

Year 5 - Tag Rugby

Lesson Plan

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|---|--|--|---|--|-------------------|
| Lesson Objective | To dodge a defender when running toward a target area | | | | Lesson 1/6 |
| Equipment Needed | Rugby balls, tag belts, cones. | | | | |
| Success Criteria | Children can: <ul style="list-style-type: none"> Dodge a tagger successfully Dodge a defender when running towards a target area by recognising space on the field Run whilst holding a rugby ball securely and correctly | | | | |
| EDSTART KNOW | <ul style="list-style-type: none"> I can explain why dodging helps me avoid defenders I can describe how to carry the ball correctly when running I can understand how to identify space on the pitch | | | | |
| EDSTART GO | <ul style="list-style-type: none"> I can dodge a tagger successfully using speed and direction I can run into space while holding the ball securely I can apply dodging in 5v5 end zone games | | | | |
| EDSTART SHOW | <ul style="list-style-type: none"> I can respect opponents when they tag me I can encourage teammates when they dodge successfully I can play fairly in all tag games | | | | |
| Key Questions | How do quick movement, teamwork, and ball control help you succeed in tag and invasion games? Quick movement helps players evade opponents, teamwork creates space and support, and good ball control keeps possession and creates chances to score. | | | | |
| Warm Up | TAG TAKEDOWN: Set out a 20x20m square. Each pupil tucks two tags (or bibs) into their waistband. On the coach's whistle, pupils move around the area, trying to collect as many tags as possible in 30 seconds while protecting their own. They can continue even if both tags are taken. After each round, pupils count their tags — the one with the most wins. This develops agility, spatial awareness, and decision-making while getting everyone moving quickly. PROGRESSION: Add new rules such as "only tag players wearing the same colour" or "you can only move sideways for five seconds after stealing a tag" to encourage quick thinking and direction change. | | | | |
| Main Activity | SCARECROW ESCAPE: Nominate two taggers, each holding a rugby ball with two hands. Taggers move around tagging others by touching them gently with the ball. Once tagged, players must freeze in a "scarecrow" pose with legs apart. They can only be freed if another pupil crawls through their legs. This game reinforces evasion, awareness, and movement in space, all key skills for rugby. Encourage quick dodging, changing pace, and looking for open space to avoid being tagged. PROGRESSION: Increase the challenge by giving taggers a time limit to freeze everyone or by allowing a third "super tagger" who can only tag while moving sideways. TAG TREK CHALLENGE: In teams of six, one team carries rugby balls while moving across a 20x15m zone. One defender enters at a time to try to steal a tag from any attacker. As soon as they succeed, the next defender enters. The aim for attackers is to reach the opposite side without losing all their tags or dropping the ball. This activity develops teamwork, awareness, and ball security under pressure. Attackers must support one another, using passes and movement to shield the ball carrier. PROGRESSION: Add time pressure: "Can your whole team cross in under 45 seconds?", or introduce two defenders at once for higher challenge and teamwork demand. END ZONE CLASH: Combine groups into 5v5 small matches with try zones at each end. Attacking teams start by "playing the ball" while defenders begin five steps back. Once the ball is passed to the dummy half, defenders rush forward to stop the attack. Defenders should move as a line, closing gaps quickly to deny space. Attackers aim to advance the ball through passes and movement to reach the try line. Each team has six attempts (downs) to score before possession changes. This promotes tactical awareness, teamwork, defensive structure, and controlled passing under pressure. PROGRESSION: Award bonus points for teamwork-based plays, such as completing three successful passes before scoring, or limit the number of defenders who can tag to focus on coordination. | | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE Larger channels for beginners, tighter lanes for challenge. | TASK Start with Tails, progress to End Zone matches. | EQUIPMENT Use belts, tags, and soft rugby balls for safety. | PEOPLE Individual dodging, then pairs, then small-sided games. | |
| Cooldown | PASS & PRAISE: Form a large circle. Pupils gently pass a rugby ball to one another. Each time someone catches it, they share one thing they enjoyed or improved during the lesson (e.g. "I got better at dodging tags" or "I helped my team defend together"). Continue until everyone has spoken. Finish with a light jog around the area followed by walking, encouraging steady breathing and relaxed shoulders. PROGRESSION: Use two balls at once to keep pupils alert and engaged while winding down. | | | | |
| Key Technical Points | <ul style="list-style-type: none"> Encourage dodging, pushing off right foot/left foot, fakes and quick feet, on toes Attack spaces and be aware what's around you – look for spaces not faces | | | | |

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective To defend and 'tag' an opponent

Lesson 2/6

Equipment Needed Rugby balls, tag belts, cones.

