



YEAR 3/4

Tag Rugby

Lesson 7

Learning Objective

To be able to defend an opponent.

Success Criteria

Year 3

- I can defend an opponent.
- I can identify when I was successful.
- I understand my role as a defender.

Year 4

- I can use simple tactics to help my team score or gain possession.
- I can delay and help prevent the other team from scoring when I play in defence.
- I can identify when I was successful and what I need to do to improve.

Handy Hints

Use small steps to be able to change direction quickly.

Equipment

- Rugby balls x 7
- Tag rugby belts x 30
- Team bands x 16

Optional:

- Cones

10 Mins

Warm Up and Introduction

Tag belts on.

North, East, South, West:

All pupils find a space in the teaching area facing the teacher. Label each side of the teaching area either North, East, South or West. Explain that the pupils must always face the teacher. If travelling East or West, they must use sidesteps to travel. If travelling backwards, they must keep their head facing forwards.

Use a low body position with knees bent, use quick small side steps.

Make this harder by using opposites. North means travel South and East means travel West etc.

45 Mins

Skill Development

1v1:

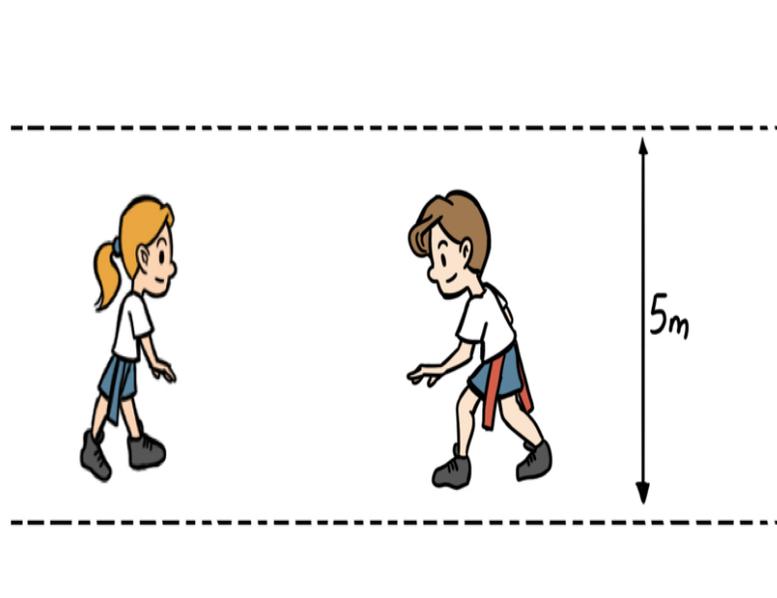
In pairs. Number one begins on one side of the teaching area. Number two begins approx. 7m away. Number one runs trying to reach the line behind number two. Number two tries to slow down number one as much as possible by getting in their way. If they successfully make a tag, number one must start again.

Rotate roles.

Teacher note: Pupils may need to mark out areas so that they do not run too wide i.e. use a channel approx. 5m to work in.

Remind the pupils that they are not allowed to block or protect their tags.

For the defender, keep low, knees bent, and use small side steps to be able to change direction quickly.



2v2:

In groups of four. Two pupils are the defenders and two pupils are the attackers. The attacking team start on a start line and attempt to score a try by placing the ball on the scoring line. The defenders can stop the attackers scoring by tagging the player with the ball. If a tag is made, the attacking team restart from the start line. How many can the defending team stop out of five attempts?

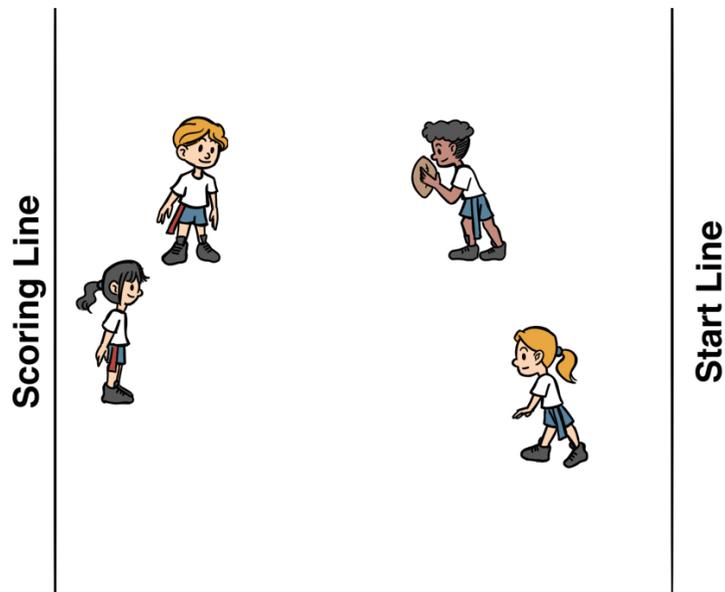
Change roles.

