



Game Cards



Ulster Rugby

Suggested P1-P3 End Ball Match Day Laws



Ball
Size 3.



Teams
4-a-side max.



Start Match
Pass and play.
Defence must be 2m back from
the player with the ball.

Pitch Size

Try lines = 5m to 22m line.
Touch lines = 5m to 15m line



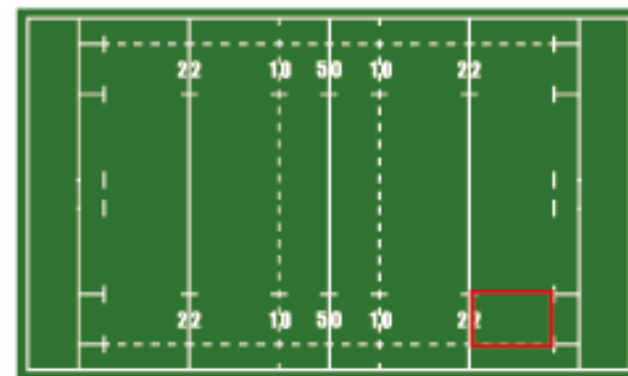
Tackle
Two-handed touch waist or below.
Player must pass after 2 touches
but can pass before
(If touched twice they can't score).



Passing
Pass any direction.
Dropped balls = play on.



Scoring
P1-P2/Mixed age groups -
Pass over Try line = Score.
P3 - Push the ball into the
ground over the try line = Score.



Ulster Rugby

Suggested P3 Match Day Laws



Ball
Size 3.



Teams
4-a-side max



Start Match
Pass and play.
Defence must be 2m back from
the player with the ball.

Pitch Size

Try lines = 5m to 22m line.
Touch lines = 5m to 15m line



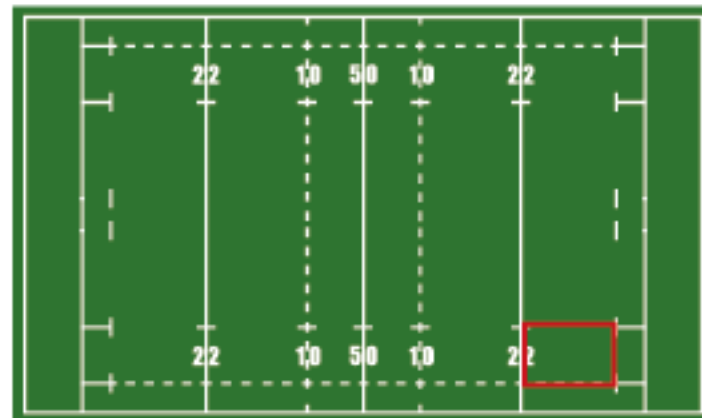
Tackle
Two-handed touch
waist or below.
Player must pass after
2 touches but can pass
before (if touched,
they can't score).



Passing
Pass backwards.
Dropped balls = play on.



Scoring
Push the ball into the
ground over the try line
= Score.



Coaching Rugby: PLAY

PLAY is designed to support our coaches to create environments that allow all players to explore, learn and develop through game-based activity.

Focusing on the coach's role to guide, challenge and support learning based on the needs of the player.

- **Person**
Coach the person, not the sport
- **Learning**
Create the environment
- **Activity**
Coach through the game
- **You**
Skills and behaviours

For more info, visit:
ulster.rugby

Playground

Muck Around

- Express themselves
- Enjoyment
- No coaching



Beyond the Gates

- Don't stop at the pitch
- Set challenges
- Prime & extend
- Use technology



Big Game

- Looks like the game
- Multiple skills
- Lots of transition
- Manipulate conditions



Wee Games

- Skills within context of game
- Fast paced & dynamic
- Lots of touches



Skills Zones

- Isolated skills in safe space
- Varied pressure
- Short & sweet
- Small coaching points
- Repetition



Nerd Alert

- Game understanding
- Opportunities to be creative
- Problem solving
- Mistakes evident



Plan-Do-Review

- ✓ Player is the star
- ✓ Mostly games
- ✓ Good fun
- ✓ Tactical genius
- ✓ Connections

Learning Principles

- Stretch & Challenge
- Risk Taking
- Shared Language
- Problem Solving

Coaching Superpowers



Noticing



Pause



Replay



2nd Ball



Reflection



Scoring System



Analogies



Challenges



Feedback



Co-coaching



Peer-to-peer



Priming



Old way/new way



Questioning



Coaching Superpowers



Noticing + Reflection



Use our Noticing Superpower to see what our players are doing to help make them a better player.

As a coach we need to watch our players during sessions to notice what is happening.

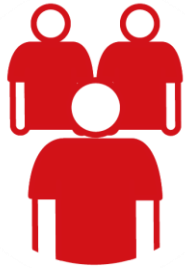


Use our reflection Superpower to review our activities and sessions.

As a coach we constantly need to reflect on how our activities and session have gone. If something hasn't gone as planned, self-reflection can help us as coaches to make changes and help get the best out of our players.



Co-Coaching + Freeze



Use our Co-coaching Superpower to get the best from all coaches during a session.

Sometimes we tend to have one coach lead a session and the others stand back and observe. The best way to Co-Coach is to give all coaches specific roles.

- i.e. Coach 1 – Ref
- Coach 2 – Attack
- Coach 3 – Defence



Use our Freeze Superpower to stop our players exactly where they are.

As a coach we may sometimes be able to see the big picture before our players do, as they are caught up in the chaos of the game. We can use our Freeze Superpower to stop the players exactly where they are, allowing them time and space to see the big picture.



Replay + 2nd Ball



Use our Replay Superpower to give our players another go.

Sometimes in games players don't always make the best decision. Use the replay superpower to give our players another chance to play the previous scenario over again and make a better decision.



Use The 2nd Ball Superpower to Keep the game flowing.

Sometimes in games we can spend more time with the ball out of play than it in play. Use the 2nd Ball to quickly restart play after scores, ball going out of play or errors.



Scoring System + Challenge



Use The Scoring System Superpower to reward positive play.

During our games we can score points in more ways than a try. Use scoring systems to reward points for skills we have just worked on in our Skill Zones.



Use our Challenge Superpower to get more from our players.

During games we can set challenges to individual players to make them work on a specific skill.

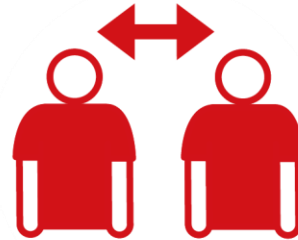


Feedback + Peer to Peer + Analogies



Use our Feedback Superpower to give our players more information about what they have done.

One of the most important coaching superpowers is feedback. Be sure to give players feedback in a positive manner.



Use our Peer-to-Peer Superpower to get players to help other players.

During games we can use more experienced players to help those newer to the game.



Use our Analogies Superpower to relate our activities to things young players enjoy or will remember.

During our activities, we can use analogies for skills to help our players relate to what we are coaching.



Questioning + Priming



Use our Questioning Superpower to see what our players think, rather than telling them.

During activities, instead of always telling players our views as coaches, let's ask our players what they think.



Use our Priming Superpower to get our players ready for the session ahead.

Before our session, we can use our priming superpower to prepare our players for the activities coming up.

E.g., A message into the parents group chat, “tell all our players to get practising their best sidestep as we will be working on ball carrying this Saturday”.





Player Superpowers



Hat-trick Hero + Cloak of Invisibility

X3

Use our Hat-trick Hero Superpower on players to give them triple points for a try.

During our games we can give players the hat-trick hero superpower to reward their team with triple points for every try that player scores.



Use our Cloak of Invisibility Superpower on players to make them invisible to defenders.

During our games we can give players the Cloak of Invisibility superpower, allowing them to run with the ball for 3 seconds, before the opposition are allowed to make a touch.



Tackle Monster + Zombie



Use our Tackle Monster Superpower on players to turnover the ball if they make a tackle.

During our games we can give players the tackle monster superpower, which turns over the ball if that player makes a tackle or touch in a game.



Use Our Zombie Superpower to choose a defender on the other team who is only allowed to walk.

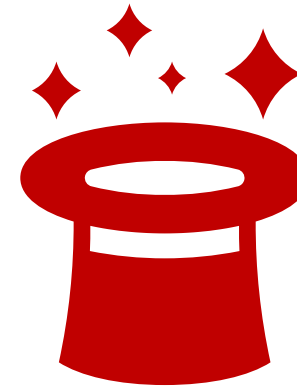
During our games we can give players the Zombie Superpower which allows them to pick a defender who is only allowed to walk.

Quarterback + Magician



Use our Quarterback Superpower to allow one player to pass the ball forwards.

During our games, we can give players the quarterback superpower which allows them to complete a forward pass without being penalised.



Use our Magician Superpower to choose a Superpower for a player on their team.

During our games we can give players the Magician Superpower which allows them to pick any superpower, for any player in their team.

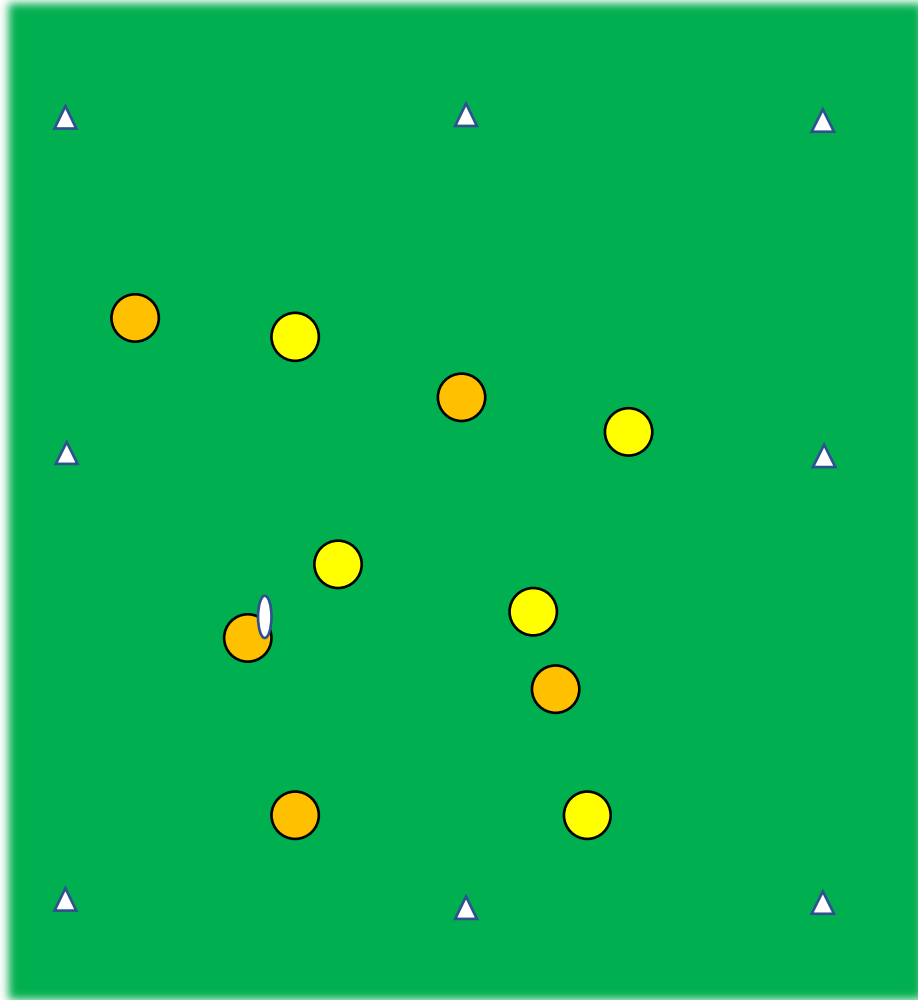




Keep Ball/End Ball Variations



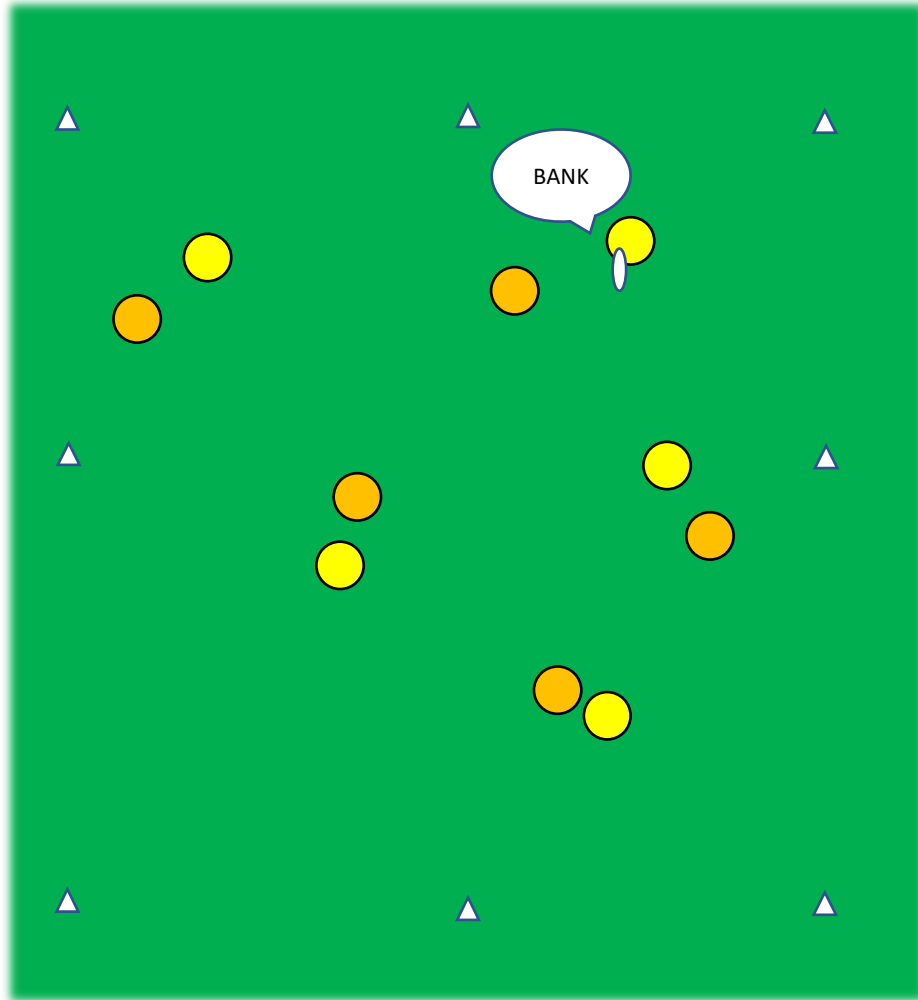
Keep Ball



- Teams of 4-6
- Pass ball any direction
- Set number of passes in a row without a drop = 1 score
- Defence try to intercept ball

