal call-outs</p> <p>Pinnies</p>

<p>Skill 1: Attack into Space (10 min)</p>	<p>Show: Finding Space Rookie Rugby</p> <p>Grid with multiple defenders; attackers practice reading space (where to run) without losing flags.</p>	<p>“Run where the defenders aren’t!”</p> <p>“Change angle, not just speed!”</p> <p>“Attack open space!”</p> <p>“Protect your flags!”</p> <p>“Accelerate once you find space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
<p>Skill 2: Defensive Line & Teamwork (10 min)</p>	<p>Teach “move together, stay level” rule.</p> <p>Defenders hold hands or use rope to learn line coordination, moving side-to-side without breaking shape.</p>	<p>“Defence is teamwork!”</p> <p>“Communication!”</p> <p>“Control first, then speed!”</p> <p>“Good shape!”</p>	<p>Flag belts</p> <p>Rope, pool noodle, or resistance band</p> <p>Cones</p> <p>Rugby balls</p>
<p>Mini-Game (10 min)</p>	<p><i>Hunter and the Herd:</i> One “hunter” tries to pull flags from “herd” staying close together.</p> <p>Watch: Rookie Rugby Game – Hunter & the Herd</p>	<p>Herd (Attackers)</p> <p>“Stay together!”</p> <p>“Move as a group!”</p> <p>“Protect each other’s flags!”</p> <p>“Change direction together!”</p> <p>“Communicate!”</p>	<p>Flag belts</p> <p>Cones</p> <p>Whistle</p>

		<p>Hunter (Defender)</p> <p>“Stay balanced!”</p> <p>“Watch the hips!”</p> <p>“Choose one target!”</p>	
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Class 4 Game Smart: Play, Stop, and Restart

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min)	<p><i>Rugby Freeze</i>: Run, pass, stop when whistle blows</p> <p>teaches quick listening and restarts.</p>	<p>“Run forward!”</p> <p>“Pass and move!”</p> <p>“Call the name!”</p> <p>“Support the ball!”</p> <p>“Eyes up!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Skill 1: Two-Hand Touch Rule (10 min)	<p>Add a rule: when the flag is pulled, the ball-carrier must stop and pass.</p> <p>Practice with defenders calling “FLAG!” so the attack knows to pass.</p>	<ul style="list-style-type: none"> ● “Listen for the call!” ● “Quick decisions!” ● “Good communication!” 	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p>

	Watch: Mini-Game – Two Hand Touch	<ul style="list-style-type: none"> • “Play on!” 	
Skill 2: Mini Set Plays (10 min)	<p>Simple start from center cone. 3 attackers vs 2 defenders.</p> <p>Focus on spacing and support running. Encourage calling for the ball.</p>	<p>“Communication!”</p> <p>“Good spacing!”</p> <p>“Quick decisions!”</p> <p>“Keep moving!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Mini-Game (10–12 min)	<p><i>Half-Field Scrimmage:</i> 4 v 4 using real rules (flag = stop + pass). Score by running the ball into the end zone.</p> <p>Stop frequently to reinforce “pass after flag” and “stay behind the ball”.</p>	<p>“Pass and move!”</p> <p>“Stay behind the ball!”</p> <p>“Support left and right!”</p> <p>“Call for the ball!”</p> <p>“Use the space!”</p> <p>“Where should support be?”</p> <p>“Who is behind the ball?”</p> <p>“What’s the best passing option?”</p> <p>“Great support run!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p> <p>Whistle</p>

Class 5 Rookie Rugby Festival

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min)	<p><i>Follow the Captain:</i> One child leads creative warm-up movements with a ball.</p>	<p>“Zig-zag!” “Stop and go!” “Spin or step safely!” “Stay balanced!”</p>	Rugby balls
Festival Play (25 min)	<p>Set up two mini-fields (15 × 10 m). Rotate 4 v 4 games every 5 min.</p> <p>Use all learned rules:</p> <ul style="list-style-type: none"> - Two-hand pass - Flag = stop & pass - Score = carry into end zone - 3-pass limit before scoring <p>Encourage teams to name themselves and cheer each other on.</p>	<p>“Stay behind the ball!” “Spread out!” “Run into space!” “Hands up ... target!” “Three passes before scoring!” “Carry into the end zone!” “Great teamwork!” “Cheer your team on!” “Have fun!”</p>	<p>Rugby balls Flag belts Cones (to mark two 15 × 10 m fields and end zones) Pinnies or wristbands Whistle Whiteboard/clipboard (optional for scores)</p>

Tips for Grade 3 Students

Keep activities short, clear, and purposeful Grade 3s can handle more structure, but still need variety and frequent movement.

Demonstrate each skill visually and let students imitate what they learn best by *seeing* and *doing*.

Encourage communication and teamwork: have players call for the ball (“Here!” or “Pass!”) and cheer for teammates.

Continue using positive feedback: “Awesome flag pull!”, “Great teamwork!”, “Nice side-step into space!”.

Rotate roles regularly so everyone practices *attacking*, *defending*, and *passing under pressure*.

Gradually make the field slightly larger than in Grade 2 to challenge spacing and game awareness.

Use cones and boundary markers to teach positioning — this helps students understand attack and defence zones.

Remind them of safety rules at the start of every session: no tackling, no pushing, flags only, play fair.

Encourage quick transitions — when a flag is pulled, the carrier stops, passes, and both teams switch roles quickly.

Use Rookie Rugby videos for visual learning. For example:

- **“Rookie Rugby Games: Transition Game”** (*teaches quick switches between attack and defence*) – rookierugby.ca
- **“Rookie Rugby Skills: Support”** (*shows teamwork and movement off the ball*) – rookierugby.ca

Adapt to your class size, space, and energy level — if students are tired, simplify games; if engaged, add mini-challenges.

Keep the tone playful but purposeful — emphasize *learning teamwork, respect, and confidence* more than winning



Class 1 – “Run, Hide & Tag”

Activity	Description	Verbal Cues	Equipment
<p>Warm-Up (5 min):</p> <p><i>“Colour Run”</i></p>	<p>On a coach call of a colour, students move to that cone while carrying the ball. At each stop they practise a quick foot-shuffle or 360-turn then carry on.</p>	<p>“Eyes up — listen for the colour!”</p> <p>“Accelerate to the cone!”</p> <p>“Control your speed!”</p> <p>“Change direction quickly!”</p>	<p>Rugby balls or soft foam balls</p> <p>Coloured cones</p> <p>Cones to mark boundaries</p> <p>Whistle</p>
<p>Skill Station (10 min):</p>	<p>Introduce the skill of flag-pulling: Watch video: <i>“Rookie Rugby Skills: Pull the Flag”</i> rookierugby.ca</p> <p>In pairs: one attacker with ball, defender with flag-belt. Attacker runs ~8-10 m trying to avoid defender; when attacker is flagged, swap roles. Encourage side-shuffles, changes of direction.</p>	<p>“No contact!”</p> <p>“Control first, then speed!”</p> <p>“Reset quickly!”</p> <p>“Good effort!”</p>	<p>Rugby balls or soft foam balls</p> <p>Flag belts</p> <p>Cones (to mark 8–10 m running lanes)</p> <p>Whistle</p>
<p>Skill Station (10 min):</p>	<p>Carry & evade: Set up lanes (~10 m long). Students run with ball, weave through cones, then sprint to end zone. Defender (or coach) tries to flag. Focus: ball</p>	<p>“Two hands on the ball!”</p> <p>“Run upright!”</p> <p>“Eyes up look ahead!”</p> <p>“Weave through the</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones (to create ~10 m weaving lanes + end zone)</p>

	carried in two hands, running upright, look ahead.	cones!” “Change speed!” “Explode into the sprint!” “Protect your flags!”	Pinnies
Mini Game (10–12 min):	“ <i>Treasure Run Relay</i> ”: Divide into two teams. Each team sends one attacker across field to try to reach the try-zone without being flagged, then returns and tags next teammate. The defenders (one or two) attempt to flag. Both teams rotate roles. Count successful crossings.	“Control before speed!” “Reset fast!” “Have fun!”	Rugby balls Flag belts Cones Pinnies Whistle

Class 2 Pass & Support

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min):	“ <i>Pass Tag</i> ” — Students form a circle or grid; they pass the ball to someone else then immediately move to a new spot. A “tagger” tries to chase and pull flags of those carrying ball. Builds passing under pressure.	“Pass and move!” “Don’t stand still!” “Call the name!”	Rugby balls Flag belts Cones Pinnies Whistle

Skill Station (10 min):	<p>Show video: “<i>Rookie Rugby Skills: Support</i>” rookierugby.ca</p> <p>Drill: Groups of three ball-carrier + two supporters. The carrier passes to a support, then moves to fill space, supporters move to support. Emphasise communication (“here!”, “pass!”).</p>	<p>“Call ‘HERE!’”</p> <p>“Call ‘PASS!’”</p> <p>“Talk early and loud!”</p> <p>“Help the ball carrier!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Flag belts (optional, add later for pressure)</p> <p>Pinnies</p>
Skill Station (10 min):	<p>Passing on the move: In pairs, students move slowly across fields ~8-12 m apart, continuously passing the ball back and forth while jogging. Then introduce defenders with flags in the middle lane to pressure passing.</p>	<p>“Jog together — stay level!”</p> <p>“Soft hands!”</p> <p>“Two hands on the ball!”</p> <p>“Pass in front of your partner!”</p> <p>“Follow your pass!”</p> <p>“Call the name!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p> <p>Whistle</p>
Mini Game (10–12 min):	<p>“<i>Support Score</i>”: Two teams of 4–5. On attack, the ball-carrier must pass at least twice before entering try-zone. Defenders try to flag carrier. If</p>	<p>“Two passes before you score!”</p> <p>“Pass and go!”</p> <p>“Support the ball!”</p> <p>“Move into space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

	flagged, turnover. Encourage support runs and looking for space.	“Call for it!” “Keep the ball alive!”	Whistle
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Class 3 Attack Patterns & Defensive Shape

