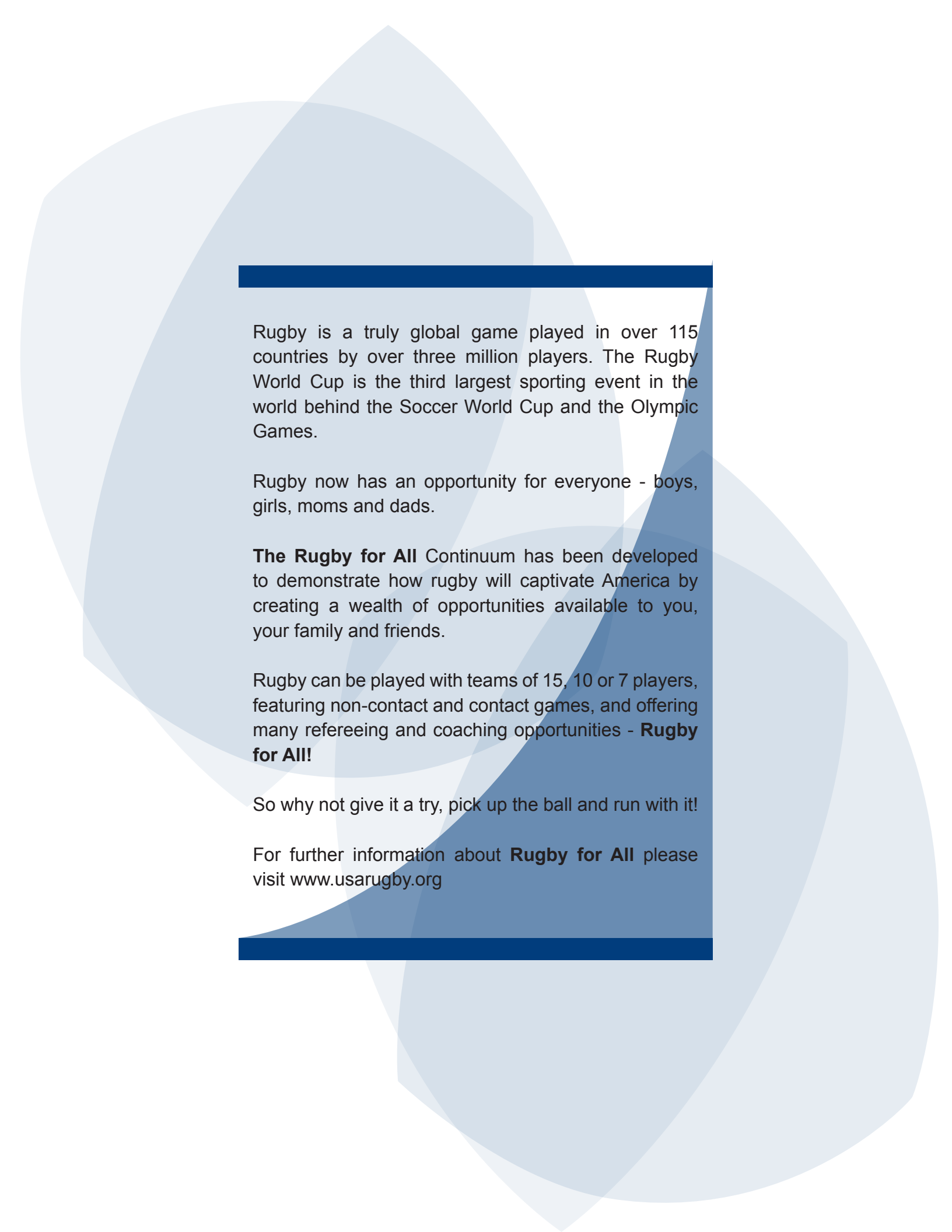


# START RUGBY PACK



**RUGBY  
FOR ALL**





Rugby is a truly global game played in over 115 countries by over three million players. The Rugby World Cup is the third largest sporting event in the world behind the Soccer World Cup and the Olympic Games.

Rugby now has an opportunity for everyone - boys, girls, moms and dads.