**Add a two-handed touch from defenders,
waist or below = Turnover**

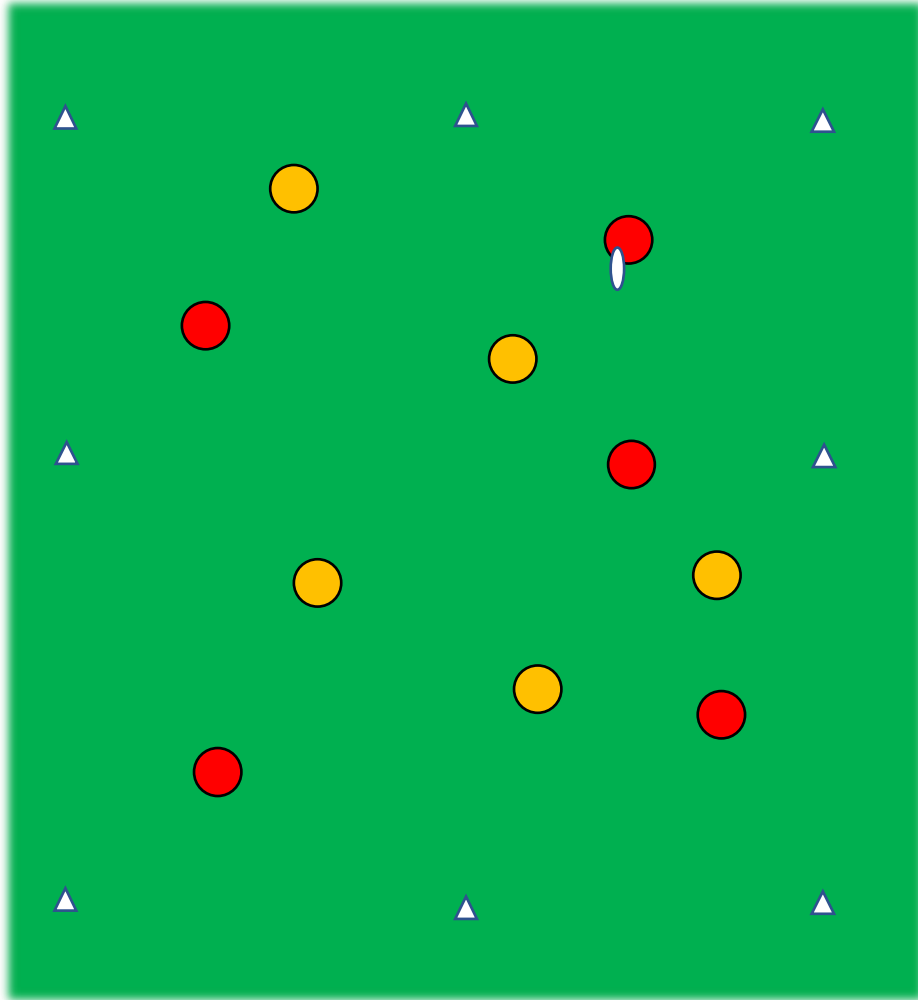
Bank 21



- Teams of 4-6
- Pass ball any direction
- Aim to get 21 complete passes to win the game.
- If attack drops the ball or is intercepted pass count goes back to zero
- Set the ball down (like scoring a try) and shout "bank" to save your pass count. That's the number of passes your next possession starts from
- After a bank, opposition team get the ball

Add a two-handed touch from defenders, waist or below = Turnover

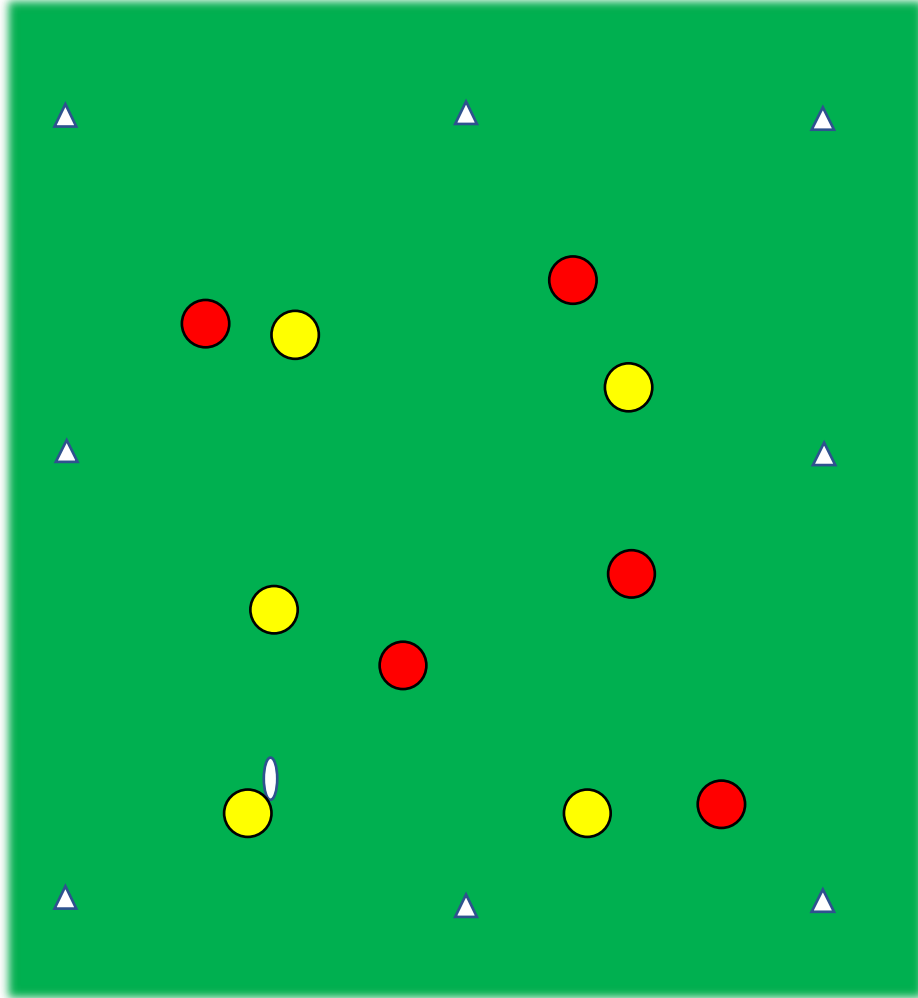
Rugby Netball



- Teams of 4-6
- Pass ball any direction
- Ball carrier can't move
- Get the ball over the try line to score
- Defence try to intercept ball

Set up a hoop at each end to pass the ball through to score

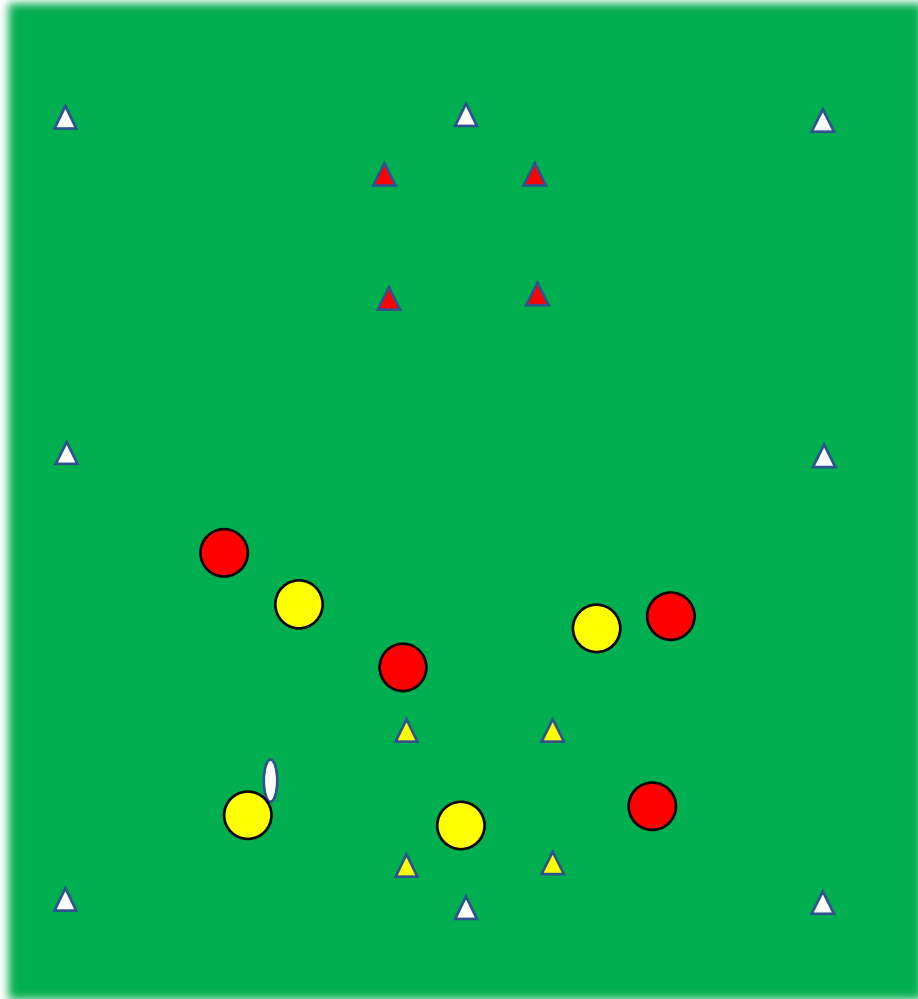
End ball



- Teams of 4-6
- Pass ball any direction
- Ball carrier can move with the ball
- If the defence gets a touch, ball carrier must freeze and pass the ball
- Get the ball over the try line to score

Add if a player gets touched it's a turnover to make the game more difficult

Zone Ball



- Teams of 4-6
- Pass ball any direction
- Ball carrier can move with the ball
- If the defence gets a touch, ball carrier must freeze and pass the ball
- Pass the ball into the coloured square to score

Add a “turn and burn” rule so once you score, you turn and attack the opposite square. This continues until defence force a turnover



Country Games



Fiji Game



AGE

THEME

GAME

U5 – U7

Ball Carry / Continuity

Each player has two touches before they make a pass
(double touch)

U8

Ball Carry / Continuity

The attack must score within 6 touches or ball is turned
over

U9 – U10

Ball Carry / Continuity

The attack must score within 6 touches / tackle or turned
over – score system;
Score within 3 touches = 10 points
Score within 6 touches = 5 points

U11 - U12

Ball Carry / Continuity

The attack must score within 6 phases
Defence – grab hold



France Game



AGE

THEME

GAME

U5 – U7

Ball Transfer

The attack **MUST** make 3 passes before scoring + **EVERY PLAYER HAS TO TOUCH THE BALL**

U8

Ball Transfer

The Attack have 5 phases to score. Defensive player must leave pitch after each touch before allowed back in the game. Attack try and make use of space created.

U9 – U10

Ball Transfer

The attack have ***5 phases*** to score, 3 passes away from breakdown resets phase count. Defence are numbered 1 or 2. Once number is called, they must leave the pitch at either side and then get back into game.

U11 - U12

Ball Transfer

Start with equal numbers. 1 team constantly attacks for 1 - 3 minutes. Every time there is a grab, the toucher leaves the field! Minimum 2 passes each play



Samoa Game



AGE

THEME

GAME

U5 – U7

Ball Transfer
Decision Making
Continuity

4v4 – unlimited touches
U5-U6 – every player must take 3 steps before passing once touched
U7 Game - every touched player must go to ground and pop to support player

U8

Ball Transfer
Decision Making
Continuity

1 touch play on – 2nd touch, must pop off ground (double touch)

U9 – U10

Ball Transfer
Decision Making
Continuity

Over-load Attack v Defence
1 touch / grab = offload
2 touch / grab = pop off ground

U11 - U12

Ball Transfer
Decision Making
Continuity

Double Grabs
1 grab offload– 2nd grab must pop off ground



All Blacks Game



AGE

THEME

GAME

U5 – U7

Ball Transfer Ball Carry
Decision Making
Ball Support

Attack has unlimited touches but have
2 minutes to score. Then other teams ball

U8

Ball Transfer Ball Carry
Decision Making
Ball Support

2 teams, one team to continuously attack and one defend for a certain
time period. Switch teams after time limit reached.

U9 – U10

Ball Transfer Ball Carry
Decision Making
Ball Support

3 Colour Zones
Attacking team have 3 touches to get out of each zone – 2 point for each
zone passed – 5 points for a score to total.
Turnover if defence stop attack within touch limit

U11 - U12

Ball Transfer Ball Carry
Decision Making
Ball Support

Attack has certain time period/phase limit to score.
Least number of phases is the winner
ENCOURAGE GRUBBER KICKS



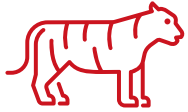


Animal Movements



Animal Movements

Incorporate these throughout skill zones to help improve players Functional Movement



Tiger Crawl - Alternate side movement. Knee to elbow touch. Stay low to the grass.



Dog Walk - Walk on hands and knees.



Lion Walk - Same side movement. Hand and knee move together.



Frog Jumps – Bent down, elbows inside knees and jump vertically or horizontally.

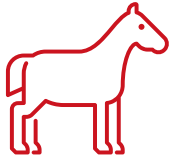


Chimp Run – Horizontal jump or run on all 4's. Elbows inside knees.



Animal Movements

Incorporate these throughout skill zones to help improve players Functional Movement



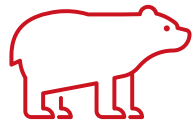
Donkey Kick - All 4's. Keeping hands on ground, raise both feet off the ground.



Bunny Hop – Small hops from hands and knees.



Gorilla Walk - Walking squat - arms hang between legs.



Gorilla Angry – Walking squat. Arms overhead.

Bear Crawl – Hands and feet (not on knees).