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min):	“ <i>Switch the Zone</i> ” — Attacker with ball runs forward, on coach signal they switch direction and pass to teammate, defenders try to flag. Builds awareness of space and change of direction.	Awareness!” “Quick decisions!” “Change angle, not just speed!” “Great reaction!”	Rugby balls Flag belts Cones (to mark zones / playing area) Pinnies Whistle
Skill Station (10 min):	Attack pattern: In groups of 3 attackers + 2 defenders. Demonstrate simple “give & go” (pass, run around support, receive) and “switch” (bounce pass then switch run behind). No video required but you may show a relevant Rookie Rugby game video from the “Passing Lines” or “Mirrored Lines” on site. rookierugby.ca	“Simple and smooth!” “Timing over speed!” “Talk to each other!” “Good decision-making!”	Rugby balls Flag belts Cones Pinnies

Skill Station (10 min):	Defence station: Introduce line defence. Two or three defenders line up side-by-side, move laterally as a group. They practise adjusting to attacker movements. Show video: “ <i>Rookie Rugby Skills: Defensive Shape</i> ” (check in video list) rookierugby.ca	Defence is teamwork!” “Shape before speed!” “Control first!” “Good line!”	Flag belts Cones Rugby balls Rope / pool noodle (optional, to keep defenders connected early on) Pinnies
Mini Game (10–12 min):	“ <i>Attack vs Defence Circuit</i> ”: Field split into three zones: Start zone (attackers start), middle zone (defenders waiting), end zone (score). Attackers practise patterns into the end zone; defenders aim to pull flag before end zone. Rotate roles.	“Set your shape before you go!” “Pass and move!” “Support left and right!” “Attack the space!” “Communicate, call for it!” “Finish strong into the end zone!”	Rugby balls Flag belts Cones Pinnies

Class 4 Transitions & Game Scenarios

Activity	Description	Verbal Cues	Equipment
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<p>Warm-Up (5 min): <i>“Ball & Flag Freeze”</i></p>	<p>All players carry the ball and move around; on the whistle they must immediately drop the ball and become a defender (grab flag from someone else). Builds quick transition awareness.</p>	<p>“Quick thinking!” “Fast transition!” “Control first, then speed!” “Great reactions!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>
<p>Skill Station (10 min):</p>	<p>Transition drill: Two teams of 4 in a small field. Attackers try to score; defenders try to flag. When the flag is pulled, the defender becomes the attacker immediately (quick turnover). Emphasise quick mindset switch.</p>	<p>“Mindset switch!” “Quick reaction!” “Play on!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>
<p>Skill Station (10 min):</p>	<p>Show video: <i>“Rookie Rugby Games: Transition Game”</i> rookierugby.ca</p> <p>Practice: Attackers carry the ball, get flagged, then turn and defend the next run. Rotate so students experience both roles.</p>	<p>“Fast transition!” “No stopping!” “Think first, then move!” “Great reactions!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>

<p>Mini Game (10–12 min):</p>	<p><i>“Four-Square Scrimmage”</i>: Use four small squares in the field. Teams rotate through each square every 2 minutes. Attack in square 1, defend in square 2, rest in square 3, etc. Encourages variety, quick thinking, transitions.</p>	<p>Attackers</p> <p>“Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Use the space!”</p> <p>“Call for it!”</p> <p>Defenders</p> <p>“Move together!”</p> <p>“Stay square!”</p> <p>“Close space!”</p> <p>“Pull the flag!”</p> <p>“Communicate!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
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Class 5 Grade 3 Flag Rugby Festival

Activity	Description	Verbal Cues	Equipment
<p>Warm-Up (5 min):</p> <p><i>Student lead Warm-Up</i></p>	<p>Choose a student to lead dynamic warm-up with ball (zig-zag, pass, skip, high-knees). Builds ownership.</p>	<p>“ Stay Moving”</p> <p>“Make sure your body feels warm”</p>	

<p>Festival Play (25–30 min):</p>	<p>Split students into 3-4 teams of ~4-5 players. Set up 2 or 3 mini-fields (~20–25 m × ~12 m).</p> <p>Round-robin format: each game ~5 minutes long. Teams rotate so they play multiple games.</p> <p>Rules summary for festival:</p> <ul style="list-style-type: none"> - Flag pull = stop & pass immediately (or turnover) - Minimum of 2 passes before entering try-zone to score - Attackers use support runs, switch patterns; defenders use line shape and quick transition <p>Fair play emphasis: high-five the flag-puller, cheer when someone makes good pass</p> <p>Teacher/coaches keep</p>		<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p> <p>Clock</p>
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	simple score (optional) for fun recognition: “Most support runs”, “Best teamwork”, “Best dodge”.		

Tips for Grade 4 Students

Keep drills competitive but **always positive**, Grade 4s thrive on challenge and feedback.

Encourage **strategy talk**: “How can we spread out?” or “Who supports the runner?”

Emphasise quick **transitions**, defence to attack and back.

Use **short, timed games** to maintain focus and energy.

Incorporate **team leadership**: assign a new “captain” each class to lead warm-up or set cones.

Continue enforcing **safe play** no contact, no diving, no pushing.

Integrate video clips before or after class to visually reinforce learning:

- [Rookie Rugby – Support Play](#)
- [Rookie Rugby – Evasion](#)
- [Rookie Rugby – Transition Game](#)

Focus on **confidence, teamwork, and respect** they’re ready to learn game sense, not just skills.

Class 1 Building Confidence & Control

Activity	Description	Verbal Cues	Equipment
<i>“Flag Sprint Challenge”</i>	Players run through cones with flags on; when coach yells “tag,” nearest defender pulls a flag safely and returns it.	Eyes up!” “Two hands on the ball!” “Run under control!” “Protect your flags!” “Keep moving through the cones!”	Rugby balls Flag belts Cones Whistle
Ball Carry & Awareness (10 min)	Players jog in the grid while carrying a ball, avoiding bumping into others. Add defenders pulling flags to simulate game traffic. Emphasise: “Two hands, eyes up, move into space.”	“Two hands on the ball!” “Eyes up, scan the space!” “Move into space!” “Change direction if it’s crowded!” “Protect your flags!” “Jog under control!”	Rugby balls Flag belts Cones Whistle Pinnies

<p>Flag Pulling & Recovery (10 min)</p>	<p>Show: Rookie Rugby Skills – Flag Pull</p> <p>Pair up: one attacks, one defends. After pulling the flag, the defender must hand the flag back and both reset.</p> <p>Add points: attacker gets 1 point for crossing line, defender 1 for successful pull.</p>	<p>“Two hands on the ball!”</p> <p>“Eyes up scan the space!”</p> <p>“Move into space!”</p> <p>“Change direction if it’s crowded!”</p> <p>“Protect your flags!”</p> <p>“Jog under control!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
<p>Mini Game (10–12 min): End Zone Race</p>	<p>Small-sided 3v3. Score by crossing the end zone with the ball; defenders pull flags. Rotate teams quickly.</p>	<p>“Quick restart!”</p> <p>“Switch roles fast!”</p> <p>“Next team ready!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 2 Passing with Purpose

Activity	Description	Verbal Cues	Equipment
<p>“Rugby Simon Says”</p>	<p>Include commands like “pass,” “dodge,” “freeze,” “flag pull,” and “score.”</p>		<p>Rugby balls</p> <p>Cones</p> <p>Whistle</p>

<p>Skill 1: Dynamic Passing (10 min)</p>	<p>Show: Rookie Rugby Skills – Passing</p> <p>In pairs, players move across the field passing sideways/backwards.</p> <p>Focus: soft hands, communication (“Here!”), and follow your pass.</p>	<p>“Pass and follow your pass!”</p> <p>“Keep moving forward together!”</p> <p>“Stay level!”</p> <p>“Don’t stop after you pass!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Pinnies</p>
<p>Skill 2: Support Play (10 min)</p>	<p>3-player drill: attacker runs and passes to supporting teammate, who must stay behind the ball.</p> <p>Add one defender to create pressure.</p> <p>Watch: Rookie Rugby Skills – Support</p>	<p>“Stay behind the ball!”</p> <p>“Move early into space!”</p> <p>“Hands up, show a target!”</p> <p>“Call ‘HERE!’”</p> <p>“Run onto the pass!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
<p><i>3-Pass Challenge</i></p>	<p>Teams must complete 3 passes before scoring a try. Emphasise teamwork, spacing, and looking for open players.</p>	<p>“Three passes before you score!”</p> <p>“Pass and move!”</p> <p>“Use the width!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

		<p>“Support left and right!”</p> <p>“Call for the ball!”</p>	
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Class 3 – Evasion & Defence in Motion