**The Rugby for All** Continuum has been developed to demonstrate how rugby will captivate America by creating a wealth of opportunities available to you, your family and friends.

Rugby can be played with teams of 15, 10 or 7 players, featuring non-contact and contact games, and offering many refereeing and coaching opportunities - **Rugby for All!**

So why not give it a try, pick up the ball and run with it!

For further information about **Rugby for All** please visit [www.usarugby.org](http://www.usarugby.org)

# 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
- 6) Acknowledge that all referees perform a difficult task
- 7) Appreciate coaches for their commitment and effort
- 8) Set a good example - think before you act!
- 9) 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!





## USA RUGBY CONTINUUM



## GAME INDEX



- 1) Ultimate Rugby
- 2) Keep Away
- 3) Hot Potato
- 4) Just Score
- 5) Swerve & Side Step Relay
- 6) Star Drill
- 7) Stuck in the Mud
- 8) American Eagles
- 9) Defensive Lines
- 10) Pass, Defend & Attack
- 11) 1v1 & 2v2 Tag
- 12) 4v4
- 13) Group Tag – Cover
- 14) Group Tag – Slide

## 1) ULTIMATE RUGBY

### GAME SET UP

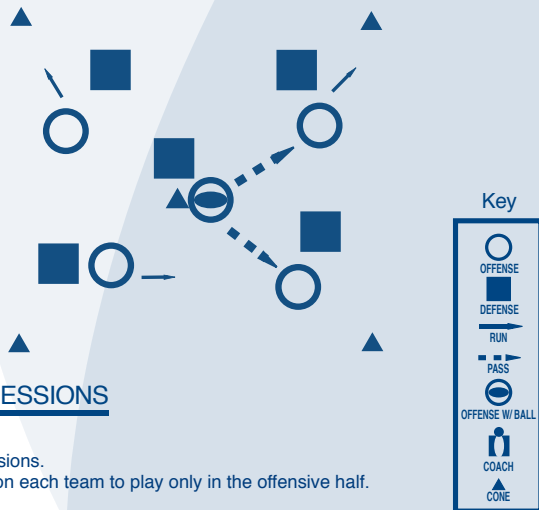
Players	Dimensions	Equipment
10	20x50	1Ball & 5Cones
Focus	Support & Continuity, Creating Space	



### GAME DESCRIPTION

Players line up on their side of the field. A tap ball at the center starts the game. Players advance by passing or running the ball in any direction. If the ball hits the ground, possession is forfeited.

If a player in possession of the ball is tagged they must pass it within 3 steps or 3 seconds to avoid a turnover. Tries are scored by passing to a player in the in-goal area. Running the ball over the goal line results in a turnover.



### GAME PROGRESSIONS

5v5, 6v6, 7v7  
Increase grid dimensions.  
Restrict one player on each team to play only in the offensive half.

## 2) KEEP AWAY

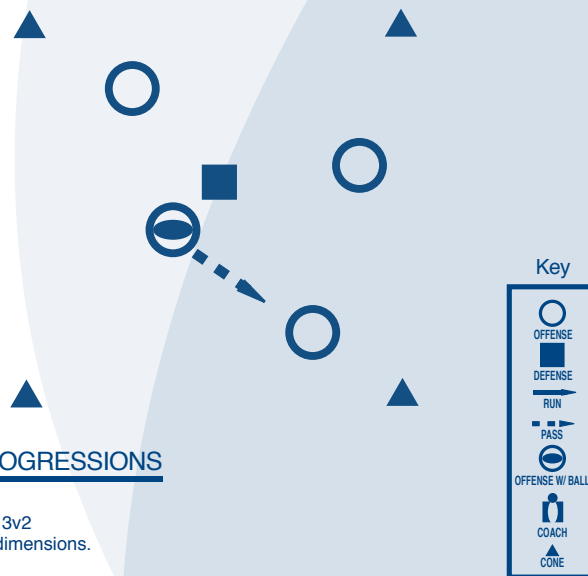
### GAME SET UP

Players	Dimensions	Equipment
5	10x10	1Ball & 4Cones
Focus	Support & Continuity	



### GAME DESCRIPTION

A group of players must try to tag the player nominated as it. A tag can only be made by a player holding the ball. Once in possession of the ball, players CANNOT run with it. Tags only count from thigh up, excluding head and chest area.



