



LESSON PLAN 1

TAG RUGBY LEAGUE INTRODUCTION TO RUGBY LEAGUE

10 GOLDEN RULES

1. Make every lesson fun.
2. Every player to take part in all the activities.
3. The lessons are a guide but do add or remove activities based on your own experiences and the competency of the players.
4. Where possible, differentiate in activities to allow players to have the appropriate level of challenge.
5. Where there are an odd number of players, always give more players to the attacking team.
6. Do not focus on specific playing positions, let them experience lots of different roles.
7. Be patient, as some skills will not be mastered by the end of the lesson.
8. Use players to demonstrate if they have expertise.
9. Use effective questioning to confirm players' understanding.
10. Ensure the teams are evenly split for Lesson 6 Tag Rugby League festival.

INTRODUCTION TO RUGBY LEAGUE

OBJECTIVE - LEARNING TO PASS, CATCH AND CARRY A RUGBY BALL

LESSON OVERVIEW	1 - WARM UP	2 - SKILLS DEVELOPMENT	3 - GAME PLAY
ACTIVITY	PULSE RAISER	PASSING AND CATCHING	RUGBY LEAGUE TAG
% OF LESSON	25%	25%	50%
APPROX TIME	10 minutes	10 minutes	20 minutes

1 - WARM UP PULSE RAISER

ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
15% of lesson time



EQUIPMENT
Balls
Cones



SET UP
20m x 20m grid



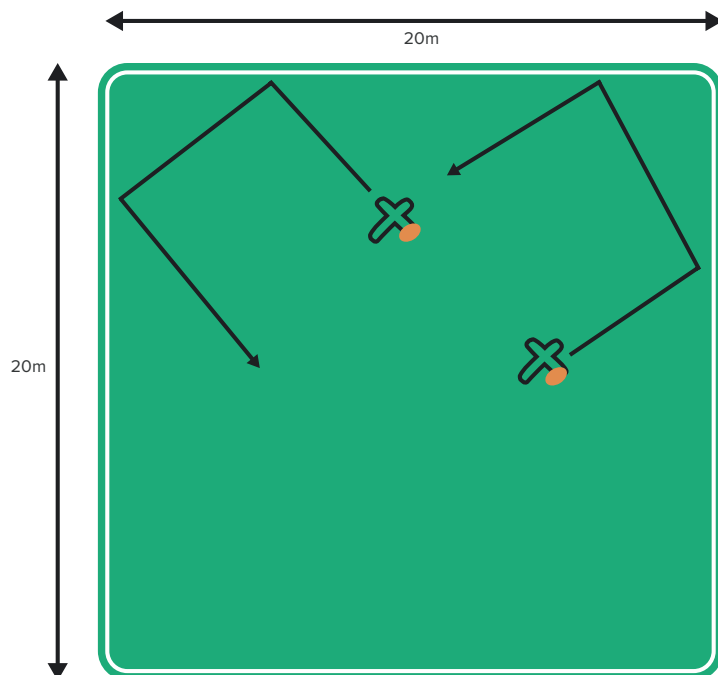
CORE SKILLS
Grip
Carry
Change of direction

COACHING POINTS - WARM UP

- Ensure pupils are aware of their surroundings and avoid bumping into one another
- Bend at the knees to pick up a stationary ball
- Always pick up and put the ball down with two hands

EXPLANATION

- Spread all the pupils around the grid and, on your 'go' command, pupils begin jogging around the grid (straight lines as per diagram).
- After 20 seconds add in further commands at regular intervals; jump high, touch the ground, high five someone as you run past them, change pace.
- After 2 minutes shout 'stop'.
- Place your set of rugby balls in the grid. Restart the activity using the 'go' command and explain that when you shout 'ball' the pupils must run past a ball, pick it up, run 2 steps and place it back down.



KEY



CONE



TEAM A



TEAM B



BALL



BALL TRAVEL



PLAYER TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

INTRODUCTION TO RUGBY LEAGUE

OBJECTIVE - LEARNING TO PASS, CATCH AND CARRY A RUGBY BALL

2 - SKILLS DEVELOPMENT

ACTIVITY 1 - PASSING AND CATCHING

COACHING POINTS ACTIVITY 1

The Catch

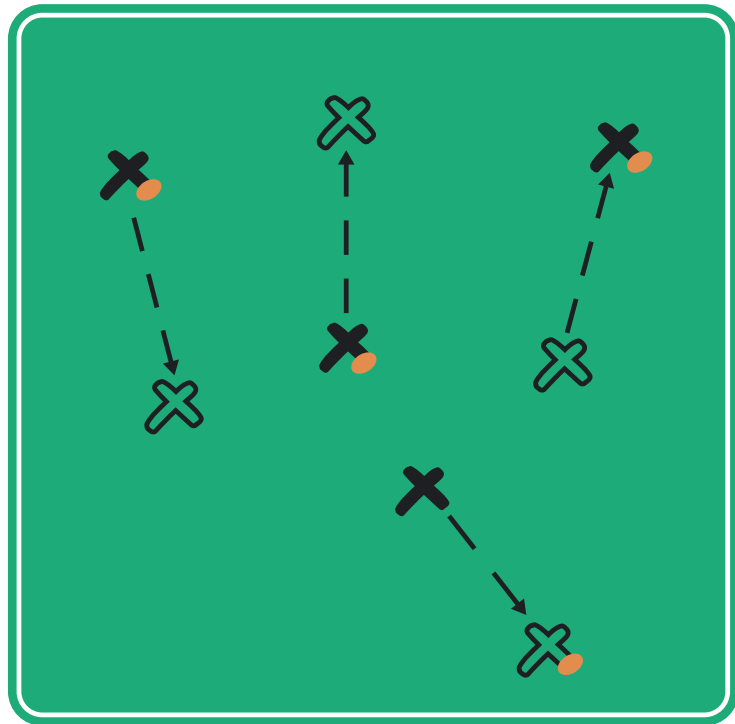
- Person receiving the ball has their hands up to create a target for the passer
- Call for the ball, the pass is not sent until the receiver communicates

The Pass

- Hold the ball in 2 hands
- Point the ball down towards the floor
- Rotate your shoulders towards the person receiving the ball. Once the ball is released, the passers arms should point towards the target

EXPLANATION

- In pairs, find a space in the grid roughly 2 metres apart from each other with one ball between each pair.
- Pass the ball between each other and once 5 successful passes are achieved move to 4 metres apart then 6 metres then 8 metres (maximum).



ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones



SET UP
20m x 20m grid



CORE SKILLS
Pass
Catch

INTRODUCTION TO RUGBY LEAGUE

OBJECTIVE - LEARNING TO PASS, CATCH AND CARRY A RUGBY BALL

3 - GAME PLAY

BASE INVADERS

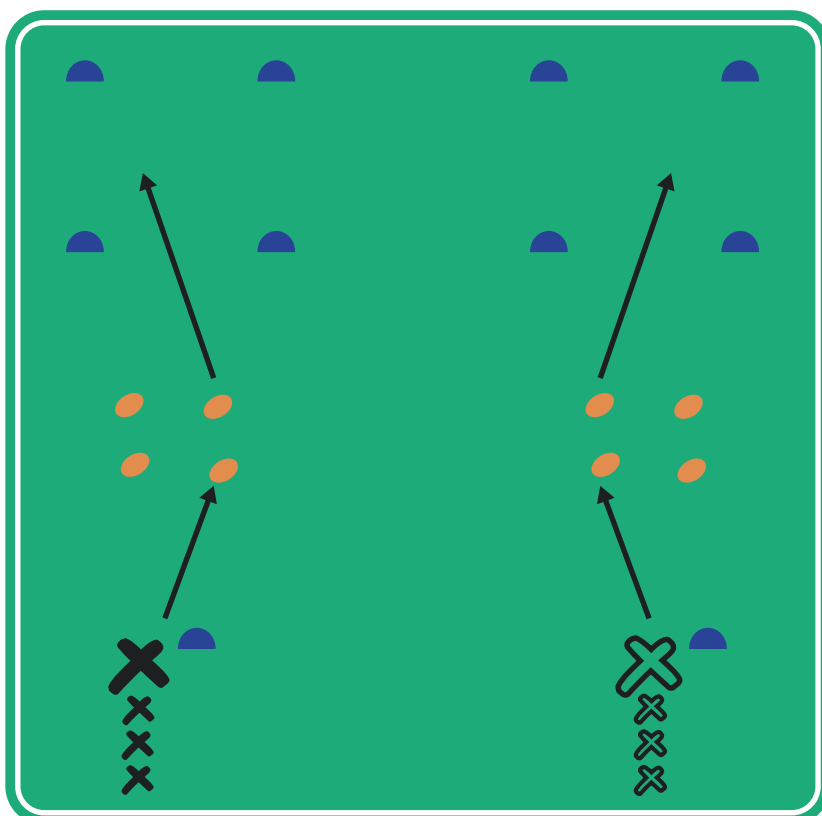
EXPLANATION

You will now utilise the skills learned in both the warm-up and passing section in a game of base invaders.

- Work in teams of 4-6, each team has a base which they need to fill with rugby balls.
- On the 'go' command the first player runs out, collects a ball and places it in their base. They then return, tag their next player and repeat.
- Once all balls are removed from the grid, players can then raid the opposition bases, collecting 1 ball at a time for a 1 minute raiding period.
- Once the time is up, count the amount of balls in the base and announce the winner.

PROGRESSION:

- 2 players leave at a time and once a ball is collected they complete 2 passes before the ball is placed in the base.
- Add in special items that gain more points if a team collects them.



ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes
50% of lesson time



EQUIPMENT
Balls
Cones
Bibs



SET UP
See diagram



CORE SKILLS
Grip
Carry
Change of direction

COACHING POINTS - GAME PLAY

- **Grip** - two hands, centre of ball, thumb and index finger greater than 90°, arched palms
- **Carry** - centre of body, elbows out
- **Pass** - ball pointing down, shoulders rotated, pass over inside foot
- **Catch** - Shoulders rotated, target/hands up, early catch off the chest



LESSON PLAN 2

TAG RUGBY LEAGUE EVASION AND TAGGING

10 GOLDEN RULES

1. Make every lesson fun.
2. Every player to take part in all the activities.
3. The lessons are a guide but do add or remove activities based on your own experiences and the competency of the players.
4. Where possible, differentiate in activities to allow players to have the appropriate level of challenge.
5. Where there are an odd number of players, always give more players to the attacking team.
6. Do not focus on specific playing positions, let them experience lots of different roles.
7. Be patient, some skills will not be mastered by the end of the lesson.
8. Use players to demonstrate if they have expertise.
9. Use effective questioning to confirm players' understanding.
10. Ensure the teams are evenly split for Lesson 6 Tag Rugby League festival.

LESSON 2 - TAG RUGBY LEAGUE

EVASION AND TAGGING

OBJECTIVE - INTRODUCTION TO TAGGING AND EVASION SKILLS



LESSON OVERVIEW	1 - WARM UP	2 - SKILLS DEVELOPMENT	3 - GAME PLAY
ACTIVITY	TAG MASTER	ATTACK AND DEFENCE	CHARGE THE TAGS
% OF LESSON	25%	25%	50%
APPROX TIME	10 minutes	10 minutes	20 minutes

1 - WARM UP

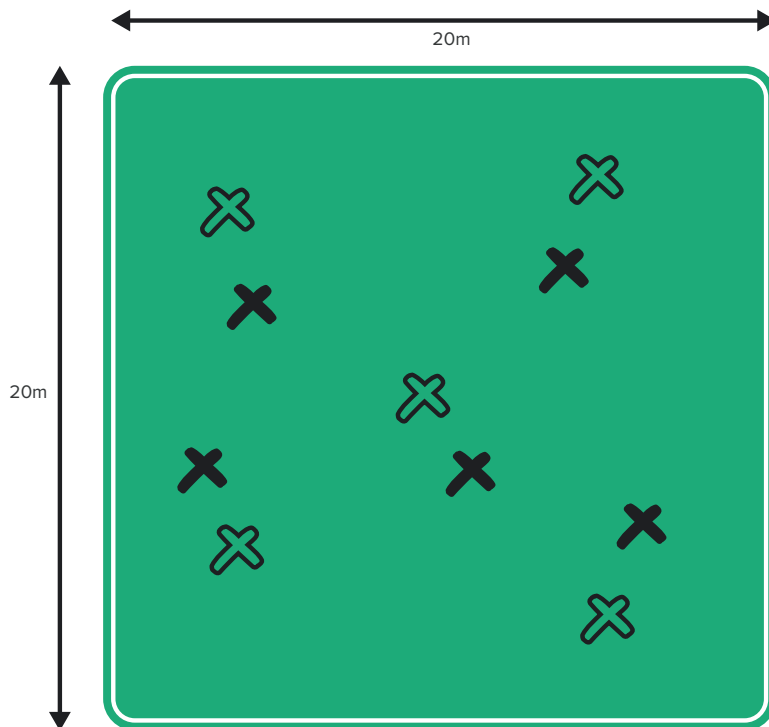
TAG MASTER

EXPLANATION

- Spread the players out around the grid in pairs, every player wearing a belt and a tag on each hip.
- On the 'go' command, the players must try and take the tags off their partner. Once a player has all four tags, reset the game.

VARIATIONS

- Join 2 pairs together and change the game into a 2 v 2 contest.
- Random tagging – all players are now individual and the aim is to collect as many tags as possible while retaining your original 2. Each time you get a tag, it must be stuck to your belt immediately.



ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones
Tag Belts & Tags



SET UP
20m x 20m grid



CORE SKILLS
Evasion
Tagging

COACHING POINTS

Tagging

- Approach the person at speed, but shorten your steps as you get near to them to stop them evading you
- Move into a crouch position (lower the hips) when trying to tag

Evasion

- Encourage players to explore ways to side step, swerve, spin and dodge
- Players cannot block their tags

KEY



CONE



TEAM A



TEAM B



BALL



BALL TRAVEL



PLAYER TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

EVASION AND TAGGING

OBJECTIVE - INTRODUCTION TO TAGGING AND EVASION SKILLS

2 - SKILLS DEVELOPMENT

ACTIVITY 1 - ATTACK AND DEFENCE

COACHING POINTS ACTIVITY 1

Defending

- Move towards the ball carrier, shorten steps as you get closer
- Keep your arms out wide to close down the space the attacker has

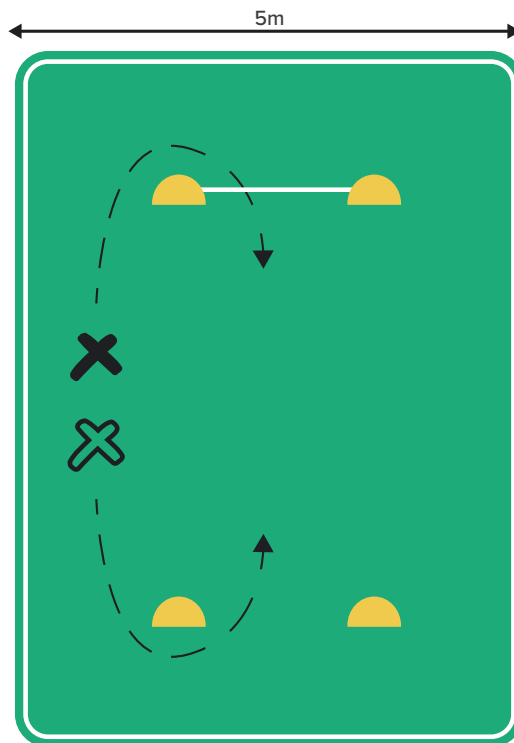
Attacking

- Run at speed and use an evasion technique to beat the defender (side step, swerve, dodge, spin)
- Always move forwards, don't turn and run backwards

EXPLANATION

Progress the random tagging into a game situation, with an attacker running towards a defender with a ball.

- Split the group into 2 teams (or 4 if numbers allow). Team 1 are defenders and team 2 are attackers. On the 'go' command 1 player from each team runs from their start point around the cone and into the grid, the attacker has to score a try without being tagged.
- Continue until every player has had 2/3 turns at attacking from team 2 and then swap roles with team 1.



ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones
Tag Belts and Tags



SET UP
5m x 8m grid



CORE SKILLS
Evasion
Tagging
Scoring a Try

3 - GAME PLAY

CHARGE THE TAGS

EXPLANATION

Progress into a group game of 'charge the tags' which utilises the skills learned in the warm-up, skill session and also week 1.

- Split the group into teams of between 5-7 players. 1 team defends the middle of the pitch and another team runs on the 'go' command, trying to beat the defenders and score a try at the opposite end.
- The defending team stays until each attacking team has completed 2 runs, then rotate the defending side.

PROGRESSION:

- Attacking players carry a ball in 2 hands.
- Attacking team runs end to end continuous until any player loses both tags.
- Attacking players achieve bonus points for scoring in a specific area (middle of the field).

ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes
50% of lesson time



EQUIPMENT
Balls
Cones
Bibs
Tag Belt & Tags



SET UP
20m by 35m grid



CORE SKILLS
Tagging
Evasion
Grip
Carry
Scoring a try

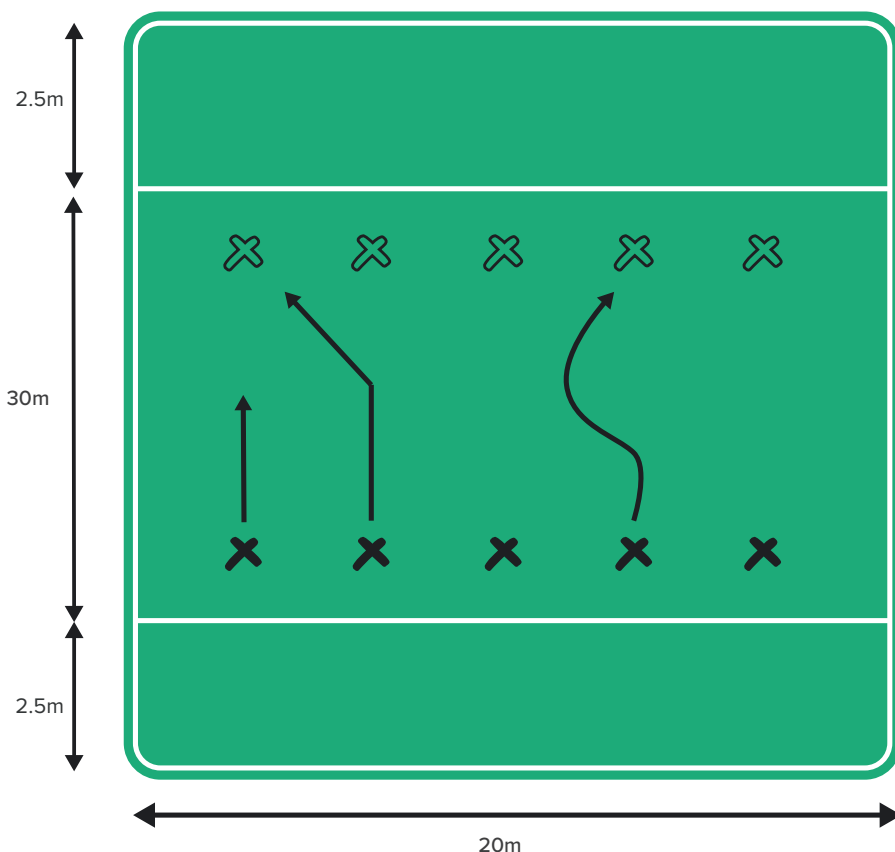
COACHING POINTS - GAME PLAY

Defending

- Move towards the ball carrier, shorten steps as you get closer
- Keep your arms out wide to close down the space the attacker has

Attacking

- Run at speed and use an evasion technique to beat the defender (side step, swerve, dodge, spin)
- Carry the ball in 2 hands and always move forwards, don't turn and run sideways or backwards





LESSON PLAN 3

TAG RUGBY LEAGUE

PASSING AND MOVING

10 GOLDEN RULES

1. Make every lesson fun.
2. Every player to take part in all the activities.
3. The lessons are a guide but do add or remove activities based on your own experiences and the competency of the players.
4. Where possible, differentiate in activities to allow players to have the appropriate level of challenge.
5. Where there are an odd number of players, always give more players to the attacking team.
6. Do not focus on specific playing positions, let them experience lots of different roles.
7. Be patient, some skills will not be mastered by the end of the lesson.
8. Use players to demonstrate if they have expertise.
9. Use effective questioning to confirm players' understanding.
10. Ensure the teams are evenly split for Lesson 6 Tag Rugby League festival.

