

## RUGBY UNION – TEAM TAG

### Quick introduction

The aim of the game is for the team without balls to clear the pitch by tagging the attackers as quickly as possible. This is a non-contact game.

### Getting started

- Area should be approx 15 x 20m.
- Set up two areas with groups of 16 (or three areas with groups of 12, 9 with balls and three defenders).
- Not all the balls need to be rugby balls, but should be big enough to need two hands to hold them. Twelve players, each with a ball, stand in space spread around the working area.
- Four defenders stand in centre of pitch in a circle holding hands until the game starts.
- When the game is started, defending players break from the circle and chase attacking players who can now move.
- When the ball carriers are tagged, they re-attach their tag and leave the working area to go to an area where they can practise running and dodging with the ball.
- Players must not fend or push the defender away.
- The ball carrier cannot hide tags.
- Defender must return the tag to the tagged player before resuming play.
- Once tagged the ball carrier must leave the playing area.
- The game lasts for three minutes or as long as it takes to tag all ball carriers.
- The next team has their chance to tag and try to beat the previous team's time.

### Health and safety

- Ensure the area is large enough and separated from other areas of play.
- Players should all warm up first.

### Equipment required

- 12 rugby balls (other shaped balls may be used) per 16 players (12 v 4) or 12 players (9v3).
- Safety markers (pitch marking).
- 12 tag belts.
- 4 bibs.



# RUGBY UNION TEAM TAG



## PHYSICAL ME

- Work in a group to close down space.
- Be aware of space and gaps in working area.
- Try to get ball carriers to the corners of the square as this limits the direction they can run.

## SOCIAL ME

### Leading and volunteering

- Players should discuss how to play fair when tagged and develop a code of conduct for the game.
- Some players could officiate.
- Some players could organise the practice for people who have left the area.

### Think inclusively (STEP)

#### Space

- Reduce the space to make it harder to dodge the chasers; make the space bigger to challenge the chasers.
- Create safe zones where players can 'hide' and not be tagged; must move after 10 seconds (this will assist mobility-impaired players, for example).

#### Task

- To increase difficulty, use one ball for every two players; players pass to each other and try to evade chasers.

## Equipment

- If tags are not available, substitute with a light touch on the waist.

## People

- Adjust the numbers of players and chasers to create new challenges; for example, more chasers in a bigger space.

## THINKING ME

- How can I ensure I carry the ball in two hands at all times?
- How can I practise and perform evasion skills?
- How should I communicate with members of my team?

## SPORTING ME

### Spirit of the Games:

#### *Excellence through Competition*



Can you always own up and play correctly when you are tagged?

## TACTICAL ME

Defenders and attackers should always discuss how to work together before the game starts.



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## RUGBY UNION – KEEP BALL

### Quick introduction

The aim of the game is for the team without balls to clear the pitch of balls by tagging the attackers as quickly as possible. Once tagged attackers have to leave their ball outside the area. This is a non-contact game.

### Getting started

- Area should be approx 15 x 20m.
- Set up two areas with groups of 16 (or three areas with groups of 12, 9 with balls and three defenders).
- Not all the balls need to be rugby balls, but should be big enough to need two hands to hold them.
- Twelve players, each with a ball, stand in space spread around the working area.
- Four defenders stand in centre of pitch in a circle holding hands until game starts.
- When the game is started, defending players break from the circle and chase attacking players who are now moving.
- When the ball carriers are tagged, they re-attach their tag, leave the working area, place the ball outside the area, and then re-join the game to help their team by being available for passes.
  - Players must not fend or push the defender away.
  - The ball carrier cannot hide tags.
  - Defender must return the tag to the tagged player before resuming play.
  - Once tagged the ball carrier must leave the playing area.
- The game lasts for three minutes or as long as it takes to tag all ball carriers with balls.
- The next team has their chance to tag and try to beat the previous team's time.

### Health and safety

- Ensure the area is large enough and separated from other areas of play.
- Players should all warm up first.

