

|  |
| --- |
| ***Class:*** year 6 |
| ***Lesson:*** tag rugby week 1: ball handling |
| ***Lesson Objective:***  To be able to understand and apply knowledge of basic ball handling skills and reactions |
| ***Resources:***  Rugby balls x15  Cones x10 of each colour  Bibs x15 |

|  |
| --- |
| ***Warm Up:***  Colour switch/ numbers game: introduction of both a number which corresponding to movements, while colour may be shouted out, which corresponding to a certain space with the area.  **Coaching Points:**  Reaction skills  Speaking/listening skills  Increase HR  Prepare body for exercise  ***Safety Points:***  Spacial awareness  Environment checked  Equipment checked |
| ***Main Activity: (Including teaching/Coaching Points/Include any diagrams)***   1. Reactions game: students will stand either side of one cone, lead will shout a sequence of movements, and if CONE is shouted then they grab the cone between them. 2. Explanation/ and recap of how to hold the rugby ball (demo) also ABC’s 3. Practise of ball handling (both static and on the move) in pairs while introducing faints and fakes. 4. Game related: 1v1- 2 players, each wear a bib/ tag, attacker must put the ball on the cone to score, while defender try to get the tag.   Recaps of each part of the session and also ABC’s throughout.  **Coaching points:**  Position of hands  How to hold while moving  Able to perform Faints  ***Safety Points:***  Spacial awareness  Environment checked  Equipment checked |
| ***Warm Down***:  Coach lead cool down: coach lead the group in different movements from fast to slow while bring in static stretches.  **Coaching Points:**  Lower HR  Reduce lactic acid  Help bring them down to a rest to prepare for remaining lessons.  ***Safety Points***:  Spacial awareness  Environment checked. |
| ***Plenary:***  Working/ revising each section of tag rugby, dribbling has been done revise in week 6/7, leading on passing techniques. |

|  |
| --- |
| RED: they are able to complete the basic tasks within the session but requires constant help or 121’s. they however are unable to complete many other tasks. |
| AMBER: they should be able to work through each section of the session without much help or assistance and have a competent understanding and application of ball handling. |
| GREEN: they should be able to excel at each part of the session, and are moving in overload scenarios against them or help the lower abilities (red) to progress into the next level. |