**Apprenticeship Overview**

The Rookie Rugby Apprenticeship is a comprehensive, ten week program that will engage students through physical activity and education. The program is consistent with Citizen School Standards, as well as the 21st Century Skills in *Learning and Innovation* and *Career and Life*:

<table>
<thead>
<tr>
<th>21st Century Skill</th>
<th>Rookie Rugby Apprenticeship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Learning and Innovation - “The 4 C’s”</strong></td>
<td></td>
</tr>
<tr>
<td>Critical Thinking and Problem Solving</td>
<td>Rugby is a game of fast paced action in a team environment. Individuals will learn to think critically in order to solve problems and challenges.</td>
</tr>
<tr>
<td>Creativity and Innovation</td>
<td>The free-flowing nature of the game of rugby allows for individuals to explore their creative side when tackling problems and challenges.</td>
</tr>
<tr>
<td>Communication</td>
<td>As a team sport, rugby is a game in which communication contributes greatly to success.</td>
</tr>
<tr>
<td>Collaboration</td>
<td>As a team sport, individuals must work together to be successful.</td>
</tr>
<tr>
<td><strong>Career and Life</strong></td>
<td></td>
</tr>
<tr>
<td>Flexibility and Adaptability</td>
<td>The dynamic nature of rugby requires individuals to be flexible and adapt to frequently changing situations.</td>
</tr>
<tr>
<td>Initiative and Self-Directions</td>
<td>Rugby is a game like any sport or activity where more initiative and work will improve your performance.</td>
</tr>
<tr>
<td>Social and Cross-Cultural Interaction</td>
<td>Rugby is an international game played by over six million people in over 120 countries around the world.</td>
</tr>
<tr>
<td>Productivity and Accountability</td>
<td>Rugby is a team sport that requires all players to work hard within the laws and according to a game plan to succeed. The harder each individual works, the stronger the team is.</td>
</tr>
<tr>
<td>Leadership and Responsibility</td>
<td>Rugby is a game where one cannot be successful alone. Individuals will learn how to be leaders on the field and understand their responsibility to the team.</td>
</tr>
</tbody>
</table>
Career and College Connection

The Rookie Rugby Apprenticeship program introduces collegiate and career pathways through the following methods:

- Mentors
  - Students will be able to connect with the teachers, assistant teachers, and coaches to discuss their pathways to high school and college and from college to a career.

- Community Connection
  - Students will be exposed to local collegiate institutions through the Apprenticeship including information from coaches, tours, and meetings.

- Research Program
  - As part of the curriculum, students will research schools with rugby programs, further enriching their educational experience and information about higher education.

WOW! Plan

The Rookie Rugby Apprenticeship includes a performance-based WOW! Program which consists of a Rookie Rugby (Flag Rugby) game among the members of the Apprenticeship program or with a program from another middle school. The WOW! is intended to be held at a local university campus (indoors or outdoors) paired with a campus tour and social gathering following.

This program will meet the four criteria for a high quality WOW! Program through the following:

<table>
<thead>
<tr>
<th>WOW! Criteria</th>
<th>Rookie Rugby Apprenticeship</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Demonstration of Mastery</strong></td>
<td>Participants will learn and master the required skills needed to understand and enjoy the game throughout the program. The measure of mastery will be demonstrated while playing competitively and cooperatively.</td>
</tr>
<tr>
<td><strong>Professional Quality</strong></td>
<td>All program components have been written and certified by USA Rugby. WOW! will have a first class facility including a standard playing surface and a certified referee.</td>
</tr>
<tr>
<td><strong>Adding Community Value</strong></td>
<td>Although not direct, the community value added through this program comes after the event. Participants in this program will learn skills helpful to their development as contributing members to their communities.</td>
</tr>
<tr>
<td><strong>Authentic Audience</strong></td>
<td>The spectators for the event will include players and coaches from the University women’s and men’s rugby teams, the local club teams, as well as other experienced rugby players, coaches and officials. Additionally, family members and friends are encouraged to attend.</td>
</tr>
</tbody>
</table>
# Program Overview

<table>
<thead>
<tr>
<th>Weekly Lesson</th>
<th>Learning Objective(s)</th>
<th>21st Century Skills</th>
<th>College/Career Connection</th>
<th>Activities</th>
</tr>
</thead>
</table>
| **Week 1:** Introduction to Rugby | Students will be introduced to the overall rules of the game, culture of the game, and apprenticeship overview | • Social and Cross-Cultural Interaction  
• Critical Thinking and Problem Solving  
• Communication  
• Collaboration  
• Leadership and Responsibility | Will be introduced later in the program | • Videos  
• Handouts with interactive games  
• Basic introductory rugby games |
| **Week 2:** Rugby Team Overview and Rugby in England | **Classroom:** This week will focus on rugby teams and highlight rugby in England  
**Rugby:** Basic ball handling techniques and movement patterns | • Social and Cross-Cultural Interaction  
• Critical Thinking and Problem Solving  
• Communication  
• Collaboration  
• Leadership and Responsibility | Will be introduced later in the program | • Handouts with information about rugby teams and rugby in England  
• Passing and ball handling games |
| **Week 3:** Rugby Rules and Rugby in Australia | **Classroom:** This week will focus on a more in depth overview of the rules of rugby and highlight rugby in Australia  
**Rugby:** Students will advance from basic skills to small-sided games | • All 21st Century Skills are included | Mentor Program: One of the teachers, assistant teachers, or coaches will make a brief presentation | • Handouts with information about rugby rules and rugby in Australia  
• Small-sided rugby games teaching different sets of skills |
<table>
<thead>
<tr>
<th>Weekly Lesson</th>
<th>Learning Objective(s)</th>
<th>21st Century Skills</th>
<th>College/Career Connection</th>
<th>Activities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 4: Rugby Events and Rugby in France</td>
<td>Classroom: This week will focus on the major rugby events around the world and highlight rugby in France</td>
<td>• All 21st Century Skills are included</td>
<td>Research Program: Students will be instructed to research a collegiate rugby team – discussion will take place in Week 6</td>
<td>• Handouts with information about international rugby events and rugby in France · Advancing Rookie Rugby with small-sided games</td>
</tr>
<tr>
<td></td>
<td>Rugby: Students will advance to small-sided Rookie Rugby games</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 5: Rugby Vocabulary and Rugby in New Zealand</td>
<td>Classroom: This week will focus on the common rugby terms and highlight rugby in New Zealand</td>
<td>• All 21st Century Skills are included</td>
<td>Mentor Program: One of the teachers, assistant teachers, or coaches will make a brief presentation</td>
<td>• Handouts with a glossary of rugby terms and rugby in New Zealand · Students will continue small-sided play with the addition of lineouts</td>
</tr>
<tr>
<td></td>
<td>Rugby: Students will add advanced skills: lineouts</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Week 6: Rugby Referees and Rugby in Argentina</td>
<td>Classroom: This week will focus on the role of the Referee and highlight rugby in Argentina</td>
<td>• All 21st Century Skills are included</td>
<td>Research Program: Students will briefly discuss the program they researched in Week 4</td>
<td>• Handouts on rugby referees and rugby in Argentina · Students will continue small-sided play with the addition of scrums</td>
</tr>
<tr>
<td></td>
<td>Rugby: Students will add advanced skills: scrums</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Weekly Lesson</td>
<td>Learning Objective(s)</td>
<td>21st Century Skills</td>
<td>College/Career Connection</td>
<td>Activities</td>
</tr>
<tr>
<td>---------------</td>
<td>-----------------------</td>
<td>---------------------</td>
<td>--------------------------</td>
<td>------------</td>
</tr>
<tr>
<td>Week 7: Rugby Offense and Defense and Rugby in South Africa</td>
<td>Classroom: This week will focus on how to play offense and defense and highlight rugby in South Africa</td>
<td>• All 21st Century Skills are included</td>
<td>Mentor Program: One of the teachers, assistant teachers, or coaches will make a brief presentation</td>
<td>• Handouts with information about offense and defense and rugby in South Africa • Students will continue with larger-sided play</td>
</tr>
<tr>
<td>Week 8: Rugby in the United States</td>
<td>Classroom: This week will focus on an overview of rugby in the United States</td>
<td>• All 21st Century Skills are included</td>
<td>This week will address how students can continue with rugby in high school and college and what careers can be found within the sport</td>
<td>• Handouts with information about rugby in the United States • Students will continue with larger-sided play</td>
</tr>
<tr>
<td>Week 9: WOW! Program Rehearsal and Rugby in Japan</td>
<td>Classroom: This week will focus on an overview of the WOW! Program and rugby in Japan</td>
<td>• All 21st Century Skills are included</td>
<td>Mentor Program: One of the teachers, assistant teachers, or coaches will make a brief presentation</td>
<td>• Handouts with information about rugby in Japan • Students will play Rookie Rugby matches as in the WOW!</td>
</tr>
<tr>
<td>Weekly Lesson</td>
<td>Learning Objective(s)</td>
<td>21st Century Skills</td>
<td>College/Career Connection</td>
<td>Activities</td>
</tr>
<tr>
<td>--------------------</td>
<td>--------------------------------------------------------------------------------------</td>
<td>----------------------------------------------------------</td>
<td>----------------------------------------------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>Week 10: WOW! Program</td>
<td>WOW! Program: Students will demonstrate their mastery through performance in the WOW! Program</td>
<td>• All 21st Century Skills are included</td>
<td>Community Connection: Students will have the opportunity to tour the university campus</td>
<td>• WOW! Program</td>
</tr>
</tbody>
</table>
Rookie Rugby: The Road to WOW!