Success Criteria Children can:

- Know how to tag other players
- Understand the role of the defending team is to try and stop the opposition moving forward
- Understand that the dangerous attacking player is the one who is carrying the ball

EDSTART KNOW

- I can explain how to pull a tag fairly.
- I can describe why the ball carrier is the most dangerous attacker.
- I can understand the role of defenders in stopping forward play.

EDSTART GO

- I can approach attackers safely to remove a tag
- I can use positioning to delay and stop attackers
- I can apply defence in 5v5 end zone games

EDSTART SHOW

- I can respect attackers when tagging them
- I can encourage my teammates in defence
- I can celebrate defensive effort fairly

Key Questions How can teamwork and good defensive positioning help you stop attackers and win back possession? By communicating, staying balanced, moving together, and tagging at the right time, defenders can close space, stop attackers, and regain possession for their team.

Warm Up

PARTNER PATROL Split the class into groups of six. Two children act as defenders while the other four become attackers. The defenders must work together to prevent the attackers from advancing past a set line or through marked gates. They should communicate, stay balanced, and keep eyes on the attackers' tags. After three attacks, rotate roles so that every pair gets the chance to defend and attack. This helps pupils understand positioning, teamwork, and the importance of communication in defence. **PROGRESSION:** Reduce the space to increase pressure, or introduce a rule where defenders must tag both attackers within five seconds to succeed.

Main Activity

TAG GATE DUEL: Set up two gates in the centre of the field. The attacker starts with the ball and tries to run through either gate, while the defender must tag them before they cross. Defenders are reminded to move quickly towards the attacker, stay low, and keep eyes on the tags, not the ball. This activity sharpens reaction speed, body positioning, and one-on-one defensive timing. **PROGRESSION:** Add a second attacker to create a 2v1 overload scenario, forcing the defender to make quick decisions on who to mark or when to commit.

TAG GAUNTLET: Split the playing area into three columns with three groups rotating through attack and defence roles. Attackers start at one end and must reach the far side without losing their tags, while defenders in each column attempt to stop them. Each defender focuses on one zone, preventing attackers from passing through untagged. When a runner is tagged, they return to the back of their line. After each round, teams rotate roles so all players experience attacking and defending. **PROGRESSION:** Limit attackers to carrying a ball while running to practise control under pressure, or increase the number of defenders to add challenge.

DEFENSIVE LINE BATTLE: Organise pupils into 5v5 small-sided end zone games. The attacking team begins each play by "playing the ball," while the defending team must start five steps back. Once the dummy half passes the ball, defenders rush forward together in a line, aiming to close gaps and tag the ball carrier. Encourage defenders to communicate ("Left!", "Shift!", "Hold the line!") to stay organised. Attackers have six attempts to reach the end zone before possession changes. Focus on defensive coordination, spacing, and timing. Reinforce that good defenders move together, not as individuals. **PROGRESSION:** Add a scoring system for defensive success — one point for stopping an attack in fewer than three passes, to motivate teamwork and discipline.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger grids for beginners, smaller gauntlet lanes for challenge.

TASK

Begin with 1v1 Defending, progress to Gauntlet and End Zone play.

EQUIPMENT

Use tag belts, cones, rugby balls.

PEOPLE

Pairs for practice, groups for small matches.

Cooldown

DEFENSIVE DEBRIEF: Gather pupils in a large circle with one rugby ball. Gently pass the ball around; whoever catches it must share one thing they improved in defence today (e.g. "I stayed low when tagging," "I talked more with my partner"). Follow with a slow jog to walk transition, deep breathing, and light arm swings to relax the body and lower heart rate. This cool-down reinforces reflection, communication, and confidence in defensive learning. **PROGRESSION:** Repeat with players sharing a defensive tip for next time, promoting reflection and strategy planning for future sessions.

Key Technical Points Get close to the attacker, use two hands to grab the tag, aim for the hip and slide down the leg, don't over stretch.