Activity	Description	Verbal Cues	Equipment
“Dodge Tag”	Defenders without the ball try to pull flags; attackers can’t leave the boundary.	<p>“Use the space you have!”</p> <p>“Change direction!”</p> <p>“Don’t panic near the line!”</p> <p>“Good footwork!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Evasion Techniques (10 min)	<p>Teach <i>sidestep, swerve, and spin moves</i>.</p> <p>Players run toward the cone defender, perform one move, and sprint out.</p> <p>Watch: Rookie Rugby Skills – Evasion</p>	<p>“Eyes up scan!”</p> <p>“Two hands on the ball!”</p> <p>“Sell the fake!”</p> <p>“Change speed!”</p> <p>“Protect your flags!”</p> <p>“Accelerate after the move!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

<p>Defensive Line Practice (10 min)</p>	<p>Set 3 defenders shoulder-to-shoulder. Move laterally together while the coach calls “left,” “right,” “up.”</p> <p>Emphasise staying flat, communicating “I’ve got the ball!”</p>	<p>“Stay flat!”</p> <p>“Move together!”</p> <p>“No gaps!”</p> <p>“Small side steps!”</p> <p>“Stay square!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
<p>Mini Game (10–12 min): “2v2 Attack the Gap”</p>	<p>Two attackers vs two defenders in a small grid. Attackers try to reach the end; defenders pull flags. Rotate roles quickly.</p>	<p>“Use the space!”</p> <p>“Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Call for it!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 4 – Game IQ & Transitions

Activity	Description	Verbal Cues	Equipment
<p>Mini Game (12 min):</p>	<p>“<i>Continuous Play</i>” – two teams; every flag pull = immediate turnover. Keeps pace high and teaches transition awareness.</p>	<p>Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Call for it!”</p> <p>“Use the space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

“Traffic Light Rugby”	Green = run, Yellow = pass, Red = stop. Add defenders for reaction challenges.	<p>“Listen and react!”</p> <p>“Quick decisions!”</p> <p>“Control before speed!”</p> <p>“Great focus!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Turnovers & Restarts (10 min)	<p>Teach: when a flag is pulled, the ball carrier stops, passes immediately.</p> <p>Defenders switch to attack transition quickly!</p> <p>Watch: Rookie Rugby Games – Transition Game</p>	<p>“No standing still!”</p> <p>“Fast transition!”</p> <p>“Think first, then move!”</p> <p>“Great reactions!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Quick Play Drill (10 min)	<p>Teams of 4: attack for 30 seconds; if flag pulled, must pass within 3 seconds.</p> <p>Rotate teams. Focus on <i>communication and speed of reset.</i></p>	<p>“Communication!”</p> <p>“Quick decisions!”</p> <p>“Fast reset!”</p> <p>“High tempo!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p> <p>Stop Watch</p>

Class 5 – Mini League Tournament

Activity	Description	Verbal Cues	Equipment
<i>“Follow the Captain”</i>	One student leads stretches and ball movement to start.		Rugby balls
Tournament Play (25–30 min):	<p>Teams of 5–6 play short games (8–10 minutes).</p> <p>Standard Rookie Rugby flag rules:</p> <p>No contact (flag pull = stop & pass)</p> <p>Try = carrying into end zone</p> <p>3-pass minimum before scoring</p> <p>Jr referees (students or older helpers) can officiate.</p> <p>Coaches encourage teamwork and communication over competition.</p>	<p>“Three passes before you score!”</p> <p>“Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Call for it!”</p> <p>“Use the space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p> <p>Stop Watch</p>

Tips for Grade 5 Students

Start incorporating **strategic talk**: encourage players to plan set plays or defensive signals.

Keep drills **fast-paced and competitive**, but focus on learning outcomes — not just winning.

Emphasise **decision-making**: when to pass, when to run, when to defend.

Let players take **small leadership roles** (captains, referees, or team managers).

Encourage **team discussions** after each game: “What went well? What will we fix next?”

Continue to reinforce **safe play** — no tackling, no contact, flags only.

Use Rookie Rugby videos for visual reference and to model drills:

- Passing Skills
- [Evasion Skills](#)
- [Transition Game](#)

Balancing **competition with creativity** lets them invent team names, cheers, and mini-plays.

Focus on **confidence, teamwork, and tactical growth** preparing them for full youth rugby in coming years.

Activity	Description	Verbal Cues	Equipment
<i>Flag Frenzy</i>	All players in the grid; 2–3 defenders pull flags. Offenders practice dodging and reattaching. Builds movement and agility.	<p>“Space over speed!”</p> <p>“Quick reactions!”</p> <p>“Good footwork!”</p> <p>“Reset fast!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p> <p>Stop Watch</p>
Ball Carry & Vision (10 min)	<p>Players move around the grid carrying the ball while scanning for open space or teammates.</p> <p>Emphasise: “Eyes up, two hands, call for help.”</p> <p>Add defenders who can pressure from different directions.</p>	<p>“Eyes up — scan!”</p> <p>“Two hands on the ball!”</p> <p>“Move into open space!”</p> <p>“Change direction if it’s crowded!”</p> <p>“Protect your flags!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p> <p>Stop Watch</p>
Flag Pull Reaction Drill (10 min)	<p>Show: Flag Pull – Rookie Rugby Skills</p> <p>After the flag is pulled, both attacker & defender must drop the ball → reset → quick restart within 3</p>	<p>“No stopping!”</p> <p>“Fast thinking!”</p> <p>“High tempo!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

	seconds. Teaches flow and quick transitions.	“Great reactions!”	Stop Watch
<i>“End-Zone Awareness”</i>	3 v 3 games. Points for a try = 2, bonus 1 point if two passes made first. Encourage field vision.	“Two passes for a bonus!” “Pass and move!” “Use the space!” “Support the ball!” “Call for it!” “Look up!”	Rugby balls Flag belts Cones Whistle Pinnies Stop Watch

Class 2 – Passing Under Pressure

Activity	Description	Verbal Cues	Equipment
<i>“Rugby Hot Potato”</i>	Groups of 6 pass around the circle quickly while the coach counts down from 10; must complete the pass before time’s up.	“Stay light on your feet!” “Be ready before the ball comes!” “Eyes up!” “Keep the circle shape!”	Rugby balls Cones Stop Watch
Moving Pass & Timing (10 min)	Watch: Rookie Rugby Skills Passing Players run in lines 3-wide; balls passed across as they move forward through cones.	“Run straight!” “Stay in your lane!” “Move forward together!”	Rugby balls Flag belts Cones Pinnies

	Cue: “Run straight, pass flat, support behind.”	“Keep your spacing!”	
Pressure Pass Drill (10 min)	3 attackers vs 2 defenders in lane; attackers must pass through defensive pressure without flag being pulled. Switch roles often.	“Pass early!” “Move into space!” “Support left and right!” “Stay behind the ball!” “Call for it!”	Rugby balls Flag belts Cones Whistle Pinnies
<i>Keep Possession Challenge</i>	6 v 6 teams. After 5 completed passes = 1 point. If the flag is pulled, possession changes. Promotes movement and passing under pressure.	“Five passes = one point!” “Pass and move!” “Support the ball!” “Stay behind the ball!” “Use the space!” “Call for it!”	Rugby balls Flag belts Cones Whistle Pinnies Stop Watch Whiteboard

Class 3 – Team Attack & Support

Activity	Description	Verbal Cues	Equipment
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<p><i>Zig-Zag Relays</i></p>	<p>Teams run ball through cones, pass at end, next player goes. Add defenders to increase pressure.</p>	<p>“Two hands on the ball!”</p> <p>“Eyes up — run through the cones!”</p> <p>“Control your speed!”</p> <p>“Protect your flags!”</p> <p>“Pass at the end!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
<p>Offensive Shape (10 min)</p>	<p>Teach simple 3-line formation: ball-carrier middle, support left and right.</p> <p>Move as a unit down field making passes as defenders pressure.</p> <p>Cue: “Spread out, run forward, pass sideways.”</p>	<p>“Ball in the middle!”</p> <p>“Support left and right!”</p> <p>“Stay in three lines!”</p> <p>“Spread out!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

<p>Give-and-Go / Switch Play (10 min)</p>	<p>Practice two-player “give and go”: pass, run behind, receive again.</p> <p>Introduce switch pass (attackers cross paths to confuse defence).</p> <p>Watch: mirrored lines</p>	<p>“Pass and GO!”</p> <p>“Run behind your partner!”</p> <p>“Hands up — get it back!”</p> <p>“Accelerate after the pass!”</p> <p>“Attack the space!”</p> <p>Switch</p> <p>“Cross paths!”</p> <p>“Sell the run!”</p> <p>“Switch behind!”</p> <p>“Change angle!”</p> <p>“Communicate early!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p>
<p><i>Support Score</i></p>	<p>Teams must make at least one support pass before scoring. Reward teamwork, not solo tries.</p>	<p>“Support pass before you score!”</p> <p>“Pass and go!”</p> <p>“Move into space!”</p> <p>“Support left and right!”</p> <p>“Call for it!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 4 – Defence & Transition Strategy

Activity	Description	Verbal Cues	Equipment
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<p>“Mirror Tag”</p>	<p>In pairs, one leads with a ball, the other mirrors without touching; develops lateral movement.</p>	<p>“Move side to side!” “Change speed!” “Stay upright!” “Two hands on the ball!” “Be creative!”</p>	<p>Rugby balls Flag belts Cones</p>
<p>Line Defence (10 min)</p>	<p>Show: Rookie Rugby Skills – Defensive Shape</p> <p>4 defenders link arms (loose), move side to side maintaining a flat line.</p> <p>Progress to live drill: 2 attackers try to run through; defenders pull flag without breaking line.</p>	<p>“Stay flat!” “Move together!” “No gaps!” “Small side steps!” “Stay square!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies Rope / pool noodle / linked arms</p>
<p>Transition Play (10 min)</p>	<p>After the defense recovers the ball, they immediately attack in another direction.</p> <p>Builds awareness and flow.</p> <p>Watch: Rookie Rugby Games – Transition</p>	<p>“Stay square!” “Move together!” “Eyes on hips!” “Pull the flag!” “Call ‘FLAG!’”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>

