



## Year 7 - Rugby

Unit aim	To develop the confidence and competence when performing a range of passing techniques.				
Lesson outcomes	To demonstrate the correct technique when passing and receiving a ball and understand when and why this skill would be used.	To demonstrate the correct technique of passing and be able to use this skill under pressure and understand why how decision making can be beneficial.	To demonstrate "scanning" skills to be able to exploit an opponent's defensive line through the use of communication and set plays.	To demonstrate how to create space between the attacker and defender thus allowing the attacker to offload the ball to another team mate.	To demonstrate passing and catching techniques whilst under pressure and be able to use width and pace to create overlaps that lead to try scoring opportunities.
Intended Knowledge	<p>How to pass successfully with correct technique</p> <p>How to receive a ball including being under pressure</p> <p>Know the importance of movement to ensure passing is backwards</p>	<p>How to pass successfully with correct technique</p> <p>How to receive a ball including being under pressure</p> <p>How to do a range of passes in attacking situations and when to use them</p>	<p>How to pass successfully with correct technique</p> <p>How to receive a ball including being under pressure</p> <p>How to pass in attacking situations</p> <p>How to vary the types of passing during a game</p> <p>How to complete a simple set play</p>	<p>How to bump off an opponent when being tackled.</p> <p>How to offload at the tackle</p> <p><i>Students will know that the term 'offload' in rugby means to pass the ball during or after the tackle to maintain the attack</i></p> <p>How to push with team mates and use communication.</p> <p><i>Students will understand that the term 'drift' defence means to stay on the inside shoulder of the attacker and force the attacking player you are opposite towards the side line. If every defensive player does this the side line can be used as a defender</i></p> <p><i>Students will understand that the term 'blitz' defence means to stay compact and tight as defence unit and force the opposition players back inside towards the play the ball (towards the bigger/stronger defenders).</i></p>	<p>Key elements to overload during game play</p> <p>Importance of changing the direction of play</p> <p>Importance of using wingers</p>

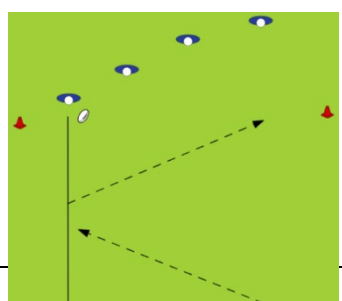

<b>Prior Knowledge</b>	<p>Students will know how to catch and pass a ball.</p> <p>Students may have some experience of how to catch and pass a rugby ball.</p> <p>Students may have some knowledge of how to pass a rugby ball correctly and understand how passing and catching in rugby can be beneficial.</p>	<p>Students will know how to properly catch and pass a rugby ball.</p> <p>Students will understand how catching and passing a rugby ball can impact a game.</p> <p>Students will be able to pass and catch the ball while moving.</p>	<p>Students will understand how decision making is important in rugby.</p> <p>Students will be able to demonstrate the correct passing and catching techniques whilst under pressure from a defender.</p> <p>Students will be able to make the correct decisions when faced with a decision making scenario.</p>	<p>Students will understand how to hold a rugby ball.</p> <p>Students will understand why it is important to push up with team mates when on the attack.</p>	<p>Students will be able to demonstrate the passing and catching technique.</p> <p>Students will be able to make links to previous lessons and understand why passing at pace can be beneficial.</p>
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Lesson 1 – Pass and receive a ball through using the correct technique.