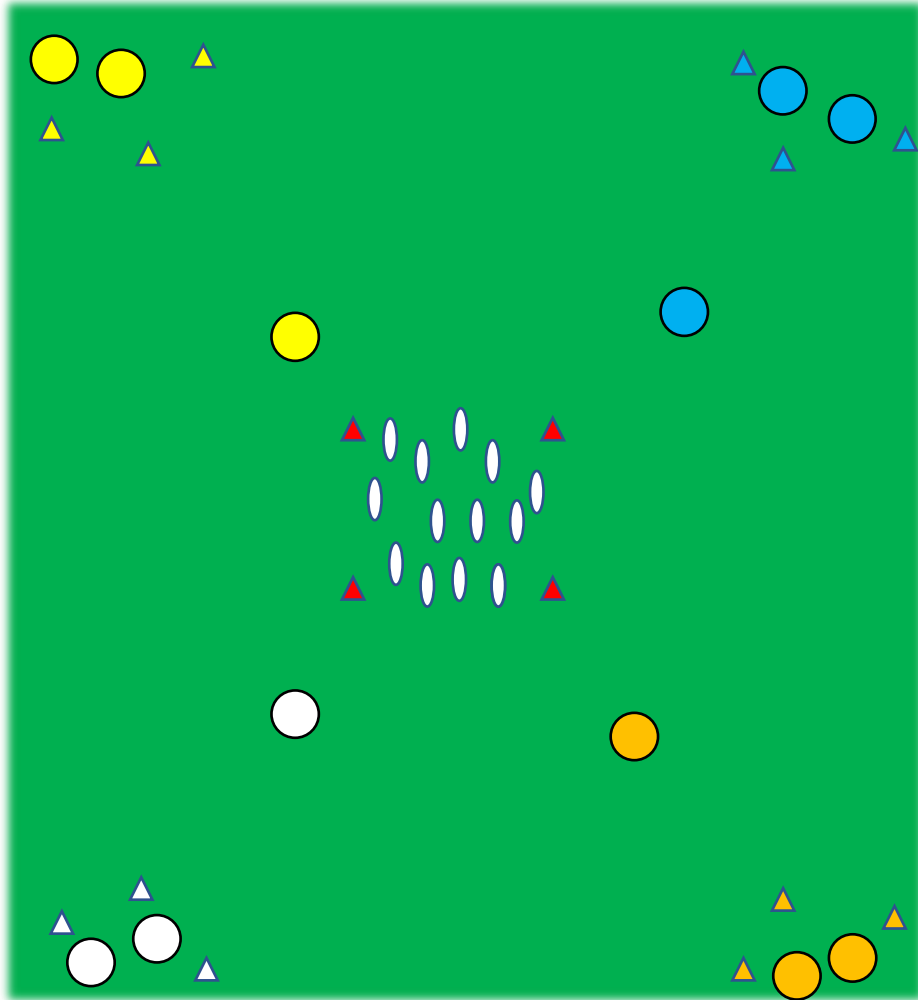


P1-P3 Skill Zones + Wee Games



Rob The Nest

Trying to steal the opposition's 'egg' while protecting your own

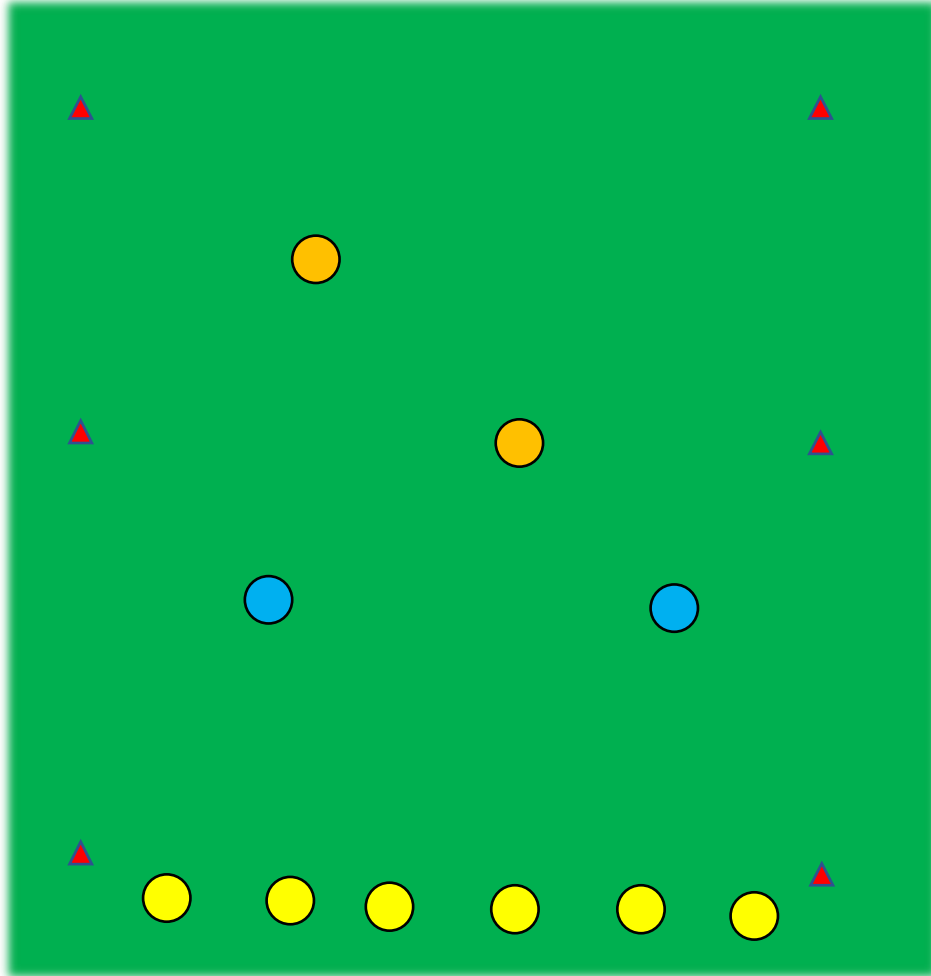


- Teams of 2-4 with assigned nest on edge of playing grid.
- Nest containing the balls in the middle of a square.
- On the coach's call, the players (one per group/or all players) run out to the middle and take one ball to bring back to their nest.
- Once there are no balls left in the middle, the players can begin to take balls from opposing team's nests.
- The winning team is team with the most balls after a certain time.

Can we include animal movements as a variation 

Sharks, Fishes and Crabs

Sharks in the middle, fish trying to not get caught or else they become crabs



- The playing grid is the ocean.
- Fish line up at one end of the grid.
- Sharks in the middle.
- On “go” fish try to get to the opposite side without getting caught (two hand tag on hips or below).
- Once fish get to the other side, they are safe until coach says “go” again.
- If caught, fish become crabs. Crabs are also catchers but can only move laterally in a crab like motion to catch players.
- Play until time is up or there is only one fish left.

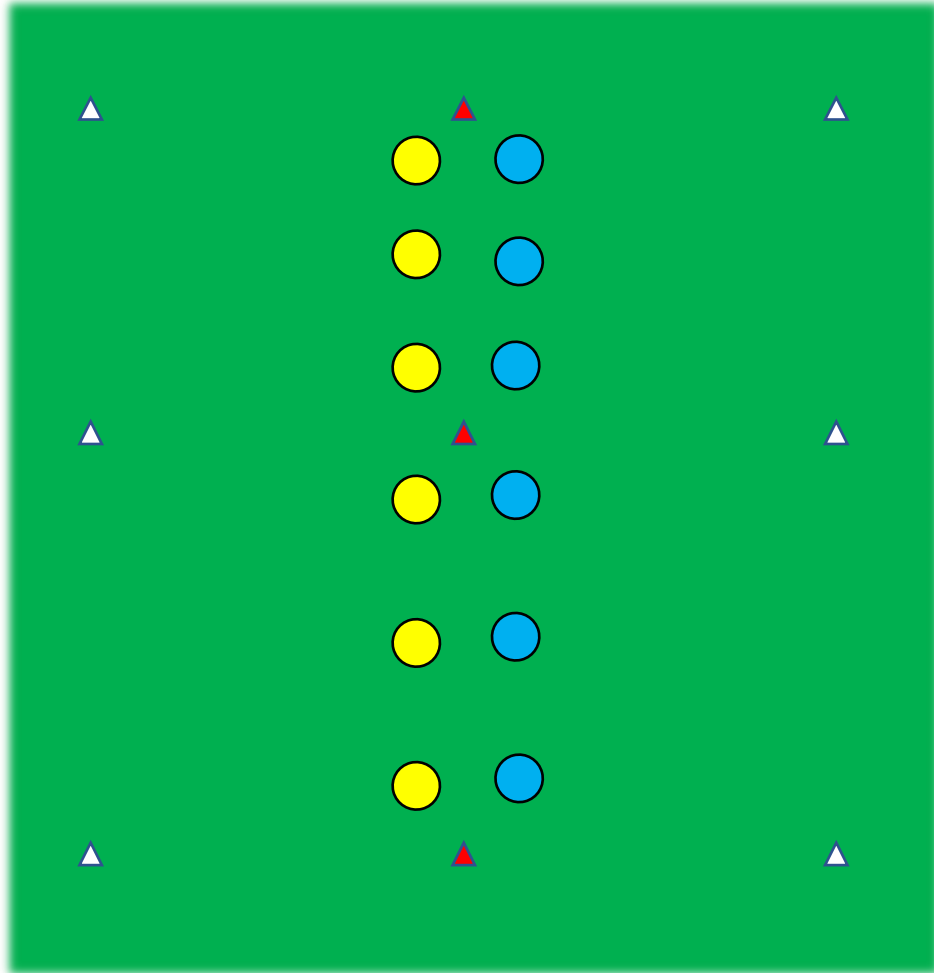
Game taking too long?

Release Crabs to become sharks



Rats and Rabbits

Listening and reaction skills, can you score before being caught?



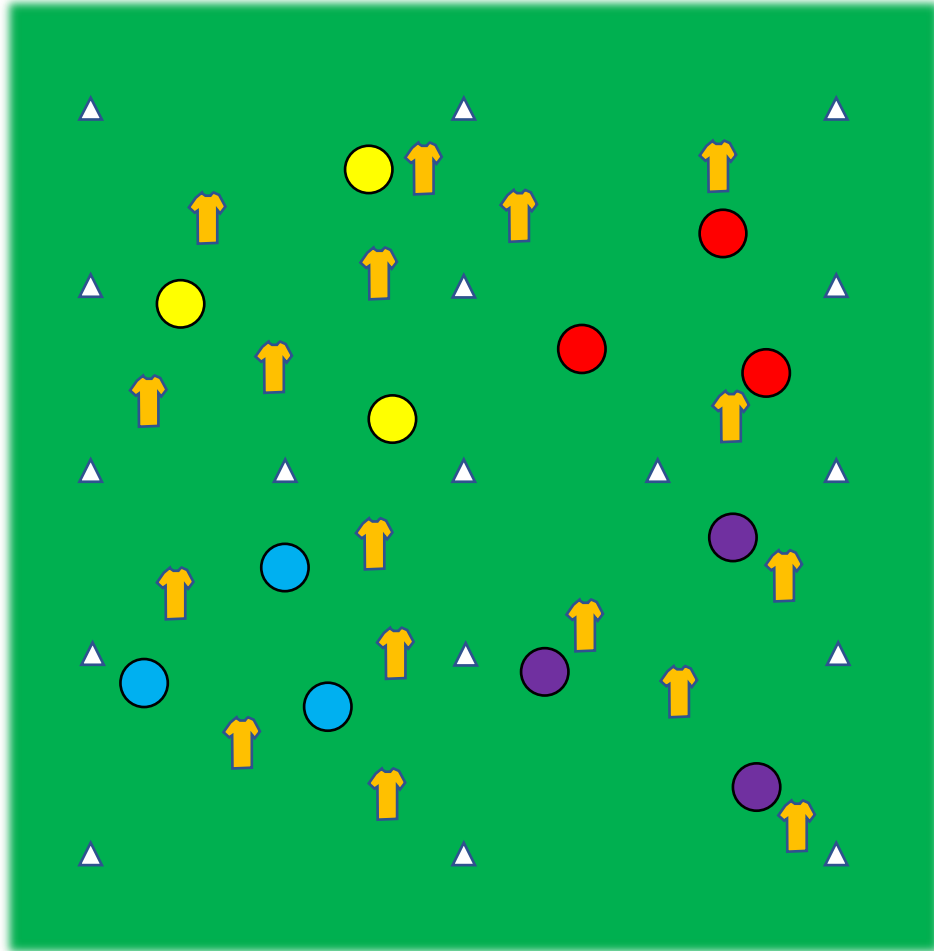
- Players are lined up in the middle of the square, back-to-back (both with a ball if available).
- One side will be rats and the other rabbits.
- On the coach's call, the player named either 'rat' or 'rabbit' runs to the line in front of them, trying to score a try over the line.
- The player whose name wasn't called then releases their ball and attempts a two-handed touch the other player before they score a try over their try line.
- Both players return to the middle when a player has either been caught or has scored a try.

To make it more difficult for some, you could get them to start by lying on their belly or on their back



Messy Bedroom

Who can do the best job tidying their “Bedroom”



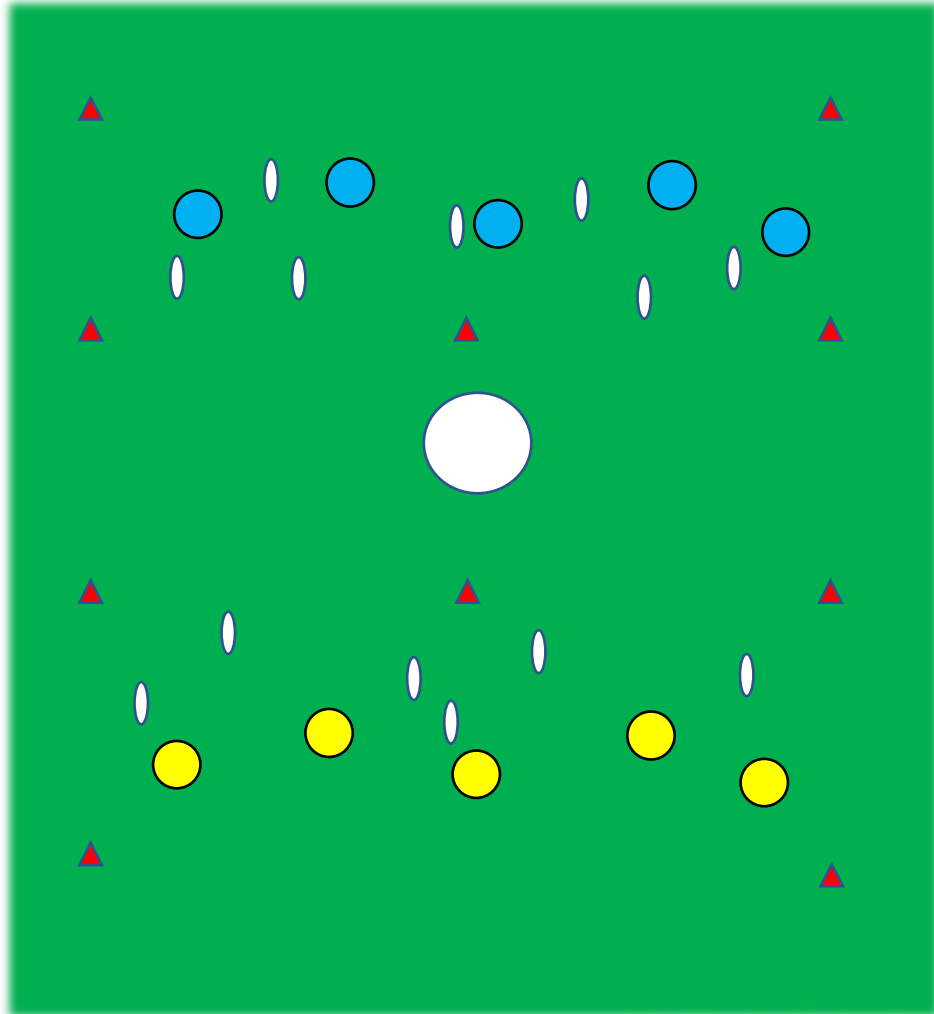
- Grid split into equal fractions meeting in the centre (4 works best).
- Each section has a team and that’s their bedroom with bibs lying across the grid.
- On “go” players must try to tidy their bedroom by throwing bibs into other squares.
- Team with the least amount bibs in their room when the time runs out win.