Week 1

Week 2

Week 3

Week 4

Week 7

Week 6

Week 5

Week 10

Week 9

Week 8
Basic Rules for Rookie Rugby Apprenticeship Players

- Stay Attentive – pay careful attention to the rules as they are explained. If something is unclear, wait until play has stopped to ask your question.

- Positivity – Everything we say in the apprenticeship is informational or encouraging. We do not accept complaints or criticism.

- Rookie Rugby Flag Etiquette – All play will follow proper flag etiquette as follows:
  - Defender removes a flag and yells, “FLAG!”
  - Ball carrier passes the ball to a teammate within three steps/three seconds
  - Defender returns the flag to the ball carrier and then returns to play. Defenders may not return to play until they have successfully returned the flag back to the ball carrier.
  - Ball carrier replaces the flag on his/her flag belt and then returns to play. Ball carriers may not return to play until they have successfully replaced their flag.

- Rookie Rugby is a non-contact game. The following behaviors will not be permitted:
  - Defenders may not grab the ball from the ball carrier
  - Defenders may not slap the ball from the ball carrier’s hands
  - Ball carrier’s may not stiff arm, flag guard, or spin to prevent a defender from removing a flag

- Deliberate contact will result in a yellow or red card from the referee. Accidental contact will result in a warning the first time and a yellow card the second time.
  - Decisions about deliberate or accidental contact will be made by the referee or the coach.

- Players will remain on their feet at all times. No diving for the ball is permitted. The referee or a coach will decide which team gets possession of the ball on the ground.

- The referee or a coach is the sole decider of the rules of the game. Players will respect the decisions of the referee or coach in all games.

- The overall goal of the apprenticeship is to have fun while learning and playing rugby.
Rookie Rugby Honor Code

**Supporter / Parent**
1) Honor the game in action and language  
2) Use praise and positive recognition with all who are involved  
3) Allow coaches or officials to correct player mistakes. Resist the urge to give instructions  
4) Cheer on good play from both sides  
5) Acknowledge that all referees perform a difficult task  
6) Appreciate coaches for their commitment and effort  
7) Set a good example - think before you act  
8) Have fun!

**Coach**
1) Honor the game by adopting a culture that rewards effort, not only outcome  
2) Emphasize the letter and spirit of the rules  
3) Appreciate that a worthy opponent brings out the best in any team  
4) Aim for fierce competition when the game is on and friendly interaction when time is out  
5) Respect the officials even when you disagree  
6) Never do anything, on or off the field, that compromises all player efforts to be the best they can be – think before you act!  
7) Have fun!

**Player**
1) Honor the game by trying your best  
2) Put effort into learning both individual AND team skills  
3) Play according to the laws of the game  
4) Commit to your team with high attendance, effort and energy levels  
5) Show respect to all  
6) Appreciate good play from both sides  
7) Be an ambassador of the sport – think before you act!  
8) Have fun!
### Rookie Rugby – Week 1

**Duration:** 90 minutes  
**Equipment/Materials:** Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts, Laptop, Projector  
**Optional:** Pinnies (Optional), Water, Sunscreen  
**Objectives:**  
- Learn about the Rookie Rugby Apprenticeship  
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td>Introductions of staff and students</td>
<td>Have students and staff introduce themselves to the group</td>
<td>• The focus is to learn names and build a bond amongst the group</td>
</tr>
</tbody>
</table>
| 15 minutes       | Apprenticeship Overview                                                  | Utilize the included handouts and videos to provide an overview for students in a classroom setting | • Understanding of the apprenticeship  
|                    |                                                                          |                                                                                        | • Understanding of rugby                                                  |
| 10 minutes       | Circle Passing – This game will teach basic passing and catching skills, as well as teamwork. | Form smaller circles and spread out on the field. Have kids stand arms-length distance apart. One rugby ball should be placed with each circle. | Points to Emphasize:  
|                    |                                                                          |                                                                                        | • Proper Passing Technique – Moving Arms Across Body  
|                    |                                                                          |                                                                                        | • Proper Catching Technique – Forming a ‘W’ With Hands                   |
| 10 minutes       | Rookie Rugby Overview Video                                               | Have students watch an overview video on Rookie Rugby in the classroom                 | • Focus on the basics of the game in the overview                          |
| 15 minutes       | Rugby Relays – These relays will teach a variety of rugby skills in a familiar game format | Set up kids into relay lines with equal numbers. Try to have no more than five kids in each line with one rugby ball each. | • Proper passing and catching form  
|                    |                                                                          |                                                                                        | • Incorporate different skills                                            |
| 15 minutes       | Rugby Freeze Tag - This game will introduce spatial awareness and communication, both skills important in the game of rugby. | Set up a larger grid using cones. Identify a small number of students to act as taggers. | Points to Emphasize:  
|                    |                                                                          |                                                                                        | • Communication  
|                    |                                                                          |                                                                                        | • Spatial Awareness                                                       |
| 15 minutes       | Closing Circle                                                           | Review lessons learned from the day and review plans for the following week.           | • Ensure students understood key points from the day                      |
Rookie Rugby Apprenticeship Handout for Players

What is the Rookie Rugby Apprenticeship?
The Rookie Rugby Apprenticeship is a program that introduces you to the fast-paced, fun game of rugby! The program will focus on the basics of playing the game, its history, and rugby around the world.

Will I play rugby in the Apprenticeship?
Yes! Apprenticeship participants will play Rookie Rugby, the non-contact version of the game using flag belts.

Aside from playing rugby, what else will I learn in the Apprenticeship?
In addition to playing the game of rugby, students will learn the basics of the game and where it is played around the world. Each week will focus on a different rugby-playing country – the highlighted countries will include:

- England
- Australia
- France
- New Zealand
- Argentina
- South Africa
- United States
- Japan

What will the final WOW! be for the Apprenticeship?
The final WOW! will be a performance event containing a full rugby game played at [insert a local college]. Students will also receive a tour of the college campus and a social activity to follow.