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective To reinforce the passing technique with speed in both directions

Lesson 3/6

Equipment Needed Rugby balls, tag belts, cones.

Success Criteria Children can:

- Pass the ball correctly
- Pass the ball in both directions depending on where they are on the field
- Consistently receive and control a ball in a game situation

EDSTART KNOW

- I can explain why rugby passes must go backwards
- I can describe how to stand side-on when passing
- I can understand how to receive the ball safely

EDSTART GO

- I can pass accurately to teammates on both sides
- I can combine passing with movement in games
- I can keep possession through consistent passing

EDSTART SHOW

- I can respect teammates when they pass or catch
- I can encourage others during passing drills
- I can support my team in line ball challenges

Key Questions How does accurate passing and good support help your team keep possession and create scoring opportunities?
Accurate passing keeps the ball moving, while good support and communication help teams keep possession and work the ball into space to score.

Warm Up **GATE CHALLENGE:** Spread pairs evenly around a marked area. Each pair has a ball and must pass it accurately through cone "gates" set at different widths — red for large gaps, blue for medium, and yellow for small. Each successful gate equals one point, and pupils aim to complete as many as possible within 60 seconds. Encourage communication, quick feet, and accuracy. **PROGRESSION:** Players must complete one of each gate colour before scoring again, or move continuously while passing through gates instead of standing still.

Main Activity **RELAY PASSERS:** Children work in groups of four, standing 5 metres apart in a straight line. The ball starts at one end and is passed quickly and accurately down the line until it reaches the final player. Once complete, the group repeats in the opposite direction. Focus on calling for the ball, clean catches, and passing backwards using two hands. **PROGRESSION:** Have groups pass sideways while moving forward, keeping the ball slightly behind the runner to practise realistic rugby passing and positioning.

MOVING CONVEYOR: Groups line up as before. The first player walks forward three steps before passing the ball backward to their teammate, who repeats the same process. Continue until the final player receives the ball and advances ahead of the group to restart the sequence. This encourages coordinated movement, communication, and maintaining a straight attacking line. **PROGRESSION:** Add a time challenge — "How quickly can your team move across the pitch without dropping the ball?" or ask teams to stay within a marked lane to improve spatial control.

TRY LINE TACTICS: Set up a 10x15m pitch with a "try line." Groups of three attackers face one defender. Attackers must pass the ball backward while moving forward toward the try line, aiming to cross without losing possession. The defender tries to pressure, tag, or intercept. Attackers should use quick passing, support play, and communication to keep possession. **PROGRESSION:** Increase to 3v2 or require at least three passes before scoring, encouraging teamwork and tactical decision-making.

Adapted Learning (Differentiation) (Challenge)

SPACE

Shorter passes for beginners, longer for challenge.

TASK

Start with Gates passing, progress to 3v1 Line Ball.

EQUIPMENT

Use cones for passing targets, rugby balls.

PEOPLE

Pairs for technique, groups of 3–4 for games.

Cooldown

PASSING CIRCLE REVIEW: Form a large circle with one ball. Pupils gently pass around while walking slowly. Each time a player catches the ball, they share one key skill they improved today (e.g. "I kept my hands ready for the catch"). After a few rounds, players switch to rolling the ball across the floor to relax muscles in the arms and shoulders. This promotes reflection, calm movement, and skill reinforcement. **PROGRESSION:** Add a challenge, if the ball is dropped, the next pupil must name a top tip for good passing technique before the game continues.

Key Technical Points

- Use the correct rugby pass
- Move into space when you don't have the ball
- Shout for the ball when in space
- Don't keep hold of the ball for too long, get rid of it quickly
- Keep the pass below head height

