

T1 LESSONS



**TĀTOU TĀTOU
TOGETHER AS 1**



01 | LESSON PLAN

LESSON OVERVIEW

- | | |
|---------------------|--------|
| 1. Raggy Tag | 10mins |
| 2. Try Scoring Race | 10mins |
| 3. Bulletball | 20mins |

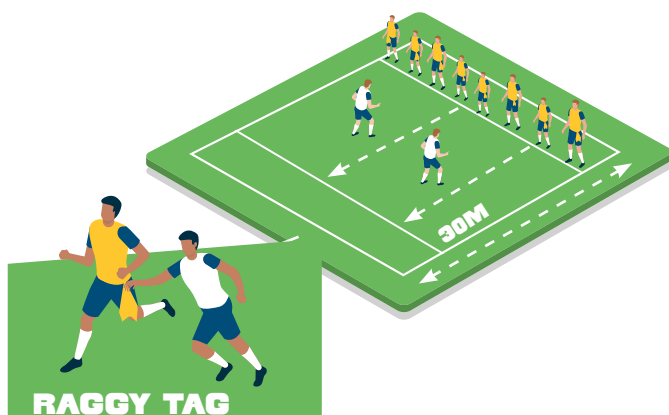
LESSON INTENTIONS

- How to score tries
- How to beat defenders
- How to stop tries
- Play something that looks like rugby



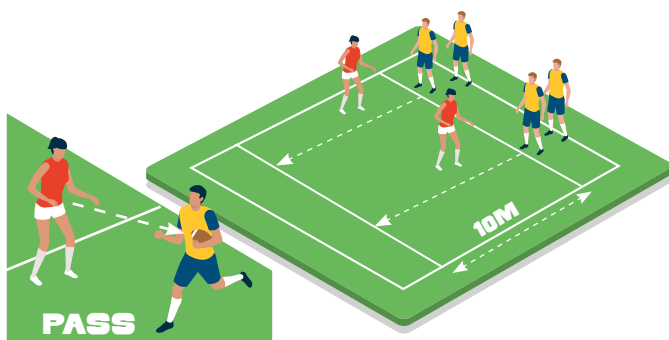
▶ SCAN ME

RAGGY TAG



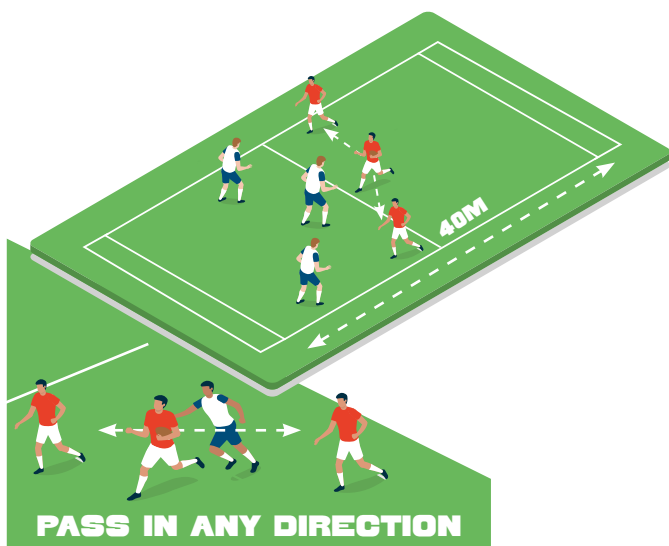
- Put two "taggers" in the middle of the box and up to eight players ("runners") at one end. Ideally, each runner has a bib tucked into their shorts.
- On "go", the runners aim to get to the other end without being tagged.
- A tagger can only tag one player in each run.
- Return tags and turn around to play the other way.
- Over four runs, see how many tries are scored.
- Any runner who has not been tagged is worth two tries on the third run and three tries on the fourth run (an incentive to catch them!)

TRY SCORING RACE



- Split into pairs/threes with a ball.
- One stands about 2m inside the box, the other on the side.
- On "go", the player on the side runs to the other side of the box, receiving a pass on the way.
- Winners start a couple of steps back the next time.
- Swap the passer and the runner.

BULLETBALL



- 3v3 to 7v7
- Score a try as normal.
- Can run with the ball.
- Can pass in any direction unless touch-tackled.
- If touch-tackled have to back towards your try line.
- Defenders can intercept a pass but not a pass from the touch-tackle.
- Any number of tackles, but lose a life if you run into touch.
- Three lives.
- If the ball goes on the ground, if the attack can pick it up within three seconds, then play on. Otherwise, a turnover.
- After a try, the conceding team restart from the middle with a pass.