	<u>Game</u>		
<i>“Turn & Go Scrimmage”</i>	Small field game with continuous transition. Encourages fast reset and communication.	<p>“Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Call for it!”</p> <p>“Use the space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 5 – Game Day

Activity	Description	Verbal Cues	Equipment
<i>“Captain’s Choice”</i>	Student-selected captains lead team stretches and quick drill.		Rugby balls
Tournament Play (25–30 min):	<p>Teams of 6 or 7 compete in short matches (8 min each).</p> <p>Standard flag rules:</p> <p>Flag pull = stop & pass within 3 seconds.</p> <p>Must make 3 passes before scoring.</p> <p>Turnovers after flag</p>	<p>“Three passes before you score!”</p> <p>“Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Call for it!”</p> <p>“Use the space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p> <p>Whiteboard</p>

	<p>pull or ball drop.</p> <p>Rotate positions so each student tries attack and defence.</p> <p>Encourage student captains to organize and communicate on field.</p>		

Tips for Grade 6 Students

Begin introducing **tactical depth**: offside awareness, line speed, and “draw and pass” logic.

Encourage **student leadership** — captains can call plays, set up drills, and manage team huddles.

Keep energy high with **short games and quick transitions** — avoid over-coaching.

Use **Rookie Rugby videos** for visual learning and self-correction.

- Passing Skills
- [Transition Game](#)
- Mirrored Lines (Attack Game)

Add **mini coaching moments**: ask players to explain strategies between drills.

Reinforce **team accountability, winning** means nothing if players don’t communicate and support each other.

Keep safety top priority: clear tags, no diving, no shoulder contact.

End every session with a **team huddle and reflection question** to build maturity and sportsmanship.

Cass 1

Activity	Description	Verbal Cues	Equipment
<i>Speed Flags</i>	Sprint drills with flag pulling at the finish line; focus on quick change of direction and recovery.	“Explode off the line!” “Run tall and fast!” “Eyes up!” “Change direction quickly at the line!” “Protect your flags!”	Rugby balls Flag belts Cones Whistle Pinnies
Quick Pass & Support (10 min)	Show: Rookie Rugby Skills – Passing In 3-player groups, continuous passing across the field while moving forward. Add defenders to pressure timing and spacing.	Run forward together!” “Stay level!” “Keep your spacing!” “Don’t drift ahead!”	Rugby balls Flag belts Cones Pinnies
Defensive Reaction (10 min)	One attacker vs one defender in a 10m grid. Attacker tries to pass defender without losing flag; defender focuses on quick reaction and recovery. Rotate quickly at high	“Eyes up — scan the defender!” “Attack the space!” “Change speed!” “Sidestep or swerve!”	Rugby balls Flag belts Cones Pinnies

	intensity.	<p>“Protect your flags!”</p> <p>“Accelerate past!”</p>	
Mini Game (12 min): “3-Second Challenge”	After a flag pull, the ball must be passed within 3 seconds or turnover. Encourages quick play and awareness.		<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 2 – Creating Overlaps & Using Space

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min): “Cone Run”	Players run through zigzag cones with the ball, passing midway; introducing direction change and timing.	<p>“Eyes up!”</p> <p>“Two hands on the ball!”</p> <p>“Zigzag through the cones!”</p> <p>“Change direction with control!”</p> <p>“Accelerate out of the turn!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Width & Spacing (10 min)	<p>Set up a 3-lane field. Attackers must stay in lanes while passing forward through defenders.</p> <p>Reinforce spreading out</p>	<p>“Stay in your lane!”</p> <p>“Spread out!”</p> <p>“Keep the width!”</p> <p>“Pass early!”</p> <p>“Pass and move!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

	and using width.	“Call for it!”	
Overlap Attack (10 min)	<p>3 attackers vs 2 defenders. Attackers must create a 2-on-1 situation to score.</p> <p>Emphasise “draw and pass” to pull defenders in before passing to support.</p> <p>Show: Rookie Rugby Games – Mirrored Lines Mirrored lines</p>	<p>“Who’s free?”</p> <p>“Switch angles!”</p> <p>“Make the 2-on-1!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Mini Game (12 min): “2-on-1 Waves”	Attackers move in waves toward the try zone; each run ends with a quick pass or score. Rotate defenders often.	<p>“Run in waves!”</p> <p>“Attack together!”</p> <p>“Support the runner!”</p> <p>“Move forward as a unit!”</p> <p>“Call for it!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 3 – Defensive Shape & Team Systems

Activity	Description	Verbal Cues	Equipment
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<p>Warm-Up (5 min): “Mirror Defence”</p>	<p>Pairs face each other; attacker fakes moves, defender mirrors exactly build tracking ability.</p>	<p>“Sell the fake!” “Change speed!” “Side-step!” “Stay upright!” “Be unpredictable!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>
<p>Defensive Line Movement (10 min)</p>	<p>Four defenders move side-to-side together.</p> <p>Practice staying “flat” (equal distance from the try line).</p> <p>Add attackers to test discipline and spacing.</p> <p>Watch: Rookie Rugby Skills – Defence Shape</p>	<p>“Stay flat!” “Same line — no one ahead!” “Move together!” “No gaps!” “Small side steps!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>
<p>Defensive Communication (10 min)</p>	<p>Introduce simple calls like “I’ve got the ball!”, “Slide left!”, “Push up!”</p> <p>Small groups defend short passes with communication as focus.</p>	<p>“I’ve got the ball!” → closest defender takes the ball carrier “Slide left!” / “Slide right!” → move together to cover space “Push up!” → advance as a line, close space “Hold!” → stop drifting, stay flat</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>

		“ Together! ” → reminder to stay connected	
Mini Game (12 min): “ <i>One-Minute Defence</i> ”	The defending team must prevent the score for 60 seconds, then switch. Tracks teamwork and consistency.	“Stay flat!” “Move together!” “No gaps!” “Talk early!” “Together!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 4 – Strategy & Game Awareness

Activity	Description	Verbal Cues	Equipment
Warm-Up (5 min): “ <i>Coach Chaos</i> ”	The coach calls out scenarios (“Turnover!” “Fast Break!” “Defend!”) and players must adjust instantly.	“Switch roles NOW!” “Defence to attack!” “Find space!” “Support the ball!” “New direction!”	Rugby balls Flag belts Cones Whistle Pinnies
Turnover Transitions (10 min)	Play 4v4. After the flag is pulled, defence instantly switches to attack. Emphasise quick thinking and positioning. Watch: Rookie Rugby Games – Transition Game	“Pass and move!” “Support the ball!” “Stay behind the ball!” “Call for it!” “Use the space!”	Rugby balls Flag belts Cones Whistle Pinnies

Field Decision Drill (10 min)	<p>The coach calls cues (“Pass!” “Run!” “Kick!” even if no kicking in flag, it simulates fake options).</p> <p>Helps players recognise when to pass vs. hold.</p>	<p>“Soft hands!”</p> <p>“Call the name!”</p> <p>“Eyes up!”</p> <p>“Accelerate!”</p> <p>“Sell the fake!”</p> <p>“What did the defender do?”</p> <p>“Exploit the space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Mini Game (12 min): <i>“Half-Field Matchups”</i>	<p>Small-sided games focusing on transitions.</p> <p>Rule: every possession must include at least one pass before try.</p> <p>Reward teams who adapt fastest.</p>	<p>“Pass first!”</p> <p>“Support early!”</p> <p>“Stay behind the ball!”</p> <p>SWITCH!”</p> <p>“New attack!”</p> <p>“Find space NOW!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 5 – Leadership & Tournament Play

Activity	Description	Verbal Cues	Equipment
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<p>Warm-Up (5 min): <i>“Captain’s Warm-Up”</i></p>	<p>Team captains lead a dynamic warm-up, stretching and short passing.</p>		<p>Rugby balls</p>
<p>Tournament Play (25–30 min):</p>	<p>Set up a 3-team rotation (or more depending on class size).</p> <p>7v7 games, 8–10 min each, round-robin format.</p> <p>Standard Rookie Rugby rules:</p> <p>Flag pull = stop and pass within 3 seconds.</p> <p>3-pass minimum before try.</p> <p>No contact, diving, or blocking.</p> <p>Encourage student-led substitutions and captain communication.</p> <p>Coaches emphasize sportsmanship and fair play over points.</p>	<p>Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Draw and pass!”</p> <p>“Protect your flags!”</p> <p>“Fill the space!”</p> <p>“Don’t bunch up!”</p> <p>“React quickly!”</p> <p>“Stay square!”</p> <p>“Move together!”</p> <p>“Eyes on hips!”</p> <p>“Turnover!”</p> <p>“Switch roles!”</p> <p>“Defence to attack!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Tips for Grade 7 Students

- Focus on game strategy: spreading out, reading defense, calling plays.
- Build leadership: allow students to plan a support play or defensive shift.
- Continue reinforcing quick transitions between attack and defense.
- Encourage accountability and role awareness (wing, center, sweeper).
- Safely challenge skills with pressured drills and faster tempo.
- Keep rules clear: flag = stop + pass within 3 seconds, no contact.