Can rugby help me with college or a career?
Yes! The Apprenticeship will outline different collegiate and career pathways for not only rugby, but other avenues as well. Each week will focus on a different story or project related to college or a future career. Special consideration will be given to a direct rugby connection.
Rugby Overview

Instructions
Use the following handout to introduce the basic rules of rugby through fun, interactive puzzles and games.

Basic Rugby Overview
- The object of the game is to score a try (5 points) by touching the ball to the ground on or beyond the opponent’s goal line.
- Passes in rugby are lateral and/or backwards. No forward passing is allowed.
- Kicking is allowed at any time in rugby.
- Rugby is played on a field 100 yards long by 70 yards wide.
- After scoring a try, the scoring team will have the chance to kick a conversion for two points.
- Traditional rugby is played with 15 players on a side for 80 minutes.
- Olympic rugby is played with seven players on a side for 14 minutes.
- When a ball goes out of bounds, play is restarted with a lineout.
- When a ball is passed or fumbled forward, play is restarted with a scrum.
- There are both non-contact and contact forms of rugby. Non-contact rugby is called Rookie Rugby.

Rugby Crossword
Use the overview above to help fill in the crossword below.

Across
1. Passes in rugby can be lateral and/or _________.
2. Scoring in rugby is called a _________.
3. Scoring in rugby is worth ________ points.

Down
1. After scoring in rugby, teams get a chance to kick a _________.
2. Passing the ball forwards in rugby will result in a _________.
3. Olympic Rugby is played with ________ players.
Rookie Rugby - Week 2

Duration: 90 minutes
Equipment/Materials: Rugby Balls, Cones, Ball Pump, Whistle, Handouts
Optional: Pinnies (Optional), Water, Sunscreen
Objectives:
- Learn about the make-up of rugby teams and rugby in England
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td>Brief review of information from Week 1</td>
<td>Recap previous information to keep all students on the same page</td>
<td>• The focus is to review previous information</td>
</tr>
<tr>
<td>15 minutes</td>
<td>Rugby Teams and Featured Rugby Country - England</td>
<td>Provide handouts on “Rugby Teams” and “Rugby in England” and review with group.</td>
<td>Points to emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Rugby Teams</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Culture</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Rugby Relays – These relays will serve as a great review from Week 1</td>
<td>Set up kids into relay lines with equal numbers. Try to have no more than five kids in each line with one rugby ball each.</td>
<td>• Proper passing and catching form</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Review and incorporate different skills</td>
</tr>
<tr>
<td>10 minutes</td>
<td>USA Eagles - This game is great for teamwork and defense</td>
<td>Set up a large grid and have students line up on one end, standing next to each other and facing the inside. Identify a few athletes to act as taggers.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Teamwork</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Water Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Stars and Stripes - This game not only teaches offense and defense, but is also a ton of fun! The kids will love thinking on their feet.</td>
<td>Have students find a partner and line up next to each other, arms-length apart, making two single file lines. All kids should face the instructor, who will be standing at one end.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Reaction Time</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Offense</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Defense</td>
</tr>
<tr>
<td>15 minutes</td>
<td>Keep Away – This game will teach advanced ball movement, as well as teamwork.</td>
<td>Set up a smaller grid to accommodate 3-4 players. Break larger teams up into smaller groups.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Ball Movement</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Teamwork</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Cool Down</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Closing Circle</td>
<td>Review lessons learned from the day and review plans for the following week.</td>
<td>• Ensure students understood key points from the day</td>
</tr>
</tbody>
</table>

Points to Emphasize:
Rugby Teams Overview

Traditional Rugby
Traditional rugby is played with 15 people on a team. The team is split up into ‘forwards’ and ‘backs’. Below outlines each position and a brief description of their role on the team.

- **1 & 3 – Props**: Props are part of the front row and provide power and support
- **2 – Hook/Strike**: The Hook’s main role is to gain possession of the ball in the scrum and throw the ball into the lineout
- **4 & 5 – Locks**: The second row of the scrum serves as the engine and place of power
- **6 & 7 – Flankers**: Placed on each side of the scrum, flankers provide balance, as well as support
- **8 – Number Eight**: This last piece in the puzzle is a crossover between a forward and a back, serving multiple roles
- **9 – Scrumhalf**: Your Scrumhalf is your quarterback for the team, always finding the ball in order to lead
- **10 – Flyhalf**: The Flyhalf is the main leader of the backline
- **11 & 14 – Wings**: Wings are the fast wheels on the team
- **12 & 13 – Centers**: Centers are the fast, powerful forces in the backline
- **15 – Fullback**: The Fullback is the safety on defense and one of the most versatile positions on offense.

Olympic Rugby
Olympic Rugby is played with seven players on a team with similar positions to Traditional Rugby. Below is an overview of the differences in positions in Olympic Rugby in comparison to Traditional Rugby.

- **Scrum and Lineouts** – Olympic Rugby scrums and lineouts are made of three people only: two Props and one Hook.
- **Backline** – The backline in Olympic Rugby can be any combination of Wings, Centers, Fullback, and Flyhalf. The flexibility of the line will change with the game situation on hand.
Rugby in England

The Birthplace of Rugby
In 1823, a young man by the name of William Webb Ellis attended the Rugby School in England. The old tale says that during a game of soccer, Ellis picked up the soccer ball and ran down the field. This ‘new’ form of the game intrigued everyone and led to the development of a new game called ‘rugby’.

Quick Facts on England
- Continent: Europe (United Kingdom)
- Capital: London
- Population: 52 million
- Official Language: English

Quick Facts on Rugby in England (2012)
- Mascot: English Rose
- Colors: Red and White
- Men’s National Team Ranking: 4th
- Women’s National Team Ranking: 2nd
# Rookie Rugby Apprenticeship

## Rookie Rugby – Week 3

**Duration:** 90 minutes  
**Equipment/Materials:** Rugby Balls, Cones, Ball Pump, Whistle, Handouts  
**Optional:** Pinnies (Optional), Water, Sunscreen  
**Objectives:**  
- Learn about advanced rugby concepts and rugby in Australia  
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td>Brief review of information from Week 2</td>
<td>Recap previous information to keep all students on the same page</td>
<td>• The focus is to review previous information</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Featured Rugby Country - Australia</td>
<td>Provide handouts “Advanced Rugby Concepts” and on “Rugby in Australia”.</td>
<td>Points to emphasize: • Culture</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Career/College Connection</td>
<td>Coach/Assistant Coach Presentation</td>
<td>• Career/College connection</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Keep Away – This game will serve as a great warm up and review</td>
<td>Set up a smaller grid to accommodate 3-4 players. Break larger teams up into smaller groups.</td>
<td>Points to Emphasize: • Ball Movement • Teamwork</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Hot Potato – Take this childhood game and turn it into a rugby game as players work to beat the clock!</td>
<td>Using the ‘Keep Away’ grid, break team up into smaller groups of equal numbers.</td>
<td>Points to Emphasize: • Teamwork</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Water Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Just Score – This game-like situation activity will get the competitive juices flowing in a fun environment!</td>
<td>Set up a smaller grid to accommodate smaller groups.</td>
<td>Points to Emphasize: • Ball Movement • Teamwork • Scoring Tries</td>
</tr>
<tr>
<td>15 minutes</td>
<td>Ultimate Rugby - Progress the teams through Ultimate Rugby, introducing one skill at a time. This will allow the athletes to grasp the overall concepts easily.</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and if possible, indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize: • Applying basic skills to be successful</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Cool Down</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Closing Circle</td>
<td>Review lessons learned from the day and review plans for the following week.</td>
<td>• Ensure students understood key points from the day</td>
</tr>
</tbody>
</table>
Advanced Rugby Overview

Advanced Rugby Rules and Concepts

- **Tackle**
  - The only person that can be tackled in rugby is the one carrying the ball
  - Once a tackle is made, a ruck is formed, which is players from each team coming into contact over the ball
  - There is no blocking in rugby, teammates may not prevent the defense from trying to tackle the ball carrier
  - Sometimes a player may be held up and not brought to ground, this is a maul

- **Penalties**
  - Penalties in rugby can called for a multitude of reasons. Once a penalty is called, a team can decide to run with the ball, or kick it down the field for a lineout possession to their advantage.
  - If a team is close enough to the opposing team's tryline, they can make an attempt at a penalty kick for three points.
  - Penalties can be called for being offsides, dangerous play, not adhering to the rules of the tackle, etc.