Year 5 - Tag Rugby

Lesson Plan

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|--|---|---|--|---|------------|
| Lesson Objective | To pass the ball accurately and with speed in both directions whilst on the move | | | | Lesson 4/6 |
| Equipment Needed | Rugby balls, tag belts, cones. | | | | |
| Success Criteria | Children can: <ul style="list-style-type: none">• Pass the ball correctly on the run• Catch the ball whilst running forwards• Pass the ball in both directions depending on where they are on the field• Consistently receive and control a ball in a game situation | | | | |
| EDSTART KNOW | EDSTART GO | | EDSTART SHOW | | |
| <ul style="list-style-type: none">• I can explain how to pass while moving forwards• I can describe why support players must stay behind the ball• I can understand how to use passing waves to beat defenders | <ul style="list-style-type: none">• I can pass accurately while running• I can support my teammates by staying behind the ball carrier• I can apply passing on the move in 3v1 and conditioned games | | <ul style="list-style-type: none">• I can respect teammates by timing my passes well• I can encourage others during passing waves• I can celebrate my team's effort fairly | | |
| Key Questions | How do timing, accurate passing, and supporting runs help your team move the ball forward effectively? Accurate passing moves the ball quickly, good timing keeps players in position, and strong support creates space to attack and break forward. | | | | |
| Warm Up | RELAY RUNNERS: Children work in groups of four, standing five metres apart in a straight line. The first player passes the ball down the line until it reaches the last player, who then sends it back. Pupils focus on accurate passes and clear communication, shouting names before throwing. Emphasise holding the ball with two hands and passing to the chest. This develops timing, control, and awareness of teammates' positions. PROGRESSION: Pass sideways as the group walks forward together, ensuring the ball carrier is slightly in front. Players must keep in line and time their movements to stay behind the ball. | | | | |
| Main Activity | <p>CONVEYOR CHAIN: Line pupils up in their groups again. The first player takes three steps forward and passes backwards to their teammate using two hands, stepping towards the target and keeping the ball at chest height. The receiver shows a clear target with their hands, cushions the ball into the body, then moves up and repeats the sequence. Continue until the last player receives the ball, then they move ahead of the group to restart the pattern in the opposite direction. Focus on maintaining rhythm, spacing, communication, and keeping all passes backward and across the body. PROGRESSION: Increase pace or add a target area the team must reach within a time limit, rewarding coordination over speed.</p> <p>FLOW ATTACK: Children work in groups of four, moving from one side of the area to the other. Each player must receive the ball behind the passing line, promoting realistic rugby movement. The goal is to maintain shape while advancing up the pitch. Encourage players to communicate ("Here!" "Back!" "Support!") and to always stay behind the ball carrier. PROGRESSION: Introduce a passive defender to encourage decision-making — players must decide when to pass or when to run to space. For higher ability groups, make the defender active, forcing quicker passes and movement.</p> <p>LINE BREAK CHALLENGE: Set up a rectangular grid with a "try line" at one end. Three attackers start with the ball, aiming to cross the line through coordinated passing and support play. One defender works to tag or intercept. Attackers must stay behind the ball carrier, time their runs, and complete at least three passes before scoring. This encourages spatial awareness, teamwork, and timing under pressure. PROGRESSION: Add a second defender or introduce a rule where a turnover occurs if the ball is dropped or passed forward, increasing realism and teamwork demand.</p> | | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE | TASK | EQUIPMENT | PEOPLE | |
| | Larger areas for beginners, tighter lines for advanced. | Begin with Passing Lines, progress to Passing Waves with defenders. | Rugby balls, cones for running lanes. | Groups of 4 for waves, small-sided games for application. | |
| Cooldown | PASS & REFLECT: Players form small circles and pass the ball gently to one another. Each time a player catches the ball, they say one word that describes something they improved or enjoyed (e.g. "timing," "teamwork," "passing"). Continue until all have shared, then finish with a light jog to a walk to help lower heart rate and relax the body. PROGRESSION: Use two balls per group to keep focus high while maintaining a calm tempo. | | | | |
| Key Technical Points | <ul style="list-style-type: none">• Step into the pass – no spin• Follow through with the fingers – fingers point• Keep pass below head height and aim in front | | | | |

Year 5 - Tag Rugby

Lesson Plan

Lesson Objective To attack in teams of 3's and 4's

Lesson 5/6

Equipment Needed Rugby balls, tag belts, cones.

Success Criteria Children can:

- Use the spaces on the field to attack and score
- Look to see gaps between defenders and run into them to advance forward
- Know if there are no gaps to run into, they could pass to a team-mate
- Perform a range of passes in a game situation (Small sided games, for example 3v3)

EDSTART KNOW

- I can explain how to attack using space and support
- I can describe the role of the dummy half
- I can understand when to pass and when to run

EDSTART GO

- I can combine running, passing, and dodging in attack
- I can play in 3s and 4s to advance towards the try line
- I can apply attacking strategies in end zone games

EDSTART SHOW

- I can respect defenders during attacking drills
- I can encourage my team when working together
- I can celebrate attacking effort as much as scoring

Key Questions

How do quick decision-making, teamwork, and correct tagging technique help you succeed in rugby-style games?