Class 1 – Speed, Space & Awareness

Activity	Description	Verbal Cues	Equipment
Warm-Up: Flag Evasion Laps	Players run with ball in grid; 2 defenders try to pull flags	“Eyes up!” “Change direction!”	Rugby balls Flag belts Cones
Game: 2 vs 1 Advantage	Attacker chooses to pass or beat defender	“Use the extra!” “Support behind!”	Rugby balls Flag belts Cones
Skill Drill: Quick Reset Passing	After flag pull → stop, pass within 3 sec	“Reset fast!” “Help your teammate!”	Rugby balls Flag belts Cones Whistle Pinnies
Mini Game: 5-Second Possession	Must pass within 5 sec each time	“Move early!” “Spread wide!”	Rugby balls Cones

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Class 2 Passing Under Pressure

Activity	Description	Verbal Cues	Equipment
Warm-Up: Hot Potato Relay	Players pass on the move in a race	“Lead the pass!” “Soft hands!”	Rugby balls
Game: Passing Lines <i>(Rookie Rugby)</i>	Continuous passing while running forward	“Call for it!” “Run onto the ball!”	Rugby balls
Skill Drill: Triangle Support	3 players always reform a triangle	“Don’t bunch!” “Support behind!”	Rugby balls Cones

Mini Game: Keep Away 5 Passes	Score pts for 5 passes completed defence tries to intercept the pass. If the ball is knocked but not caught it remains the other team's. (knock on rule)	“Quick movement!” “Find space!”	Rugby balls Flag belts Cones Pinnies
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Class 3 Support Running & Attack Shape

Activity	Description	Verbal Cues	Equipment
Warm-Up: Grid Movement Reactions	Direction change on coach signal	“React fast!”	Rugby balls
Game: Give & Go	Pass, run around support, receive again	“Pass, then move!” “Stay behind!”	Rugby balls Cones
Skill Drill: Lane Attack 3v2	Maintain width in 3 lanes vs defenders	“Stay wide!” “Forward first!”	Rugby balls Cones Pinnies
Mini Game: Three-Pass Try	Must complete 3 passes before scoring	“Support the carrier!”	Rugby balls Flag belts Cones Pinnies

Class 4 — Defence Shape & Teamwork

Activity	Description	Verbal Cues	Equipment
Warm-Up: Mirror Tag	Defender mirrors attacker footwork	“Watch their hips!”	Rugby balls Cones
Game: Line Slide	Defence moves laterally as one... if too tricky try playing British bulldogs first	“Up together!” “No gaps!”	Rugby balls Cones Pinnies
Skill Drill: Edge Defence	Stop ball reaching outside lane	“Force inside!” “Talk!”	Rugby balls Cones
Mini Game: One-Minute Defence	Team prevents tries for 60 sec	“Heads up” “Wheres the space?”	Rugby balls Flag belts Cones Whistle Pinnies

Class 5 — Strategy & Mini Tournament

Activity	Description	Verbal Cues	Equipment
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Warm-Up: Captain's Warm-Up	Student-led leadership opportunity		Rugby balls Cones
Game: Transition Waves (<i>Rookie Rugby</i>)	Fast attack after turnover	"TURNOVER!" "GO NOW!" "Quick ball!"	Rugby balls Cones
Skill Drill: Outnumber Attack	Introduce 4v3 decision making		Rugby balls Flag belts Cones Whistle Pinnies
Mini Tournament	5v5 short matches, rotate roles		Rugby balls Flag belts Cones Whistle Pinnies

Tips for grade 8s

- **Non-contact only:** flag rugby, clear safety rules.
- **Very basic skills:** two-hand carry, gentle passing, running forward.
- **Tiny games:** 2v2 or 3v3 on small grids.
- **One rule at a time:** stop & pass when flagged, no forward passes.
- **Lots of movement:** short rounds, quick swaps, no standing around.
- **Fun activities first:** tag games, evasion games, relays.
- **Simple defence:** stay in front, pull flags carefully.
- **Positive language:** encourage effort, trying, and teamwork.
- **Keep it playful:** games over drills.

Bottom line:

Make rugby feel safe, active, and fun ! Confidence comes first.

Class 1 Passing, Support & Quick Decision

Activity	Description	Verbal Cues	Equipment
Warm-Up: Circle Passing	Players form a circle and pass the ball quickly, focusing on timing and soft-hands	<p>“Be ready before the ball arrives!”</p> <p>“Quick release!”</p> <p>“Pass on rhythm!”</p> <p>“Eyes on the ball!”</p>	<p>Rugby balls</p> <p>Cones</p>
Game: Passing Lines (<i>Rookie Rugby</i>)	Continuous passing while running forward down lanes — improves ball movement and supports running. Good for conditioning + ball-handling under movement.	<p>“Run forward together!”</p> <p>“Stay in your lane!”</p> <p>“Keep your spacing!”</p>	<p>Rugby balls</p> <p>Cones</p>
Drill: 3-man Weave + Passback	Three players weave/fake defenders then pass backwards to first teammate teaches spacing, awareness, support.	<p>“Run straight first!”</p> <p>“Sell the fake!”</p> <p>“Change angle!”</p> <p>“Stay spaced!”</p>	<p>Rugby balls</p> <p>Cones</p>
Mini Game: Keep-Away 6 Passes	Teams must complete 6 passes before defenders can tag flags encouraging patient build-up and support play.	<p>“Pass and move!”</p> <p>“Support early!”</p> <p>“Stay behind the ball!”</p> <p>“Use the width!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 2 — Evasion, Agility & Flag Defence

Activity	Description	Verbal Cues	Equipment
Warm-Up: Agility Cone Shuffle	Players run between cones in a zig-zag pattern then catch and pass the ball builds footwork + ball control.	<p>“Light feet!”</p> <p>“Plant and cut!”</p> <p>“Change direction!”</p> <p>“Stay balanced!”</p>	<p>Rugby balls</p> <p>Cones</p>
Game: Pairs Tag (<i>Rookie Rugby</i>)	In pairs, defenders try to catch attackers’ flags — teaches defensive positioning, tracking, teamwork.	<p>“Stay square!”</p> <p>“Eyes on hips!”</p> <p>“Move together!”</p> <p>“One pressure, one supports!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Drill: Evasion & Side-Step Lines	Ball-carrier runs straight, then side-steps at the last moment to evade defenders use this to improve evasion confidence.	<p>Run straight first!”</p> <p>“Sell the run!”</p> <p>“Eyes up!”</p> <p>“Two hands on the ball!”</p> <p>“LAST-SECOND STEP!”</p> <p>“Explode past!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Mini Game: “Shadow Escape”	Defender tries to mirror attacker; attacker aims to cross end-line without being flagged This emphasizes footwork, spatial awareness.	<p>Change speed!”</p> <p>“Sell the fake!”</p> <p>“Attack the space!”</p> <p>“Protect your flags!”</p> <p>“Finish strong!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 3 Attack Structure & Overload Awareness

Activity	Description	Verbal Cues	Equipment
Warm-Up: Support-Depth Jog	Players jog in lines with spacing, simulating support positions behind a ball-carrier	<p>“Stay behind the ball!”</p> <p>“Keep your spacing!”</p> <p>“Left, middle, right!”</p> <p>“Don’t drift ahead!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Pinnies</p>
Game: 2 v 1 Overload <i>(Rookie Rugby)</i>	<p>Offense tries to exploit 2 attackers vs 1 defender in a grid</p> <p>Helps builds decision making, support, space awareness.</p>	<p>“Create the 2-on-1!”</p> <p>“Use your support!”</p> <p>“Spread out!”</p> <p>“Run straight first!”</p> <p>“Pass early or finish!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Drill: Wide Lane Attack 4v2	<p>4 attackers spread across width vs 2 defenders</p> <p>This helps focus on width, passing and movement off the ball.</p>	<p>“Use the width!”</p> <p>“Stay spread out!”</p> <p>“Draw the defender!”</p> <p>“Pass early!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Mini Game: 4-Pass Try	<p>Must complete a minimum of 4 passes before scoring This encourages support, patience, and exploiting space.</p>	<p>“Four passes before you score!”</p> <p>“Be patient!”</p> <p>“Pass and move!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p>

		“Use the width!” “Support early!”	Pinnies White board
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Class 4 — Defence Systems & Communication

Activity	Description	Verbal Cues	Equipment
Warm-Up: Mirror Steps	Defenders mirror attackers walking/jogging to work on posture, balance, staying low	“Weight on the balls of your feet!” “Knees bent!” “Control first!” “Stay balanced!”	Rugby balls Flag belts Cones
Drill: Flat Line Slide	Defensive line shifts laterally as ball moves practice communication and line integrity	“Eyes on hips!” “Stay square!” “Small side steps!” “Low and balanced!”	Rugby balls Flag belts Cones Rope/pool noodle
Drill: Channel Defence	Attackers try to run down outside lanes; defenders contain edges and force inside This helps strengthen defensive positioning.	“Protect the outside!” “Hold the edge!” “Force inside!” “No easy outs!”	Rugby balls Flag belts Cones Pinnies
Mini Game: Defensive Freeze Tag	Attackers try to score; when flagged — freeze for 3 seconds before re-entering This teaches quick reset & disciplined defence.	“Back onside!” “Get square!” “Recover quickly!” “Eyes up!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 5 — Tactical Play & Small-Sided Match