02 | LESSON PLAN

LESSON OVERVIEW

- | | |
|-----------------------|--------|
| 1. Passing Race | 10mins |
| 2. Pass then Run | 10mins |
| 3. Bulletball upgrade | 20mins |

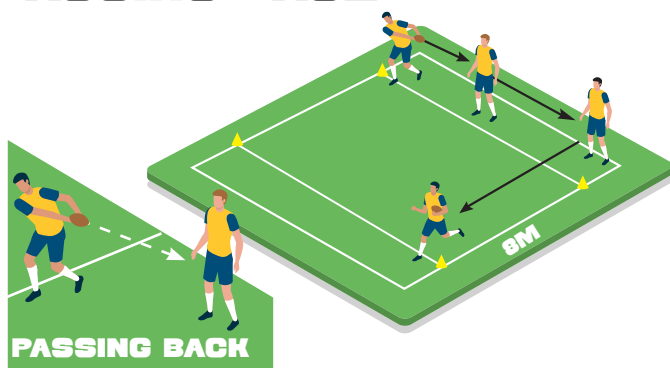
LESSON INTENTIONS

- How to catch and pass
- How to use catch and pass to score tries
- When to pass
- Passing the ball if not going forward



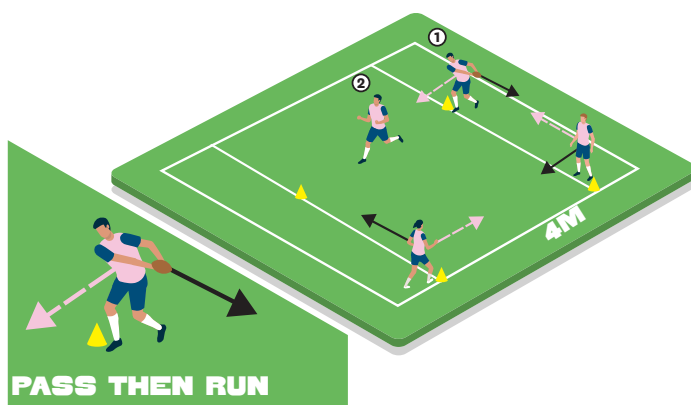
SCAN ME

PASSING RACE



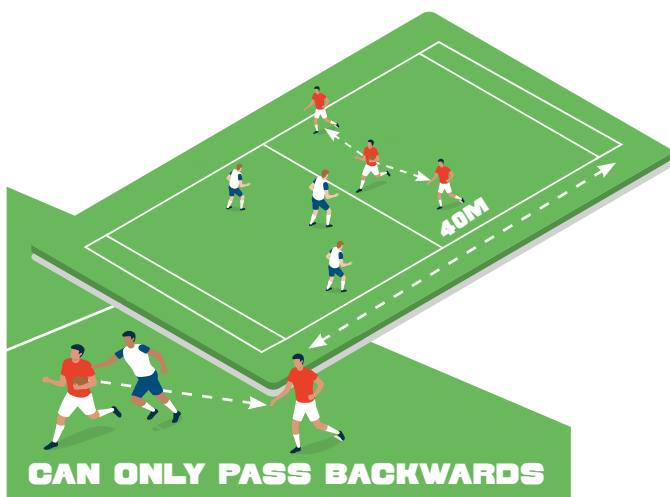
- Split into groups of three with a ball, and line them up 2metres apart.
- The ball carrier stands on the right of their group.
- Say “go” and the ball carrier passes the ball to the nearest player, who then passes to the last player in the group.
- The end player then races forward 8m to see if they can beat the other groups.
- Everyone swaps positions in the group and repeats.
- Quicker groups can start further back.

PASS THEN RUN



- Split into groups of three with a ball.
- Each player stands on the corner of a box.
- Say “go,” and the ball carrier passes the ball to the nearest player.
- They then run forward to the spare cone.
- Everyone repeats this until they have made three passes.
- If they can, they should face the cone they will be running to because the pass will be backwards or at least sideways.

BULLETBALL UPGRADE



- 3v3 to 7v7
- Score a try as normal.
- Can run with the ball.
- No forward passes.
- If touch-tackled have to turn back towards your try line.
- No offside!
- But defence cannot intercept ANY passes.
- Seven tackles to score a try (turnover possession after seven touches)
- If the ball goes on the ground, if the attack can pick it up within three seconds, then play on. Otherwise, a turnover.
- After a try, the conceding team restarts from the middle with a pass.