<b>Do now</b> 	<p>What rules are associated with passing in rugby? What do you think are the key techniques in passing?</p>
<b>Teacher exposition (I do)</b> 	<p><b>Context:</b> Passing and receiving the ball is one of the most important and effective skills that a rugby player can possess. The aim of passing and receiving is to effectively create opportunities for a player to either score a try, make yardage or assist another team mate. Passing and receiving is used throughout a game, however, is most effective in specific try scoring situations.</p> <ul style="list-style-type: none"> <li>• Hold the ball in two hands with your fingers spread across it, with your chest facing forward.</li> <li>• Swing arms with ball in both hands across the front of your body</li> <li>• Release the ball with a flick of the wrists and fingers.</li> <li>• Arms and hands held out towards incoming ball when receiving.</li> <li>• Catch ball off the chest</li> </ul>

**Learning task (We do / you do)**











<i>Practice</i>	<i>Application</i>
<p><b>Set up</b>            Passing down the line            Diagonal set up            Emphasis on passing backwards then moving with the ball to reset at last man</p> 	<p><b>Set up</b>            4v2 game            Emphasis on passing until little pressure during a game situation            Pitch size can vary</p> 

<b>Responsive adaptations</b> 	<b>Developing</b> <ul style="list-style-type: none"> <li>• Walk through/static</li> <li>• Players close together</li> <li>• Move closer to man receiving</li> </ul>	<b>Securing</b> <ul style="list-style-type: none"> <li>• Bigger passing areas</li> <li>• Introduce defenders earlier</li> <li>• Pass over a greater distance</li> </ul>	<b>Mastering</b> <ul style="list-style-type: none"> <li>• Introduce dummy passes</li> <li>• Introduce contact earlier</li> <li>• Pass on the move</li> <li>• Create set plays</li> </ul>
<b>Progress check questions</b> 	<ol style="list-style-type: none"> <li>1. Why introduce defenders?</li> <li>2. Why pass over varied distances/dummys/set plays?</li> <li>3. Why change the size of the playing area?</li> </ol>		
<b>Errors or misconceptions to look out for</b> 	<ul style="list-style-type: none"> <li>• Not catching in order to pass (catch the ball as if you're about to pass it) fingers spread over the ball – Ball is caught on chest and slows down the whole process.</li> <li>• Passing the ball forwards – against the rules of the games</li> <li>• Incorrect passing techniques – hands not in centre of ball or arms do not follow through</li> </ul>		

## Year 7 - Rugby




### Lesson 2 – Creating space and passing in attacking situations

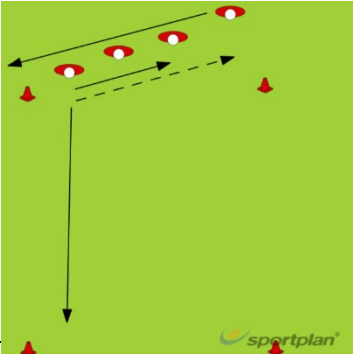




<b>Do now</b> 	<ol style="list-style-type: none"> <li>4. Why introduce defenders?</li> <li>5. Why pass over varied distances/dummys/set plays?</li> <li>6. Why change the size of the playing area?</li> </ol>
<b>Teacher exposition (I do)</b> 	<p><b>Context:</b> Passing in attacking situations is a skill that when performed correctly, can create many try scoring opportunities. Passing in attacking situation is most commonly used during decision making moments. The aim of passing in attacking situations is to move the ball fast and create space to either score a try or win a repeat set of 6.</p> <ul style="list-style-type: none"> <li>• Hold the ball in two hands with your fingers spread across it, with your chest facing forward.</li> <li>• Swing arms with ball in both hands across the front of your body</li> <li>• Release the ball with a flick of the wrists and fingers.</li> <li>• Catch ball of the rest</li> <li>• Follow through in direction of the pass.</li> </ul>
<b>Learning task (We do / you do)</b> 	
<p><i>Practice</i></p> <p>Set up 4v2 10x10 square (this can vary) Emphasis on attacking in numbers</p> 	<p><i>Application</i></p> <p>Set up 3v3 Pitch size can vary</p> 