Activity	Description	Verbal Cues	Equipment
Warm-Up: Lead & Follow Passing	<p>Players lead passing drills using variable tempos</p> <p>This builds readiness and passing under fatigue</p>	<p>“Slow... control!”</p> <p>“Pick it up!”</p> <p>“FAST!”</p> <p>“Change pace!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Drill: Backline Moves Simulation	<p>Practice basic back-line formations (e.g. skip-pass, loop, cut-through) without defenders — build attack structure</p>	<p>“Set your shape!”</p> <p>“Know your role!”</p> <p>“Timing over speed!”</p> <p>“Stay behind the ball!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Game: 5v5 Flag Rugby Mini-Match	<p>Short flagged game, enforce 3-pass minimum before try</p> <p>This helps reinforce chaining skills learned</p>	<p>“Pass and move!”</p> <p>“Support the ball!”</p> <p>“Stay behind the ball!”</p> <p>“Use the width!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Reflection & Discussion	<p>After game — teams discuss what worked and how spacing/support/defence looked — builds game sense</p>	<p>“Where did we find space?”</p> <p>“Did we spread out or bunch up?”</p> <p>“When did passing help us most?”</p> <p>“Who was giving good support?”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Whistle</p> <p>Pinnies</p>

Tips for Grade 9s

- **Keep it non-contact:** use flag rugby only.
- **Teach the basics:** two-hand carry, catch & pass, run into space.
- **Use very small games:** 3v3 or 4v4 on small fields.
- **One skill at a time:** pass & move, then add evasion, then defence.
- **Simple rules:** 2-pass minimum, stop & pass when flagged.
- **Make defence easy:** stay in front, pull flags safely.
- **Lots of movement:** short games, quick rotations, no waiting.
- **Encourage talking:** call names, say “here!”, celebrate effort.
- **Keep it fun and positive:** praise trying, not just success.

Bottom line:

Build confidence first ! Skills and understanding will follow.

Class 1

Activity	Description	Verbal Cues	Equipment
<p>Warm-Up: Quick Pass Relay</p>	<p>Players in 2 lines, must pass and sprint to back — fast-paced passing under light pressure</p>	<p>“Soft hands!”</p> <p>“Two hands on the ball!”</p> <p>“Pass flat!”</p> <p>“Call the name!”</p> <p>“Quick release!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
<p>Drill: Two-Touch KeepAway</p>	<p>Players can only hold ball for two steps/seconds</p> <p>This forces quick pass decisions</p>	<p>“Two seconds!”</p> <p>“Two steps!”</p> <p>“Decide fast!”</p> <p>“Pass early!”</p> <p>“Head up!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
<p>Game: Passing Lines (<i>Rookie Rugby</i>) — faster tempo</p>	<p>Running forward, pass continuously down lanes</p> <p>This increased speed for pressure scenarios</p>	<p>“Run forward together!”</p> <p>“Stay in your lane!”</p> <p>“Keep your spacing!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Mini-Game: Continuous 4-Line Keep	4 teams rotating — each plays a short keep-away under pressure This builds fitness, communication, teamwork	“Keep it moving!” “Pass and go!” “Support early!” “Stay spread!” “Talk!”	Rugby balls Flag belts Cones Whistle Pinnies
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Class 2 — Advanced Evasion & Flag Defence Techniques

Activity	Description	Verbal Cues	Equipment
Warm-Up: Evasion Ladder + Ball Carry	Use agility ladder + ball carry running drills to improve footwork + coordination	“Control before speed!” “Smooth, then fast!” “Good coordination!” “Reset quickly!”	Rugby balls Flag belts Cones Agility ladder
Drill: Side-Step & Dummy Pass	Player runs, side-steps, fakes pass then runs This develops deception and evasive running	“Two hands on the ball!” “Fake the pass!” “STEP and GO!” “Accelerate away!”	Rugby balls Flag belts Cones Whistle Pinnies
Game: Pairs Tag but with 3 defenders vs 4 attackers	Emphasis on flag-pulling under crowded defense & evasion under pressure	“Work together!” “Don’t overreach!” “Communicate!” “Next defender up!”	Rugby balls Flag belts Cones Pinnies

Mini Game: “King of the Ring”	Attackers try to evade defenders in small circle for set time — builds stamina, spatial awareness	“Keep moving!” “Change speed!” “Stay balanced!” “Two hands on the ball!”	Rugby balls Flag belts Cones Stopwatch
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Class 3 — Structured Attack & Support Patterns

Activity	Description	Verbal Cues	Equipment
Warm-Up: Support Depth Jog + Pass	Jog in support lines + pass This works on spacing, support, continuous movement	“Stay behind the ball!” “Left, middle, right!” “Keep your spacing!” “Don’t drift ahead!”	Rugby balls Cones Pinnies
Drill: Skip-Pass Drill	Practice skip passes to wide support players This teaches long passing and vision	“Sell the short pass!” “Skip one!” “Pass flat and early!” “Two hands on the ball!”	Rugby balls Cones Pinnies
Drill: Overload Attack 5v3	Offense of 5 vs 3 defense ... work to exploit overloads, quick decisions, support depth	“Fix and pass!” “Create the overlap!” “Stay patient!”	Rugby balls Flag belts Cones Pinnies

Mini Game: 5-Pass Minimum Flag Match	<p>Must complete at least 5 passes before try</p> <p>This builds patience, structured attack and support</p>	<p>“Five passes first!”</p> <p>“Keep your shape!”</p> <p>“Use the width!”</p> <p>“Stay behind the ball!”</p> <p>“Hold your depth!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
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Class 4

Activity	Description	Verbal Cues	Equipment
Warm-Up: Defensive Shuffle + Ball Awareness	<p>Players shuffle laterally reacting to coach’s calls while passing ball between groups</p> <p>Helps builds focus, movement & ball-awareness</p>	<p>“Stay low!”</p> <p>“Slide, don’t cross!”</p> <p>“Move together!”</p> <p>“Balance!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Drill: Flat Line Press with Support	<p>Defensive line practices sliding up as a unit, with support defenders covering gaps</p>	<p>“Push up TOGETHER!”</p> <p>“Stay flat!”</p> <p>“Same line!”</p> <p>“No gaps!”</p> <p>“Hold the shape!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Drill: Edge Containment + Channel Tag	<p>Attackers try to run outside lanes; defenders force inside or flag</p> <p>This puts emphasis on discipline and positioning</p>	<p>“Hold the edge!”</p> <p>“Inside shoulder!”</p> <p>“Angle in!”</p> <p>“Slow them down!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p>

		“Force inside!”	Pinnies
Mini Game: “Last Defender Standing”	Continuous attack waves — once attackers flagged, next defenders come on This will tests stamina, communication, focus	“Reset and go!” “Next wave!” “Support early!” “Stay behind the ball!” “Communicate!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 5 — Game Sense: Structured Game + Tactical Review

Activity	Description	Verbal Cues	Equipment
Warm-Up: Leadership Passing Drill	Experienced players lead passing drills, call plays This will build on-field leadership and communication	“Stay behind the ball!” “Keep your spacing!” “Fill the space!” “Keep moving!”	Rugby balls Flag belts Cones Pinnies
Drill: Back-Line Movement & Dummy Runs	Practice set plays: skip-pass, wrap-around, support run — without defenders This builds pattern recognition	“Know your role!” “Timing over speed!” “Stay connected!” “Reset quickly!” “Same shape every time!”	Rugby balls Flag belts Cones Whistle Pinnies

<p>Game: Flag Rugby 6v6 Match (5-pass minimum)</p>	<p>Short games focusing on structure, support, defence, flag discipline</p> <p>This consolidates all learned skills</p>	<p>“Hold your depth!”</p> <p>“Fill the space!”</p> <p>“Hands up — target!”</p> <p>“Don’t bunch up!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
<p>Reflection Huddle & Team Goal Setting</p>	<p>After match — teams discuss strengths, areas to improve (passing, spacing, defence)</p> <p>This builds game-awareness and accountability</p>	<p>Each team chooses ONE focus for the next game, e.g.:</p> <p>“Call earlier on defence”</p> <p>“Stay wider in attack”</p> <p>“Pass quicker after flags”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Tips for Grade 10

- **Safety first:** use flag rugby, clear rules, no contact.
- **Teach basics only:** catch–pass, two hands, move into space.
- **Keep it simple:** small games (3v3–5v5), short fields.
- **Use fun constraints:** 2–3 pass minimum, no running straight through.
- **Focus on movement:** pass and move, support behind the ball.
- **Basic defence:** stay in front, pull flags safely, work together.
- **High activity:** short rounds, quick rotations, no standing around.
- **Encourage communication:** call names, say “here!”, cheer teammates.
- **Praise effort and teamwork,** not just scoring.

Bottom line:

Make rugby safe, active, and enjoyable ! Confidence comes first.