03 | LESSON PLAN

LESSON OVERVIEW

- | | |
|--------------------|--------|
| 1. Tackle Triangle | 10mins |
| 2. Onsides | 5mins |
| 3. Rip and Pass | 10mins |
| 4. AB v C | 20mins |

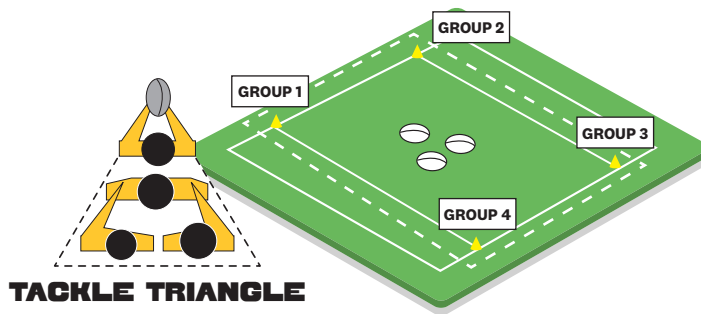
LESSON INTENTIONS

- How to form a rip and pass after the tackle
- How to get back inside in defence
- How to attack when there is an overload (more attackers than defenders)
- Organising a defence in play



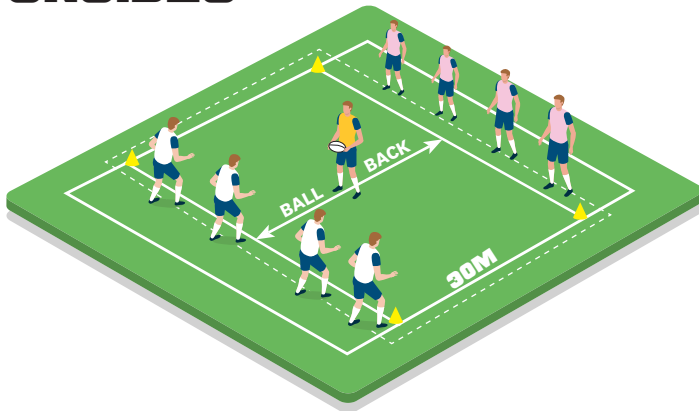
SCAN ME

TACKLE TRIANGLE



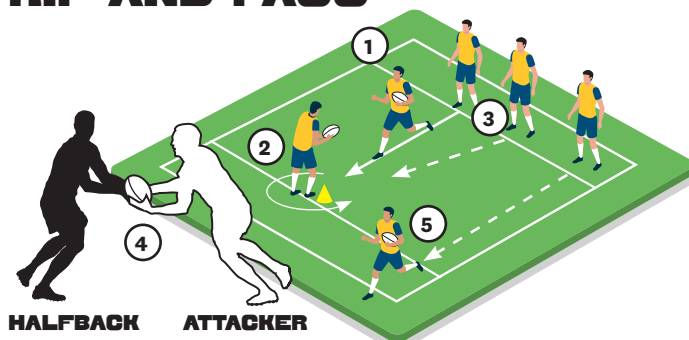
- Split into groups of four.
- Spread out have the same number of balls as groups in the middle of the box and the same number of cones near the edges of the box.
- Say "circle", and everyone jogs around the box.
- Shout "tackle". One of the players from each group collects a ball from the middle, finds a cone and faces away from the try line.
- The other three players form a tackle-triangle opposite the ball carrier.
- The last group in position lose a life.

ONSIDES



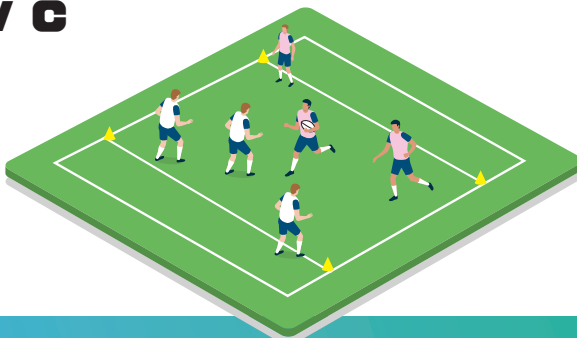
- Split into two teams, 'ball' and 'back' with a player in a bib with a ball.
- Everyone jogs around inside the box, with the bibbed player moving around inside the box.
- When the coach shouts: "tackle", teams see where the bibbed player is standing and facing.
- The 'ball' team must spread out in a line to the edges of the box, facing the bibbed player and able to see the ball.
- The 'back' team must do the same, but able to see the bibbed player's back.
- The winners are the first team to be a line that spreads across the pitch.