What other items could you use?
Could they be worth more points?



Bomb Ball

Who can get the bomb ball to detonate first?



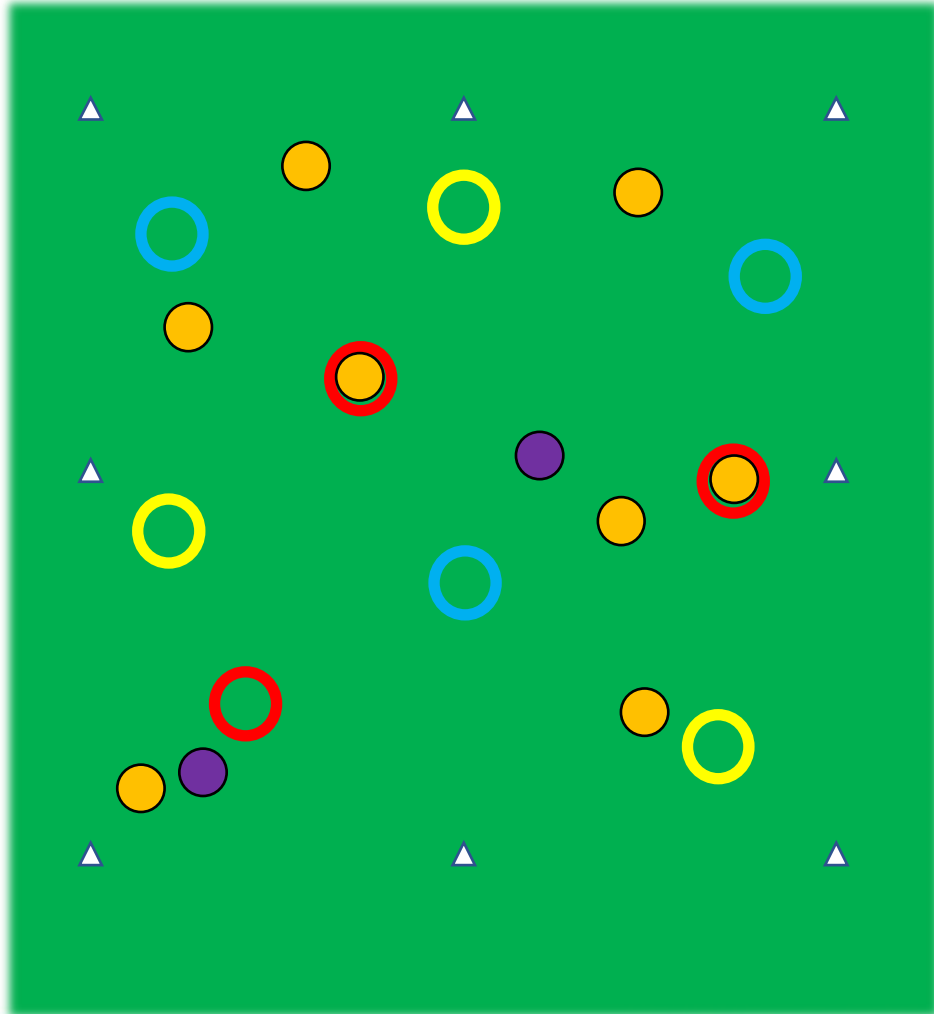
- **Grid split into thirds.**
- **A large spherical ball (The bomb) placed in the centre of the middle 3rd. A Swiss exercise ball works best.**
- **2 teams with rugby balls in each of the other thirds.**
- **On “go” both teams must pass their rugby balls to try and move the bomb into the other teams third to make it detonate and win the game.**
- **If rugby balls stay in the middle third, coaches roll them back to the nearest team.**

Can we decrease “bomb” size as accuracy improves?



Hoop Tag

Who can do the best job tidying their “Bedroom”

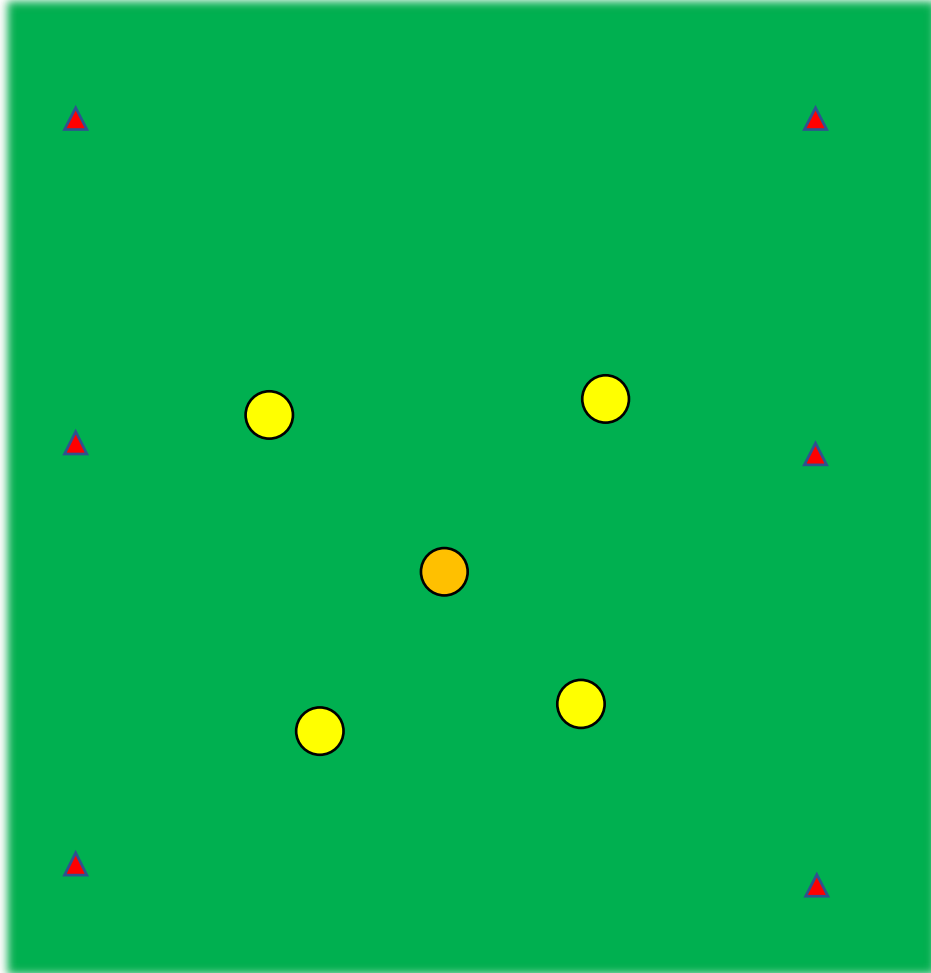


- **Players run around a grid.**
- **Different coloured hoops are placed around the grid.**
- **Two catchers try to tag players.**
- **If tagged, the player becomes catcher.**
- **When coach shouts a colour, that colour of hoop becomes a safe zone.**
- **If standing inside the hoop of the colour called, players can't be caught.**
- **Change colour regularly to encourage movement.**

If caught, what could players do instead of becoming a catcher?



Piggy in the middle



- 3x3m square.
- Piggy (defender) in the middle.
- 4 Attackers around the piggy.
- Attacker tries to keep the ball away from the defender for as long as possible.
- Defender tries to intercept.

Add a touch = turnover

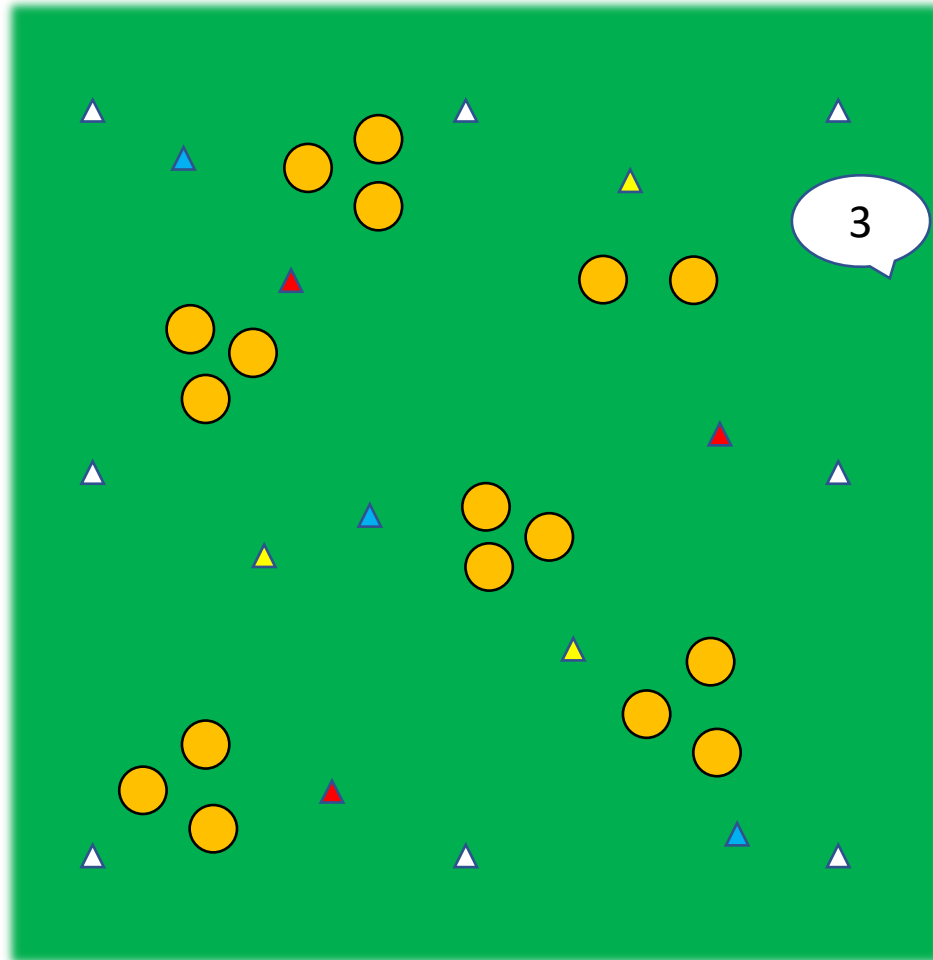
Add dropball = turnover

Add defenders or remove attackers to make harder



Numbers Game

Movement, observation, listening, reaction and teamwork!



- **Players run around a grid.**
- **When coach shouts a number, players must get into a group size of that number.**
- **Randomly lay different coloured cones around the grid.**
- **Coach can also shout a colour and a number ie. “Blue 4” and players must get into a group of 4 on a blue cone.**