Class 1 — Fast Ball Movement & Decision Making

Activity	Description	Verbal Cues	Equipment
Warm-Up: Dynamic Passing Circles	Players form two circles, exchange passes while moving; increases tempo gradually	“Eyes up!” “Be ready early!” “Call the name!”	Rugby balls Cones
Drill: 4-man Weave + Skip Pass	Four players weave and perform skip passes (longer passes over defenders) This improves vision & long-pass skill	“Don’t bunch up!” “Good depth!” “Timing over speed!” “Nice shape!”	Rugby balls Flag belts Cones Pinnies
Game: Passing Lines – up tempo (<i>Rookie Rugby</i>)	Similar to earlier but faster pace with pressure This reinforces quick decisions under fatigue	“Scan early!” “Decide fast!” “Commit the defender!” “Skip if they drift!”	Rugby balls Flag belts Cones Whistle Pinnies
Mini Game: 5-Pass Minimum Flag Rugby Match	6v6 match requiring minimum 5 passes before try This encourages patient build-up & structured attack	“Five passes first!” “Set your shape!” “Be patient!” “Pass and move!” “Use the width!”	Rugby balls Flag belts Cones Pinnies

Class 2 — Defensive Pressure & Counter-Attack

Activity	Description	Verbal Cues	Equipment
Warm-Up: Defensive Shuffle + Catch	Players shuffle sideways; coach calls pass direction mid-movement improves reaction & focus	<p>“Listen first!”</p> <p>“Eyes up!”</p> <p>“React fast!”</p> <p>“Be ready!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Drill: Channel Defence + Containment Drill	<p>Defenders practice pushing attackers inside and maintain lane discipline</p> <p>This builds defensive structure</p>	<p>“Hold your lane!”</p> <p>“Protect the outside!”</p> <p>“Angle in!”</p> <p>“Force inside!”</p> <p>“Stay square!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>
Game: Flag Fury (<i>Rookie Rugby</i>)	<p>High-intensity flag-pulling game https://rookierugby.ca/video/rookie-rugby-games-flag-fury/</p> <p>This improves flag-pulling under pressure and positioning awareness</p>	<p>“Keep moving — don’t stand still!”</p> <p>“Read where they’re going!”</p> <p>“Stay balanced!”</p> <p>“Protect your space!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

Mini Game: Turnover-Counter Attack	After each flag pull or turnover, attackers immediately go for points This practices quick transition attack & defence reaction	“Support early!” “Move forward!” “Pass quickly!” “Exploit space!”	Rugby balls Flag belts Cones Pinnies
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Class 3 — Structured Attack Patterns & Support Play

Activity	Description	Verbal Cues	Equipment
Warm-Up: Support-Depth Jog with Pass	Players jog in support formation and pass This reinforcing spacing and support awareness	“Move with the ball!” “Fill the space!” “Be an option!” “Support early!”	Rugby balls Flag belts Cones Pinnies
Drill: Overload Attack 6v4	Offense with numerical advantage vs defence Teach exploiting overloads, quick passes and support depth	“Use the numbers!” “Move the ball!” “Fix and pass!” “Create the overlap!”	Rugby balls Flag belts Cones Pinnies
Drill: Skip-Pass Backline Moves	Practice skip-pass, loop lines, cut-ins and support running lines without defenders This build structured plays	“Know your role!” “Timing over speed!” “Stay connected!” “Same shape every rep!” “Reset quickly!”	Rugby balls Flag belts Cones Whistle Pinnies

Mini Game: 6v6 Structured Flag Rugby	Enforce 4-pass minimum + structured backline plays This simulate more advanced game flow and teamwork	“Stay behind the ball!” “Hold your depth!” “Hands up!” “Fill the space!”	Rugby balls Flag belts Cones Pinnies
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Class 4 Conditioning & Skill Under Pressure

Activity	Description	Verbal Cues	Equipment
Warm-Up: Agility Ladder + Ball Carry	Combine footwork ladder with ball handling This develops coordination, agility, control	“Light feet!” “Stay balanced!” “Knees bent!” “Eyes forward!”	Rugby balls Cones Ladder
Drill: Side-Step + Dummy Pass + Sprint Finish	Attackers practice side-step or dummy pass then sprint to finish line This works on evasion and burst speed	“Run straight first!” “Eyes up!” “Two hands on the ball!”	Rugby balls Flag belts Cones Pinnies
Drill: Quick Reset Circuits	Series of short drills — pass, evade, reset under timed pressure to simulate game fatigue	“Two hands!” “Quick release!” “Call the name!”	Rugby balls Flag belts Cones Pinnies

Mini Game: Continuous 4-Line Keepaway	4 attacking lines vs defenders rotate continuously This builds fitness, stamina, decision making under fatigue	“Hold your depth!” “Hands up!” “Fill the space!” “Be an option!”	Rugby balls Flag belts Cones Pinnies
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Class 5 — Game Simulation & Tactical Review

Activity	Description	Verbal Cues	Equipment
Warm-Up: Leadership Passing Drill	Senior players lead warm-up passing & mobility drills This builds leadership and on-field communication	“Eyes up!” “Stay loose!” “Move together!” “Control first!”	Rugby balls Cones
Drill: Back-Line Moves + Dummy Patterns	Practice set plays: skip passes, wrap-around, switch lines, dummy runs First without defenders, then with passive defenders	“Pass and WRAP!” “Run deep!” “Call ‘wrap!’” “Hit space!”	Rugby balls Flag belts Cones Pinnies
Game: Full Flag Rugby Match 7v7 (or suitable)	Full-sided match with set rules: 4-pass minimum, structured plays encouraged, positional awareness emphasized — simulate “real” game flow	“Four passes!” “Set your shape!” “Name the play!” “Be patient!” “Move the ball!”	Rugby balls Flag belts Cones Whistle Pinnies

Reflection & Team Strategy Session	After match each team discusses what tactics worked, what to improve; coach identifies patterns for next week	“Did we stay behind the ball?” “Where did support arrive early or late?” “Did we get too narrow at any point?”	
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Tips for Grade 11

- **Prioritise safety:** clear rules, controlled contact, flag = stop & pass.
- **Teach fundamentals first:** passing, support, evasion, basic defence.
- **Use simple constraints:** 3–4 pass minimum, 2-second ball rule.
- **Keep games small:** 4v4–6v6 to maximise touches and learning.
- **Introduce structure gradually:** basic set plays (switch, loop, skip).
- **Teach defence clearly:** stay flat, slide together, talk early.
- **Build fitness through games,** not laps or lines.
- **Rotate leadership:** captains, warm-up leaders, referees.
- **Short reflections:** what worked, one thing to improve.

Bottom line:

Build confidence, skills, and game understanding ! Then let them play.

Class 1 — High Tempo Passing & Decision Pressure

Activity	Description	Verbal Cues	Equipment
Warm Rapid Fire Passing	Fast - paced passing in circle, similar to hot potatoe... improve reaction time and passing under pressure	“Be ready early!” “Eyes up!” “Hands up — target!” “Next pass!”	Rugby balls

Drill: Skip + Switch + Wrapback Attack	Players practice skip-pass, switch plays, wrap cuts and quick support builds advanced back-line skills	<p>“Sell the short option!”</p> <p>“Skip one!”</p> <p>“Pass flat and early!”</p> <p>“Wide runner, hold depth!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Game: Passing Lines with defenders	Add passive defenders to Passing Lines game to pressure attack teaches reading defense and quick adjustments	<p>“Scan early!”</p> <p>“Read the defender!”</p> <p>“Fix and pass!”</p> <p>“Use the width!”</p> <p>“Hold your depth!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Mini Game: 8-Pass Minimum Flag Rugby Match	Enforce higher pass minimum Ball has to be passed backward and a tri only counts when the ball is touched to the ground. This builds patience, structure, support awareness under full-game flow	<p>“Stay behind the ball!”</p> <p>“Hold your depth!”</p> <p>“Hands up!”</p> <p>“Talk early!”</p> <p>“Force inside!”</p> <p>“Pull the flag!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 2 — Defence under Pressure & Turnover Tactics

Activity	Description	Verbal Cues	Equipment
Warm-Up: Defensive Shuffle + Ball + Signal	Mix defensive shuffle with ball-movement calls to challenge focus and reaction	<p>“Square!” hips and shoulders facing upfield</p> <p>“Low and loaded!”</p> <p>knee bend, ready to accelerate</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Pinnies</p>

Drill: Channel Defence + Contain + Flag-Pull Timing	Focus on forcing attackers inside, staying disciplined on edges, pulling flags with clean technique under pressure	“Inside shoulder!” “Show them in!” “Take away space!” “Close the gate!” “Win the inside!”	Rugby balls Flag belts Cones Pinnies
Game: Flag Fury — increased intensity & field size	Larger field, more attackers This practise flag-pulling, defensive positioning, communication as team	“Spread and set!” “Win space first!” “Same line—same speed!” “Hold width!” “Don’t compress!”	Rugby balls Flag belts Cones Whistle Pinnies
Mini Game: Turnover-Then-Counter Attack	After each flag pull → instant counter-attack — builds readiness, stamina and transition awareness	After each flag pull → instant counter-attack — builds readiness, stamina and transition awareness	Rugby balls Flag belts Cones Whistle Pinnies

Class 3 — Advanced Attack Patterns & Positional Awareness

Activity	Description	Verbal Cues	Equipment
Warm-Up: Support-Depth Jog + Decision Call	Jog in support formation, coach calls “pass left/right/forward” to force split-second decisions	“Stay connected!” “Support angles!” “Read the call!” “Be an option!”	Rugby balls Flag belts Cones Whistle Pinnies