LESSON OVERVIEW	1 - WARM UP	2 - SKILLS DEVELOPMENT	3 - GAME PLAY
ACTIVITY	PULSE RAISER PLUS	PASSING AND CATCHING	SIMULATION GAME
% OF LESSON	25%	25%	50%
APPROX TIME	10 minutes	10 minutes	20 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones



SET UP
20m x 20m grid



CORE SKILLS
Catch
Pass
Grip
Carry

COACHING POINTS

Catch

- Person receiving the ball has their hands up to create a target for the passer
- Call for the ball, the pass is not sent until the receiver communicates

Pass

- Hold the ball in 2 hands
- Point the ball down towards the floor
- Rotate your shoulders towards the person receiving the ball, once the ball is released the passers' arms should point towards the target

1 - WARM UP

PULSE RAISER PLUS

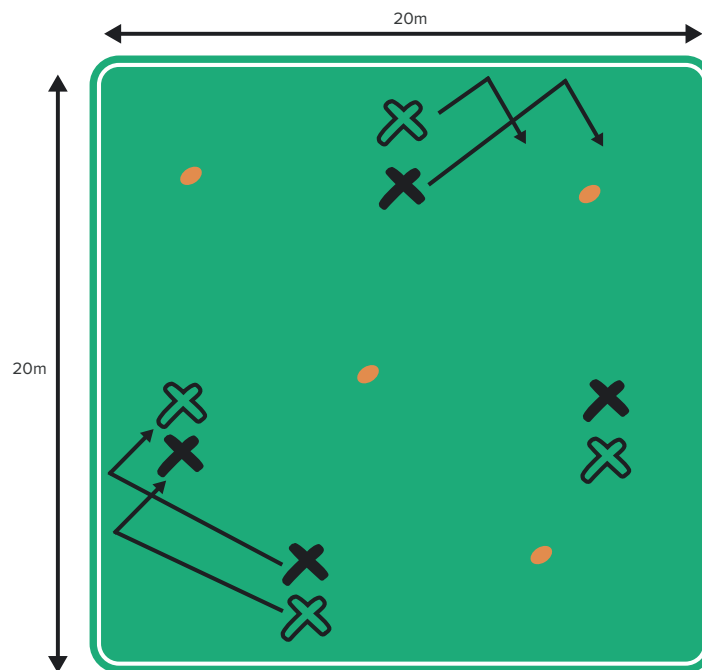
EXPLANATION

This warm-up is a progression of the week 1 warm-up, so set up and begin where lesson 1 warm-up (Pulse Raiser) ended.

- After 1 minute, use the 'stop' command.
- Coach then demonstrates a correct pass of the ball (as per lesson 1) and the players then spread out around the grid again.
- Players continue to run around the grid in pairs but any time they now move past a stationary ball they must pick it up and complete a pass to their partner who places the ball on the floor and the pair continue to run around the grid.

VARIATIONS

- When a player picks the ball up, they must make 4 complete passes with their partner before placing the ball down and running away.



KEY

- CONE
- TEAM A
- TEAM B
- BALL
- BALL TRAVEL
- PLAYER TRAVEL
- NO-GO AREA
- GATE
- ZONE
- SHIELD

PASSING AND MOVING

OBJECTIVE - PASSING TO A TARGET

2 - SKILLS DEVELOPMENT

ACTIVITY 1 - PASSING AND CATCHING

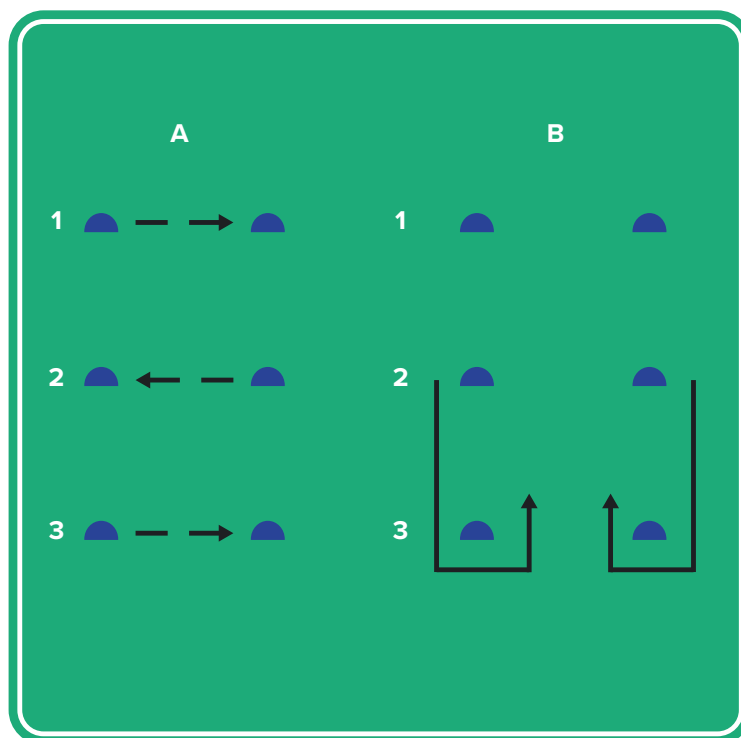
COACHING POINTS ACTIVITY 1

- Re-enforce the pass and catch points from the warm-up
- Focus on the pass travelling backwards

EXPLANATION

Practice static passing and then progress into a moving pass

- Players work in pairs standing opposite each other, practicing a static 5 metre pass and focus on the key coaching points.
- Give each pair a number, when their number is called they run around the start point, down the middle of the grid and complete a pass as they run (all pairs continue to pass until a number is called, they then stop until the grid is clear).
- Each time they successfully achieve a pass, they add a further pass the next time their number is called (up to a maximum 3 passes).



ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones



SET UP
As per diagram



CORE SKILLS
Catch
Pass

LESSON 3 - TAG RUGBY LEAGUE

PASSING AND MOVING

OBJECTIVE - PASSING TO A TARGET



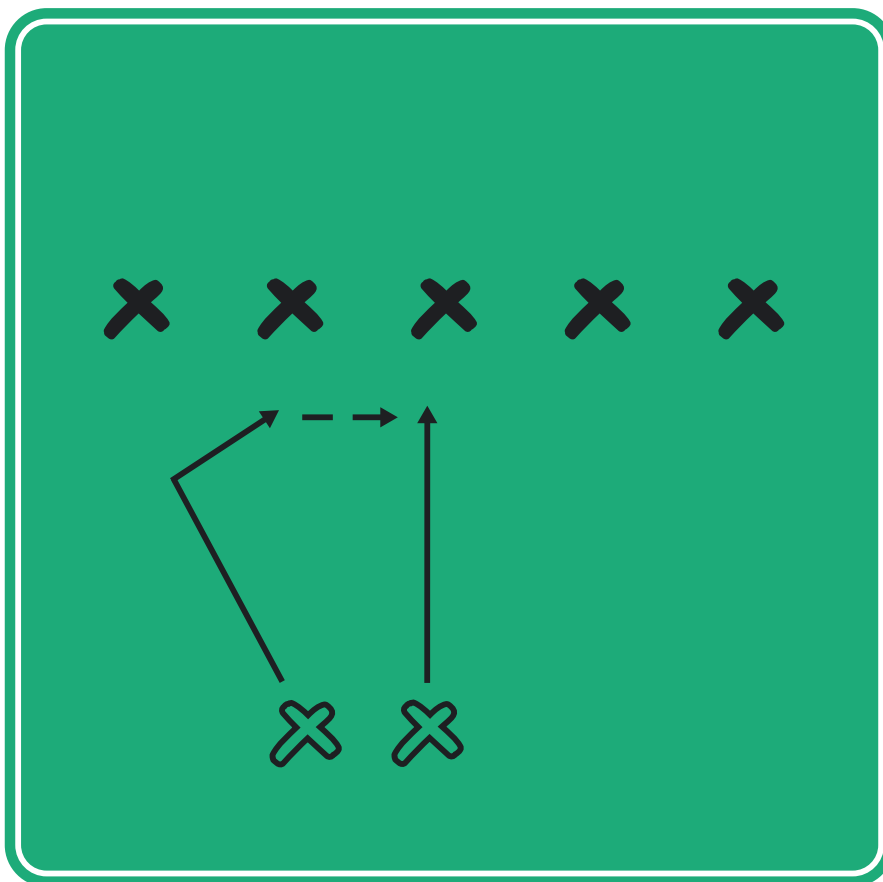
3 - GAME PLAY

SIMULATION GAME

EXPLANATION

Practice passing, moving and tagging in a simulated game.

- Split into teams, with two playing at any time.
- Defenders line up in the middle of the pitch and the attacking team takes turns to run in pairs and try and beat the defenders.
- Attackers can choose to run and evade the defenders, or pass if the opportunity is there.
- Rotate the teams, with resting teams observing and learning, or practicing their passing and tagging with a support teacher.



ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes
50% of lesson time



EQUIPMENT
Balls
Cones
Bibs
Tag Belts & Tags



SET UP
20m x 20m grid



CORE SKILLS
Grip
Carry
Evasion
Catch
Pass
Tagging



LESSON PLAN 4

TAG RUGBY LEAGUE

PLAY-THE-BALL AND ATTACKING



10 GOLDEN RULES

1. Make every lesson fun.
2. Every player to take part in all the activities.
3. The lessons are a guide but do add or remove activities based on your own experiences and the competency of the players.
4. Where possible, differentiate in activities to allow players to have the appropriate level of challenge.
5. Where there are an odd number of players, always give more players to the attacking team.
6. Do not focus on specific playing positions, let them experience lots of different roles.
7. Be patient, some skills will not be mastered by the end of the lesson.
8. Use players to demonstrate if they have expertise.
9. Use effective questioning to confirm players' understanding.
10. Ensure the teams are evenly split for Lesson 6 Tag Rugby League festival.

PLAY-THE-BALL AND ATTACKING

OBJECTIVE - LEARN HOW TO PLAY-THE-BALL

LESSON OVERVIEW	1 - WARM UP	2 - SKILLS DEVELOPMENT	3 - GAME PLAY
ACTIVITY	TIG TAG	PLAY-THE-BALL & DUMMY-HALF PASS	TAG RUGBY LEAGUE
% OF LESSON	25%	25%	50%
APPROX TIME	10 minutes	10 minutes	20 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones
Tag Belts & Tags



SET UP
20m x 20m grid



CORE SKILLS
Play-the-ball
Dummy-half pick up

COACHING POINTS

Play-The-Ball

- Hold the ball in two hands at all times
- Bend down and place the ball on the floor between your legs. With one leg gently push the ball backwards with the sole of your shoe to your partner behind you

Dummy-Half

- When the partner rolls the ball back with their foot, the dummy-half drops their hips and bends at the knee
- Pick the ball up with two hands, and accelerate away from the play-the-ball area

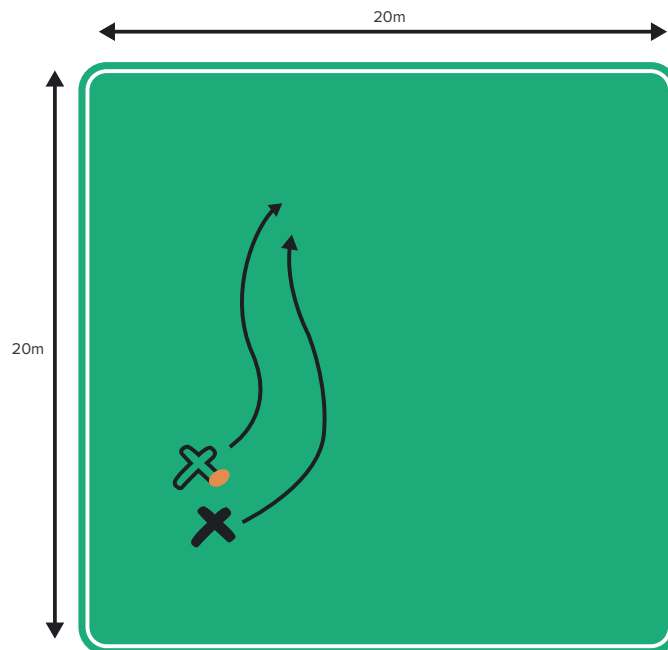
1 - WARM UP TIG TAG

EXPLANATION

Introduce a play-the-ball into the sessions, moving into a dummy-half pass and running with the ball.

The teacher must demonstrate a correct play-the-ball prior to the warm-up.

- Move into pairs each wearing a tag belt and tags, one pupil with a ball, the other is the tagger.
- On the 'go' command the player with the ball runs away and their partner chases, trying to tag them.
- Once tagged, the player stops still and performs a play-the-ball to their partner who then runs away and becomes the attacker.
- Continue the above for 5 minutes, stopping to reinforce the correct play-the-ball technique throughout and re-visiting types of evasion.



