



Mini Mako Rugby

Session 1 – Ball Familiarisation

Aims		<ol style="list-style-type: none"> 1. Players become familiar with the shape, size, flight and bounce of a rugby ball 2. Players learn how to hold the ball 	
Equipment		6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags	
	Time	Activity	Key Factors
Warm-up Game	5 mins	Simon Says <ol style="list-style-type: none"> 1. Each child gets a ball 2. The coach says, “Simon Says...” and then demonstrates an action with the ball that they must copy 3. Provide different actions along with verbal instructions 4. Actions can include – passing/rolling around body (head, waist, legs), figure eights through legs, throwing up and catching ball in front or behind the body etc. 	Ball Familiarization <ul style="list-style-type: none"> • Spread fingers • Dirty fingers, clean palms • Hold ball in two hands
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> 1. Discuss how to hold a rugby ball correctly (see key factors) - <u>Spread fingers</u> & <u>dirty fingers clean palms</u>. Demonstrate to players. 2. Activity 1 – Multi Action Relay <ol style="list-style-type: none"> 1. Split players into 3-4 teams with one ball per team 2. Teams line up behind a cone facing a cone 15m away 3. Coach instructs players to run around their marker performing the skill. Skills include: <ul style="list-style-type: none"> • Roll ball & pick up • Dribble ball along the ground • Rotate ball around waist • Chip kick & chase • Scissor run with ball passed through legs • Add other skills 3. Activity 2 – Rob the Nest <ol style="list-style-type: none"> 1. Separate players into 4 teams, each with a home base at the corners of a 10m x 10m area. 2. Place 6 balls in a “Nest” located in the centre of the area 3. On the command “GO”, one player at a time runs and collects a ball from the nest & returns it to their base. Then the next player has a turn. Once all balls are gone from the nest, they rob balls from other bases. 4. Players can only take one ball at a time 5. Players cannot guard or defend their home base 6. The first team to place 3 balls in their base wins 7. Progressions <ul style="list-style-type: none"> • Change the number of balls or the size of the playing area 	
Game for Understanding	10 mins	Rippa Game – Introduction to game <ol style="list-style-type: none"> 1. Get all players to put on rippa belts and flags 2. Separate into 2 teams 3. Play Rippa Rugby with focus being on the introduction to the basic rules and using the skills they have just learnt 	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- Why do we hold the ball in two hands?
- What different skills have you learnt today?



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Session 2 – Running with Ball & Ripping

Aims	<ol style="list-style-type: none"> 1. Players learn to hold and run with the ball in two hands 2. Players learn how to rip the flag to constitute a “tackle” 		
Equipment	6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags		
	Time	Activity	Key Factors
Warm-up Game	5-8 mins	Rats and Rabbits <ol style="list-style-type: none"> 1. Players pair up and lie facing each other along a line. Set a cone/line approximately 10 metres away on either side. 2. When the coach calls “Rats”, the children in that team run to the safety of their cone/line, while the Rabbits chase them. 3. If tagged they join the other team’s line and return to central line to start again. 4. When the coach calls “Rabbits”, the Rabbits team runs to their safety line chased by Rats – if caught, the Rabbits join the other team. 5. Progressions – add rippa flags, carry balls, change starting body positions, skip, hop or any other variation 	Running with Ball <ul style="list-style-type: none"> • Fingers spread on each side of ball • Carry ball chest high • Elbows pointed in • Consider options Common Errors <ul style="list-style-type: none"> • Tucking ball when running or evading
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> 1. Demonstrate correct technique for Running with the Ball (see key factors) to children and give them a chance to practice it. (2mins) 2. Activity – Shadow Run <ol style="list-style-type: none"> 1. Cone an area approximately 10m x 10m. 2. Players pair up with one holding a ball as demonstrated. 3. On the coach’s command, the child with the ball runs inside the coned area while their partner chases them. 4. The chasing child must rip their partners flag as many times in 1 minute. 5. After 1 minute, the children change roles 6. Progressions – increase area 3. Stop game after two turns each to introduce Ripping (see key factors). <i>Q. What can you do to help make a rip?</i> Let them come up with suggestions. 4. Continue Shadow Run 	<ul style="list-style-type: none"> • Ball carried too high or too low • Unable to get leg speed with hands on ball Ripping <ul style="list-style-type: none"> • Eyes on opponent’s hips • Body position – legs bent, back straight, head up • Arms above hips • Reach for flag Common Errors <ul style="list-style-type: none"> • Only one hand used
Game for Understanding	10 mins	Shark Rush <ol style="list-style-type: none"> 1. The coach starts in the middle as a Defender. 2. Players each hold a ball and run together rather than individually to encourage greater movement. 3. The coach calls “Shark Rush” and the players carry their ball as they run and dodge defenders. 4. If a player gets ripped or runs out, they join the Defenders side. 5. If they cross the try line, they must score a rugby try. 6. Progressions <ul style="list-style-type: none"> • Defender calls one person to run. This person calls “Shark Rush” when they decide they need help. • Increase/Decrease playing area. 	<ul style="list-style-type: none"> • Player standing too upright • Player must be in a pre-tackle stance
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> • Why do we hold the ball chest high? • What are the keys to making a good rip? 			