**What other commands could you give players?
Can we add rugby skills?**

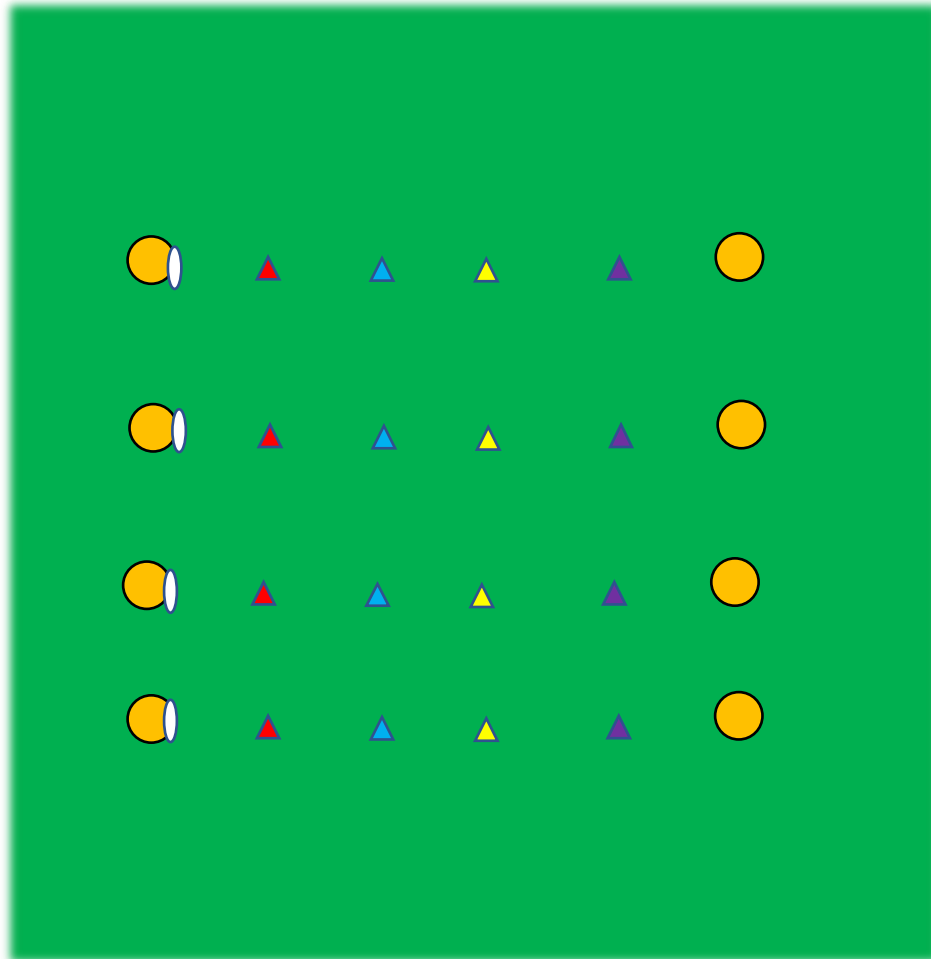




P4 Skill Zones + Wee Games



Passing Race

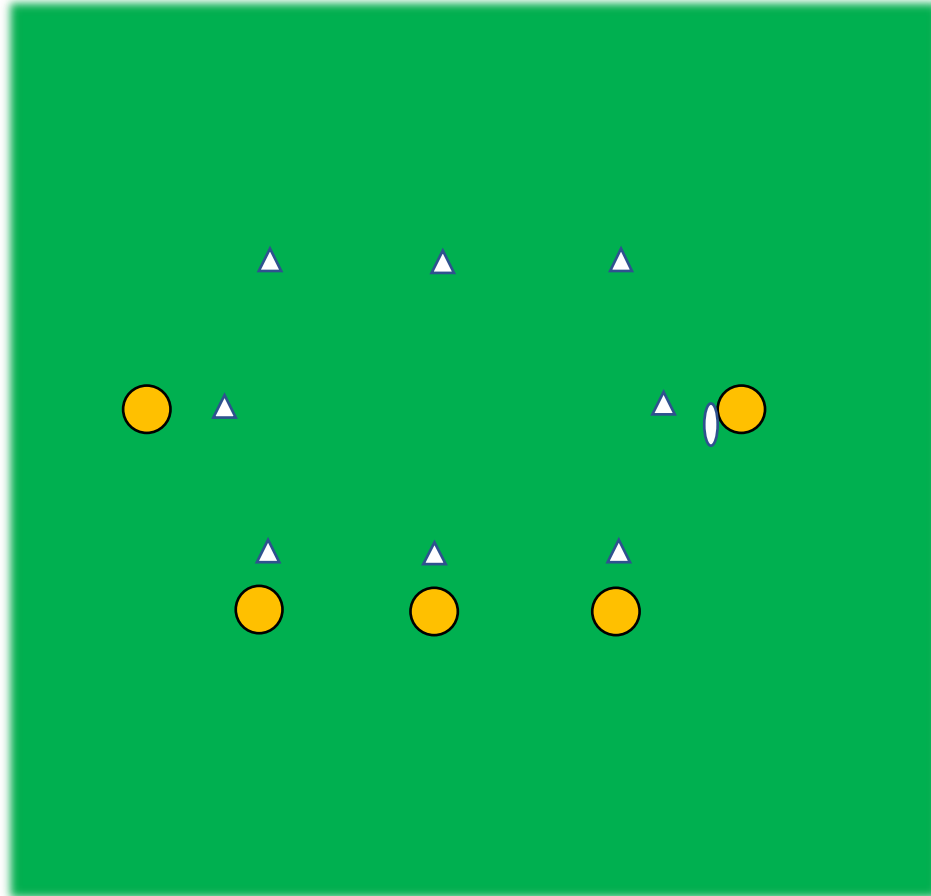


- Players pair up and face each other across a line of 4 coloured cones.
- 1 ball per pair.
- Coaches calls a sequence eg “purple, red, blue yellow”.
- Player with ball must move to the first colour called, make a pass then & receive a pass at that distance before moving onto the next colour.

Build in time limit or make it a race



Feed Attack

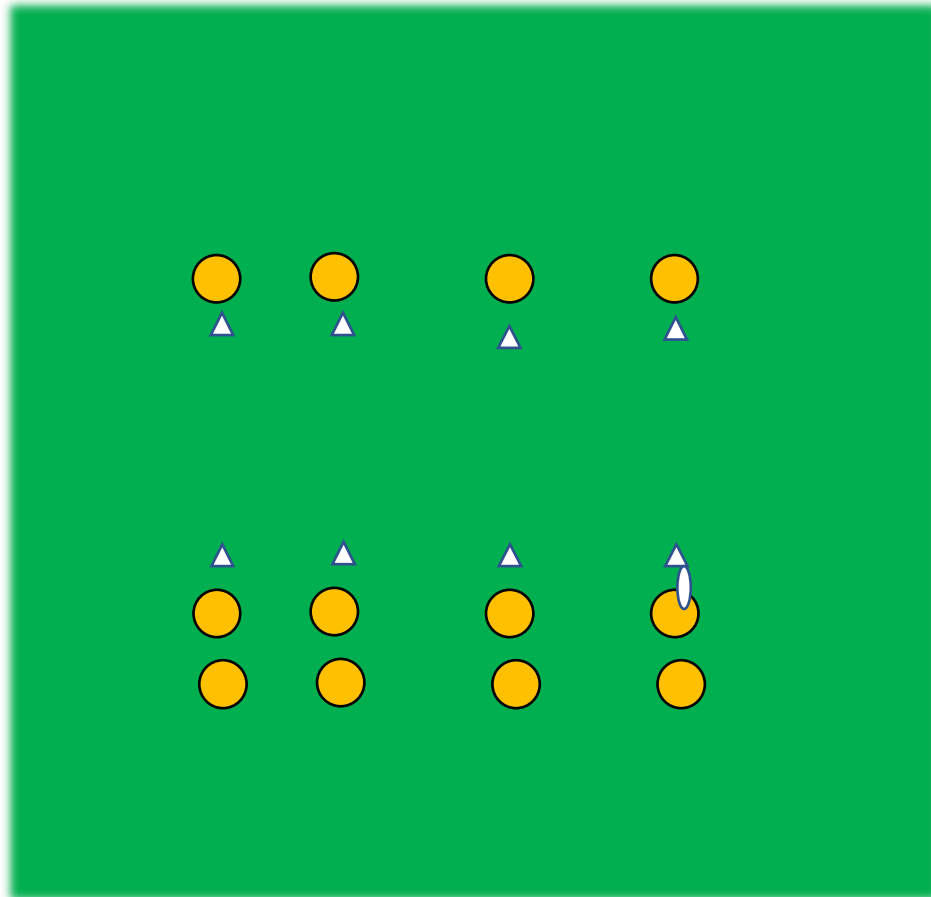


- Spilt into groups of 5.
- 2 feeders either side with 3 attackers in the middle .
- Ball fed from one side.
- Attackers run forward and pass across the line .
- Pass the ball to the feeder at the other side.
- Once attackers reach the opposite line, turn and attack the other way.

Add a single defender who can move laterally



Passing Grid



- **3 Groups of 4 players.**
- **2 groups on the side the ball starts.**
- **Ball starts at wide player and is passed backwards, laterally across the line.**
- **Pop off at end to next group.**
- **Switch sides to ensure passing off both hands.**

Add a 30 second challenge to see how many complete reps groups can get.

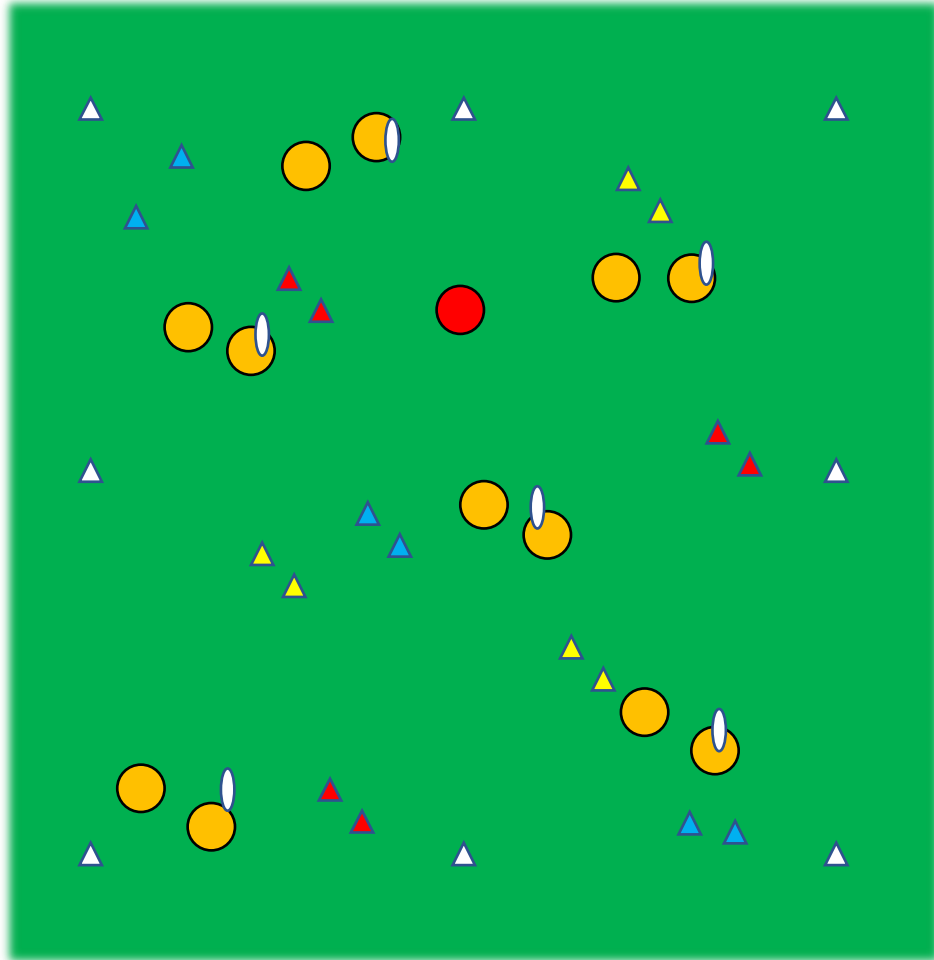




P5-P6 Skill Zones + Wee Games



Many Tries



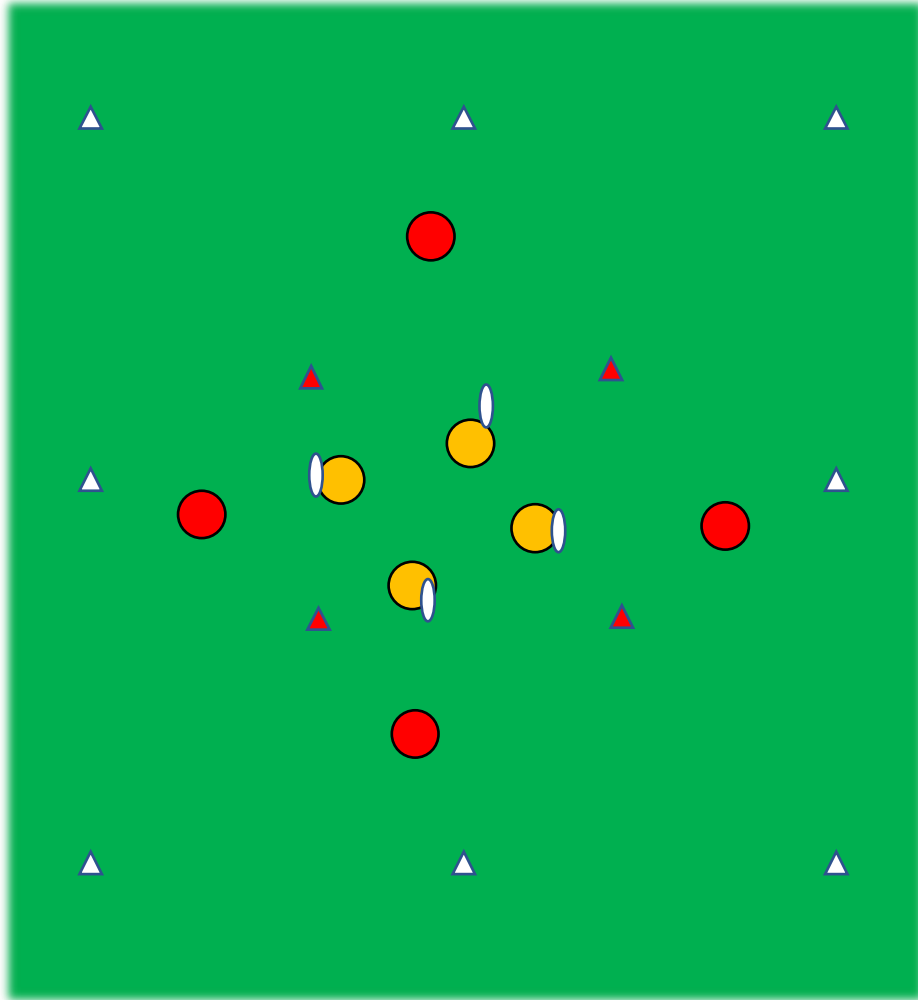
- 5 teams of 2.
- Teams have to pass the ball while moving around the grid and score tries at the gates as they meet them.
- Can't score at the same gate from the previous try.
- Coach can call out a specific colour of gate that you are only allowed to score in.

Add a set number of passes required before each score.

Add a defender (red circle) if they touch a player with the ball, the score or pass count resets to zero.



Breakout Touch



- Groups of 8 (4 attackers and 4 defenders).
- 10x10m grid– 5x5m Safe zone inside the grid.
- 4 attackers start with a ball inside the safe zone.
- 4 are allowed in the remainder of the grid.
- On “go” attackers have to try to sidestep and beat the defenders to get outside the grid and score.
- Defenders try make a two-handed touch.
- When a touch is made, attacker must go back to the safe zone.
- 30 second time limit each round.