KEY



CONE



TEAM A



TEAM B



BALL



BALL TRAVEL



PLAYER TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

PLAY-THE-BALL AND ATTACKING

OBJECTIVE - LEARN HOW TO PLAY-THE-BALL

2 - SKILLS DEVELOPMENT

ACTIVITY 1 - PLAY-THE-BALL & DUMMY-HALF PASS

COACHING POINTS ACTIVITY 1

- All players communicate

Catch

- Person receiving the ball has their hands up to create a target for the passer
- Call for the ball. The pass is not sent until the receiver communicates

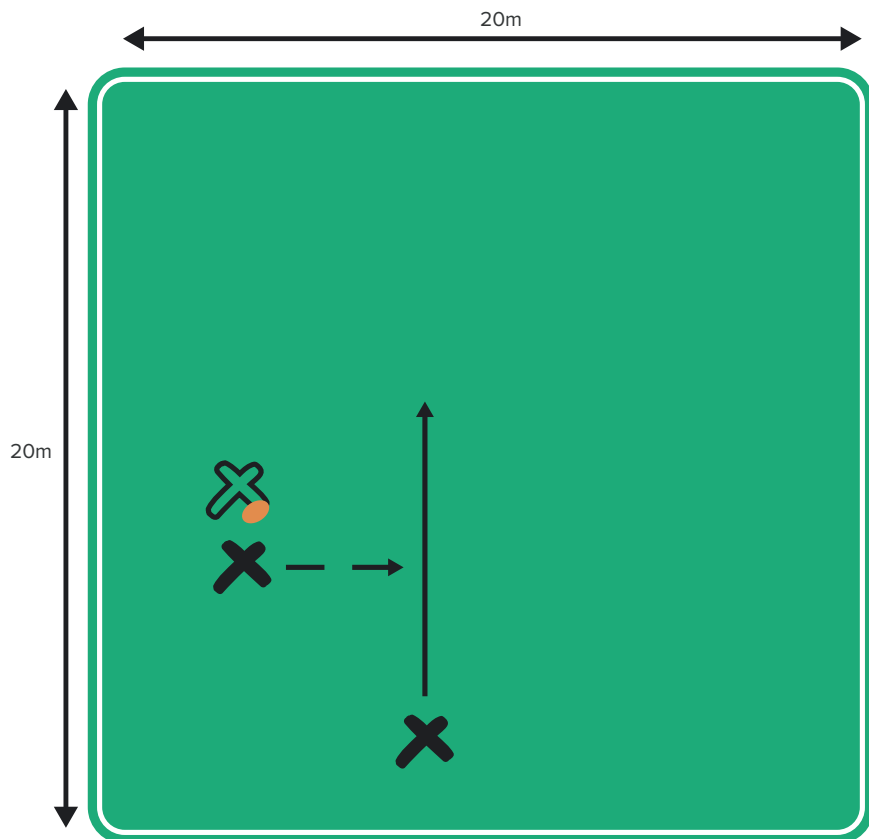
Dummy-half Pass

- Move to position close to play-the-ball
- Foot position-nearest foot to the receiver pointing at the receiver and other foot next to the ball in close proximity
- Sit-knees bent back straight and head up
- Head and upper-body towards the target/receiver
- Pass from the ground in one movement
- Follow through with fingers and hand pointing towards the target/receiver

EXPLANATION

In groups of 3, practice the play-the-ball, dummy-half pass and running onto the ball, moving down the pitch and rotating each players' role. (play-the-ball becomes dummy-half, dummy-half becomes runner, runner plays the ball).

- Alternate which side of the play-the-ball the runner is at (left and right).



ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones



SET UP
20m x 20m grid



CORE SKILLS
Play-the-ball
Dummy-half pass
Running onto the ball

PLAY-THE-BALL AND ATTACKING

OBJECTIVE - LEARN HOW TO PLAY-THE-BALL

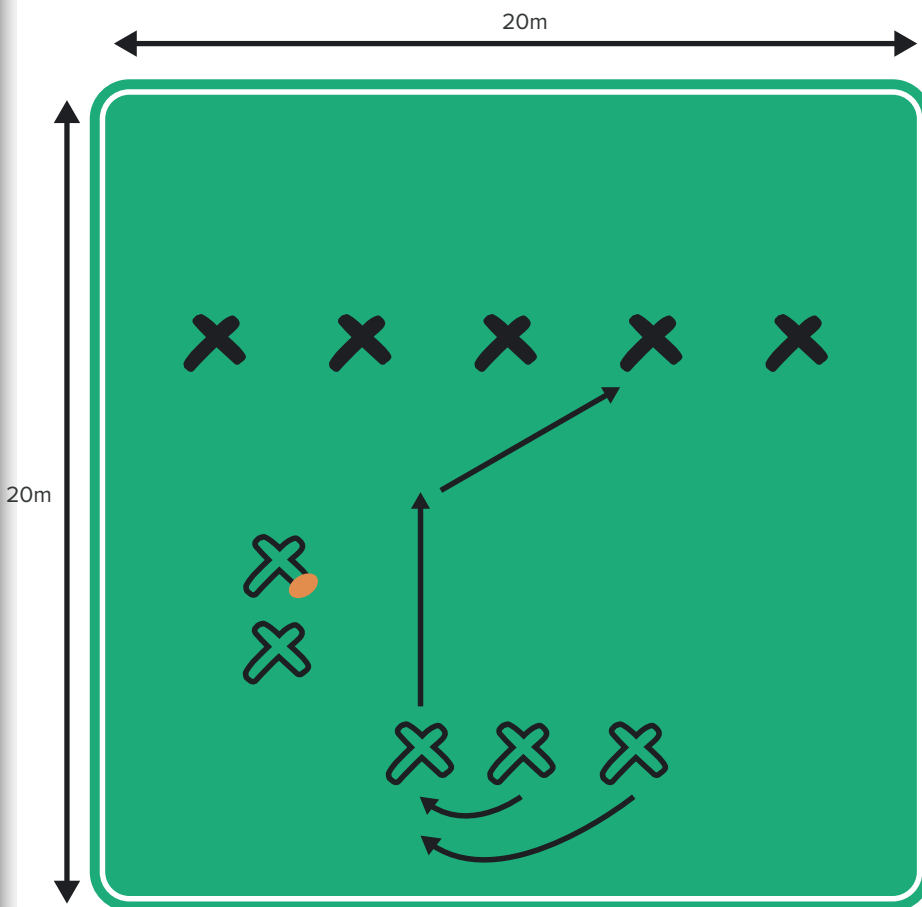
3 - GAME PLAY

TAG RUGBY LEAGUE

EXPLANATION

We will now incorporate the play-the-ball and moving receiver into a simulated tag rugby league game.

- Split into equal teams of between 5 to 7 players. One team defends the middle of the pitch and the other team sets up a play-the-ball.
- The attacking team sends each player to attack in turn from the same point on the pitch, trying to evade the defenders and score. A player only sets off once the previous player has cleared the field.
- After each player has taken a run the person playing the ball and dummy-half are swapped.
- When each player has performed each role the attack and defence swap roles.