- **Knock-on** – when a player fumbles the ball forwards, it is called a knock-on.

- **Advantage**
  - If a player commits a knock-on and the opposing team recovers the ball, the referee will call ‘advantage,’ meaning that it is an advantage to the opposing team.
  - The referee will allow the advantage to be played for a few seconds to see if possession is gained.
  - If possession is not gained, the whistle will blow and a scrum to the non-offending team will be awarded.

Rugby Word Search

Use the word search below to find some common rugby terms outlined in the advanced overview above.

| E | B | T | S | G | Z | R | J | P | P | Y | J | Z | W | M | O | D | S | N | J |
| Z | G | V | N | K | O | C | R | F | T | B | M | D | K | A | N | Y | T | Z |
| G | T | A | C | K | L | E | Q | H | Q | L | Q | K | F | J | O | U | H | I | D |
| U | M | P | T | G | B | F | D | M | V | A | S | N | C | K | X | X | L | L | X |
| W | L | J | X | N | Y | U | Q | I | K | N | R | S | C | I | U | N | E | F | V |
| Q | G | X | G | E | A | P | G | A | R | E | M | O | C | Q | T | Y | U | M | O |
| R | K | N | W | S | V | V | Z | Q | U | P | N | L | Y | A | U | G | Q | P | C |
| K | I | M | X | C | J | K | D | K | C | K | Z | W | T | D | S | X | D | X | S |
| S | P | R | F | K | T | T | U | A | K | R | H | H | V | X | X | Z | O | N | A |
| W | H | O | L | J | X | N | L | Y | K | J | Y | R | X | Y | E | G | R | O | E |

| ADVANTAGE | RUCK | PENALTY |
| TACKLE | MAUL | KNOCKON |
Rugby in Australia

Australia is one of the stronger rugby nations in the world. Rugby is one of the most popular sports in the country. Australia is about the size of the United States but the population is mostly on the coasts, with desert and rough country filling the center. Rugby is most popular around Sydney, the largest city, and in the northern province of Queensland. Rugby is a professional sport in Australia and players go nine months a year with leagues and national competitions. The Wallabies compete internationally in the *Tri-Nations Series* with South Africa and New Zealand.

Quick Facts on Australia
- Continent: Australia
- Capital: Sydney
- Population: 22 million
- Official Language: English

Quick Facts on Rugby in Australia (2012)
- Mascot: Wallabies
- Colors: Gold and Green
- Men’s National Team Ranking (Fifteens): 2nd
- Men’s National Team Ranking (Sevens): 6th
- Women’s National Team Ranking (Fifteens): 3rd

Australian Rugby Accomplishments
- World Cup Winners in 1991 and 1999 (Men)
Rookie Rugby - Week 4

Duration: 90 minutes
Equipment/Materials: Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts
Optional: Pinnies (Optional), Water, Sunscreen
Objectives:
- Learn about major rugby events around the world and rugby in France
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>Brief review of information from Week 3</td>
<td>Recap previous information to keep all students on the same page</td>
<td>The focus is to review previous information</td>
</tr>
<tr>
<td>7 minutes</td>
<td>Featured Rugby Country - France</td>
<td>Provide handouts on “Rugby in France” and review with group.</td>
<td>Points to emphasize:</td>
</tr>
<tr>
<td>8 minutes</td>
<td>Rugby events around the world</td>
<td>Provide handouts on “Rugby Events Around the World”</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>5 minutes</td>
<td>College Connection</td>
<td>Review handout for research project on collegiate rugby</td>
<td>College connection</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Just Score – This game-like activity will get the competitive juices flowing in a fun environment!</td>
<td>Set up a smaller grid to accommodate smaller groups.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>10 minutes</td>
<td>1 v 1 and 2 v 2 – These game-like situations will help students build up their offensive and defensive skills.</td>
<td>Set up a smaller grid to accommodate smaller groups.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>15 minutes</td>
<td>Ultimate Rugby into Flag Rugby - Progress the teams by advanced skills.</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>5 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Closing Circle</td>
<td>Review lessons learned from the day and review plans for the following week.</td>
<td>Ensure students understood key points</td>
</tr>
</tbody>
</table>
Rugby Events Around the World

Olympics
- Held every four years by the International Olympic Committee
- Largest sporting event around the world
- Rugby will re-debut in 2016 in Rio de Janeiro
- Olympic Rugby will be played (Sevens) for men and women

Rugby World Cup
- Held every four years by the International Rugby Board
- Third largest sporting event in the world behind the Olympics and Soccer World Cup
- Trophy: William Webb Ellis Cup
- 2015 Event for Men: England
- 2014 Event for Women: France

Sevens World Series
- Held every year in seven locations around the world
  - Australia
  - Dubai
  - South Africa
  - New Zealand
  - USA
  - Hong Kong
  - Japan
  - Scotland
  - England
- 16 teams participate from around the world

Regional Events
- Churchill Cup
  - Held annually
  - Four teams (Men)
- Six Nations
  - Held annually
  - Participating Men’s teams: England, France, Ireland, Italy, Scotland, Wales
- Nations Cup
  - Held annually for women
  - Six teams from around the world
- Tri Nations
  - Held annually for men
  - Australia, New Zealand, South Africa
Collegiate Rugby Research Project

This week’s connection to collegiate pathways will have students practice their at-home research skills. Each student is instructed to select a university or college with a men’s or women’s rugby team. The questions below will help guide each student in their research. Students will present their research findings in Week 6.

The college/university that I selected: _______________________________________________________________________

The name of the rugby team at this college/university is: ____________________________

The mascot of the rugby team is: _______________________________________________________________________

This university has a rugby team for men and women: TRUE FALSE

Which division is the rugby team at this college/university: _______________________

The name of the coach for this rugby team: _________________________________

Two things that I learned about this rugby team are:
1. _______________________________________________________________________
2. _______________________________________________________________________

Two things that I learned about this college/university (separate from rugby) are:
1. _______________________________________________________________________
2. _______________________________________________________________________
Rugby in France

France is a well-known rugby nation, especially since their recent appearance in the 2011 Rugby World Cup finals against New Zealand. France continues to be a threat in their regional competition, the Six Nations. They have won the Six Nations three of the last five years.

Rugby in France is the second most popular sport behind soccer. Rugby is most popular in the southern part of the country.