Remove rugby balls to encourage passing

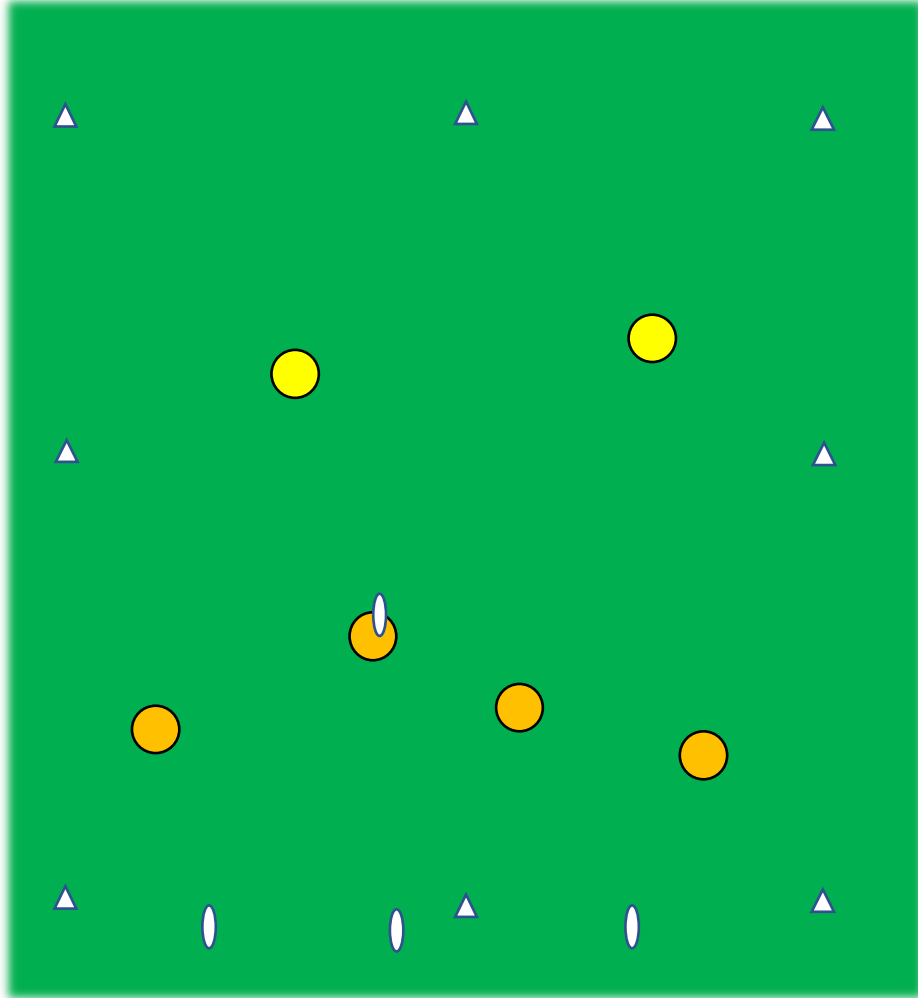




P7 Skill Zones + Wee Games



4v2 - 4 Ball Continuous Attack

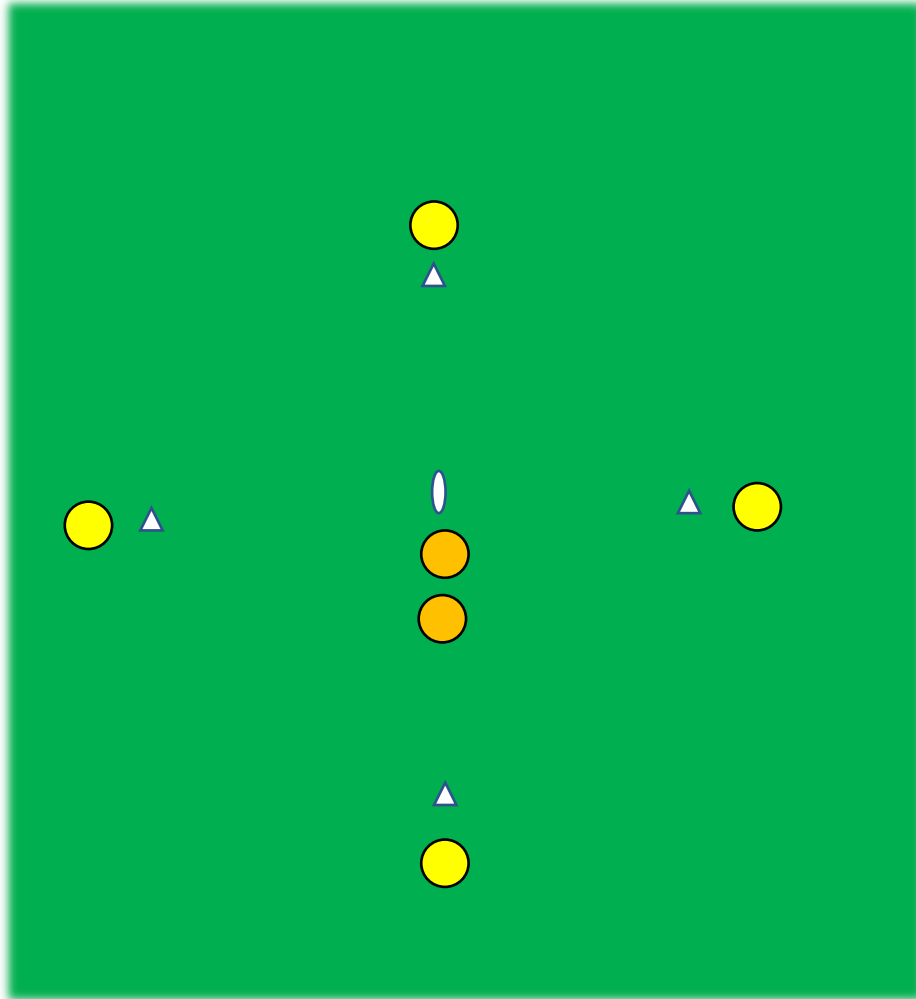


- 4 attackers & 2 defenders.
- Must score without being touched by defender.
- If attack scores, leave ball at the line, go & get another ball from the start.
- If touched, jog back to the line and restart that ball defence must jog back to try line before they can defend again.
- Score all 4 tries as quickly as possible.

Add Tackle to increase contact level



Ruck Around the Clock

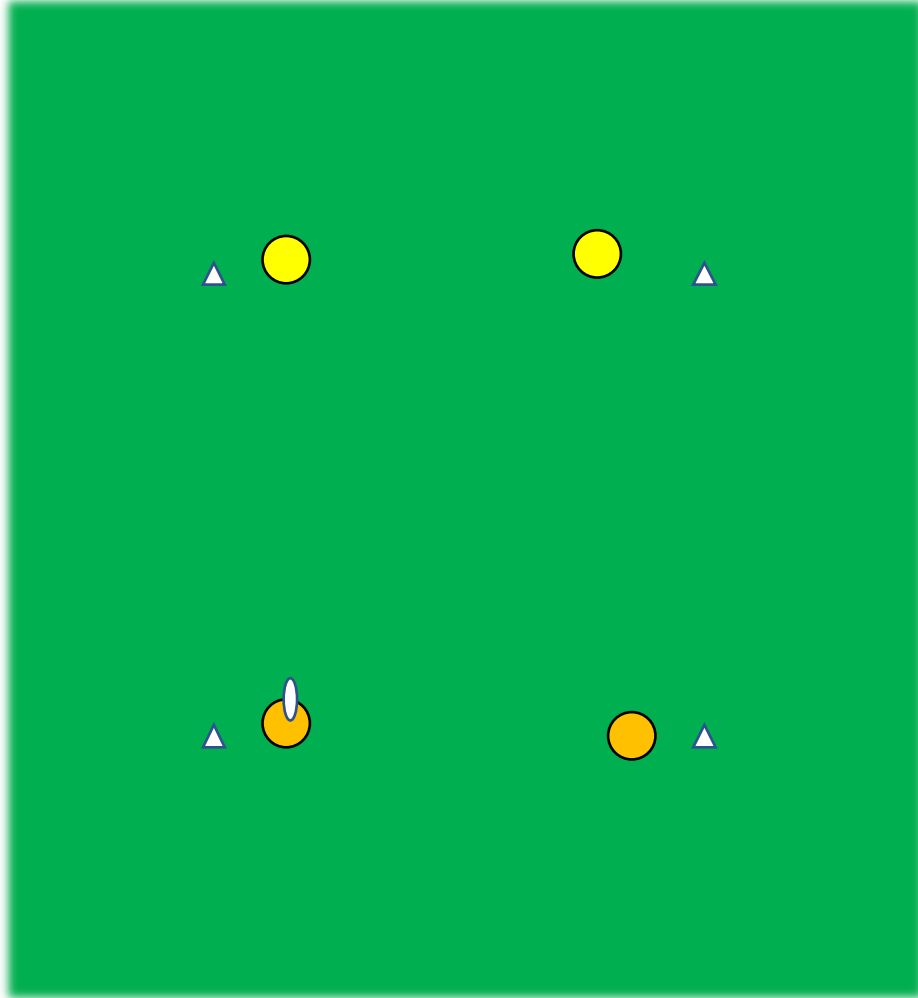


- 4 attackers with pad.
- Ball carrier with support player in the middle.
- Coach calls a time (12 O'clock, 3, 6 & 9).
- Ball carrier runs towards the called direction, hits the pad & drives forward. Fall north on ball then fights on ground to present the ball backwards.
- Support player clears the player with the pad.

**Remove pad and add a second defender to each cone.
Make live 2v2 tackle and ruck.**



Grubber Grid

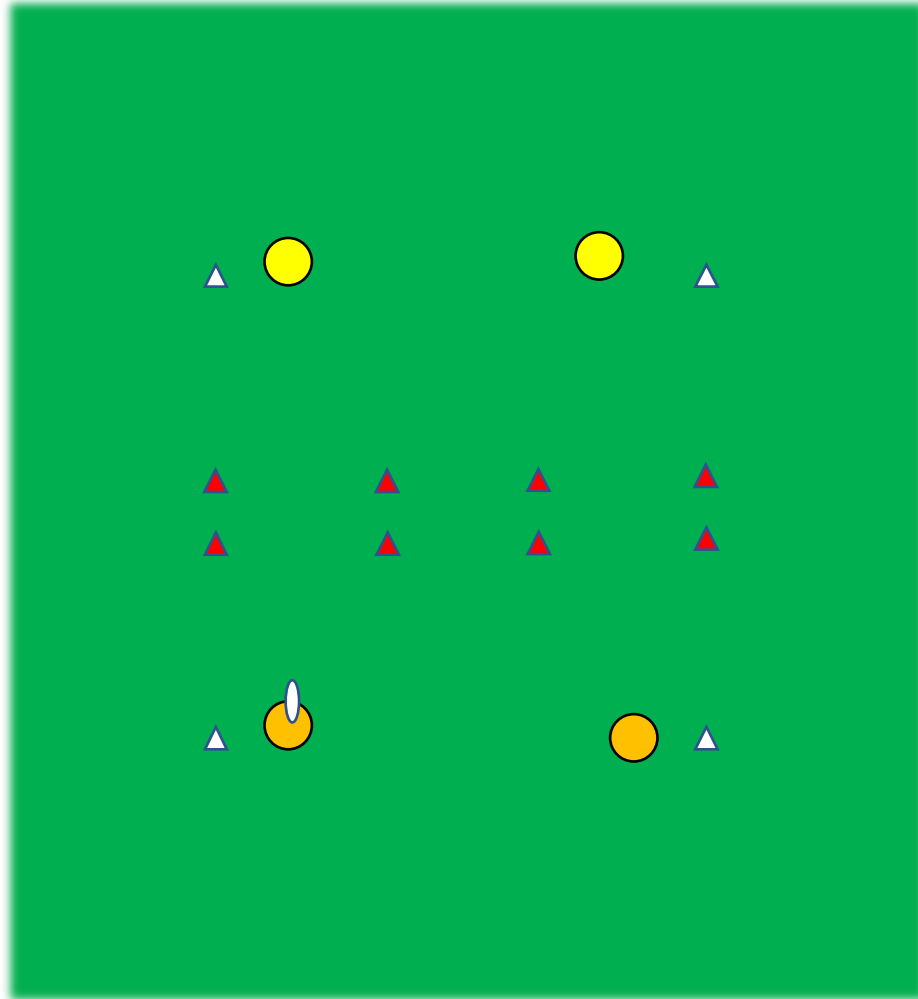


- Square grid.
- 2 pairs.
- Pairs take turns to grubber kick to the other team.
- Fumble, knock on, getting ball to beat the players & beyond the boundary line = 1 point.
- Players keep score.

Add zones to aim for that are worth more points



Kick Tennis



- Two teams either side of “net” (red coned area).
- Variable number of players and balls in play at any time.
- Players aim to kick the ball over the net and find grass.
- Ball finds grass = 1 point.
- Ball dropped = 1 point.
- Ball caught = 1 point.

Choose specific kicks to challenge players

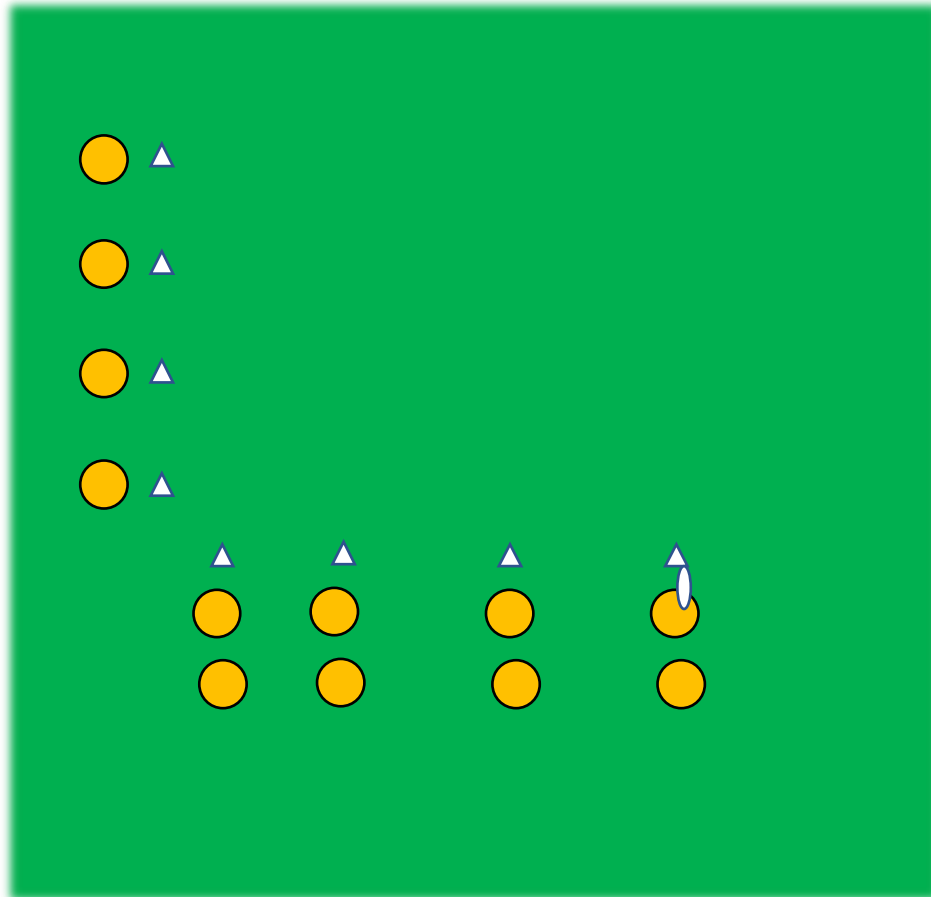




u12 Skill Zones + Wee Games



L-Shape passing Grid

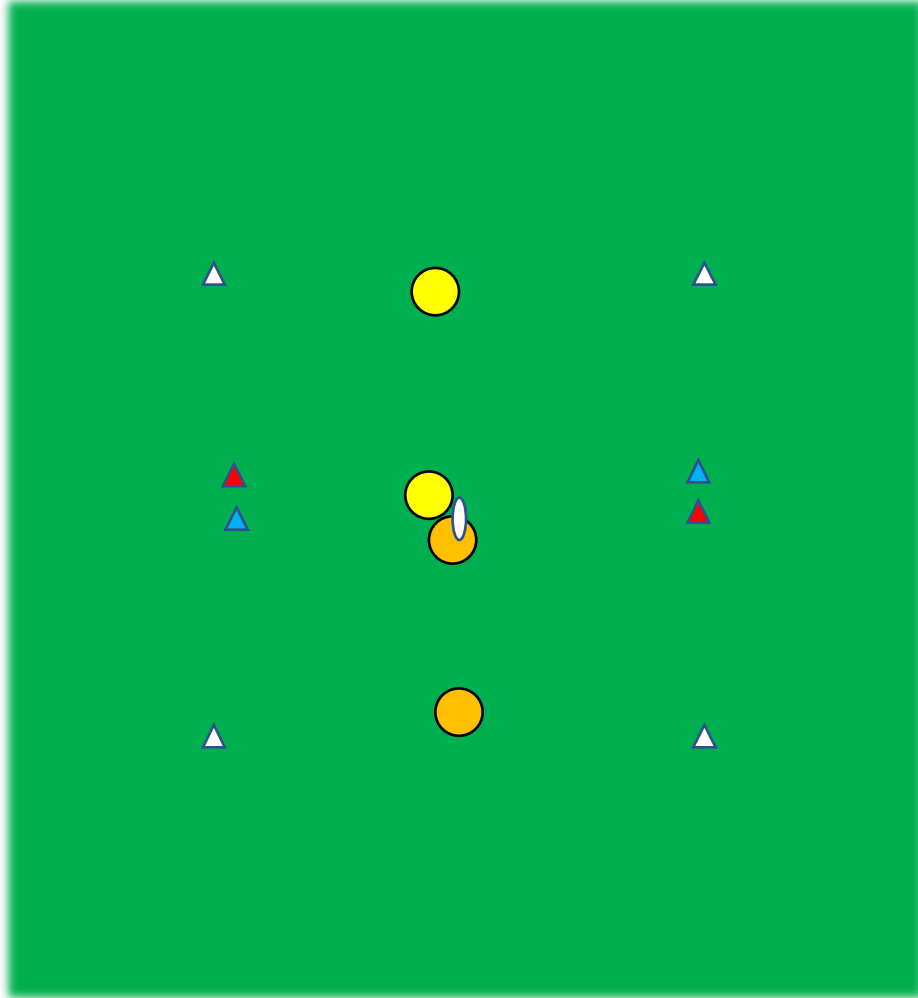


- **3 groups of 4 players .**
- **2 groups on the side the ball starts.**
- **Ball starts at wide player and is passed backwards laterally across the line.**
- **Pop off at end to next group.**

Add a 30 second challenge to see how many complete reps groups can get.