RIP AND PASS



- Split into groups of three with a ball.
- Each group starts at one end of the box.
- Say "go". The ball carrier races to the cone in front of them.
- They turn as if they have been touch-tackled and hold out the ball to their team (attacker).
- The next player comes into rip and pass (half back) to a third player who races to the end of the box.
- Swap roles and turn around for another race.

AB V C



- Split into three teams. Combine two teams for the attack.
- They have three touch-tackles to score. If tackled, they rip-and-pass. There is NO tackle-triangle. There is no kicking.
- They have three attempts to score. They always restart 10m from their own line.
- After the three attempts, the defending team swap with one of the attacking teams.

04 | LESSON PLAN

LESSON OVERVIEW

- | | |
|--------------------|--------|
| 1. Scrum Time | 8mins |
| 2. Outs then Ins | 8mins |
| 3. Tiktok T1 Rugby | 24mins |

LESSON INTENTIONS

- Setting up a scrum and lineout
- Playing from a scrum and lineout
- Using the two games to establish what set-piece looks like
- Using the T1 Rugby game to formalise the set-pieces

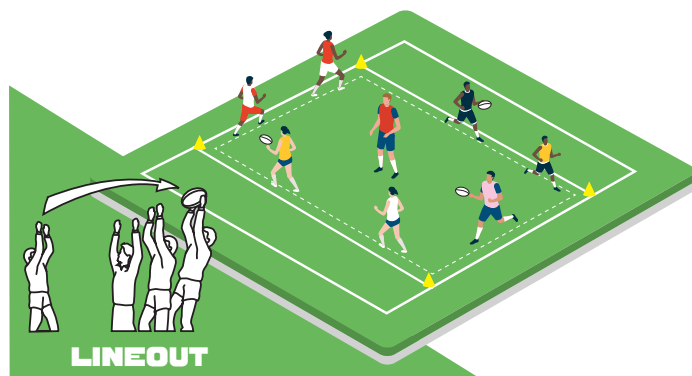


SCRUM TIME



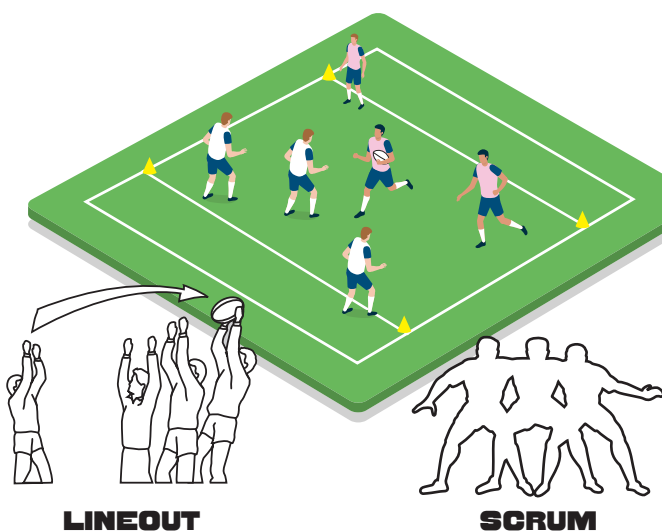
- Everyone in the box jogs around.
- When the coach shouts “Scrum”, the players must find a group of three.
- They aim not to be the odd one out.
- They have to bind as a three when they are in a group of three.
- When the coach says “Go”, everyone unbinds and runs around again.

OUTS THEN INS



- Split into groups of three with a ball.
- Run around inside the box, passing the ball.
- If a player or ball goes outside the box (or randomly), the coach blows the whistle, and everyone in their group must form a lineout.
- When the coach blows the second whistle, they throw the ball in (see rules) and every team that’s successful gets a point.