Quick Facts on France
- Continent: Europe
- Capital: Paris
- Population: 65 million
- Official Language: French

Quick Facts on Rugby in France (2012)
- Colors: Blue and White
- Men’s National Team Ranking (Fifteens): 6th
- Men’s National Team Ranking (Sevens): 8th
- Women’s National Team Ranking (Fifteens): 4th
## Rookie Rugby – Week 5

**Duration:** 90 minutes  
**Equipment/Materials:** Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts  
**Optional:** Pinnies (Optional), Water, Sunscreen  
**Objectives:**
- Learn common rugby terms and about rugby in New Zealand  
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>Brief review of information from Week 4</td>
<td>Recap previous information to keep all students on the same page</td>
<td>• The focus is to review previous information</td>
</tr>
</tbody>
</table>
| 7 minutes | Featured Rugby Country – New Zealand                          | Provide handouts on “Rugby Terms” and “Rugby in New Zealand”                       | Points to emphasize:  
- Culture                                                                                             |
| 8 minutes   | Common Rugby Terms                                                  | Provide handouts on “Rugby Vocabulary”                                                 | Points to Emphasize:  
- Vocabulary                                                                                          |
| 5 minutes   | Career/College Connection                                             | Coach/Assistant Coach Presentation                                                      | • Career/College connection                                               |
| 10 minutes  | Rugby Rounders – This game will take Circle Passing one step further to challenge students’ passing skills. | Have one group of students form a small circle and another group pair up and form a line near the circle. | Points to Emphasize:  
- Accuracy  
- Pressure situations  
- Fitness and Quickness                                                   |
| 10 minutes  | Rugby Relay Run – This small-sided game will simulate game-like situations and practice drawing in the defense and offloading to support players. | Set up smaller groups of 5 students.                                                                 | Points to Emphasize:  
- Quick Transitioning  
- Drawing in defense before pass or offload  
- Teamwork                                           |
| 5 minutes   | Water Break                                                            |                                                                                         |                                                                           |
| 10 minutes  | Lineouts – Incorporate a new rugby skill to be added to the game.     | Begin with overall instruction and then break team into small groups to practice lineouts. | Points to Emphasize:  
- Safety  
- Understanding                                                   |
| 15 minutes  | Flag Rugby – Work on incorporating new game concepts, such as lineouts, into full flag rugby. | Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags. | Points to Emphasize:  
- Applying Basic and Advanced Concepts  
- Lineouts                                                    |
| 5 minutes   | Cool Down                                                              |                                                                                         |                                                                           |
| 10 minutes  | Closing Circle                                                        | Review lessons learned from the day and review plans for the following week.            | • Ensure students understood key points                                    |
Common Rugby Terms

Any term that is highlighted in bold text within a definition is explained elsewhere in the glossary. Terms are listed in alphabetical order.

1. **Advantage**: The purpose of this rule is to let the game flow and avoid unnecessary stoppages. If an infringement occurs that results in the benefit of the non-infringing team, the referee will let play continue. For example, if a knock-on occurs and the non-infringing team gains possession from this knock-on, the referee will call advantage and allow play to continue.

2. **Backs, Backline**: The backs, or backline, are the players that line up away from the forwards when engaging in a scrum or a lineout. There are three backline players on each team. A backline consists of a fly half, a center, and a wing.

3. **Dead Ball**: A ball is considered ‘dead’ between the time that the referee blows the whistle to stop play and the time that play restarts.

4. **Forwards**: Players that participate in scrums and lineouts. There are four forwards on each team consisting of the scrum half, hook, and two props.

5. **Forward pass**: Passes that are thrown forward (towards the in-goal in which a team is trying to score) are not allowed. All passes in rugby must be thrown sideways or backwards.

6. **Free Pass**: A free pass is an uncontested pass allowed from one player to a teammate. A free pass is used to start the following:
   a. Each half of the match at the center of the field
   b. After an infringement to restart the match at the place of infringement

7. **Infringement**: An infringement occurs when there is an infraction of the rules during play (i.e. throwing the ball forward). Depending on the type of infringement, the non-offending team will be awarded a scrum or a free pass.

8. **In-Goal**: The in-goal areas are where a try is scored on the field. The in-goal areas are five meters deep from the goal line. This area is sometimes called the ‘try zone’.

9. **Knock-On**: A knock-on occurs when a player, while carrying the ball or trying to receive a pass, fumbles or fails to catch the ball, and the ball then goes forward and hits the ground or another player.

10. **Lineout**: A lineout is used to restart play after the ball goes out of bounds.
Common Rugby Terms

11. **Mark**: A mark is the place, indicated by the referee, that play should restart after a stoppage.

12. **Maul**: A maul occurs when a ball carrier is held up during a tackle (does not go to ground) and other players from both teams bind onto them to help with gaining possession. During a maul, all players are on their feet and the ball is not on the ground.

13. **Meter**: The measurement of distance used in rugby, similar, but slightly longer than a yard.

14. **Pass**: A pass is from one player to another. All passes in rugby must be thrown sideways or backward.

15. **Obstruct or Obstruction**: Players are not allowed to block or obstruct a player that is attempting to tackle the ball carrier.

16. **Offside (During General Play)**: Any time that a player is in front of a teammate who is carrying the ball, that player is offside and must not become involved or interfere in play in any way until he/she becomes onside again.

17. **Penalty**: A penalty is awarded against a team for a major infringement of the rules (i.e. tackling a player that does not have possession of the ball). In the case of a penalty, the non-offending team will be awarded a free pass.

18. **Players** – The positions in Rookie Rugby 7s will consist of the following:
   a. **Props** – Two players on team, participate in scrums (support hooker by binding on each side) and lineouts
   b. **Hooker** – One player on team, participate in scrums (center of scrum, hooks ball with foot) and lineouts (throws ball in bounds)
   c. **Scrum Half** – One player on team, participates in scrums (puts ball in) and lineouts (receives pass from lineout)
   d. **Fly Half** – One player on team, makes up the start of the back line of three players
   e. **Center** – One player on team, second person in the back line of three players
   f. **Wing** – One player on team, last person in the back line of three players

19. **Ruck**: A ruck occurs, usually after a tackle, when players from both team that are on their feet come into contact and bind onto each other over the ball on the ground.

20. **Scrum**: A scrum is the formation in which two front rows of three players from each team bind on to each other. It is used to restart play after the referee has stopped play either for a minor infringement such as a forward pass, or for other reasons such as an injury.

21. **Tackle**: A tackle occurs when an opponent holds and brings the ball carrier to the ground. Only the ball carrier may be tackled.

22. **Touch or Touch Line**: The touch line is equivalent to a sideline or out-of-bounds line on the field. When the ball, or a player carrying the ball, touches or goes over the touch line the ball is considered to be out of bounds, which in rugby is called ‘in touch’. A lineout is used to restart play when this occurs.

23. **Try**: Scoring in rugby is called a ‘try’. Scoring a try is done by crossing over the goal line, into the in-goal, and touching the ball down to the ground. A try is worth five points.
Rugby in New Zealand

Rugby is the national sport in New Zealand, perhaps the most well-known nation for rugby around the world. New Zealand is ranked as the top team in both fifteens and sevens. They recently won the 2011 Rugby World Cup. They have been in the final of the Rugby World Cup in six out of seven tournaments.

The signature of the New Zealand All Blacks is their pre-game ritual called the haka. It is a traditional form of the Maori dance, native to New Zealand. It is designed to intimidate their opponents and more so inspire their country.