Quick decisions help attackers find space, teamwork creates support and passing options, and accurate tagging helps defenders stop attacks and win back possession.

Warm Up

TAG TROUBLE: Half the children wear tag belts while the other half act as taggers inside a large coned circle. On "go," taggers must snatch tags from belt-wearers and throw them outside the area. Players who lose a tag must sprint to retrieve it, reattach it correctly, and re-enter the circle. This activity develops agility, reaction speed, and awareness while introducing tagging in a fun, competitive way. **PROGRESSION:** Limit re-entry to a designated "gate," or add a time challenge, who can reattach their tag fastest? Switch roles after 2 minutes.

Main Activity

ONE-ON-ONE CHASE: Set up two parallel lanes with a clear try line at one end. One attacker begins by playing the ball from the end line to the dummy half, who passes using two hands from hip to chest height with a step towards the runner. As soon as the pass is made, the defender sprints to tag. The attacker accelerates onto the ball, keeping it in two hands, running with eyes forward, shoulders relaxed, and changing speed and direction to evade the defender. Defenders stay low with bent knees, track the attacker's hips, and tag with the nearest hand while maintaining balance. **PROGRESSION:** Introduce a rule that all three attacking players must be involved in "playing the ball" before the try can be scored. Encourage attackers to make early passing decisions and defenders to stay low and track the hips.

DECISION DASH: Keep the same setup but increase to 3 or 4 attackers versus one defender. The dummy half passes using two hands from hip to chest height with a step towards the target. The back player receives with soft hands, keeping the ball in two hands, scans the defender, and must decide quickly whether to accelerate into space or pass to a supporting runner. Attacking players stay behind the ball, time their runs, communicate clearly ("Here!" "Back!" "Go!"), and offer passing options on both sides. Defenders stay low with bent knees, track the hips, adjust their footwork, and time the tag to stop progress safely. **PROGRESSION:** Move to 3v2 to challenge teamwork and tactical awareness — attackers must look for overlaps and time their passes accurately while defenders coordinate to block space..

END ZONE CHALLENGE: Set up small end zone rugby games with even teams. The attacking side starts by "playing the ball," while defenders begin five steps back. The dummy half passes using two hands from hip to chest height, stepping towards the target for accuracy. Attackers run forward staying behind the ball carrier, keeping the ball in two hands, scanning for space, and communicating support. Defenders react quickly off the pass, staying low with bent knees, moving as a connected line, tracking the hips of the ball carrier, and tagging with control. Teams have six plays (downs) to advance and score a try. **PROGRESSION:** Reduce the number of attempts to four to increase intensity and decision speed, or reward tries scored through passing combinations instead of solo runs to encourage teamwork..

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger pitches for beginners, smaller grids for advanced.

TASK

Start with 1v1 attacking, progress to 3v3/4v4 matches.

EQUIPMENT

Rugby balls, cones for zones, bibs for teams.

PEOPLE

Small teams, rotating roles for fairness.

Cooldown

TEAM PASSING: Form a large circle. Pupils gently jog on the spot, then walk in place while lightly passing a ball around the group. Each time a pupil catches the ball, they share one teamwork or tagging skill they improved ("I stayed behind the ball," "I used quick feet," etc.). Finish with light walking and shoulder rolls to help relax the upper body and lower the heart rate. This activity reinforces reflection, communication, and calm control. **PROGRESSION:** Add a cooperative challenge, complete 20 clean passes without dropping the ball, focusing on calm control and communication.

