



Rugby

Key Stage 1

BEGINNER

Movement and Dodging

In rugby, it is important that a player is able to evade a tackle from their opponent. This section includes activities based on this skill.

Introduction

Place several balls on the floor and other obstacles, such as cones. Ask the players to move around the hall and avoid the obstacles. Demonstrate different foot movements the players can make, for example side to side.

Game: Tails

Pick two players to be chasers. These two players will wear bibs to stand out. Then give everyone else a 'tail' (this can be a bib or preferably a tag belt with tags). When the game starts, the players with the tails must avoid losing their tails when the chasers are trying to catch them. If a player loses their tail, then they are out. The player left at the end is the winner.

INTERMEDIATE

Ball Carrying

As a rugby ball is a different shape to what many players would be used to seeing, it is good to get them used to handling the ball.

Introduction

Firstly, show the players the importance of holding the ball close to the body, to prevent another player from hitting the ball out of their hands. Give each player a ball and arrange them into two relay teams. Each player will then run for their team when it is their turn. Place a hoop at the end of each run so the players get used to placing the ball down for a try.

Game: Touch Rugby

Pick one or two players to be the 'tacklers'. Give everyone else a ball each. When the game starts, the players will need to avoid the two players who are 'tackling' them. A tackle in this game consists of just touching the player, with either one or two hands. The player left at the end is the winner.

ADVANCED

Game

Players have practised dodging and carrying the balls. The game below introduces the players to running from one side of the pitch to the other while holding a rugby ball and avoiding the 'tackle'.

Game: Octopus!

Divide the group up into three or four teams. Each player in the teams will wear a tag belt. Give each team a different colour of tag to wear. Set out two zones at either end of the area using cones. These zones are safe zones and the players must be able to get from one end of the hall to the other without losing a tag. Nominate one team to be the catchers. The players in the other teams will have to run up and down the hall in runs and avoid losing their tails. After three runs, ask a different team to be the catchers. Each time, count how many tails the catcher team have caught. The team that catch the most tails are the winners.



General

- Use a flat, hard playing surface.
- Ensure the adult to player ratio is appropriate so that every player has a chance to be involved.
- Divide players with difficulties evenly between teams.
- Remind players that there is a mixture of abilities on the court and it is important not to run into each other.
- Allow wheelchair users and those with difficulties and impairments more time.
- Make sure that tackling is restricted to appropriate players and make a rule that others can only hold onto the ball for a certain length of time.
- Ensure inclusion by introducing a rule that every player must receive the ball before the team can score a try.

Physical Disability

- Reduce the size of the pitch for players with mobility difficulties.
- Lower the cross bar, if necessary.
- If several wheelchair users are playing, they may need to use a bigger ball.
- If a player is a wheelchair user, place a belt around the side of their wheelchair (use two belts, if necessary, to fit round) then place the tags on the belt.
- Ensure cones do not impede wheelchair users; use flat cones.
- Give a player with mobility difficulties more tags as this will give them more chances.
- Use a smaller ball or beanbag if players find it difficult to hold the rugby ball.
- Use a different shaped ball or beanbag, if necessary.
- Introduce a rule that the players are not able to run at certain times, walking only, to ensure some players have a chance.

Hard of Hearing or Deaf

- Demonstrate the game using a sign language familiar to the player.
- Use a visual sign to show that game time has started or stopped, e.g. a flag or "time out" sign.

Sight Impaired or Blind

- For players with minor visual impairments use a brightly coloured ball that contrasts with the playing surface.
- Ensure that team bibs clearly contrast with each other.
- Make sure that cones and equipment marking the boundaries of the playing area are brightly coloured and clearly contrast with the playing surface itself.
- Use an audible ball (ball that makes a sound) with players who have a serious visual impairment.
- Allow an adult or 'seeing' player to guide them around the pitch using directions or a hand on their shoulder.
- Ensure it is safe for players to make a tackle by removing a tag if a player has a severe visual impairment.

Useful Links

Irish Rugby Football Union

irishrugby.ie/club/disability_rugby