<b>Responsive adaptations</b> 	<b>Developing</b> <ul style="list-style-type: none"> <li>• Pass on the move</li> <li>• Keeping hold of the ball if under too much pressure</li> <li>• Small working area</li> <li>• More attackers than defenders</li> </ul>	<b>Securing</b> <ul style="list-style-type: none"> <li>• Pass under pressure</li> <li>• Overload attackers</li> </ul>	<b>Mastering</b> <ul style="list-style-type: none"> <li>• Create set plays</li> <li>• Overload defenders</li> </ul>
<b>Progress check questions</b> 	<ul style="list-style-type: none"> <li>• Why is it important to run forwards with the ball</li> <li>• Why would we create set plays?</li> <li>• How can we develop our set plays?</li> <li>• What to do under pressure</li> </ul>		
<b>Errors or misconceptions to look out for</b> 	<ul style="list-style-type: none"> <li>• Releasing the ball too early – due to pressure or panic</li> <li>• Not looking where you are passing to – due to pressure from the opposition</li> <li>• Not looking at the ball – due to the opposition</li> <li>• Catching ball on the chest – due to incorrect technique of catching and passing</li> </ul>		

## Year 7 - Rugby



Lesson 3 – To create space using different passing plays (switch / loop)

<b>Do now</b> 	What is the importance of passing in rugby? What is a passing play?
<b>Teacher exposition (I do)</b> 	<b>Context:</b> Different passing plays are crucial for attacking in rugby. Passing plays are specific strategies that are used to create space, an overlap and try scoring opportunities. The aim of having a range of passing plays use to confuse the opposition and create opportunities to break their line of defence down and create try scoring opportunities. <ul style="list-style-type: none"> <li>• Hold the ball in two hands with your fingers spread across it, with your chest facing forward.</li> <li>• Swing arms with ball in both hands across the front of your body</li> <li>• Catch ball off the chest</li> <li>• Release the ball with a flick of the wrists and fingers</li> <li>• Introduce a simple switch and loop pass</li> </ul>
<b>Learning task (We do / you do)</b> 	

Practice		Application	
Set up Diagonal lines of 4 Start with simple run through Introduce a “missed man” pass Introduce man who receives last to look around the back to then start the move again		Set up 4 v 1 Pitch size can vary Class could be split into two pitches Students to create their own set plays to try and outwit a defender Students to be given time before putting this into play	
			
<b>Responsive adaptations</b> 	<b>Developing</b> <ul style="list-style-type: none"> <li>Contribute to set plays</li> <li>Pass under pressure</li> <li>Use correct technique</li> </ul>	<b>Securing</b> <ul style="list-style-type: none"> <li>Create set plays</li> <li>Actively use loop and switches when passing</li> </ul>	<b>Mastering</b> <ul style="list-style-type: none"> <li>Lead of creating set plays</li> <li>Coach others to use correct technique</li> <li>Overload defenders</li> </ul>
<b>Progress check questions</b> 	<ul style="list-style-type: none"> <li>How can we develop set plays?</li> <li>What can cause issues with set plays?</li> <li>How can you use your team members to play to their strengths?</li> </ul>		
<b>Errors or misconceptions to look out for</b> 	<ul style="list-style-type: none"> <li>Releasing the ball too early – due to pressure from opposition</li> <li>Not looking where you are passing to – lack of concentration</li> <li>Not looking at the ball – due to pressure from opposition</li> <li>Lack of communication – due to shyness or personality</li> <li>Lack of organisation – no communication</li> <li>Catching the ball on the chest – lack of concentration, incorrect technique</li> </ul>		