Year 5 - Tag Rugby

Lesson Plan

COMPETING

EDSTART

| | | | | | |
|--|--|--|--|------------------------------------|------------|
| Lesson Objective | To play 7-a-side tag rugby games using the techniques of the game | | | | Lesson 6/6 |
| Equipment Needed | Rugby balls, tag belts, cones. | | | | |
| Success Criteria | <p>Children can:</p> <ul style="list-style-type: none">Follow the rules of the gameIdentify and use tactics to help the team keep the ball and advance it forwardIdentify and use tactics to help the team defend and win the ball backStart to analyse skills and techniques to improve performance | | | | |
| EDSTART KNOW | I can explain the main rules of Tag Rugby I can describe tactics for attack and efence I can understand how to restart and play the ball | | EDSTART GO | EDSTART SHOW | |
| | <ul style="list-style-type: none">I can combine dodging, passing, tagging, and attacking in 5v5 matchesI can follow rules in competitive gamesI can use tactics to help my team succeed | | <ul style="list-style-type: none">I can respect referees and opponentsI can encourage teammates throughout the gameI can show fairness whether I win or lose | | |
| Key Questions | How can teamwork, correct passing, and effective tagging help your team attack and defend successfully in tag rugby? Teamwork and support create space in attack, accurate backward passing keeps play moving, and well-timed, safe tagging helps defenders stop attacks and regain possession. | | | | |
| Warm Up | TAG TUNNELS: In teams of five, attackers move freely around a coned area, each holding a rugby ball. One defender at a time enters the zone and attempts to steal a tag from any attacker. As soon as a successful tag is made, the next defender immediately joins the game to increase pressure. Attackers focus on evasion, ball control, and teamwork by changing direction, using quick footwork, and shielding the ball with their body. Defenders practise timing, tracking the hips, and choosing the best moment to tag. If an attacker drops the ball or steps out of bounds, the defender automatically advances. Rotate roles after each full round so all pupils experience both attacking and defending under pressure. PROGRESSION: Add a second defender to increase pressure, or challenge attackers to complete three successful passes before the next defender enters. | | | | |
| Main Activity | <p>TRY LINE TACTICS: Children play small-sided 5v5 tag rugby matches, applying all key rules and techniques learned throughout the unit. The attacking team starts each play by "playing the ball," placing it correctly between the feet while the dummy half adopts a low, balanced stance ready to pass. Defenders begin five steps back in a flat defensive line, communicating and moving forward together on the pass to close down space quickly. The dummy half passes using two hands from hip to chest height with a step towards the target for accuracy. Attackers run forward staying behind the ball carrier, keeping the ball in two hands, scanning for space, and offering clear support on both sides. Emphasise strong spacing, quick decision-making, continuous communication, and teamwork. Defenders stay low with bent knees, track the hips of the ball carrier, move laterally as a unit, and tag with control using the nearest hand. Players have six attempts (downs) to score before possession changes, promoting tactical awareness, structured attack, and disciplined defence. PROGRESSION: Reduce the number of downs to four for quicker decision-making, or introduce bonus points for tries scored through three or more successful passes to encourage creative play, width, and teamwork.</p> <p>RULES:</p> <ul style="list-style-type: none">Six tackles (tags) per possession before the ball is turned overAll passes must be backwardsA one-handed tag removes a tag to stop the attackerAfter each tag, defenders must retreat 5 metresAttackers must stay behind the ball when running and passingAfter a tag, play restarts with a play-the-ballA TRY is worth 4 pointsNo physical contact, pushing, or blocking allowedSafe tagging below shoulder height only | | | | |
| Adapted Learning (Differentiation) (Challenge) | SPACE | TASK | EQUIPMENT | PEOPLE | |
| | Adjust pitch size depending on ability. | Start with short matches, progress to tournaments. | Rugby balls, cones, bibs, and tag belts. | Teams of 5-7, balanced by ability. | |
| Cooldown | TAG TUNNEL JOG: Players form two lines facing each other to create a "tunnel." One team jogs slowly through while the other gently pats shoulders in encouragement. Swap roles so all pupils experience both sides. Follow with slow walking and deep breathing exercises to lower heart rate, asking reflective questions such as: "What skill helped your team most today?" and "How did teamwork help your attack or defence?" This cool-down promotes confidence, mutual respect, and learning reflection. PROGRESSION: Challenge each team to share one tactical improvement they will take into their next game. | | | | |
| Key Technical Points | In this game, each team has six tackles to try and score before possession changes. All passes must be backwards only, and defenders stop the attack by making a TAG. After each tag, defenders must make a 5-metre retreat before the next play begins, allowing attackers space to run forwards and restart play. Attackers are encouraged to draw the defender ("draw the man") before passing to create space for teammates. A successful TRY is worth 4 points, promoting teamwork, quick decision-making, and controlled attacking play. | | | | |