Sharp Angle Rucks

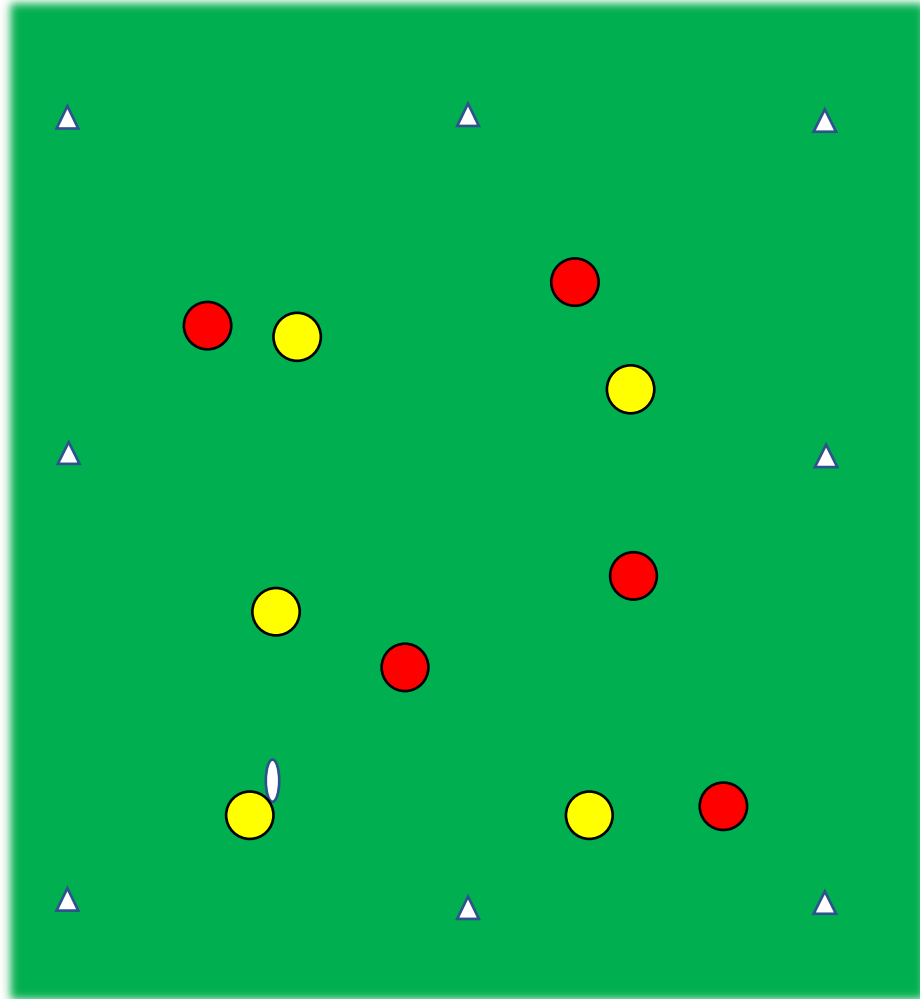


- Square grid.
- 2 pairs.
- 1 from each group start in the middle on knees, 1 with the ball and 1 ready to make a tackle.
- The other 2 players are lying on belly at back of the grid.
- Coach calls a colour (Red or Blue).
- On the call, the players in the centre complete a tackle and ball carrier presents backwards towards their partner.
- Partner runs and touches colour of cone on their side and then tries to win the race to ruck by entering the gate with a sharp angle.

Add more coloured cones and change cone positions to create more angles for ruck approach



Kick End Ball

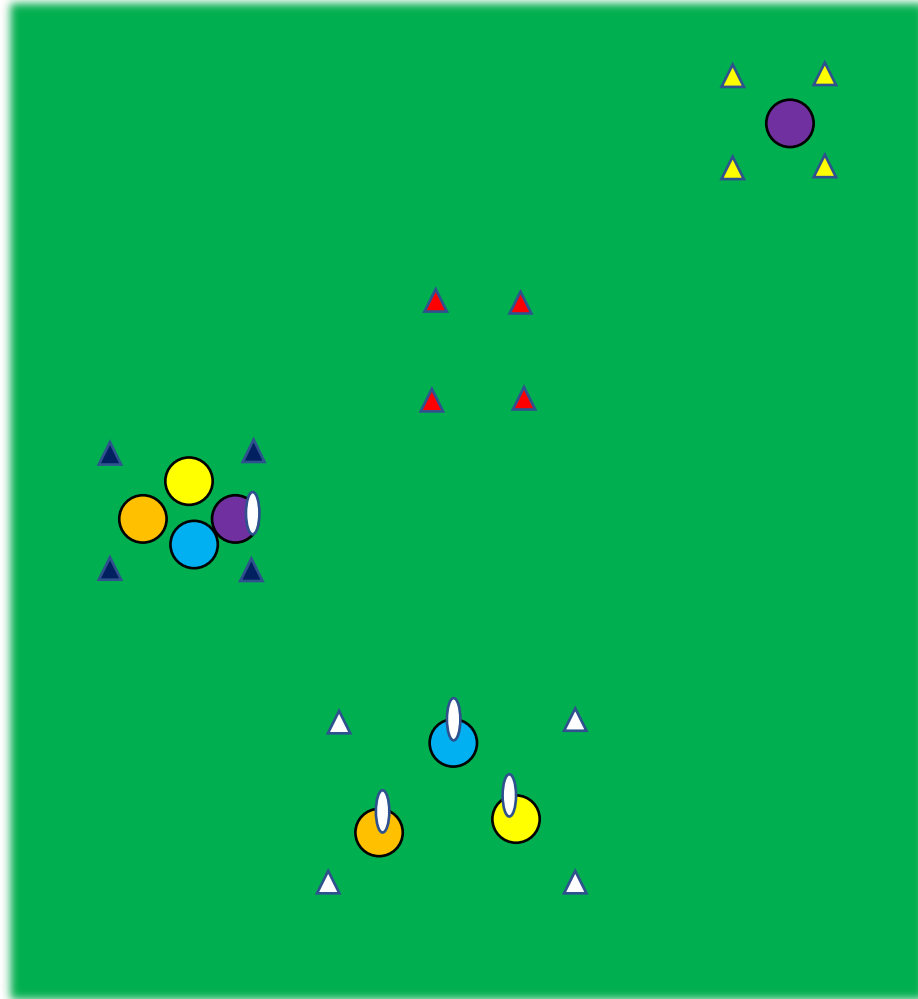


- Teams of 4-6.
- Kick ball in any direction.
- Ball carrier can move with the ball.
- If defence gets a touch, the ball carrier must freeze and kick the ball.
- Get the ball over the try line to score.

Allow 2 bounces to begin with. As your players get more confident, allow 1 bounce and then it must be a clean catch.



Island Hopping



- Player A kicks from first box (white) to their partner in the second box (blue).
- The partner must catch the ball whilst staying inside the box.
- If successfully caught, player A can move to the final box (yellow) and attempt to catch their partner's kick.
- “Safety island”(red) is available to minimize risk and make kick/catch easier for Player B before moving to the final box.
- If at any stage the ball is dropped, or the kick is inaccurate, the players must start again.
- First pair to get to the final island win.

Increase distance between boxes to make harder

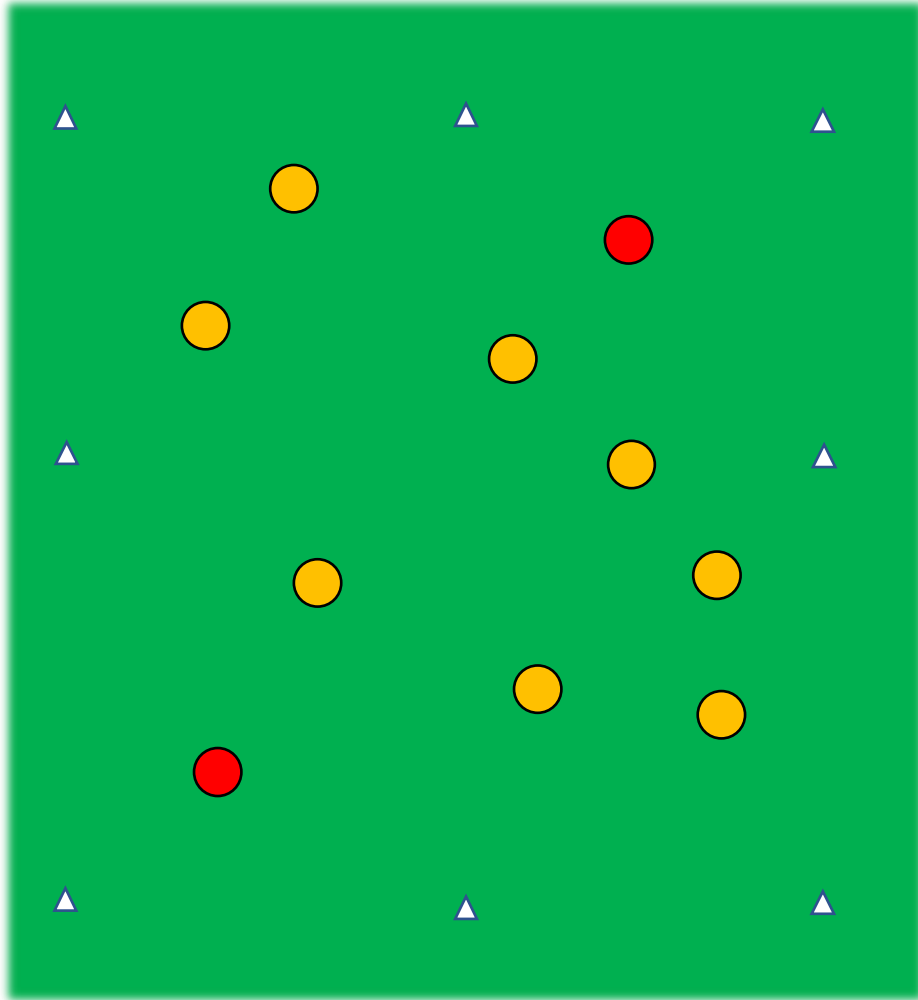




Tackle Skill Zones + Games



Build a Hula Skirt



- **Grids of 10 players.**
- **8 players (orange) with tag belt and two tags (one on each hip).**
- **2 players (red) with a tag belt with no tags.**
- **These players have a set time to get as many tags as possible to build the best Hula Skirt.**

Progress the game to allow all 10 players to start with two tags, everyone is allowed to steal tags