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Session 3 – Basic Pass

Aims	1. Players learn to maintain continuity of play by passing to a teammate in a better position		
Equipment	6-12 Balls (1 ball per player or 1 per pair) Cones, Bibs, Belts & Flags		
	Time	Activity	Key Factors
Warm-up Game	5 mins	How Many Passes <ol style="list-style-type: none"> Separate players into groups of 4 with one ball per group All players must stay within a 5m x 5m area One player is nominated to be the interceptor The 3 other players count how many passes of the ball they can make between them before the interceptor forces a dropped ball or intercepts it. When the ball is dropped or intercepted, the player who made the error becomes the interceptor. Game continues. Progressions – increase the number of interceptors &/or players 	Basic Pass <ul style="list-style-type: none"> Run straight Ball in two hands Run at defender Look at receiver Swing arms Follow through Pass in front of receiver Hands to target
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> Demonstrate the correct technique for the Basic Pass (see key factors). Emphasise <u>ball in two hands</u>, <u>swing arms horizontally</u> and finish with <u>hands to the target</u>. In pairs, practice pass to left and right (3-5mins) Progressions <ul style="list-style-type: none"> Walk in pairs passing sideways (left & right hands) Jog in pairs passing sideways (left & right hands) Run in pairs passing sideways (left & right hands) Activity – Passing Relay 1 <ol style="list-style-type: none"> Split players into even teams of 3, 4, or 5 with one ball per group Set cones (1 per child) across an area 12-20m Players must pass ball to the other end of their group in a race against other groups. Progressions – increase/decrease distance & team's members, pass of left/right hands, pass back again, add more balls to pass. 	Common Errors <ul style="list-style-type: none"> Running with the pass Not having a straight follow-through Not passing to target area Trying to spiral pass
Game for Understanding	10 mins	Passing Relay 2 <ol style="list-style-type: none"> Split players into two teams, one ball per group Set 2 lines of cones across a 20m distance. 1 cone per player in which they must stay beside. Players must pass ball to the other end of their group. One member runs against them aiming to beat passes to the end. Progressions – increase distance, pass back along line. <p><u>Recap warm up game - How many passes</u></p>	
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> How do you hold the ball when passing? Where should your hands finish after passing the ball? 			



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Session 4 – Rippa Rules

Aims		1. Players learn the rules of Rippa 2. Players develop basic understanding of how to best use the rules in a game	
Equipment		6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags	
	Time	Activity	Key Factors
Warm-up Game	7 mins	<u>Pre-Warm up</u> 1. Teach each player to correctly put on a rippa belt with two flags on placed on the hips 2. Demonstrate correct technique for Ripping a Flag (see key factors) and give players a chance to practice it in pairs. <i>Coach - Emphasise shouting RIP and handing back flags</i> Rippa Frenzy 1. Set up a 10m x 10m area (Area can be bigger or smaller depending on the number of players) 2. On the command “GO”, players try to rip other players flags and collect as many as they can. Flags are then attached to their own belt. 3. Play for 1 minute and see how many each player gets. Play again.	Ripping <ul style="list-style-type: none"> Eyes on opponent’s hips Body position – legs bent, back straight, head up Arms above hips Reach for flag with two hands Call RIP when completed Hand back the flag to opponent
Skills/Drills/Games	13 mins	<u>Activity – Small Sided Rippa</u> 1. Split players into teams of 3 versus 3 in an area 20m long x 10m wide. <i>Vary field size depending on team’s size & ability.</i> 2. One team starts at halfway by tapping ball (placed on ground) and passing to a teammate. 3. The aim is to score a try over the try line using 6 rips. 4. If there are 4 teams of 3 players, set two games going. If not, then rotate team on and off. Key Rules: <ul style="list-style-type: none"> Once ripped, they must pass backwards to a teammate within 3 steps or the ball is turned over. Defenders must get on their side of the ball once a rip occurs <i>Coach Notes:</i> <ul style="list-style-type: none"> <i>It is important to emphasise to players to pass immediately while moving forward and then collect flag off opposition player.</i> <i>The smaller playing area encourages more rips & therefore more passes. The area can be adjusted to suit group.</i> 	Common Errors <ul style="list-style-type: none"> Only one hand used Player standing too upright Player must be in a pre-tackle stance
Game for Understanding	10 mins	Full Rippa Game 1. Separate all players into 2 teams. Play with 6, 7 or 8 per team 2. Play full field Rippa with a focus on passing immediately & passing to a player in space. Encourage more than 1 pass where possible. 3. Introduce spinning. 1 per carry is allowed. <i>Coach Note - During the game, stop and question the players on the rules i.e. why do you shout RIP when you grab a flag?</i>	
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> Who can tell me a rule they have learnt today? Where should our eyes be looking when we make a rip? 			