ACTIVITY OVERVIEW



SUGGESTED TIME
20 minutes
50% of lesson time



EQUIPMENT
Balls
Cones
Bibs



SET UP
20m by 20m grid



CORE SKILLS
Grip
Carry
Evasion
Play-the-ball
Dummy-half pass
Tagging

COACHING POINTS

- Players need to be running as they receive the pass
- Run with the ball with two hands at all times
- Explore new ways to evade defenders (dummy pass, half spin, double side step)



LESSON PLAN 5

TAG RUGBY LEAGUE LEARNING THE GAME

10 GOLDEN RULES

1. Make every lesson fun.
2. Every player to take part in all the activities.
3. The lessons are a guide but do add or remove activities based on your own experiences and the competency of the players.
4. Where possible, differentiate in activities to allow players to have the appropriate level of challenge.
5. Where there are an odd number of players, always give more players to the attacking team.
6. Do not focus on specific playing positions, let them experience lots of different roles.
7. Be patient, some skills will not be mastered by the end of the lesson.
8. Use players to demonstrate if they have expertise.
9. Use effective questioning to confirm players' understanding.
10. Ensure the teams are evenly split for Lesson 6 Tag Rugby League festival.

LESSON 5 - TAG RUGBY LEAGUE

LEARNING THE GAME



OBJECTIVE - INTRODUCE THE SKILLS LEARNED IN A GAME SCENARIO

LESSON OVERVIEW	1 - WARM UP	2 - SKILLS DEVELOPMENT	3 - GAME PLAY
ACTIVITY	YOU CHOOSE	SKILL DEVELOPMENT	MODIFIED TAG RUGBY LEAGUE
% OF LESSON	25%	35-40%	40%
APPROX TIME	10 minutes	15 minutes	15 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
10 minutes
25% of lesson time



EQUIPMENT
Balls
Cones



SET UP
20m x 20m grid



CORE SKILLS
As per warm up chosen

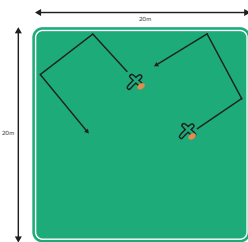
1 - WARM UP YOU CHOOSE

EXPLANATION

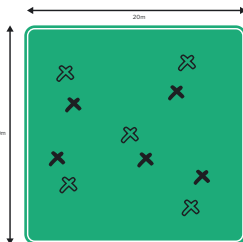
Choose an appropriate warm up from weeks 1-4 that you feel has challenged your pupils.

Try to incorporate as much ball handling and movement as possible, revisiting key elements of tag rugby league (play-the-ball, passing, catching, running, tagging).

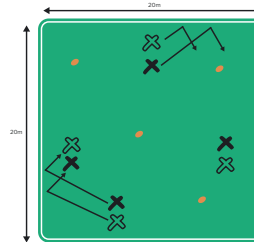
LESSON 1 PULSE RAISER



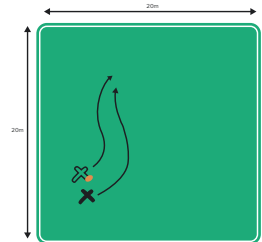
LESSON 2 TAG MASTER



LESSON 3 PULSE RAISER PLUS



LESSON 4 TIG TAG



KEY



CONE



TEAM A



TEAM B



BALL



BALL TRAVEL



PLAYER TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

LESSON 5 - TAG RUGBY LEAGUE

LEARNING THE GAME

OBJECTIVE - INTRODUCE THE SKILLS LEARNED



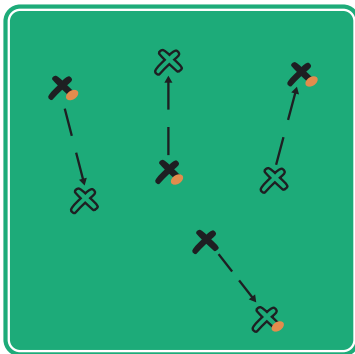
2 - SKILLS DEVELOPMENT

ACTIVITY 1 - SKILL DEVELOPMENT

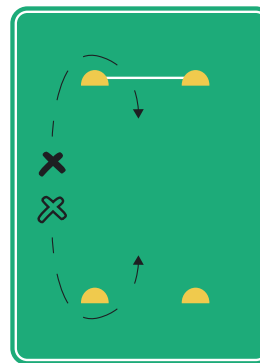
EXPLANATION

Spend some extra time working on the skill elements of tag rugby league in this section, utilising the skill based sessions from weeks 1-4.

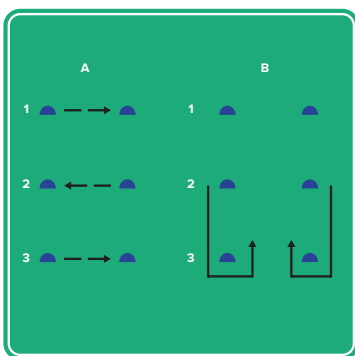
- Static passing (5 minutes).
- Paired tagging (5 minutes).
- Play the ball and running onto the ball (5 minutes).



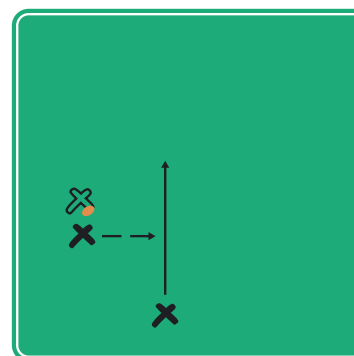
LESSON 1
PASSING & CATCHING
(STATIC)



LESSON 2
ATTACK AND DEFENCE



LESSON 3
PASSING & CATCHING
(MOVING)



