

North Wealden
School Sports Partnership



Gifted & Talented

Y8 & Y9
RUGBY

Name	
School	

**THIS IS
RUGBY.**

Teamwork Respect Enjoyment Discipline Sportsmanship

WELCOME!

Today you will learn about;

- ✓ **Passing, Handling, Vision & Scanning**
- ✓ **Tackling**
- ✓ **Continuity**
- ✓ **Evasion**
- ✓ **Running Lines**
- ✓ **Body Positions and Tower of Power**
- ✓ **Unit Skills**
- ✓ **Rugby 7's**
- ✓ **Player Profiling**

You will also be asked to self-reflect on your experiences to help you to learn from your experiences today, and to write these in this handbook.

Most of the day takes place outdoors, but really talented players also do plenty of work off the field, and there are indoor sessions also.

The day will finish with a series of 7-a-side games where you can use the things you have learned today.

Lots of people have been involved in organising this day for you, and we all hope that you leave today being tested and challenged, and with your rugby improved.

Have a great day, get involved and ask questions of the coaches we have here today.

**MORE THAN
A SPORT**



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MAKE SOME NOTES FROM EACH OF THE SESSIONS

Passing & Handling

Tackle

Continuity

Evasion & Running Lines

SELF REFLECTION: ONE

Two things I did well this morning were

- 1.
- 2.

Two things I learned from this morning were;

- 1.
- 2.

One thing that I need to work on this afternoon is;

- 1.

SELF REFLECTION: TWO

Two things I did well this afternoon were

- 1.
- 2.

Two new things I added to my game from this morning were;

- 1.
- 2.

One thing that I still need to work on is;

- 1.

SKILLS FOR MY UNIT

My usual unit for rugby is...

Today, as a unit we worked on...

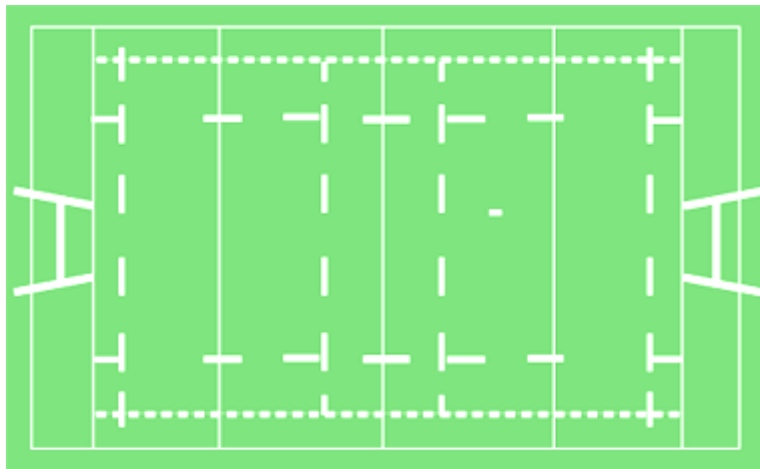
3 things I learnt were...

What?	Why is this important?

In a game, how does your unit link with other units in the team?

RUGBY SEVENS

DRAW THE RESTART FORMATION FOR SEVENS ON THE PITCH BELOW;



ARE THE SKILLS BELOW, MORE OR LESS IMPORTANT IN RUGBY SEVENS, THAN 15-A-SIDE?

SKILL	MORE	LESS	SAME	WHY?
SCRUMS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
LINEOUTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
PASSING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
SUPPORTING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
WIDTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
DEPTH	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
CONTACT	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
TACKLING	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Get in touch with your local club!



Uckfield RFC

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Heathfield &
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Crowborough RFC

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**EVERYONE
NEEDS A TEAM
NEEDS SUPPORT
ENJOYS A LAUGH
LOVES A GOOD SPORT
LOVES A GOOD COMEBACK
WISHES THEY WERE FITTER
HAS A LINE TO CROSS
A LINE TO DEFEND
HAS CHOICES TO MAKE
KNOWS WHEN THEY'VE
MADE THE RIGHT ONE**

**NO ONE CAN DECIDE FOR YOU
THIS IS WHERE CHARACTER
IS BORN**

**CHOOSE
RESPECT,
SPORTSMANSHIP,
DISCIPLINE,
TEAMWORK,
ENJOYMENT,
CHOOSE OUR SPORT**

CHOOSE RUGBY



THIS BOOKLET WAS CREATED BY HADON WESTERBY FROM
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