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Session 5 – Receiving a Pass

Aims	<ol style="list-style-type: none"> 1. Players learn to catch the ball so that the attack can be continued 2. Players learn to beat a defender using a pass 		
Equipment	6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags		
	Time	Activity	Key Factors
Warm-up Game	5 mins	First to Five (Catches) <ol style="list-style-type: none"> 1. Separate players into two teams – A & B (in bibs or colours) 2. All players must stay within a set area (start with 10x10m area) 3. Team A starts with ball and aim to make 5 catches without dropping the ball or being intercepted. 4. Ball carriers cannot move with the ball 5. Opposition must stay 1 metre away from the ball carrier 6. Team B has a turn when it's dropped or intercepted. 7. Variation – increase/decrease area or number of catches 	Receiving Pass <ul style="list-style-type: none"> • Chin up, eyes open • Run onto ball • Extend hands towards ball • Spread fingers (Make a W) • Watch ball into hands • Choose best option
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> 1. Demonstrate the correct technique for Receiving a Pass (see key factors) and give players a chance to practice it in pairs. Ask players to demonstrate a W with their hands. (3mins) 2. Activity – Passing Relay 2 (repeated from Session 3) <ol style="list-style-type: none"> 1. Split children into two teams, one ball per group 2. Set 2 lines of cones across a 20m distance. 1 cone per player, which they must stay beside. 3. Players must pass ball to the other end of their group. One member runs against them aiming to beat passes to the end. 4. Progressions <ul style="list-style-type: none"> • increase distance • pass back along line. • teams race to pass 3 or more balls to the end. <p><i>Coach Note – remember to correct errors and emphasise key factors</i></p> 	Common Errors <ul style="list-style-type: none"> • Not presenting target • Not meeting ball early • Hands too rigid • Taking your eyes off the ball • Not communicating
Game for Understanding	10 mins	Cross the River – 2 attackers <ol style="list-style-type: none"> 1. Set up a 30m x 15m area. Players wear rippa belts & flags. 2. In pairs, the players (attackers) aim to carry a ball from one river bank to the other. No forward passes. 3. Sharks (defenders) need to be placed in the “river” with the aim of ripping the attackers or intercepting passes. Start with 1 shark and add more as the players get better. 4. Sharks can only move sideways, not forwards or back. Use cones to guide them. 5. Progressions <ul style="list-style-type: none"> • increase number of defenders • add more attackers (notably U7) <p><i>Coach Note – this is an opportunity to talk about how to draw defenders and use a dummy.</i></p>	
Conclusion: Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> • Why is it important to spread your fingers in a W shape? • How can you beat a defender? 			