### GAME PROGRESSIONS

4v1, 3v1, 4v2, 3v2  
Increase grid dimensions.

## 3) HOT POTATO

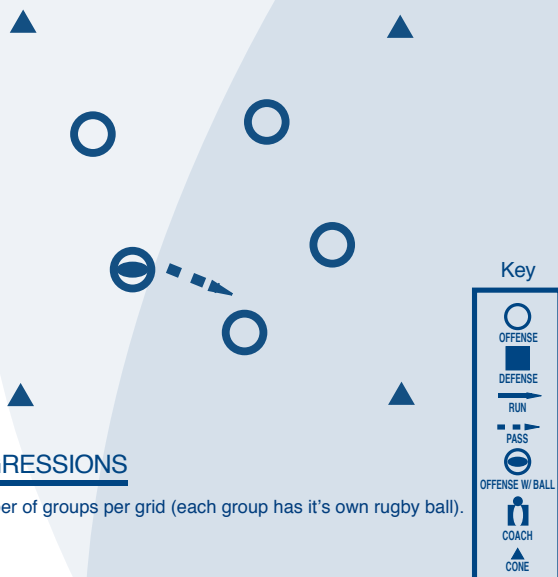
### GAME SET UP

Players	Dimensions	Equipment
5	10x10	1Ball & 4Cones
Focus	Support & Continuity	



### GAME DESCRIPTION

Players run around the grid in any direction trying to complete as many passes as possible in any time allotment. A player must pass the ball to someone other than whom they received the pass from.



### GAME PROGRESSIONS

Increase the number of groups per grid (each group has its own rugby ball).

## 4) JUST SCORE

### GAME SET UP

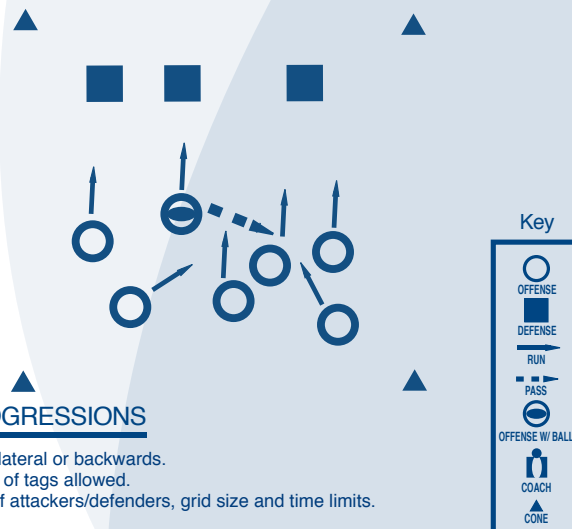
Players	Dimensions	Equipment
10	20x10	1Ball & 4Cones
Focus	Creating Space, Preserving Support Space	



### GAME DESCRIPTION

Two teams start behind opposing try lines. Attacking team starts by passing and/or running the ball in any direction. A player in possession of the ball must look to pass immediately once they have been tagged.

Attackers reverse the direction of attack after a try is scored. Drop balls result in a re-start at the try line. Defense changes to offense after time with a new attacking team attempting to better the score.



### GAME PROGRESSIONS

Passes must be lateral or backwards.  
Limit the number of tags allowed.  
Adjust the ratio of attackers/defenders, grid size and time limits.



## 5) SWERVE & SIDE STEP RELAY

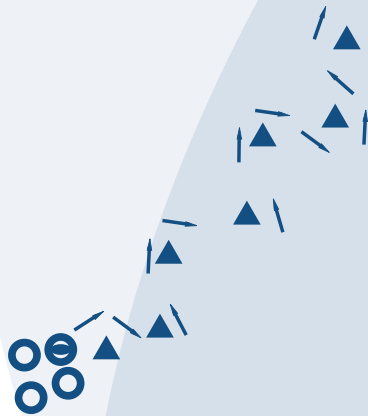
### GAME SET UP

Players	Dimensions	Equipment
4-5	10X25	10Balls & 20Cones
Focus	Creating Space	

### GAME DESCRIPTION

Swerve – Players run to the right of the first cone, left of second, right of third cone, etc. At the finish, players cross the line and score a try. Keep track of tries scored as a team.