Defenders use quick small steps to stay in front of the attacker. Be confident to make the tag.

Knees bent.

Make this harder for the defenders by increasing the number of tags that need to be made before the attackers have to re start.

Make this harder for the attackers by decreasing the distance of their scoring line.



5v5:

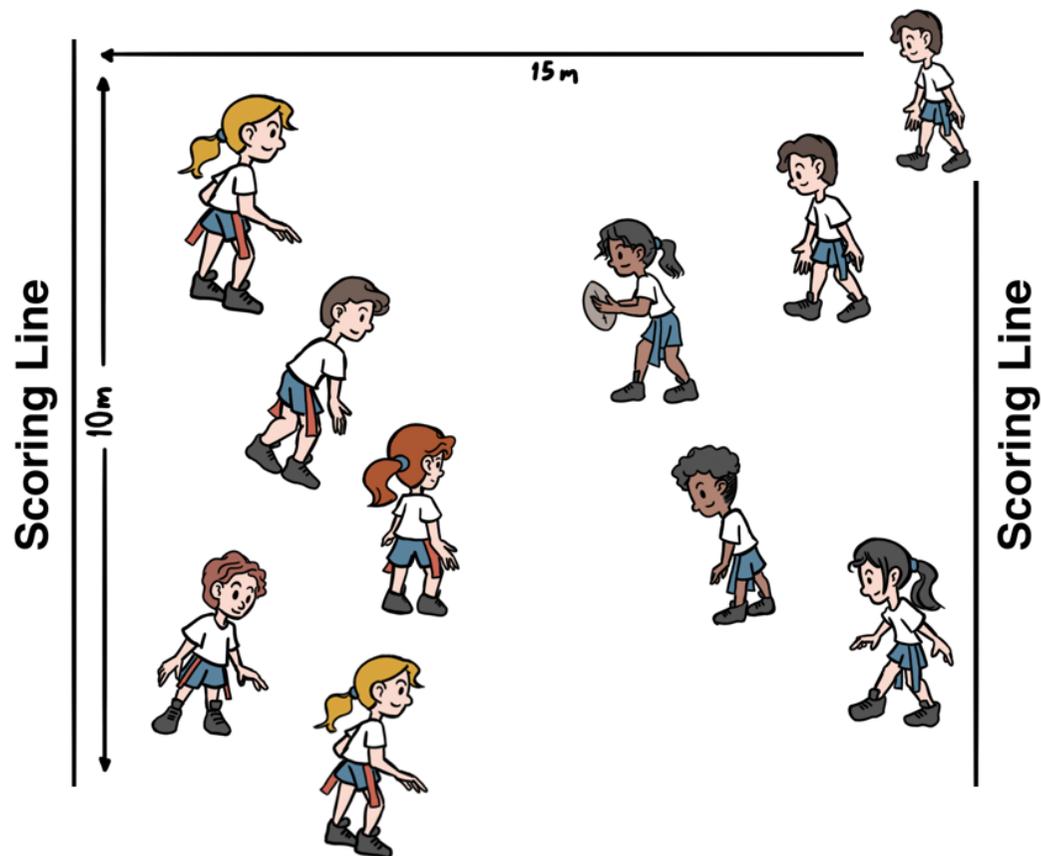
Pupils play 5v5 across an area approx. 10m x 15m. Pupils score by putting the ball down over a try line using two hands.

Rules

- If tagged, pupils must stop running and have 3 seconds to pass, before placing their tag back on their belt.
- When tagging someone, shout 'tag' and hand back the tag.

- The ball must be passed backwards or sideways.
- When the defending team make three tags in one attacking play they win the ball.

Ask the defenders to work together to cover the whole of the space they are using. Spread out across the width of the playing area to close any gaps.



5 Mins

Plenary

Ask the pupils if they were successful at defending their opposition.

What made them successful?

Why do you think slowing the opposition down helps your team to defend?