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Session 6 – Basic Pass

Aims	1. Players learn to maintain continuity of play by passing to a teammate in a better position		
Equipment	6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags		
	Time	Activity	Key Factors
Warm-up Game	5 mins	<p>Shark Tag</p> <ol style="list-style-type: none"> Set up a 10m x 10m area Separate players into two teams – A & B Team A starts with the ball and must pass the ball to their teammates to tag as many players from Team B as they can in 1 minute. Player with the ball must be stationary, NO running. Team B gets a turn and so on. <p><i>Coach Note – emphasise key factors like looking at receiver, swinging arms and following through.</i></p>	<p>Basic Pass</p> <ul style="list-style-type: none"> Run straight Hold the ball in two hands Run at defender Look at receiver Swing arms Follow through Pass at chest height in front of receiver Complete pass and support
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> Demonstrate the correct technique for the Basic Pass (see key factors). Emphasise <u>ball in two hands</u>, <u>swing arms horizontally</u> and finish with <u>hands to the target</u>. In pairs, practice pass to left and right while walking, jogging or running (5mins) Activity 1 - Circling Sharks <ol style="list-style-type: none"> Split players into 2 teams. One team creates a circle and the other a line. The circle team see how many times they can pass the ball around the circle while the other team runs with a ball one by one around the circle – like “circling sharks”. Once the running team has finished, they shout STOP. Teams swap and the winning team is the one who completes the most passes around the circle. Use cones to keep players in the same spots. Activity 2 – 2 v 1 <ol style="list-style-type: none"> Set up a 10m x 5m area. Players wear rippa belts & flags. In pairs, players aim to carry a ball and beat one defender (a coach or parent) to score a try. Defenders aim to make rips. <p><i>Coach Note – encourage running past the rip & passing in 3 steps.</i></p> 	<p>Common Errors</p> <ul style="list-style-type: none"> Running with the pass Not having a straight follow-through Not passing to target area Trying to spiral pass
Game for Understanding	10 mins	<p>Cross the River – 3 attackers</p> <ol style="list-style-type: none"> Set up a 30m x 15m area. Players wear rippa belts & flags. In threes, the players (attackers) aim to carry a ball from one river bank to the other. No forward passes. Sharks (defenders) need to be placed in the “river” with the aim of ripping the attackers or intercepting passes. Start with 1 shark and add more as the players get better. Sharks can only move sideways, not forwards or back. Use cones to guide them. Progressions <ul style="list-style-type: none"> increase number of defenders add more attackers (notably U7) <p><i>Coach Note – this is an opportunity to talk about drawing defenders, passing early & using width.</i></p>	

Conclusion:

- Question players on what they have learnt (Reinforce aims)
- Why do we want to look at the player catching the ball?
 - How can you beat a defender?



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Session 7 – Swerve & Evasion

Aims		1. Players learn how to evade opponents while running, without becoming isolated	
Equipment		6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags	
	Time	Activity	Key Factors
Warm-up Game	5 mins	Cups & Saucers <ol style="list-style-type: none"> Place cones in an are approximately 10m x 10m. Turn half of the cones upside down (cups), the rest are saucers. Separate players into two teams – A & B On the command “GO”, Team A turns the cones into cups, Team B into saucers. Play for 1-2 minutes. Call “STOP” and count which team has the most. Play again. 	Swerve <ul style="list-style-type: none"> Ball in two hands Run toward defender Change pace and/or direction of movement Position ball away from defender Accelerate into the space
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> Demonstrate the correct technique for the Swerve (see key factors). Emphasise <u>ball in two hands</u>, <u>run toward defender</u>, <u>change direction</u> and <u>accelerate into space</u>. Activity 1 - In pairs, practice the swerve. Cones can be placed in a Y formation to aid players and encourage them to run left and right of the defender (<i>Defender stands at top of Y & attacker with ball at the bottom</i>). Activity 2 – Sharks & Fishes <ol style="list-style-type: none"> Set up a 30m x 30m area. Players wear rippa belts & flags. Select 2-3 Sharks (defenders) to stand in the middle of the area. The Sharks aim is to rip the Fish (attackers). On the coach’s call, the Fish run with a ball to the line opposite swerving to avoid being ripped. Once ripped, the player joins the Sharks team. Continue until one Fish remains. Progressions <ul style="list-style-type: none"> Select more/less defenders Increase/Decrease playing area <p><i>Coach Note – during the game introduce ways the Sharks can defend better i.e. How can you get a Fish to run left or right?</i></p>	Common Errors <ul style="list-style-type: none"> Not running at the defender Changing direction to early or too late Not accelerating forward immediately after the sideways movement
Game for Understanding	10 mins	Breakout <ol style="list-style-type: none"> Set up one small grid (5m x 5m) within a larger grid (20m x 20m). Pair up players. The attacker starts inside the 5m area with a ball. The defender starts inside the 20m area without a ball. On the command “GO”, the Attackers aim to score a try over the outer grid without being tagged or ripped (coach decides). Defending players cannot enter the small grid. When a tag or rip is made the attacker returns to the small grid and starts again. Once a try is scored, attacker re-enters small grid and must attack a different try line. Progression – play with 2 balls and allow attackers to pass 	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- When trying to swerve, why hold the ball in two hands?
- What can defenders do to stop the attacker from beating you?