Quick Facts on New Zealand
- Continent: Part of Oceania (Australia)
- Capital: Wellington
- Population: 4 million
- Official Language: English

Quick Facts on Rugby in New Zealand (2012)
- Mascot: Black Ferns
- Colors: Black
- Men’s National Team Ranking: 1st
- Women’s National Team Ranking: 1st
**Rookie Rugby – Week 6**

**Duration:** 90 minutes  
**Equipment/Materials:** Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts  
**Optional:** Pinnies (Optional), Water, Sunscreen  
**Objectives:**  
- Learn about rugby in Argentina  
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>Brief review of information from Week 5</td>
<td>Recap previous information to keep all students on the same page</td>
<td>• The focus is to review previous information</td>
</tr>
</tbody>
</table>
| 7 minutes | Featured Rugby Country – Argentina       | Provide handouts on “Rugby in Argentina” and review.         | Points to emphasize:  
|          |                                               |                                                              | • Culture                                      |
| 8 minutes | Rugby Referees     | Provide handouts on “Rugby Referees”                  | Points to Emphasize:  
|          |                                               |                                                              | • Officiating                                  |
| 5 minutes | College Connection | Students will present briefly on their research of college rugby | • College connection                           |
| 10 minutes | Warm Up and Review – Pick one or two games run the previous weeks for warm up and review. Introduce advanced skills and variations to continue building success. | Varies based on activity | Points to Emphasize:  
|          |                                               |                                                              | • Review of past information  
|          |                                               |                                                              | • Introduction of new variations              |
| 10 minutes | 4 v 4 – This mini flag game will keep kids moving while refining their skills in game-like situations. | Set up a smaller grid to accommodate smaller groups. Run a round robin tournament for teams of four. | Points to Emphasize:  
|          |                                               |                                                              | • Offensive Teamwork  
|          |                                               |                                                              | • Defensive Teamwork                          |
| 5 minutes |                                               |                                                              | Water Break                                    |
| 10 minutes | Scrum – Incorporate a new rugby skill and concept to be added. | Begin with overall instruction and then break the team into smaller groups to practice lineouts. | Points to Emphasize:  
|          |                                               |                                                              | • Safety  
|          |                                               |                                                              | • Quick Ball Movement                         |
| 15 minutes | Flag Rugby – Work on incorporating new game concepts, such as scrums, into full flag rugby. | Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags. | Points to Emphasize:  
|          |                                               |                                                              | • Applying Basic and Advanced Concepts  
|          |                                               |                                                              | • Scrum                                        |
| 5 minutes |                                               |                                                              | Cool Down                                      |
| 10 minutes | Closing Circle | Review lessons learned from the day and review plans for the following week. | • Ensure students understood key points         |
Rugby Referees

One of the most important people in a rugby game is the referee. The referee is responsible for maintaining the continuity of the game and keeping the players safe. In a typical rugby game there will be one main referee in the middle and two sideline officials called Assistant Referees (ARs).

Why did the whistle blow?
Referees use certain signals in the games when making calls. Work with instructors to guess the signals below. Use the word key for hints.
Rugby in Argentina

Argentina is the best of the South American national rugby teams. Their closest competitors are Chile and Uruguay. Currently they only have a men’s national team, but women’s rugby is on the rise. Rugby in Argentina is most popular around the capital city. Many top level players will receive contracts to play in Europe. The Pumas were the only team from the Americas to make it to the quarter-finals of the 2007 and 2011 Rugby World Cups.

Quick Facts on Argentina
- Continent: South America
- Capital: Buenos Aires
- Population: 41 million
- Official Language: Spanish

Quick Facts on Rugby in Argentina (2012)
- Mascot: Puma
- Colors: Light Blue and White
- Men’s National Team Ranking: 7th
## Rookie Rugby – Week 7

**Duration:** 90 minutes  
**Equipment/Materials:** Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts  
**Optional:** Pinnies (Optional), Water, Sunscreen  
**Objectives:**  
- Learn about offense and defense in the game and rugby in South Africa  
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>Brief review of information from Week 6</td>
<td>Recap previous information to keep all students on the same page</td>
<td>• The focus is to review previous information</td>
</tr>
<tr>
<td>7 minutes</td>
<td>Featured Rugby Country – South Africa</td>
<td>Provide handouts on “Rugby in South Africa” and review.</td>
<td>Points to emphasize:</td>
</tr>
<tr>
<td>8 minutes</td>
<td>Offense and Defense</td>
<td>Provide handouts on “Rugby Tactics”</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Career/College Connection</td>
<td>Coach/Assistant Coach Presentation</td>
<td>• Career/College connection</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Warm Up – Pick a game run the previous weeks for warm up. Introduce advanced skills to continue building success.</td>
<td>Varies based on activity</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>10 minutes</td>
<td>4 v 4 – This mini flag game will keep kids moving while refining their skills.</td>
<td>Set up a smaller grid to accommodate smaller groups. Run a round robin tournament for teams of four.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Swerve and Side Step Relay – This activity is a great game where you can add in defenders and advanced skills.</td>
<td>Split kids up into equal lines (no more than 5 in each line) to run relays. Have each line behind one cone with the first person in each line holding a rugby ball.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Flag Rugby – Work on incorporating everything learned into full flag rugby.</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Closing Circle</td>
<td>Review lessons learned from the day and review plans for the following week.</td>
<td>• Ensure students understood key points</td>
</tr>
</tbody>
</table>

**Water Break**

**Cool Down**
Rookie Rugby Apprenticeship

Understanding Rugby
Offense

Rugby is a game made up of offensive and defensive play, similar to many other sports. Any team can be successful if the have a strong offense. In rugby, the key to any great offense is support.

In rugby, support means that you are serving as backup for your teammate. In the event that you are supporting the ball carrier, you are in a position to receive a pass, provide help in a tackle, ruck, or maul, as well as can help communicate the situation on hand.

Players on offense will set up with enough depth and space from their teammate in order to be in a good support position.

Understanding Rugby Defense

A good defense is just as important as a good offense. The key to a good rugby defense is remaining in one flat line. Teammates will line up next to each other, which is opposite of an offensive set up.

Flat defense allows a team to cover the entire field, without letting opponents run through. Stacking the defense, or failure to remain in a flat line, will create holes for the offensive players to run through. Players on defense will set up with enough space from their teammate in a flat line.
Rugby in South Africa

South Africa has a special history with rugby because of its government. The Springboks were not allowed to compete in the first two Rugby World Cup tournaments because of the country’s policy on racial segregation, known as apartheid. In 1995, South Africa went on to win the Rugby World Cup, with support of their president, Nelson Mandela. The 2010 movie Invictus portrays this historic rugby event.

Quick Facts on South Africa
- Continent: Africa
- Capital: Pretoria
- Population: 50.5 million
- Official Language: South Africa has 11 official languages

Quick Facts on Rugby in South Africa (2012)
- Mascot: Springbok
- Colors: Green and Gold
- Men’s National Team Ranking: 3rd
- Women’s National Team Ranking: 10th
Rookie Rugby – Week 8

Duration: 90 minutes
Equipment/Materials: Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts
Optional: Pinnies (Optional), Water, Sunscreen
Objectives:
- Learn about rugby in United States and careers in rugby
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 min</td>
<td>Brief review of information from Week 7</td>
<td>Recap previous information to keep all students on the same page</td>
<td>The focus is to review previous information</td>
</tr>
<tr>
<td>8 min</td>
<td>Featured Rugby Country – USA</td>
<td>Provide handouts on “Rugby in USA” and review.</td>
<td>Points to emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Culture</td>
</tr>
<tr>
<td>7 min</td>
<td>Rugby Careers</td>
<td>Provide handouts on “Rugby Careers”</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Careers</td>
</tr>
<tr>
<td>10 min</td>
<td>Warm Up and Review – Pick one or two games run the previous weeks for warm up and review. Introduce advanced skills and variations to continue building success.</td>
<td>Varies based on activity</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Review of past information</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Introduction of new variations</td>
</tr>
<tr>
<td>10 min</td>
<td>Flag Rugby – Work on incorporating everything learned into full flag rugby.</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Applying Basic and Advanced Concepts</td>
</tr>
<tr>
<td>5 min</td>
<td>Water Break</td>
<td></td>
<td></td>
</tr>
<tr>
<td>25 min</td>
<td>Flag Rugby – Split teams up and run a round robin tournament, giving students a chance to get a real game-like experience.</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Applying All Skills and Concepts</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Have Fun!</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sportsmanship</td>
</tr>
<tr>
<td>5 min</td>
<td>Cool Down</td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 min</td>
<td>Closing Circle</td>
<td>Review lessons learned from the day and review plans for the following week.</td>
<td>Ensure students understood key points</td>
</tr>
</tbody>
</table>
Rugby is a growing in popularity across the country. More and more careers are becoming available for those interested in working in rugby. The following positions are potential jobs for rugby in the United States:

**Rugby Coach**
The most common position you can find in rugby is coaching. Kids begin playing rugby as young as five years old, with teams all over the country. It is easy to learn more about coaching the game and starting a team in your area. Most coaching positions are volunteer, but paid positions are available at certain levels.

