

# Year 6 - Tag Rugby

## Lesson Plan

**COMPLETE**  
**EDSTART**

**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:

- 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
- Know how to avoid being tagged
- Score a try successfully

### EDSTART KNOW

- I can explain how to carry a rugby ball correctly
- I can describe what dodging means in rugby
- I can understand where the try line is and how to score

### EDSTART GO

- I can run with the ball using two hands
- I can dodge defenders using changes of speed and direction
- I can score a try safely by grounding the ball

### EDSTART SHOW

- I can play fairly when dodging and tagging
- I can encourage teammates during games
- I can respect defenders when I score

**Key Questions** How do evasion, communication, and teamwork help a team be successful in rugby games? Evasion skills such as side-steps, spins, and changes of pace help attackers avoid being tagged, while clear communication and teamwork help players support each other, move into space, and defend together. Working as a unit makes it easier to create scoring chances and stop opponents effectively.

### Warm Up

**TAILS:** Children play in a 20x20m area and try to collect as many tags as possible in 30 seconds. Tags are kept, not removed, and the winner is the player with the most tags at the end. Encourage quick movement, awareness, and evasion. **PROGRESSION:** Add a rugby ball for players to dribble while protecting their tags.

### Main Activity

**TAG TANGLE:** Start with a fun twist on a classic warm-up to raise heart rates and introduce key rugby movement skills. One player becomes the **TAGGER**, holding a rugby ball with two hands as their tagging tool, while the rest of the group move freely around the space. Players must dodge, weave, side-step, and change direction quickly to avoid being tagged, using realistic rugby movements such as sharp side-steps, spins, dummies, and sudden changes of pace. If a player is touched by the ball, they freeze on the spot with arms out like a rugby scarecrow. To be freed, a teammate must crawl under their legs or complete a quick rugby-themed task, such as three star jumps or a sidestep on the spot, encouraging teamwork and awareness. Keep the game flowing by rotating the tagger regularly so everyone experiences both attacking and defending roles. **PROGRESSION:** Add more taggers to increase pressure, challenge players to use ball fakes and acceleration to escape, or make it competitive by seeing which team can stay unfrozen the longest. Award bonus points for creative evasions, teamwork, and positive communication.

**TAG TUNNEL CHALLENGE:** Split the class into teams of six and set up two lanes using cones. The attacking team starts with one rugby ball each and must cross the area without dropping the ball or stepping out. One defender enters at a time to try and steal a tag. Each time a tag is taken, the next defender enters until all have had a turn. Attackers use evasion skills such as side-steps, dummy passes, spins, and changes of pace. **PROGRESSION:** Add two defenders at once, increase the zone size, or award bonus points for stylish evasions or perfectly timed passes. Finish with a **LIGHTNING ROUND** where defenders have just 15 seconds to tag as many players as possible.

**EDSTART RUGBY SHOWDOWN:** Combine teams for 5v5 **MINI END-ZONE RUGBY**. Each attack starts with a player **PLAYING THE BALL** to a dummy half. Defenders hold a strong, flat line and move up together, while attackers pass backwards, move into gaps, and aim to reach the end zone without being tagged. Teams have **SIX TACKLES** to score before possession turns over. Encourage loud communication and celebration of teamwork. **PROGRESSION:** Add a **TRY TIME POWER PLAY** (double points for one minute), **SILENT DEFENCE** (no talking), or a **GOLDEN TRY** where completing three passes before scoring earns double points.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Larger areas for beginners, smaller channels for advanced players.

#### TASK

Start with simple dodging drills, progress to 1v1 and small-sided games.

#### EQUIPMENT

Use larger balls for beginners, standard rugby balls for advanced.

#### PEOPLE

Work alone first, then 1v1, then groups for mini matches.

### Cooldown

**WALKING TAGS:** Children walk slowly with a ball, tagging gently while focusing on control and awareness, then stretch arms and legs together. **PROGRESSION:** Add partner mirror stretches: "what helped you dodge most effectively today?"

**Key Technical Points** Move feet, get close to the attacker and use both hands to grab the tag, grab from the hip and slide down the leg.

# Year 6 - Tag Rugby

## Lesson Plan

**COMPLETE**  
**EDSTART**

**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 what tagging is in rugby
- I can describe the role of a defender
- I can understand why I should stay low and balanced when defending

### EDSTART GO

- I can tag my opponent safely and fairly
- I can stay close to the ball carrier to stop them scoring
- I can return tags quickly after making a tackle

### EDSTART SHOW

- I can respect attackers when tagging
- I can encourage teammates to defend as a line
- I can play fairly by handing back tags

### Key Questions

**How does working together in defence make it easier to stop attackers in rugby?** Working together in defence helps players close down space, support each other, and make tagging more effective. By communicating, moving as a unit, and staying side by side, defenders can limit attackers' options and force mistakes.

### Warm Up

**DEFENDING AS A PAIR:** In groups of six, two defenders work together to stop three attacking attempts before rotating roles. Emphasise staying side-by-side, communicating clearly, and moving together to close down space. **PROGRESSION:** Add extra attackers to overload the defenders and increase decision-making challenge.