## Year 7 - Rugby

### Lesson 4 – Creating space in a tackle and offloading the ball

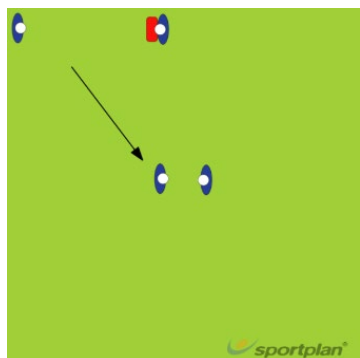
<b>Do now</b> 	<ul style="list-style-type: none"> <li>How do we tackle correctly?</li> <li>What is the importance of tackling including safety?</li> <li>Passing during a tackle?</li> </ul> <p>Creating space for offload when being tackled?</p>
<b>Teacher exposition</b> <b>(I do)</b> 	<p><b>Context:</b> Tackling is one of the most important skills that a rugby player possesses. However, offloading when being tackled can create opportunities for an attacking team to gain extra yardage or even score a try. The aim for offloading is to create space when going into contact that will allow the attacker to get the ball out of contact and offload to another member of the team.</p> <ul style="list-style-type: none"> <li>Approach the attacker</li> <li>Go in at hip height</li> <li>Wrap arms around legs (knees) of opponent</li> <li>Squeeze the legs and drive at player to off balance them</li> <li>Ensure defender is in control to land on top of opponent</li> <li>Introduce a second defender if required in the tackle</li> <li>When carrying the ball, use forearms to push away from defender</li> <li>Fingers spread across ball for tight grip</li> <li>Two and one handed offload</li> </ul>

## Learning task (We do / you do)



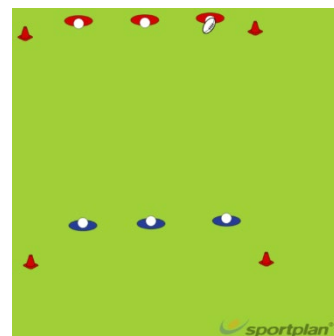
### Practice

Set up  
Introduce tackle bags first to ensure “bump off” technique is correct  
Students can then move onto 1v1 in small area



### Application

Set up  
2 v 2 or 3 v 3 small sided games  
Pitch size can vary  
Defenders hold bags  
Attackers have 6 tackles  
Attackers can only pass after a bump off has been used.



#### Responsive adaptations



#### Developing

- Walking pace if required
- Tackling starting on keens

#### Securing

- Tackling on the move
- Introduce 2<sup>nd</sup> defender for support

#### Mastering

- Turning into the tackle to allow for quick offload
- Tackling on the move

#### Progress check questions



- Technique required for tackling
- Space created from attacker
- Correct grip on the ball for offloading

#### Errors or misconceptions to look out for



- Releasing the ball under pressure (i.e. not holding onto it) – due to pressure from the opposition.
- Not creating enough space between themselves and defender – not enough power in the technique.
- Incorrect technique that could lead to injury – high elbows
- Dropping ball due to incorrect grip – lack of concentration

## Year 7 - Rugby

### Lesson 5 - Passing with width and pace creating overloads

#### Do now



Technique required for tackling  
How to pass correctly  
Importance of changing the direction of play

#### Teacher exposition (I do)



**Context:** The aim of this skill is to create opportunities to score through using pace and width. This skill is used throughout the whole game but more so when an attacking team are close to the opponents try line. When performed correctly, passing with width and pace can have beneficial outcomes for an attacking team. Overloads are the result of passing with width and pace. Through passing the ball with width and pace it will create an overlap for the attacking team.

- Reintroduce the correct passing and tackling technique
- Talk about overloading attackers during game play
- Introduce the use of attacking players for team advantage
- Emphasise the importance of fast hands when passing.
- Reintroduce plays and how plays can create overloads.