**Rugby Referee**
You can quickly become certified and move up through the ranks. Some referees work up to a high level where they referee national and international events. Referees are paid on a per game basis and travel is covered if required.

**Rugby Administrator**
USA Rugby is the National Governing Body for rugby in the United States. The National Office houses a myriad of administrators who work at the highest level to administrate the game. Additionally, rugby is governed by local organizations in each state. These state rugby organizations have full and part time administrators that set up and run their leagues, organize coach and referee educations, as well as administrate new programs and initiatives. There are a wealth of opportunities to get involved to administrate the game.

**Rugby Development Officer**
One of the most fun positions working in rugby is on the Rugby Development level. These officers are tasked with building capacity within an area. They work hard to run outreach initiatives and start new programs at every level. You will commonly see Development Officers running P.E. clinics, setting up summer programs, training college students and adults how to coach and referee, and more. These positions can be part time or full time and the opportunities can be found or created across the country.

**Rugby Internships**
Internships are the best way to get your foot in the door for working in rugby. USA Rugby and local state organizations consistently have interns throughout the year working on various projects related to developing the game.
Rugby in the United States

Rugby is not a traditional American sport and is not as popular in comparison to countries we have looked at. Although it has been played for over 150 years on U.S. soil, the sport of rugby is still “new” to the general population.

USA Rugby, the National Governing Body, administers rugby around the country. With over 100,000 members, the sport is growing at considerable levels. Rookie Rugby, the non-contact form of the game, has been introduced to over two million kids under the age of 18 since its launch in 2008.

Rugby is the newest Olympic sport and will make its re-debut in 2016 in Rio de Janiero. Currently, the United States team holds the gold medal for rugby from the 1920 and 1924 Olympic Games.

Quick Facts on United States
- Continent: North America
- Capital: Washington D.C.
- Population: 313 million
- National Language: English

Quick Facts on Rugby in United States (2012)
- Mascot: Eagle
- Colors: Red, White, and Blue
- Men’s National Team Ranking (Fifteens): 17th
- Men’s National Team Ranking (Sevens): 14th
- Women’s National Team Ranking (Fifteens): 5th
# Rookie Rugby – Week 9

**Duration:** 90 minutes  
**Equipment/Materials:** Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts  
**Optional:** Pinnies (Optional), Water, Sunscreen  
**Objectives:**  
- Learn about rugby in Japan  
- Learn basic rugby skills and have fun!

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td>Brief review of information from Week 8</td>
<td>Recap previous information to keep all students on the same page</td>
<td>• The focus is to review previous information</td>
</tr>
<tr>
<td>8 minutes</td>
<td>Featured Rugby Country – Japan</td>
<td>Provide handouts on “Rugby in Japan” and review.</td>
<td>Points to emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Culture</td>
</tr>
<tr>
<td>7 minutes</td>
<td>WOW! Review</td>
<td>Provide handouts on “Rugby Apprenticeship WOW!”</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• WOW!</td>
</tr>
<tr>
<td>10 minutes</td>
<td>Warm Up and Review – Students will practice warming up as they will for the WOW!</td>
<td>Varies based on activity</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• WOW! practice</td>
</tr>
<tr>
<td>30 minutes</td>
<td>Flag Rugby – Work on incorporating everything learned into full flag rugby.</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Applying Basic and Advanced Concepts</td>
</tr>
<tr>
<td>10 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 minutes</td>
<td>Closing Circle</td>
<td>Review the rehearsal for the WOW! and discuss any changes to be made for the final week.</td>
<td>• Ensure students understood key points</td>
</tr>
</tbody>
</table>
Rugby in Japan

Like the United States, rugby is not a traditional sport in Asian culture. The Japanese have used their strengths to find a spot in the rugby world, specifically in the seven-a-side form of the game.

Hong Kong is widely known for their stop on the Sevens World Series tour. Japan, like other small countries, is quickly becoming a powerful entity in the game of rugby. Expect to see their debut in the 2016 Olympic games.

Quick Facts on Japan
- Continent: Asia
- Capital: Tokyo
- Population: 128 million
- Official Language: Japanese

Quick Facts on Rugby in Japan (2012)
- Mascot: Cherry Blossoms
- Colors: Red and White
- Men’s National Team Ranking (Fifteens): 14th
- Men’s National Team Ranking (Sevens): 20th
- Women’s National Team Ranking (Fifteens): Not Ranked
Rookie Rugby Apprenticeship

Rookie Rugby – Week 10

Duration: 90 minutes*
Equipment/Materials: Rugby Balls, Cones, Ball Pump, Whistle, Rugby Videos, Handouts
Optional: Pinnies (Optional), Water, Sunscreen
Objectives:
- WOW!

*The WOW! can be adjusted to fit any timeframe. The 90 minute WOW! outlined in this program is just a sample.

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
<th>Organization and Set Up</th>
<th>TeachBack</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td>Brief overview of WOW! Program and schedule for day</td>
<td></td>
<td>The focus is to perform an effective WOW!</td>
</tr>
<tr>
<td>5 minutes</td>
<td>WOW! Warm-up</td>
<td>Varies based on activity</td>
<td>Points to Emphasize: Effective warm-up for activity</td>
</tr>
<tr>
<td>30 minutes</td>
<td>WOW! Program</td>
<td>Set up a large grid to accommodate two full teams. Separate players into teams and indicate team affiliation by wearing pinnies or flags.</td>
<td>Points to Emphasize: Final performance</td>
</tr>
<tr>
<td>5 minutes</td>
<td>Cool Down</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 minutes</td>
<td>Tour of local college or university (if applicable)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 minutes</td>
<td>Social for all participants</td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 minutes</td>
<td>Closing Circle</td>
<td>Review the rehearsal for WOW! and discuss any changes to be made for the final week.</td>
<td>Ensure students understood key points</td>
</tr>
</tbody>
</table>
Additional Resources

Rookie Rugby – [www.rookierugby.com](http://www.rookierugby.com) – Check out this page for everything that you need related to Rookie Rugby. In addition to the materials included in your starter pack, you can find videos, webinars, stickers, birthday cards, and more downloads that are all free to you!

USA Rugby – [www.usarugby.org](http://www.usarugby.org) – USA Rugby is the National Governing Body for the sport of rugby in the United States. If you are interested in playing, coaching, refereeing, or supporting the sport of rugby, this website will provide you with all of the information that you need. For more information on youth rugby in the United States contact youth@usarugby.org.
**Rugby Relays**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Place 5-10 cones in a straight line, about 5 feet apart. Directly opposite of those cones about 15-20 feet away, place another line of cones, creating running channels (Students will run relays in between cones).

**Organization:** Have students form equal lines behind each of the cones, facing the other line of cones, with roughly 4-5 in each line. One ball for each line.

**Game Overview:** Have students run through a series of relays while introducing some of the basic skills and terms in rugby.