Swerve – Move the last three cones in between the first three. Players then side step on the way up and run back.



### GAME PROGRESSIONS

Divide groups in half and have players run opposite directions. Players hand-off the ball and evade the cones by swerving or side-stepping. Time how long it takes to score 10 tries. See how many tries can be scored in X minutes



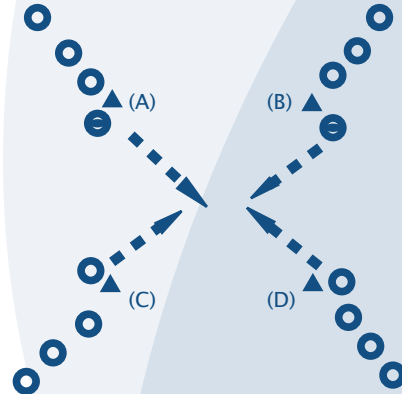
## 6) STAR DRILL

### GAME SET UP

Players	Dimensions	Equipment
12-20	10x10	2Balls & 4Cones
Focus	Creating Space	

### GAME DESCRIPTION

For one grid, players are evenly grouped around cones (A) (B) (C) (D) (4-5 players/cone). Players at cone (A) and (B) start with ball in hand and run diagonally to opposite cone and pop pass/give the ball to the next player.



### GAME PROGRESSIONS

Increase the # of balls in play from 2 to 4. Change directions of running midway.



## 7) STUCK IN THE MUD

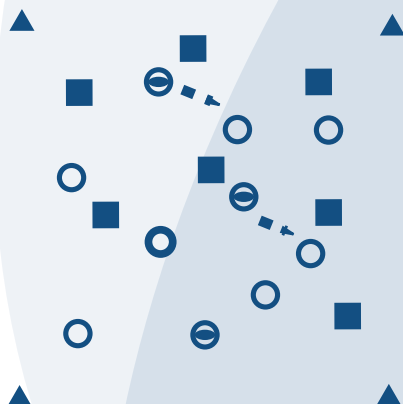
### GAME SET UP

Players	Dimensions	Equipment
10-20	20x20	10-20Balls & 4Cones
Focus	Evasion	

### GAME DESCRIPTION

Players evade any tagger by moving into space within the grid. When a player is tagged they must remain stationary or 'stuck'.

'Stuck' players can be released when their teammates perform a set skill. See progressions for a list of skills with or without ball in hand. The game runs for a set time or until all evading players are 'stuck'.



### GAME PROGRESSIONS

Crawl between the legs of a 'stuck' player.  
Pass a ball to a 'stuck' player.  
Roll a ball between the legs of a 'stuck' player.  
A ball must be passed around while trying to free 'stuck' players'.



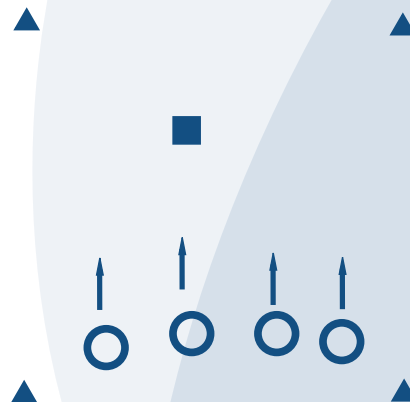
## 8) AMERICAN EAGLES

### GAME SET UP

Players	Dimensions	Equipment
5-6	20x15	1Ball & 4Cones
Focus	Evasion	

### GAME DESCRIPTION

One player starts in the middle, facing the remaining players lined up along one edge of the grid. Players must attempt to get from one side to the other without being tagged (tackled). Tackled players join the player in the center.