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Session 8 – Catch & Pass

Aims		1. Players learn to maintain continuity of play by passing to a teammate in a better position	
Equipment		6-12 Balls (1 ball per player or 1 per pair) Cones, Belts & Flags	
	Time	Activity	Key Factors
Warm-up Game	5 mins	Rob the Nest <ol style="list-style-type: none"> Separate players into 4 teams, each with a home base at the corners of a 10m x 10m area. Place 6 balls in a “Nest” located in the centre of the area On the command “GO”, one player at a time runs and collects a ball from the Nest & return it to their base. Then the next player has a turn. Once all balls are gone from the Nest, they rob balls from other bases. Players can only take one ball at a time Players cannot guard or defend their home base The first team to place 3 balls in their base wins Progressions <ul style="list-style-type: none"> Change the number of balls or the size of the playing area 	Passing <ul style="list-style-type: none"> Run straight Ball in two hands Run at defender Look at receiver Swing arms Follow through Pass in front of receiver Hands to target Common Errors <ul style="list-style-type: none"> Running with the pass Not having a straight follow-through Not passing to target area Trying to spiral pass
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> Demonstrate the correct technique for Passing (see key factors). Emphasise <u>run at defender</u>, <u>look at receiver</u> & <u>pass in front of receiver</u>. Activity 1 – Passing Wave (3 Lines) <ol style="list-style-type: none"> Set up 3 lines of players with ball at one end. Players pass down the line and back Progression – add more lines of players Activity 2 – 2 v 1 <ol style="list-style-type: none"> Set up a 10m x 5m area. Players wear rippa belts & flags. In pairs, players aim to carry a ball and beat one defender (a coach or parent) to score a try. Defenders aim to make rips. Progression – 2 v 1 v 1 (2nd line of defence to beat) <p><i>Coach Note – encourage communication (calling for the ball), running past the rip & passing in 3 steps.</i></p> 	Receiving a Pass <ul style="list-style-type: none"> Chin up, eyes open Run onto ball Extend hands towards ball Spread fingers Watch ball into hands Choose best option
Game for Understanding	10 mins	Overload Rippa <ol style="list-style-type: none"> Set up an area 30m x 20m. Players wear rippa belts & flags. Use bibs if necessary to separate attackers and defenders. Start game with 6 attackers and 4 defenders lined up against each other. Rotate roles during the game so players get a chance to attack & defend. Normal Rippa rules apply. Once the attacking team scores a try, they turn around and attack the opposite end. Progressions <ul style="list-style-type: none"> Increase playing width or area Change number of attackers & defenders <p><i>Coach Note – encourage 2 or more passes to find space and calling for the ball.</i></p>	Common Errors <ul style="list-style-type: none"> Not presenting target Not meeting ball early Hands too rigid Taking your eyes off the ball Not communicating

Conclusion:

Question players on what they have learnt (Reinforce aims)

- Why is it important to call for the ball?
- When is it best to pass the ball?



Mini Mako Rugby

Session 9 – Running with Ball & Scoring a Try

Aims	<ol style="list-style-type: none"> 1. Players learn to hold and run with the ball in two hands 2. Players learn how to place the ball correctly over the try line to score 		
Equipment	6-12 Balls (1 ball per player or 1 per pair) Cones, Bibs, Belts & Flags		
	Time	Activity	Key Factors
Warm-up Game	5 mins	Tag Thief <ol style="list-style-type: none"> 1. Set up an area 15m x 15m 2. All players wear a tag belt with one tag placed on the back of their belt 3. On the command “GO”, player move around grid and attempt to steal other players tags. 4. When a tag is stolen, the thief places it on their belt. 5. Play for 2 minutes, then count the tags. Player with the most wins. 6. Progressions <ul style="list-style-type: none"> • Separate into 2 teams and work together (use bibs) • Increase/decrease playing area to manipulate space • Play two handed tag grabs 	Running with Ball <ul style="list-style-type: none"> • Fingers spread on each side of ball • Carry ball chest high • Elbows pointed in • Consider options Common Errors <ul style="list-style-type: none"> • Tucking ball when running or evading • Ball carried too high or too low • Unable to get leg speed with hands on ball
		<ol style="list-style-type: none"> 1. Demonstrate the correct technique for Running with Ball & Scoring a Try (see key factors). Emphasise running with <u>ball in two hands</u>, <u>chest high</u> & <u>elbows in</u>. For scoring the try <u>ball in two hands</u>, <u>reach over the line</u> & <u>place the ball on the ground</u>. 2. <u>Activity 1</u> – Give each player a ball (if possible) & practice this technique first jogging, then running <i>Coach Note – praise those who practice the skill correctly and ask them to demonstrate to the team.</i> 3. <u>Activity 2 – Try Scoring Relay</u> <ol style="list-style-type: none"> 1. Split players into two teams, one ball per group 2. Place 2 cones 10 metres from the try line. 1 per team. 3. Players run to the try line to score a try and return the ball to the next players until everyone has gone. First team finished wins. 4. Progressions <ul style="list-style-type: none"> • increase distance • players run 2 or more times each • Add actions when running i.e. zig zag, pass ball through legs, hopping, skipping etc. 	
Game for Understanding	15 mins	Rippa Game <ol style="list-style-type: none"> 1. Get all players to put on rippa belts and flags 2. Separate into 2 teams 3. Play Rippa Rugby with focus being on running with ball in two hands & scoring tries by placing in over the try line. 	