### Equipment required

- 12 rugby balls (other shaped balls may be used) per 16 players (12v4) or 12 players (9v3).
- Safety markers (pitch marking).
- 12 tag belts.
- 4 bibs.



# RUGBY UNION – KEEP BALL

## PHYSICAL ME

- Be aware of passes that could be made to players without a ball.
- Try passing, dummying and moving into space.
- Practise carrying the ball with two hands.

## SOCIAL ME

### Leading and volunteering

- Players could organise their own warm-up.
- Some players could officiate and ensure tagging and tag replacement is done properly.

### Think inclusively (STEP)

#### Space

- Make the space bigger to challenge the chasers; reduce the space to make it harder to dodge the chasers.
- Create safe zones where players can 'hide' and not be tagged; must move after 10 seconds (this will assist mobility-impaired players, for example).

#### Task

- To increase difficulty, use one ball for every two players; players pass to each other and try to evade chasers.
- Give chasers a ball between two; they need to make three passes before a player can be tagged.

## Equipment

- If tags are not available, substitute with a light touch on the waist.

## People

- Adjust the numbers of players and chasers to create new challenges; for example, more players and fewer chasers.

## THINKING ME

- How can I support the ball carriers when they are attacking?
- How can I move into space to receive a pass?
- How can I use evasion and handling skills to beat a defender?

## SPORTING ME

### Spirit of the Games: *Excellence through Competition*



The four defenders should talk about how to work together and make a plan so that all are involved.

## TACTICAL ME

How should I use players without the ball?

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## RUGBY UNION – END BALL

### Quick introduction

The aim of the game is for the team in possession to get the ball to the scorer without running with the ball. This is a non-contact game.

### Health and safety

- Ensure the area is large enough and separated from other areas of play.
- Players should all warm up first.

### Getting started

- Use a space about 10 x 15m up to 15 x 25m.
- Ensure players get some passing practice before starting.
- The ball may be passed in any direction.
- One player stands behind the line at each end of the pitch (try line) and acts as the try scorer.
- Once the try scorers receive the pass they ground the ball on the floor to score a try.
- Rotate the try scorer after each try or two minutes whichever comes first.
- Player in possession is not allowed to move but all other team members can run into a space and call for the ball.
- All passes must be caught. If they are dropped, go out of play or are touched by a defender then the ball is given to the defending team which then becomes the attacking team.
- If the ball goes out of play, touches the floor or contact is made the game restarts with a free pass to the non-offending team.

### Equipment required

- Ideal learning numbers (approx 8v8).
- 1 rugby ball per 16 players (8v8).
- 50 cones (pitch marking).
- 8 bibs per 16 players.



# RUGBY UNION – END BALL



## PHYSICAL ME

- Pass to players in space.
- Support by going into a space close enough to receive a pass.
- Try to use short passes.

## SOCIAL ME

### Leading and volunteering

- Referee could check if ball is grounded properly and players do not move with the ball.
- Players could organise passing warm-up.

### Think inclusively (STEP)

#### Space

- Increase or decrease the playing space; bigger encourages mobility – smaller increases interaction.
- Use ability-matched zones to give players more opportunity to touch the ball; for example, an equal number of players from each team in three zones; ball must pass through each zone; players remain in their zones but rotate frequently.

#### Task

- Add more catchers in the end zone to provide more targets.

#### Equipment

- A round ball can be used initially.

## People

- Players for whom passing and catching is not an option (for example, severely-impaired powerchair users) can still participate by taking conversions after every score (for example, by rolling a ball down a ramp to knock over a skittle); if they succeed they add a point to their team's score (or play for both teams); move the skittle further away following each successful conversion.

## THINKING ME

- How can I ensure I send short accurate passes?
- When I want the ball I must remember to shout clearly with words like: 'left'; 'right' and 'short'?
- How can I choose good spaces to move into?

## SPORTING ME

### Spirit of the Games:

#### *Excellence through Competition*



I should remember to thank the referee and the other players after the game.

## TACTICAL ME

I should always be trying to pass to a player in space.



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