### GAME PROGRESSIONS

Call on one player to cross at a time. If caught, they join the middle.  
Pass the ball while avoiding the tag.  
Players leave in waves, include a ball.  
Tackled players sit out.





## 9) DEFENSIVE LINES

### GAME SET UP

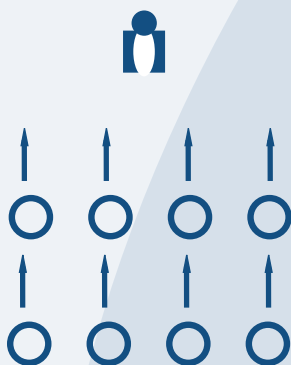
Players	Dimensions	Equipment
Even Pairs	None	None
Focus	Defense	



### GAME DESCRIPTION

Coach calls commands to players as they advance. Players must react and communicate to maintain a flat defensive line based on the command called.

Commands are: Up = run forward, Left = shuffle left, Right = shuffle right, Freeze = freeze in position & Back = retreat (backpedal).



### GAME PROGRESSIONS

Replace commands with numbers/colors.  
Replace commands with hand or ball signals.

## 11) 1v1 & 2v2 TAG

### GAME SET UP

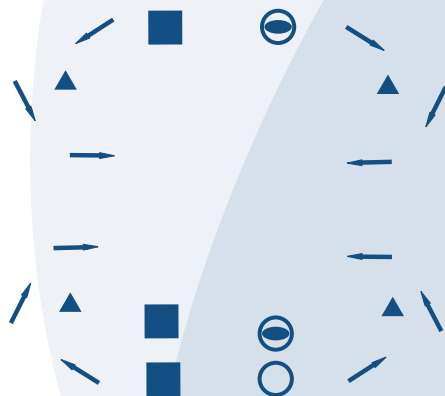
Players	Dimensions	Equipment
4-8	10x10	1 Ball per 2 Players 4 Cones/Grid
Focus	Defense	



### GAME DESCRIPTION

A line of defenders and a line of attackers are formed to the left and right side of the grid (outside the grid itself). Players pair up with a partner in their line.

On the whistle, both attackers and defenders run around cones on opposite ends of the grid. Attackers then run & pass as required to beat the defense.



### GAME PROGRESSIONS

Defenders can only run laterally from half way "line" of grid.  
Defenders are free to run anywhere in grid (as above)  
2v1, 2v2, 3v2 (increase grid size), 3v1, 4v2, etc.

## 10) PASS, DEFEND AND ATTACK

### GAME SET UP

Players	Dimensions	Equipment
4 Groups of 5	20x10	1 Ball & 4 Cones
Focus	Defense	

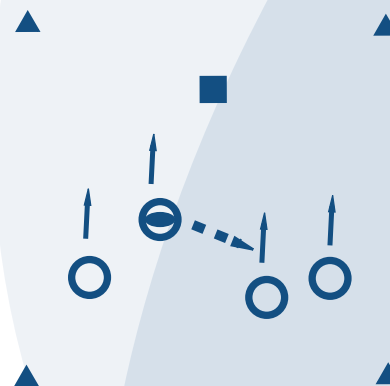


### GAME DESCRIPTION

The ball carrier passes to another player and runs towards the mid point.

Upon reaching half way, the player turns around to become a defender against his/her own team. The group attacks, trying to commit and beat the defender.

The attacking group runs through and passes the ball to the next group to repeat the process.



### GAME PROGRESSIONS

Limit movement of the defender: side-to-side/forward/back/diagonal.  
Increase number of attackers/defenders  
Alter size of grid to amend spacing between attackers

## 12) 4 v 4

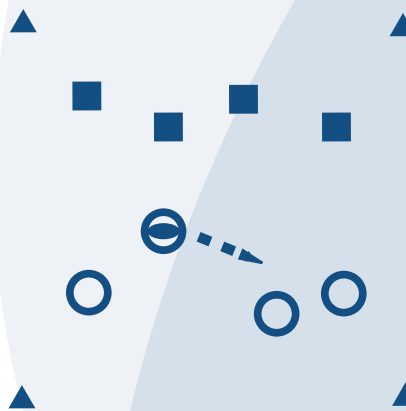
### GAME SET UP

Players	Dimensions	Equipment
8	20x10	1 Ball & 4 Cones
Focus	Support & Continuity	



### GAME DESCRIPTION

Reduce number of players to play controlled flag/tag rugby (see RULES).