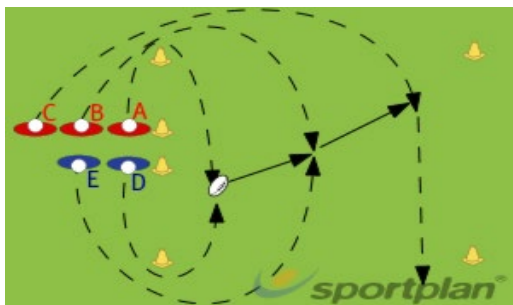


## Learning task (We do / you do)

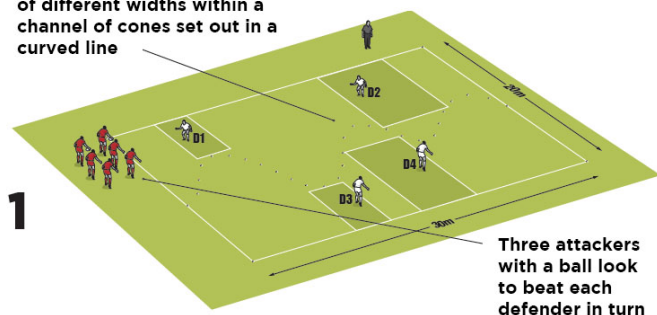
### Practice

#### Set up

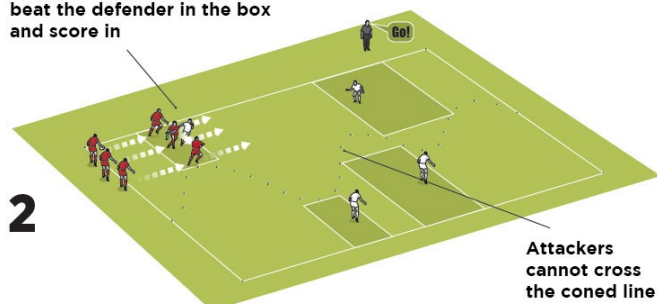
3 vs 2.  
3 attackers, 2 defenders.  
Attackers to run around the cone to their left, defenders to run around the cone to their right.  
Attackers pick ball up from their cone and attack the 2 defenders.



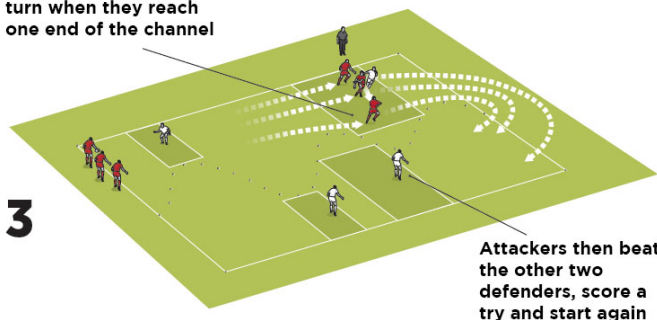
Have four defenders in boxes of different widths within a channel of cones set out in a curved line



On your call of "Go!", attackers look to use "good decisions" to beat the defender in the box and score in



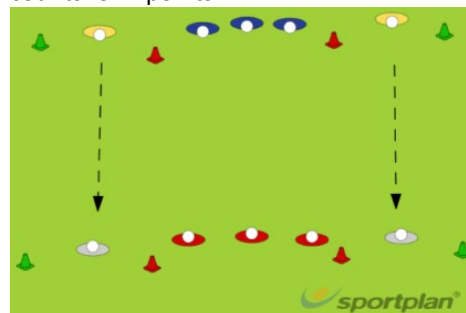
Attackers use all the space available. They turn when they reach one end of the channel



### Application

#### Set up

5 v 5 game with 2 players in wide passing channels  
If the player scores in the wide channels then there try counts for 2 points.



#### Responsive adaptations



#### Developing



- Move effectively as part of a team
- Continue to use basic and correct technique
- Walking pace if required

#### Securing

- Lead as 1 v 1 attackers on wing

#### Mastering

- Lead on player positioning
- Lead as 1 v 1 defenders on wing

<b>Progress check questions</b> 	<ul style="list-style-type: none"> <li>• Importance of using wingers</li> <li>• Important of overloading in certain situations</li> <li>• Technique when passing and receiving the ball</li> </ul>		
<b>Errors or misconceptions to look out for</b> 	<ul style="list-style-type: none"> <li>• Lack of communication – due to not concentration</li> <li>• Not using players to their advantage – due to lack of communication</li> <li>• Catching ball on the chest – due to poor technique</li> <li>• Not using the width and space available – due to lack of concentration</li> </ul>		