LESSON 4
PLAY-THE-BALL &
DUMMY-HALF PASS

ACTIVITY OVERVIEW



SUGGESTED TIME
15 minutes
35-40% of lesson time



EQUIPMENT
Balls
Cones
Tag Belts and Tags



SET UP
As per skill element
chosen



CORE SKILLS
As per skill
element chosen

LESSON 5 - TAG RUGBY LEAGUE

LEARNING THE GAME

OBJECTIVE - INTRODUCE THE SKILLS LEARNED



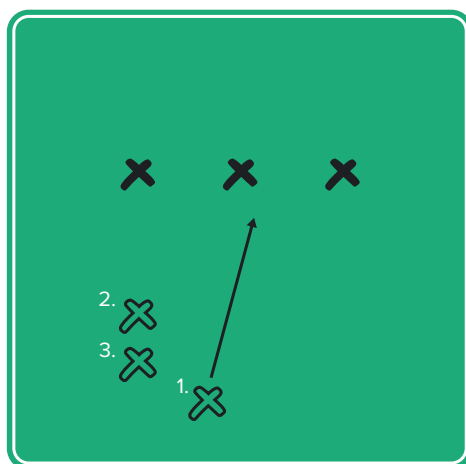
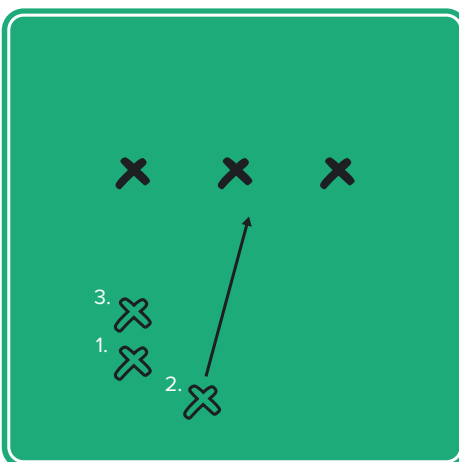
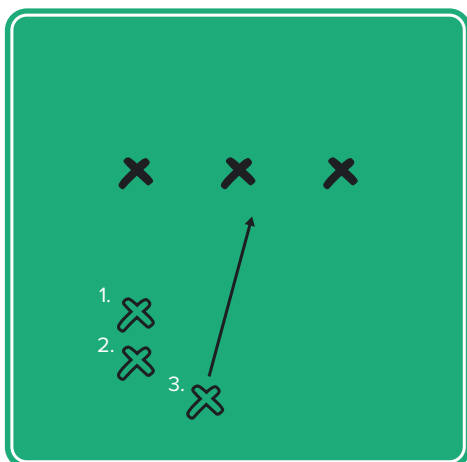
3 - GAME PLAY

MODIFIED TAG RUGBY LEAGUE

EXPLANATION

Group the players into threes and simulate a tag rugby league game, with simplified rules.

- 3 players defend and 3 players attack, the teacher ensures that the defence stays 5 metres away from the play-the-ball.
- The attacking team start the game with a play-the-ball and have 3 chances to beat the defence. Each time a player is tagged, they must stop and play-the-ball to a team mate.
- After 3 plays, the ball is turned over to the opposition and roles are reversed.



ACTIVITY OVERVIEW



SUGGESTED TIME
15 minutes
40% of lesson time



EQUIPMENT
Tag Belts & Tags



SET UP
10m x 10m grid



CORE SKILLS
Grip
Carry
Dummy-half pass
Tagging
Play-the-ball

COACHING POINTS

- Encourage the players to pass backwards but do not penalise a mistake. Allow them to complete all 3 plays
- Focus on the attack running forwards instead of sideways or back



LESSON PLAN 6

TAG RUGBY LEAGUE PLAY A FULL GAME OF TAG RUGBY LEAGUE

10 GOLDEN RULES

1. Make every lesson fun.
2. Every player to take part in all the activities.
3. The lessons are a guide but do add or remove activities based on your own experiences and the competency of the players.
4. Where possible, differentiate in activities to allow players to have the appropriate level of challenge.
5. Where there are an odd number of players, always give more players to the attacking team.
6. Do not focus on specific playing positions, let them experience lots of different roles.
7. Be patient, some skills will not be mastered by the end of the lesson.
8. Use players to demonstrate if they have expertise.
9. Use effective questioning to confirm players' understanding.
10. Ensure the teams are evenly split for Lesson 6 Tag Rugby League festival.

FULL GAME OF TAG RUGBY LEAGUE

OBJECTIVE - PLAY A FULL GAME OF TAG RUGBY LEAGUE

LESSON OVERVIEW	3 - GAME PLAY
ACTIVITY	RUGBY LEAGUE TAG
% OF LESSON	100%
APPROX TIME	40 minutes

ACTIVITY OVERVIEW



SUGGESTED TIME
40 minutes
100% of lesson time



EQUIPMENT
Balls
Cones
Tag Belts & Tags



SET UP
60m x 30m grid
(Varies depending on team size)



CORE SKILLS
Grip
Carry
Catch
Pass
Tagging
Evasion
Play-the-ball

3 - GAME PLAY TAG RUGBY LEAGUE

WARM UP

All players should have a tag belt and tag on each hip.

- In pairs, on the 'go' command each player tries to tag their partner – continue for 1 minute or until a player achieves all tags.

TAG RUGBY LEAGUE RULES REMINDER

- Split playing group into team of between 5-8, ideally 7 a side.
- An attacking team starts on the centre line with a play-the-ball.
- The dummy-half must pass to a team mate.
- The ball must be passed backwards.
- If a player drops the ball or runs into touch it is deemed an error and the ball is turned over to the opposition.
- All defenders must be in line or behind the referee.
- The attacking team has a maximum of 6 play-the-balls, after the 6th, the ball is turned over to the opposition.
- When an attacking player is tagged (one of their two tags removed by a defender) they must stop, return to the place they were tagged and play-the-ball.
- A try is scored by an attacker placing the ball down over the opposition try line. The defending side then take the ball to the centre line and become the attackers.

FLEXIBILITY

In the first matches it is likely that you will encounter some errors and uncertainty with the rules. Some options for a referee are as follows:

- Allow 2 or 3 errors in a set before the ball is turned over.
- Be lenient with a knock on or forward pass the first time a pupil does it and encourage them to focus on improving the skill next time.

GAME SET-UP AND AIM

- A typical match should last around 7-12 minutes. Ensure that all teams rotate and all players play equal game time.
- The aim of tag rugby league is to gain points by scoring a try. Each try will gain 4 points for the attacking team.

KEY



CONE



TEAM A



TEAM B



BALL



BALL TRAVEL



PLAYER TRAVEL



NO-GO AREA



GATE



ZONE



SHIELD

FULL GAME OF TAG RUGBY LEAGUE

OBJECTIVE - PLAY A FULL GAME OF TAG RUGBY LEAGUE

3 - DURING GAME PLAY

RLWC2021 CHALLENGES

During the games, you may have some teams waiting for their turn to play. Let them try some of these RLWC2021 themed challenges while they wait. They are great fun and help with their skill development!

CHALLENGE 1

In pairs, complete 21 passes when stood 5 metres apart and see which pair completes the 21 passes correctly in the quickest time.

CHALLENGE 2

Repeat challenge 1 over a distance of 8 metres or, for those who excel, 10 metres!

CHALLENGE 3

In a small grid (10x10m), one player from the team is the tagger. Count how many tags they can collect in 21 seconds, while team mates try to evade them.

CHALLENGE 4

Repeat challenge 3, with 2 variations available:

1. Tagger must have one hand behind their back.
2. You identify the order the tagger must gain the tags (for example, say that Jasmine must first get a tag off Millie, then Cooper, then Chloe).

CHALLENGE 5

- In a 10mx10m grid.
- Spread 21 tags randomly on the floor throughout the grid.
- Each player is timed on how long it takes to collect each tag from the area and return it to their base until all 21 are returned.
- They can only carry 2 tags at any one time.