### GAME PROGRESSIONS

Use lateral passing depending on experience and ability.  
Beginners - first pass after a tag must be backwards, then progress to two passes and all passes.  
Experienced players - can NOT score until X number of passes have been made or until all players have touched the ball.

## 13) GROUP TAG – COVER

### GAME SET UP

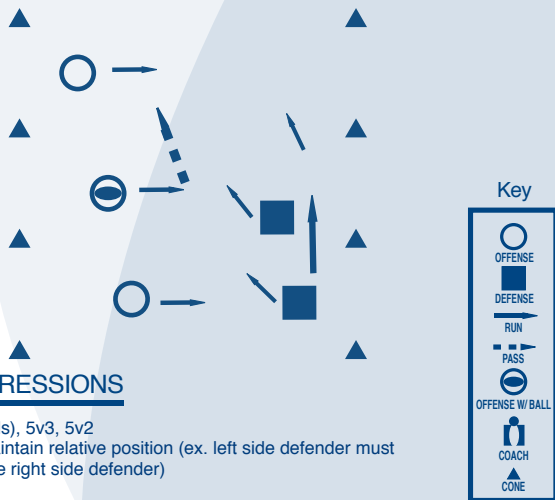
Players	Dimensions	Equipment
5	3 x 10 Grids	1Ball & 8Cones
Focus	Defense	

### GAME DESCRIPTION

Attackers line up on their goal line in their channels facing the defenders. On the whistle, attackers move towards the defender's goal-line.

Defender A can only defend in channel 1 and channel 3. Defender B must stay in channel 2. After attackers pass the ball out of Channel 1, defender A covers across straight to channel 3.

Points are scored when the attackers score a try or the defense prevents a try from being scored. Double points scored if the defending team gains possession and scores a try.



### GAME PROGRESSIONS

3v2, 4v2 (4 channels), 5v3, 5v2  
Defenders must maintain relative position (ex. left side defender must stay to the left of the right side defender)



## 14) GROUP TAG – SLIDE

### GAME SET UP

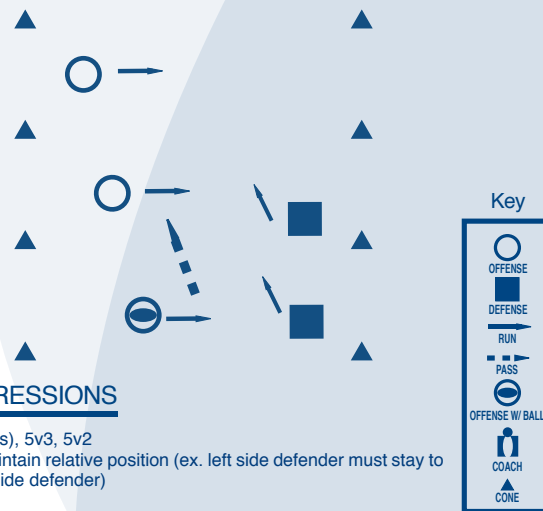
Players	Dimensions	Equipment
5	3 x 10 Grids	1Ball & 8Cones
Focus	Defense	

### GAME DESCRIPTION

Attackers line up on their goal line in their channels facing the defenders. On the whistle, attackers move towards the defender's goal-line.

Defender A can only defend in channels 1 and 2. Defender B can only defend in channels 2 and 3. After attackers pass the ball out of channel 1, defender A slides into channel 2 and defender B into channel 3.

Points are scored when the attackers score a try or the defense prevents a try from being scored. Double points scored if the defending team gains possession and scores a try.



### GAME PROGRESSIONS

3v2, 4v2 (4 channels), 5v3, 5v2  
Defenders must maintain relative position (ex. left side defender must stay to the left of the right side defender)