Drill: Overload Attack with Skip-Pass & Circle Moves	6 attackers vs 4 defenders — uses skip-passes, loops, support depth — builds advanced team attack awareness	“Fix then move!” “Draw two!” “Attack the weak shoulder!” “Where’s the numbers?”	Rugby balls Flag belts Cones Whistle Pinnies
Drill: Back-Line Set Plays (Back-lash, Loops, Wraps)	Practice structured set plays repeatedly — builds timing, trust, team coordination	“Timing beats talent!” “Details matter!” “Sharp is repeatable!” “Championship habits!”	Rugby balls Flag belts Cones Whistle Pinnies
Mini Game: Positional 7v7 Flag Match	Assign players fixed positions (prop, wing, center, sweep), simulate realistic flows — focus on positional awareness, support, spacing	“Position before possession!” “Trust the system!” “Shape creates options!” “Flow like game speed!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 4 — Fitness, Flag Skills & Decision Making under Fatigue

Activity	Description	Verbal Cues	Equipment
Warm-Up: Agility Ladder + Ball + Reaction Call	Combine footwork, ball-handling and reaction to coach’s random signals — builds coordination & awareness under pressure	“Stay composed!” “Control the chaos!” “Eyes up under stress!” “Clean even when tired!”	Rugby balls Cones Ladder

Drill: Evasion + Dummy + Sprint + Pass Finish	Simulate game-like scenario: evade, dummy-pass, sprint then pass to support This builds decision making under fatigue	“Run straight first!” “Sell the dummy!” “Commit the defender!” “Sharp step!”	Rugby balls Flag belts Cones
Drill: Quick Reset Circuits with Fitness Focus	Short, high-intensity circuits: pass, evade, reset — simulating end-game pressure and fatigue	“Quick hands!” “Soft hands!” “Call the name!” “Pass and move!”	Rugby balls Flag belts Cones
Mini Game: Continuous Line Keepaway with Full Team Rotation	Keeps everyone active; emphasizes stamina, teamwork, ball retention and pressure handling	“Keep it alive!” “Support early!” “Pass and move!” “Protect the ball!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 5 — Full-Game Simulation & Strategy Review

Activity	Description	Verbal Cues	Equipment
Warm-Up: Leadership & Communication Drill	Players call out positions, shifts, runs building leadership, communication, awareness	“Call early!” “Be loud!” “Be clear!” “Own the call!”	Rugby balls Cones

<p>Drill: Set Plays + Reaction Variations</p>	<p>Practice set plays; coach randomly changes shape/defence to force adaptive thinking — builds tactical flexibility</p>	<p>“Scan early!” “Change it!” “Play what you see!” “Fix and pass!” “Stay connected!”</p>	<p>Rugby balls Flag belts Cones Pinnies</p>
<p>Game: Full Flag Rugby 7v7 Match with Tactical Goals</p>	<p>Match focusing on implementing set plays, defensive structure, support, communication — simulate competitive game</p>	<p>“Set the shape!” “Call the play!” “Be patient!”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>
<p>Reflection & Improvement Planning</p>	<p>Post-game team discussion: what worked, what to improve; set team/individual goals for next session</p>	<p>“Which set plays were effective today?” “When did our support and spacing look best?” Did we reset quickly after flags or turnovers?” “Where was communication missing or late?”</p>	<p>Rugby balls Flag belts Cones Whistle Pinnies</p>

Tips for Grade 12s

- **Set clear expectations:** safety, respect, no contact (unless taught), flag = stop & pass.
- **Teach rugby as a thinking game:** ask *why* decisions work, not just *how*.
- **Use game rules to teach:** pass minimums, time limits, set-play requirements.
- **Keep everyone moving:** small-sided games, short rounds, constant rotation.
- **Give students leadership:** captains, play-callers, warm-up leaders.
- **Focus on defence first:** flat line, slide together, communicate.
- **Train under fatigue:** quick turnovers, end-game scenarios, fast resets.
- **Reflect briefly:** what worked, what to fix next round.
- **Reward teamwork and communication,** not just scoring.

Bottom line:

Treat them like athletes who can think, lead, and problem-solve.

Class 1 — Speed, Vision & Advanced Ball Handling

Activity	Description	Verbal Cues	Equipment
Warm-Up: Fast-paced Dynamic Passing + Movement	Rapid passes + sprints + direction changes Helps builds fitness, vision and handling under pressure	“Eyes up!” “Hands ready!” “Quick release!”	Rugby balls Flag belts Cones Whistle Pinnies
Drill: Skip-Pass + Cut + Support Lines	Practice skip-passes, back-cuts, loops. This emphasizes vision, timing, support running	“Eyes up!” “Sell the short option!” “Skip one!” “Pass flat!”	Rugby balls Flag belts Cones Whistle Pinnies
Drill: 5v3 Offensive Overload + Defensive Read	5 attackers vs 3 defenders — attackers must exploit gaps, defenders adjust This builds real-game perception & reaction	“Hold depth!” “Hands up!” “Be patient!”	Rugby balls Flag belts Cones Whistle Pinnies
Mini Game: 6-Pass Minimum Flag Rugby Match with Roles	Assign roles (wing, centre, sweeper) — emphasize structure, support, decision-making, team cohesion	“Shape!” “Stay connected!” “Talk early!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 2 — Defence Mastery & Counter-Attack Under Pressure

Activity	Description	Verbal Cues	Equipment
Warm-Up: Defensive Agility + Reaction Drills	Agility cones + random calls to simulate defensive reactions Helps build balance, focus, readiness	“Stay low!” “Light feet!” “Chest up!” “Control your stop!”	Rugby balls Cones
Drill: Channel Defence + Combined Flag-Pull + Reset	Defence practices sliding, containment and quick reset after flag pull builds discipline, focus, teamwork	“Stay flat!” “Slide!” “Up together!”	Rugby balls Flag belts Cones Whistle Pinnies
Game: Flag Fury – full team, full-field, increased pace	Full-field flag game focusing on defensive structure, team communication, stamina	“Stay connected!” “Keep moving!” “No spectators!” “Next job!”	Rugby balls Flag belts Cones Whistle
Mini Game: Turnover + Counter + Finish Drill	After each turnover/flag pull, immediate counter & finish	“Turn and go!” “Explode!” “Support now!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 3 — Tactical Plays & Game-Management Skills

Activity	Description	Verbal Cues	Equipment
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Warm-Up: Leadership Passing + Decision Drill	Players lead passing drills and make on-the-spot decisions (pass left/right, skip, dummy)		Rugby balls Flag belts Cones Whistle Pinnies
Drill: Set Plays – Backline Moves, Skip-Pass, Overload, Support	Practice structured plays repeatedly		Rugby balls Cones
Drill: Read & React Scenarios	Coach cues defensive shift or overload — attackers must adjust	“Scan early!” “Change it!” “Play what you see!” “Fix and pass!” “Hold depth!”	Rugby balls Flag belts Cones Whistle Pinnies
Mini Game: 7v7 Flag Match with Tactical Constraints	Assign roles, enforce set plays or restrictions (e.g. max two passes before skip, or maximum 3 defenders per attack) — challenge decision-making and adaptability	“Adapt!” “Set the shape!”	Rugby balls Flag belts Cones Whistle Pinnies

Class 4 Fitness, Pressure Handling & Game-Ending Scenarios

Activity	Description	Verbal Cues	Equipment
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Warm-Up: Agility + Ball + Quick Reaction	Reaction-based agility + ball handling. This will prepare students for unpredictable gameplay under pressure	<p>“Two hands!”</p> <p>“Soft grip!”</p> <p>“Ball in front!”</p> <p>“Protect your flags!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Drill: Evasion + Dummy + Sprint + Decision Under Fatigue	Simulate end-of-game scenarios: evasion, dummy-pass, sprint, then react to options. Helps build stamina, focus, clutch decisions	<p>“Run straight first!”</p> <p>“Sell the dummy!”</p> <p>“Explode after the move!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>
Drill: Quick Reset & Support Circuits under Fatigue	Quick drills repeated — pass, evade, reset, support This builds resilience under pressure	<p>“Next job!”</p> <p>“Stay composed!”</p> <p>“Control first!”</p>	<p>Rugby balls</p> <p>Cones</p> <p>Pinnies</p>
Mini Game: Continuous Challenge Keepaway / Attack Waves	Teams rotate constantly: attackers become defenders, quick turnovers. This prepares players for physical and mental demands of game flow	<p>“Turn and go!”</p> <p>“Switch!”</p> <p>“Counter!”</p> <p>“Reset now!”</p>	<p>Rugby balls</p> <p>Flag belts</p> <p>Cones</p> <p>Whistle</p> <p>Pinnies</p>

Class 5 Graduation Game & Wrap-Up / Reflection

Activity	Description	Verbal Cues	Equipment
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Warm-Up: Team Strategy Walkthrough & Passing	Walk through planned set plays, visualizing positions and movements. This will reinforce team cohesion	“See it before we run it.” Say your job out loud.” “Picture the defence.”	Rugby balls Flag belts Cones Whistle Pinnies
Drill: Final Back-Line & Support Patterns	Practice favourite plays, support runs, skip-passes Make sure to focus on timing, execution, and cohesion	“Run straight first!” “Hold your depth!” “Pass late, not early!”	Rugby balls Flag belts Cones Pinnies
Game: Full 7v7 Flag Rugby Tournament	End-of-season tournament — players lead, apply everything learned: attack, defence, support, structure, communication	“Set the shape!” “Call the play!” “Stay connected!” “Reset!”	Rugby balls Flag belts Cones Whistle Pinnies
Reflection & Future Planning Session	Teams reflect on season: strengths, areas to improve, plan for next steps (could include transition to contact if desired)		