Conclusion:

Question players on what they have learnt (Reinforce aims)

- Who can show everyone how to run with the ball correctly? (Get a player to demonstrate)
- Why do we bend our knees to score?



Mini Mako Rugby

Session 10 – Catch & Pass (Support Running)

Aims	1. Players learn to maintain continuity of play by passing to a teammate in a better position		
Equipment	6-12 Balls (1 ball per player or 1 per pair) Cones, Bibs, Belts & Flags		
	Time	Activity	Key Factors
Warm-up Game	5 mins	First to Five (Passes) <ol style="list-style-type: none"> Separate players into two teams – A & B (in bibs or colours) All players must stay within a set area (start with 10x10m area) Team A starts with ball and aim to make 5 passes without dropping the ball or being intercepted. Ball carriers cannot move with the ball Opposition must stay 1 metre away from the ball carrier Team B has a turn when it's dropped or intercepted. Variations – increase/decrease area or number of catches 	Basic Pass <ul style="list-style-type: none"> Run straight Hold the ball in two hands Run at defender Look at receiver Swing arms Follow through Pass at chest height in front of receiver Complete pass and support
Skills/Drills/Games	15 mins	<ol style="list-style-type: none"> Discuss how to be a good Support Runner. Emphasise <u>completing pass & supporting, present a target for passer & calling for the ball.</u> Activity 1 – Passing Wave (Support Runner) <ol style="list-style-type: none"> Set up 3 lines of players with ball at one end. Players pass down the line & first passer runs around to receive final pass Progression – pass to left & right Activity 2 – Draw, Pass & Back Up <ol style="list-style-type: none"> Set up 2 lines of attackers using cones. The 2nd line should be staggered 4 metres wide & 4 metres back to create depth. Have 2 defenders, one facing each line. The 2nd defender must be staggered 5 metres back to allow time to pass. On the command “GO”, the 1st ball carrier runs straight at the 1st defender and passes to the 2nd ball carrier. The 1st ball carrier then runs a backup line around their teammate to receive a pass on the outside. Progression – Pass to left and right sides <p><i>Coach Note – encourage calling for the ball & passing early.</i></p>	Common Errors <ul style="list-style-type: none"> Running with the pass Not having a straight follow-through Not passing to target area Trying to spiral pass Receiving a Pass <ul style="list-style-type: none"> Chin up, eyes open Run onto ball Extend hands towards ball Spread fingers Watch ball into hands Choose best option
Game for Understanding	10 mins	Joker Rippa <ol style="list-style-type: none"> Set up an area 30m x 20m. All players wear rippa belts & flags. Players form into teams of 3. Use bibs to separate teams. Select 2 “Jokers” who do not wear bibs. Jokers are players who are additional players & always in the team with the ball. Normal Rippa rules apply. One team starts with the ball as the attacking team. When they score a try, the jokers change teams and they attack the other way. <p><i>Coach Note - Change teams & jokers regularly to keep all involved. Encourage players to pass & run support lines as well as communicate clearly.</i></p>	Common Errors <ul style="list-style-type: none"> Not presenting target Not meeting ball early Hands too rigid Taking your eyes off the ball Not communicating
Conclusion:			
Question players on what they have learnt (Reinforce aims) <ul style="list-style-type: none"> When carrying the ball, how can we make space for our teammates? As support runners, what can we do to support the ball carrier? 			