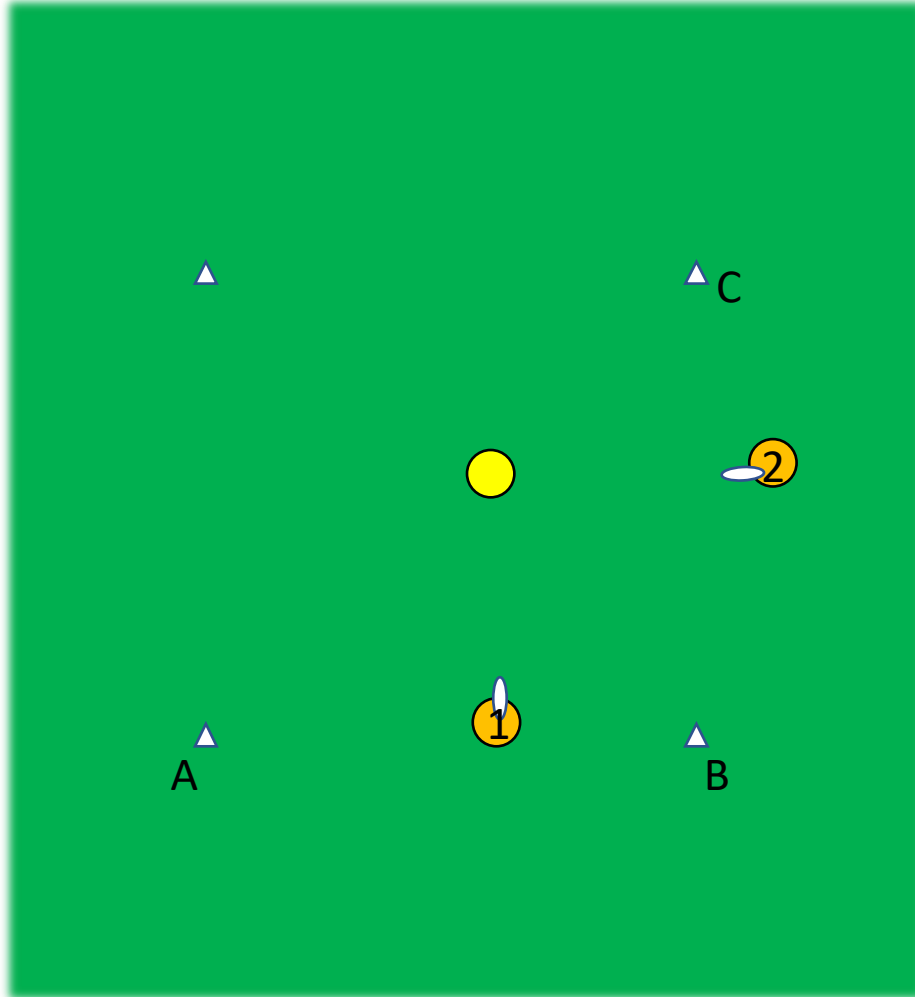


Win The Corner



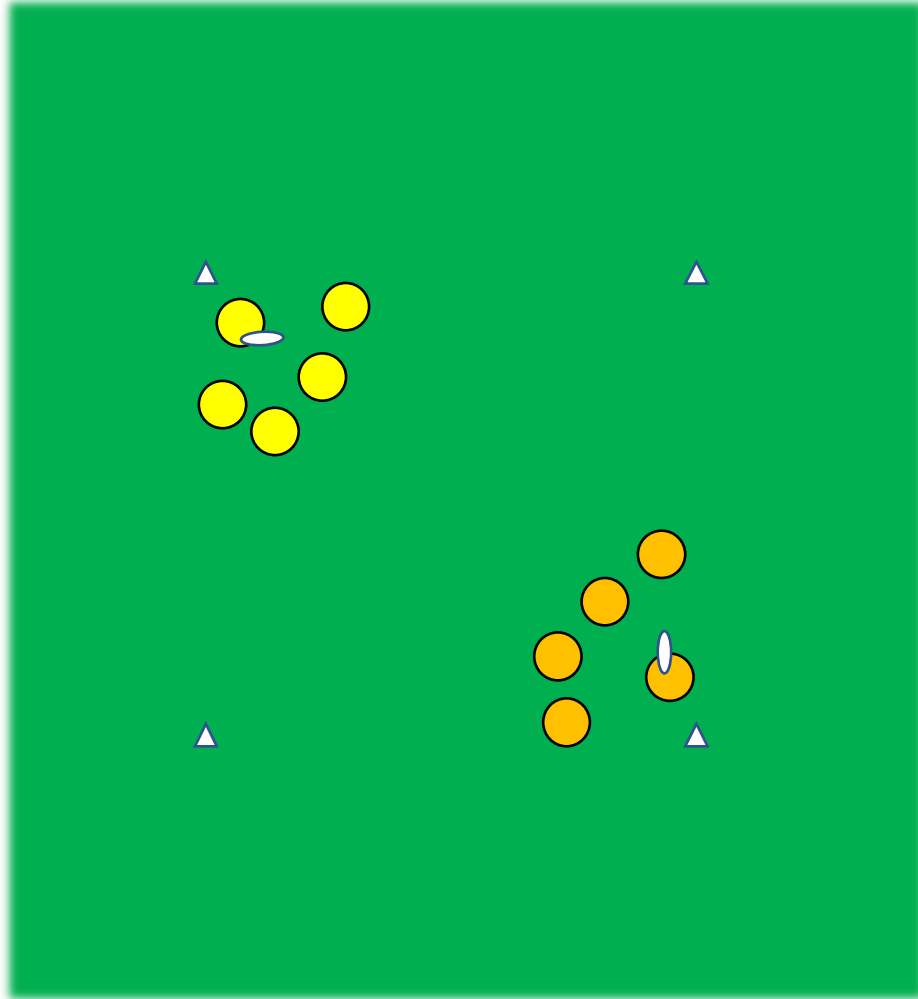
- **4x4m square.**
- **Two coned gates at opposite corners.**
- **Ball carrier facing into the grid.**
- **Defender in front with shoulder contact and wrap.**
- **On go, ball carrier starts to try and move towards the yellow gate.**
- **Defender focus is to stay in front and not fall off tackle.**
- **Defenders aim is to get through the gate first whilst still connected.**

Laser Focus



- 4x4m square.
- Defender in the middle.
- 1 attacker between A & B on one side of the grid, with another attacker between B & C.
- On go, attacker 1 will attack the defender.
- The defenders focus is on getting close and making a two-handed touch on the hips.
- As soon as the touch is made the attacker 1 continues to the opposite line.
- This touch then frees the static attacker 2 to to attack across the grid with the defenders focus on getting close and making a two-handed touch on the hips again.
- Attacker 1 then goes again and so on, until the coach stops the practice.

Kings/Queens & Pawns

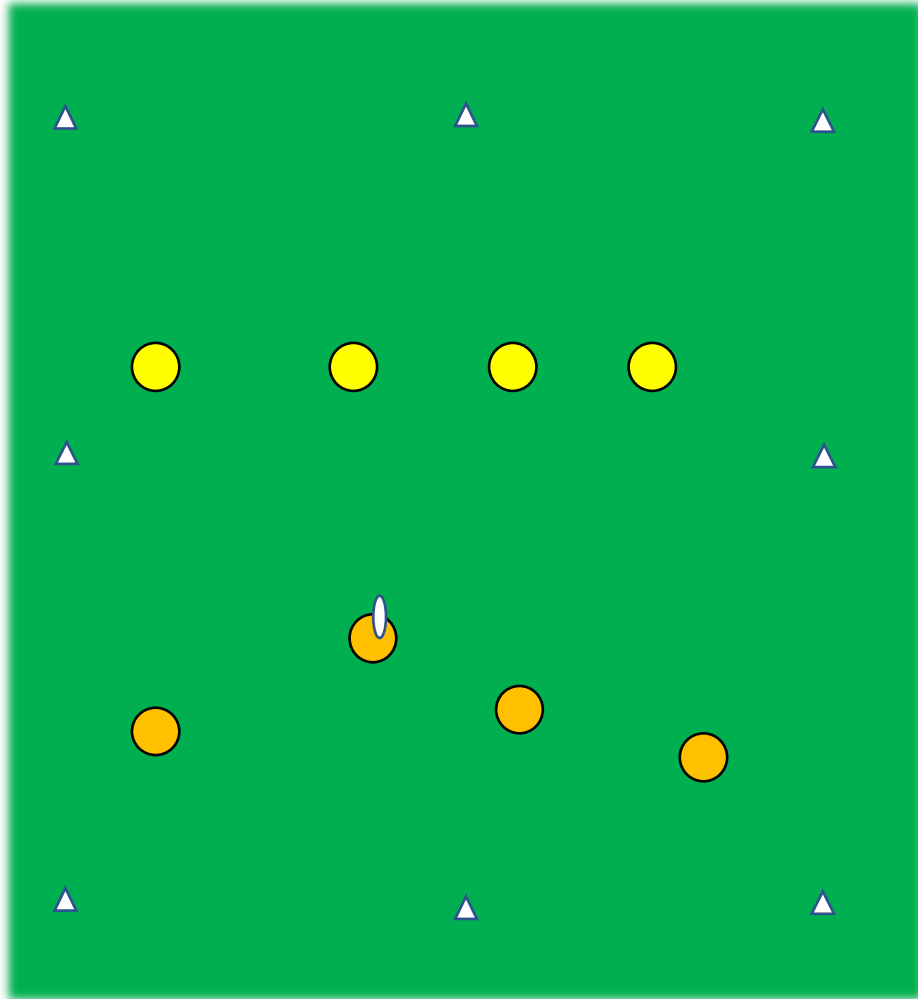


- 5v5.
- Each King starts in their own corner with a ball.
- 4 pawns on their knees in front of the Kings.
- Kings can only walk.
- Pawns crawl on knees and try tackle opposition King.
- Pawns can wrestle other pawns.
- Once King is tackled swap with a pawn.



Add in a score for each tackle to make competitive.

Walking Rugby



- 4-6 aside.
- Players are only allowed to walk.
- If players runs or jogs, it's a turnover if in attack.
- Penalty Try in Defence.

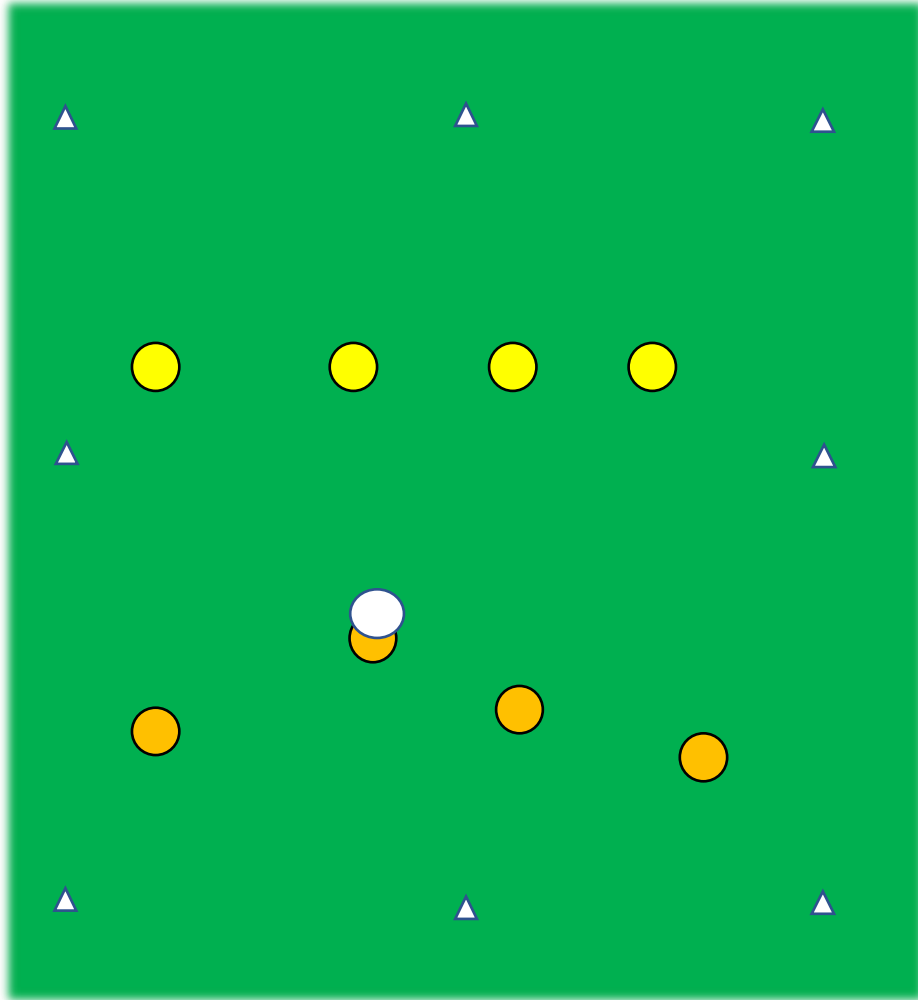
Level 1 – Defender makes shoulder contact with Shorts or Lower Attacker must offload

Level 2 – Defender makes shoulder contact with Shorts or Lower and drives attacker back they must offload

Level 3 – Live contact at walking pace. If tackle is completed present back towards team – No Ruck



Bounce Ball Rugby



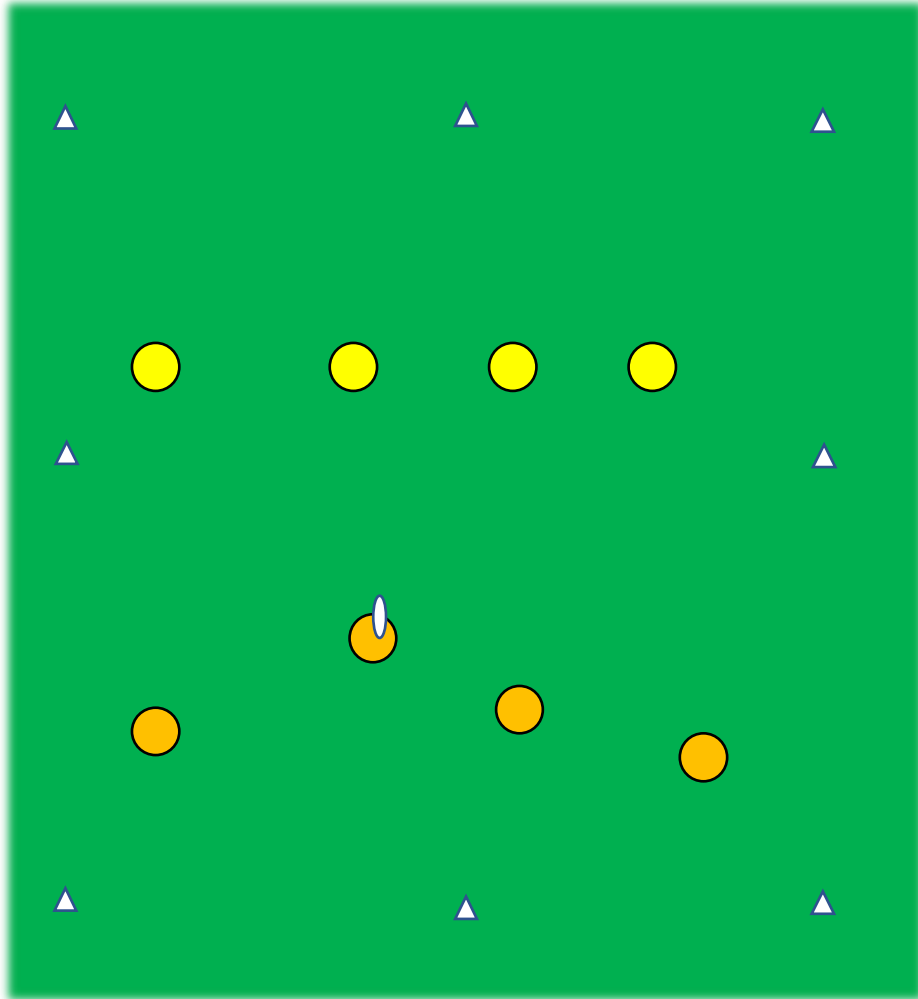
- 4-6 a-side.
- Players are only allowed to walk.
- If players runs or jogs, it's a turnover if in attack.
- Instead of a rugby ball use an exercise ball.
- Defenders must focus on getting lower than the ball to make a tackle, if not they will bounce off.
- Ball carrier not allowed to drop height to bounce defenders in low body positions.

Level 1 – Defender makes shoulder contact with shorts or lower Attacker must offload.

Level 2 – Defender makes shoulder contact with shorts or lower and drives attacker back they must off-load.

Level 3 – Live contact at walking pace. If tackle is completed present back towards team – No Ruck.

Touch Tackle



- 4-6 a-side.
- Regular game of touch rugby.

Level 1 – Every 3rd touch, set up a 1v1 tackle on knees.

Level 2 – Every 3rd touch, set up a 1v1 tackle preloaded on feet.

Level 3 - Every 3rd touch, set up a 1v1 tackle – both players on belly on “go” both get to feet and have a 1v1 tackle.

Level 4 - Every 3rd touch, ball carrier falls north and presents – on "go" the game is live until tackle is complete. Game then goes back to Touch for 3 phases.