**Circle Passing**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Rugby Balls

**Set Up:** No set up required; open space needed

**Organization:** Have students form smaller circles of 5-6, standing arms-length distance apart to start. Each circle should have one rugby ball.

**Game Overview:** Circle passing will teach even more advancing passing and catching skills, as well as teamwork. Have students complete a series of activities within their circles.

**Rookie Rugby Card Reference:** 1

**Rookie Rugby Card Reference:** 2
**Rugby Freeze Tag**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a large rectangular grid using cones. Make the grid large enough to accommodate the number of students.

**Organization:** Pick a few students to be designated as ‘taggers’ and give them rugby balls. Have students remain inside grid and spread out.

**Game Overview:**
This game, similar to Freeze Tag, will introduce spatial awareness and communication, both skills important in the game of rugby. Have the kids rotate through so that each gets a chance to be a tagger. Mark off boundaries, constricting the amount of space for the game.

**USA Eagles**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a large rectangular grid using cones. Make the grid large enough to accommodate the number of students.

**Organization:** Pick a few students to be designated as ‘taggers’ and have them stand in the middle of the grid. Have the other students line up shoulder to shoulder along the width of one side of the grid.

**Game Overview:**
This game is great for teamwork and introducing the USA National Teams. Have the students play a couple rounds and problem solve on how to best execute the game.

---

**Rookie Rugby Card Reference:** 4
**Rookie Rugby Card Reference:** 5
Stars and Stripes

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Make a large rectangular grid with cones

**Organization:** Have students find a partner and line up at the middle of the grid, standing next to each other arms-length distance apart. All students should be facing the instructor.

**Instruction:** This game not only teaches offense and defense, but is also a ton of fun! The kids will love thinking on their feet as they get ready for their next move.

Rookie Rugby Card Reference: 6

Ultimate Rugby

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a large rectangular grid using cones. Make the grid large enough to accommodate the number of students.

**Organization:** Indicate two teams of equal size and have players on respective sides of the field.

**Game Overview:**
Progress the teams through Ultimate Rugby, introducing one skill at a time. This will allow the athletes to grasp the overall concepts without getting overwhelmed.

Rookie Rugby Card Reference: 14
**Keep Away**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a small rectangular grid using cones. Make the grid large enough to accommodate the number of students involved in the game.

**Organization:** Pick a student to be designated as the ‘It’ player and have other players spread out among the grid.

**Game Overview:**
This game will teach ball movement and teamwork. Break the kids up into smaller groups and have them run through this for a few minutes. Have them rotate so that everyone gets an equal chance of participation.

---

**Hot Potato**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a small rectangular grid using cones. Make the grid large enough to accommodate the number of students involved in the game.

**Organization:** Place students within the grid in preparation for the game.

**Game Overview:**
This game will teach ball movement and teamwork. Break the kids up into smaller groups and have them run through this for a few minutes. Have them rotate so that everyone gets an equal chance of participation.

---

**Rookie Rugby Card**

Reference: 8

---

**Rookie Rugby Card**

Reference: 9
### Just Score

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a small rectangular grid using cones. Make the grid large enough to accommodate the number of students.

**Organization:** Designate which students will play offense and which will place defense in preparation for the activity.

**Game Overview:**
This game-like situation scenario will have the kids focused on overall success and teamwork. Players will have to work together in order to score tries against opponents.

### 1 v 1 and 2 v 2

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a small rectangular grid using cones. Make the grid large enough to accommodate the number of students.

**Organization:** Designate two lines, one for offense and one for defense. Advance the game to include two lines of each.

**Game Overview:**
Have the players pair up and put their skills to the test. Make a friendly competition by having the kids keep score. Have the players rotate around to incorporate variety. Advance to a team event by having two versus two. Incorporate variations to keep the kids engaged and moving.
**Rugby Rounders**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Similar to Circle Passing, set students up into groups of 5-6 with one ball for each group.

**Organization:** Have students stand arms-length distance apart in a circle formation.

**Game Overview:**
Students can advance their passing skills while also working on fitness and quickness. They will learn how to refine their skills in pressure situations.

**Rookie Rugby Card Reference:** 3

---

**Rugby Relay Run**

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a long rectangular grid using cones. Make the grid large enough to accommodate the number of students.

**Organization:** Organize students into groups of five and into one line at start of grid.

**Game Overview:**
Have students advance through different phases of drawing in defensive players and offloading to support.

**Rookie Rugby Card Reference:** 11
Lineouts

A lineout occurs when the ball goes out or is carried out of bounds during play. The lineout will occur at the point where the ball went out of bounds.

Four players from each team will make up a lineout. For the team in possession of the ball, there will be one player throwing the ball in, two players receiving, and one player who will receive the ball from the lineout.

Players should not lift in lineouts until they have developed the necessary skills and strength.

In Rookie Rugby there are no contested lineouts. The team that throws the ball in must be allowed to win possession of the ball.

Coaching Goals

A coach should have certain goals when teaching the lineout:

- Coach the lineout effectively and safely.
- Make it fun and bring in fun elements of the game.
- Create a platform to launch an attack.

Rookie Rugby Card
Reference: 16

Pictured Above: Offensive Lineout Without Opposition
4 v 4

**Location:** Grass Field, Gymnasium, Open Space

**Equipment:** Cones, Rugby Balls

**Set Up:** Form a small rectangular grid using four cones. Make the grid large enough to accommodate the number of students involved in the game.

**Organization:** Have students split up into teams of four. Structure a round robin tournament for a mini flag game series.

**Game Overview:**
Creating smaller game-like situations for students will not only challenge them, but allow them to refine their skills and teamwork. This game will also incorporate a lot of fitness and fun!

---

**Rookie Rugby Card Reference: 13**

---

**Scrum**

Following an infringement of the rules (e.g. forward pass) a scrum will be awarded to the non-infringing team. A scrum is formed from two units, one from each team made up of three players each (Front Row). In each Front Row there are two ‘Props’ with a ‘Strike’ in the middle.

In Rookie Rugby all scrums are uncontested and players should not be allowed to push or drive. The team that was awarded the scrum will roll the ball into the scrum and should be allowed to win possession.

---

Pictured Above: Scrum Binding for Front Row
Coaching Goals

A coach should have certain goals when teaching the scrum:

- Focus on maintaining body position and acquiring skills of each position first and foremost to ensure safety.
- Make it fun and bring in elements of the game.
- Develop players capable of working as a collective unit.

Coaching the Sequence

Coaches and players must know the engagement sequence and cadence the referees uses.

The engagement sequence will be called out by the referee: “Crouch…Touch…Pause…Engage.”

- Crouch – Bound front rows lower into position
- Touch – Props will tap opposing players’ shoulder
- Pause – Players will pause in position to make sure all are comfortable and stable
- Engage – The two front rows come together, placing their heads to the left of the player across, and form a scrum. The team in possession will roll the ball into the scrum. The strike from the team rolling the ball in moves the ball backwards with one foot.

Safety First

- Before any engagement make sure that all players are bound together properly
- At any time before engagement if a front row player is not ready for the scrum they should inform the referee
- All players should maintain proper body position throughout the scrum
  - Back flat, feet and body square, shoulders above hips, head neutral, and eyes forward.

Rookie Rugby Card Reference: 15
Swerve and Side Step Relay

Location: Grass Field, Gymnasium, Open Space

Equipment: Cones, Rugby Balls

Set Up: Place cones in a zig zag formation for relays.

Organization: Separate students into smaller lines of 4-5 and have them stand behind a starting cone. One ball for each line.

Game Overview:
Take the beginning relays and add this twist, simulating more game-like situations. Change the cones to defenders and incorporate more players.

Rookie Rugby Card Reference: 7