

# ADVANTAGE RUGBY

## 6-WEEK ELEMENTARY RUGBY INTRODUCTION PROGRAM

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### Program Overview:

This six-week rugby program aims to introduce students to the basics of rugby while ensuring it's engaging, safe, and fun. The focus is on skills, teamwork, and understanding the game without tackling.

- May 7 - July 11
- Grade 5-7, Co-ed
- The final at Bayside Rugby Club, on July 11th in a jamboree
- Limited to 10 Surrey and Delta schools in 2025

### Program notes

- Emphasize safety throughout the program
- Appropriate footwear, and stretching.
- Encourage positive reinforcement and teamwork.
- Adapt the program based on student interest and progress.
- Absolutely NO CONTACT or Tackling
- Fun Evasive Games and delivery

## Week 1: May 7th - Introduction to Rugby (Passing Skills, Games, Evasive Running)

**Objective:** Introduce the students to the basic concept of rugby, emphasizing the importance of teamwork and ball handling. Focus on passing, catching, and communication.

### Activities:

- **Warm-up Game (10 minutes):** Tag Relay: Students run in pairs, one student tags the other before they pass a ball. Focus on agility and moving quickly.
- **Skill Development (15 minutes):** Passing Drills: Teach the basics of a rugby pass.

- **Fun Game (15 minutes): Jingle jangles:** A game where students pass the ball to each other in a small area while moving. The goal is to keep the ball moving without getting tagged or dropping it. Pass any direction, run any direction. **This promotes teamwork and spatial awareness.**
- **Cool Down (5 minutes):** Stretch and reflect on what was learned. Ask questions like, "What was the hardest part of passing the ball?" and "Why is teamwork important in rugby?"

## Week 2: May 14th - Running with the Ball & Evasion Skills

**Objective:** Focus on running with the ball and learning to evade defenders, while continuing to build teamwork and communication. Continue with the students to learn the basic concept of rugby and passing, emphasizing the importance of teamwork and ball handling. Focus on passing, catching, and communication.

### Activities:

- **Warm-up Game (10 minutes): Sharks and Minnows:** One student is the "shark," and the others (the "minnows") try to run across a designated area without being tagged by the shark. If tagged, the minnows become sharks.
- **Skill Development (15 minutes): Evasion Running Drills:** Teach students to run with the ball, making sudden changes of direction to avoid defenders. Use cones as obstacles for them to dodge.
- **Fun Game (15 minutes): Jingle Jangles:** Emphasize using evasion skills to avoid getting tagged.
- **Cool Down (5 minutes):** Stretch and discuss what strategies worked well when evading a defender.

## Week 3: May 21st - Continue to build on the earlier weeks training

**Objective:** Focus on running with the ball and learning to evade defenders, while continuing to build teamwork and communication. Continue with the students to learn the basic concept of rugby and passing, emphasizing the importance of teamwork and ball handling. Focus on passing, catching, and communication.

### Activities:

- **Warm-up Game (10 minutes): Blob Tag:** Start with two "blobs" (students holding hands). If a blob tags a student, they join the blob. The goal is for the blobs to tag and grow, while the rest of the students try to avoid them.
- **Skill Development (15 minutes): Passing Drills:** Build on Teaching the basics of a rugby pass. Various games and skill groups
- **Fun Game (15 minutes): Rugby Obstacle Course:** Set up cones and have students take turns running through the course while avoiding a "defender" who tries to tag them. Practice both offensive (evading) and defensive (tagging) skills.
- **Cool Down (5 minutes):** Stretch and ask students to reflect on how they can support their teammates on defence.

## Week 4: May 28th - Continue to build on the earlier weeks training

**Objective:** Focus on the concepts of attacking and scoring in rugby. Teach students how to properly aim for a "try" (scoring area) while maintaining possession of the ball.

### Activities:

- **Warm-up Game (10 minutes): Follow the Leader:** The leader performs a series of movements (high knees, side shuffle, etc.), and the students must follow. Make it fun and varied to get everyone moving.
- **Skill Development (15 minutes): Attacking Drills:** Focus on how to support a teammate who has the ball. Teach the concept of "passing before contact," so the ball always keeps moving forward. Demonstrate how to line up in attack and create space to receive passes.
- **Fun Game (15 minutes): Jingle jangles**

- **Cool Down (5 minutes):** Stretch and discuss strategies used to score.

## Week 5: June 4th - Continue to build on the earlier weeks training

**Objective:** Refine all skills learned so far while introducing simple game strategies. Teach students about positioning, timing, and using space effectively.

### Activities:

- **Warm-up Game (10 minutes):** Line Tag: Students form two lines. The first player in one line runs and tries to tag the first player in the other line. After tagging, they run back to their line.
- **Skill Development (15 minutes):** Team Play Drills: Focus on how to pass the ball quickly and move into space. Emphasize communication and working as a unit. Practice creating passing lanes and supporting teammates.
- **Fun Game (15 minutes):** Jingle Jangles
- **Cool Down (5 minutes):** Stretch and discuss the importance of strategy and teamwork in rugby.

## Week 6: June 11th - Culmination Day at Bayside Fields

### Objective:

Celebrate the progress students have made over the past five weeks and provide an opportunity for them to apply all the skills learned in a fun and supportive environment.

### Activities:

- **Warm-up Game (10 minutes):** Stretching and Team Building: Have students gather in their teams and go through fun stretching exercises. Use this time for team bonding and preparing for the final games.
- **Skill Stations (30 minutes):** Set up different skill stations (e.g., passing, evasion, defense) where students rotate in groups to practice their skills before the games.
- **Mini Jingle Jangles Tournament:** Organize a round-robin style mini tournament where teams compete in friendly, no-tackle games. Ensure every team gets a chance to play and have fun!
- **BBQ & Social**
  - BBQ Hot dogs, drinks, and chips will be provided for all participants.
  - This will be a fun time to celebrate the students' efforts and teamwork throughout the program.
- **Awards & Wrap-up (10 minutes):**
  - Acknowledge the students' achievements and teamwork throughout the program.
  - You could give out small prizes or certificates for effort, sportsmanship, or the most improved player.

## Program Notes:

- Emphasize safety throughout the program (e.g., no tackling, appropriate footwear, and stretching).
- Encourage positive reinforcement and teamwork.
- Adapt the program based on student interest and progress.
- Absolutely NO CONTACT or Tackling
- Fun Evasive Games and delivery

May 2025						
◀ Apr 2025						Jun 2025 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 First Day of the Session	8	9	10
11	12	13	14 Second Day of the Session	15	16	17
18	19	20	21 Third Day of the Session	22	23	24
25	26	27	28 Fourth Day of the Session	29	30	31

June 2025						
◀ May 2025						Jul 2025 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Fifth of the Session	5	6	7
8	9	10	11 FINALS DAY at Bayside Fields Fun Games and Tournament SKILLS Competition BBQ	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					