TIKTOK T1 RUGBY



- 3v3 to 7v7
- Play T1 Rugby rules but no kicking.
- Start games with scrums or lineouts.
- If touched, the attacker turns to their team, and the ball must ripped and passed away.
- The defending team must form a tackle-triangle after a touch-tackle and get back inside.
- Use this game to rehearse tackle triangles, rip-and-pass, onsides, scrums and lineouts.
- Stop the game for a 15s recap.
- The teams must be 5m back from scrums.
- One player puts the ball in and then passes to their team.
- From a lineout, both teams must be 5m back from the lineout.
- The throwing team passes out the ball.

05 | LESSON PLAN



LESSON OVERVIEW

1. Kick Raiders 10mins
2. Save the World 10mins
3. T1 Rugby Scenarios 20mins

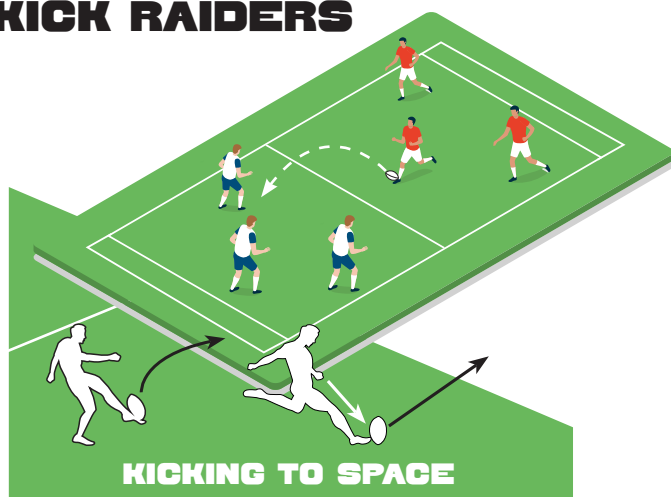
LESSON INTENTIONS

- How to kick to gain territory
- How to return a kick
- How to chase a kick
- How to play from different parts of the pitch



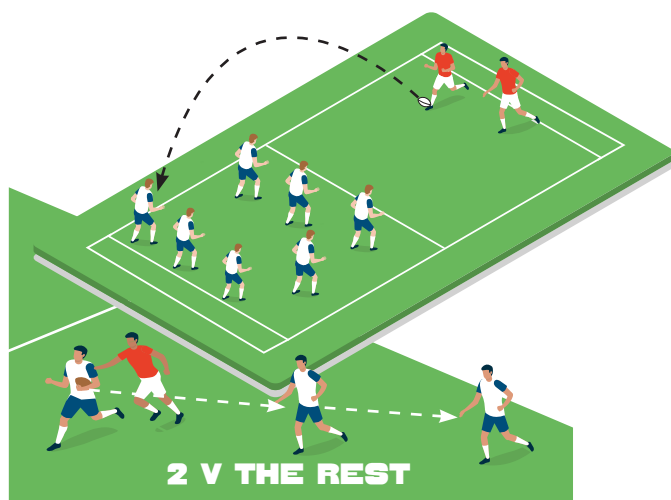
SCAN ME

KICK RAIDERS



- Split into two teams and put each team in a box.
- The kicker makes a kick from hand and tries to get the ball to land in a space in the other team's box.
- Kicking team score 1 point if the kick lands inside the other box.
- Catching team score 1 point if kick is caught.
- Once all the kicks have been taken by one team, the other team has a go. Rotate who makes the kicks.

SAVE THE WORLD

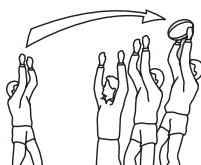


- Two pairs will be the supervillains, the rest will be split into two groups of superheroes.
- One pair of supervillains will start at one end of the box with a ball.
- One group of superheroes will start at least 5m inside the box.
- The supervillains will kick the ball as far into the box as possible and then chase the kick.
- The superheroes must "diffuse" the kick by returning the ball to where it came. Swap groups at end of round.
- They can run forward, pass backwards, but if they are tackled-touched by a supervillain they must stop and pass.

T1 RUGBY SCENARIOS



TACKLE TRIANGLE



LINEOUT



SCRUM

- Split into teams and give each team three scenarios.
- Then give each team a number of touch-tackles to achieve their aim.
- Scenario starts: Lineout, scrum or a tackle-triangle.
- Add in or take out defenders.
- Aim can be to make ground or score tries.

06 | LESSON PLAN



LESSON OVERVIEW

- | | |
|--------------------|--------|
| 1. The Swarm | 5mins |
| 2. Beat the Ball | 5mins |
| 3. Beat Us in Five | 10mins |
| 4. T1 Rugby | 20mins |

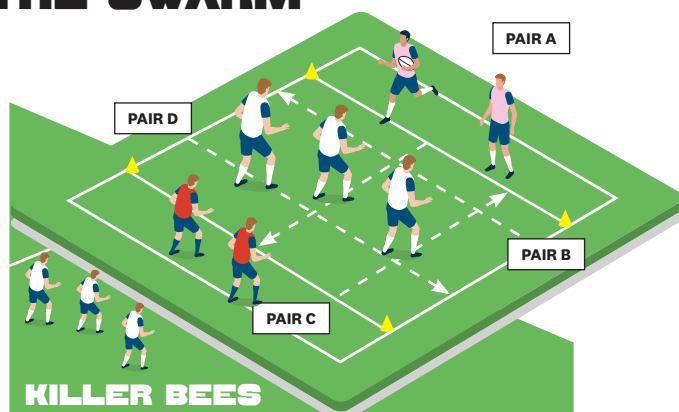
LESSON INTENTIONS

- How to defend to win
- How to pass accurately to give chances to score
- How to attack and defend under pressure
- How to play



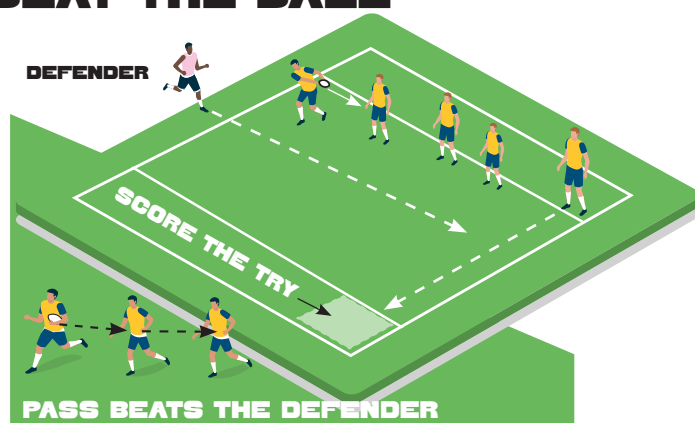
SCAN ME

THE SWARM



- Put three “killer bees” in the middle of the box and pairs of players with a ball around the edges.
- Shout the names of players in one of the pairs.
- That pair aims to score on the opposite side.
- The pair can run with the ball and pass backwards based on where they started.
- If the ball carrier is touched (stung!) by a player from the swarm, then their run is over, and they go to a side.
- There may be more than one pair attacking at any one time. See how many tries are scored in 60 seconds, then change the Swarm.

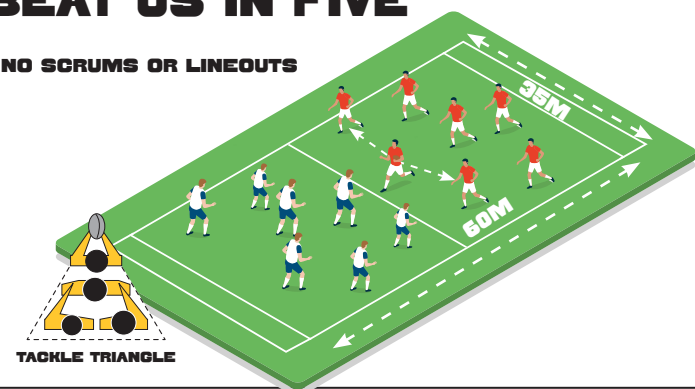
BEAT THE BALL



- Split into groups of four to six with a ball.
- One group will act as defenders.
- The first group stands at one end of the box. The first player has a ball.
- The players run forward and pass the ball backwards, aiming not to get caught.
- When the first player passes, a defender standing about 2m from the pass runs across the pitch as the players pass the ball along the line, trying to catch the ball carrier.
- The next team steps up against a new defender.
- Then, swap the defending group and repeat.

BEAT US IN FIVE

- NO SCRUMS OR LINEOUTS



- No kicking, lineouts or scrums.
- The attack has five touch tackles to score. Use tackle triangles and rip-and-pass.
- The defence can challenge the attack to score in less.
- That means the tackle-count goes down to four or three before a turnover.
- Every tackle taken off the tackle count means an extra point scored if a try is scored.

T1 RUGBY

CHALLENGE

- Tackler and two defenders form a defensive triangle before the attacking halfback has two hands on the ball, which results in a turnover of possession to the defensive team.