### Main Activity

**TAG GAUNTLET CHALLENGE:** Set up three long lanes using cones across the hall or field to create clear running channels. Split the class into three equal groups—two attacking teams and one defending team. Attackers take turns sprinting from one end of their lane to the other, aiming to reach the far end without having their tag pulled, while defenders stay within their designated lanes and work to tag runners as they pass through. Attackers score one point for every successful run, encouraging speed, awareness, and confident movement. Emphasise teamwork by encouraging attackers to use fakes, side-steps, changes of pace, and clear communication to distract defenders and create space for teammates. Rotate roles regularly so all pupils experience both attacking and defending. **PROGRESSION:** Allow defenders to move between lanes to increase pressure, require attackers to carry a rugby ball while running to add ball control, or introduce time limits such as "how many successful runs can your team complete in 60 seconds?" Finish with a **GOLDEN GAUNTLET ROUND**, where the last runner standing earns double points, adding excitement and a competitive finale.

**TAG TEAM CHAOS:** Set up a 10x10m square with one attacking team and one defending team. Each attacker has a rugby ball and aims to keep possession for as long as possible, while defenders work to steal tags through good positioning and timing. When a tag is made, the defender hands the tag back and immediately swaps roles with the attacker, keeping everyone active and alert. Every 30 seconds, introduce an additional ball to increase pace, pressure, and decision-making demands. Encourage attackers to keep moving, change direction, support each other, and communicate clearly, while defenders track hips, stay balanced, and work together. **PROGRESSION:** Require at least one pass every five seconds, introduce short safe zones for brief recovery, or award points for completed passes or periods of tag-free possession.

**EDSTART RUGBY RUMBLE:** Finish with fast-paced 5v5 **MINI END-ZONE RUGBY**. Each attack starts with "PLAYING THE BALL" to a dummy half. Defenders retreat five steps and move up together once the ball is passed. Attackers pass backwards, use side steps, and find space to score, while defenders aim to tag or intercept. Teams have **SIX TACKLES** to score before possession changes. **PROGRESSION:** Add **POWER PLAYS** (double points for one minute), a **TEAM TRY BONUS** for completing three passes before scoring, creative set plays, or a **REF'S CALL** where teams must reset their defensive line in five seconds when "FREEZE!" is called.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Wider channels for beginners, tighter spaces for challenge.

#### TASK

Start with tagging practice, progress to defending in games.

#### EQUIPMENT

Use bright tag belts for clarity.

#### PEOPLE

Start with 1v1 defence, progress to 3v3 and 5v5.

### Cooldown

**DEFENSIVE MIRROR:** In pairs, one player leads slow side-steps and stretches while the other mirrors their movements, focusing on balance, positioning, and staying in front. Progression: add feints and quick changes of direction to develop reaction speed.. "how did you know which player to tag first?"

### Key Technical Points

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 6 - Tag Rugby

## Lesson Plan

**COMPLETE**  
**EDSTART**

**Lesson Objective** To pass the ball accurately and with speed in both directions whilst on the move

**Lesson 3/6**

**Equipment Needed** Rugby balls, tag belts, cones.

**Success Criteria** Children can:

- 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

- I can explain why passes must go backwards in rugby
- I can describe how to hold and pass the ball correctly
- I can understand how to support my teammate after passing

### EDSTART GO

- I can pass the ball accurately to my partner
- I can catch the ball while moving forward
- I can pass in both directions depending on play

### EDSTART SHOW

- I can respect my teammates when passing
- I can encourage my partner when catching
- I can support others by moving into space

**Key Questions** Why must the ball be passed backwards in rugby?: The ball must be passed backwards to keep the game fair and structured, encouraging teamwork, support play, and movement into space rather than forward passing.

### Warm Up

**GATES:** Pairs pass the ball through coloured gates of different sizes, focusing on accuracy and weight of pass. RED = LARGE, BLUE = MEDIUM, YELLOW = SMALL. Encourage pupils to scan, choose the correct gate, and adjust their pass accordingly. **PROGRESSION:** Add defenders who move to block gates, forcing quicker decisions and changes of direction.

### Main Activity

**PASS & FOLLOW RELAY:** Line pupils up in teams, shoulder to shoulder, and clearly reinforce the key rugby rule that the ball must always travel BACKWARDS. The first player steps forward three controlled steps, then turns their shoulders and passes backwards to a teammate. That player catches with soft hands, secures the ball, walks three steps forward, and passes on to the next teammate. When the ball reaches the last player in the line, they immediately sprint to the front to become the new lead runner, keeping the relay continuous and high-energy as the team moves down the pitch together. Emphasise accurate passing at chest height, catching with hands away from the body, staying balanced when passing, and loud, clear communication by calling names and signalling readiness for the ball. Encourage teams to maintain spacing and rhythm so the movement flows smoothly without stopping. **PROGRESSION:** Add speed challenges (for example, can teams cross the pitch in under 30 seconds?), introduce a BLIND RELAY where players face forward and rely on verbal calls rather than turning fully to look, or award bonus points for clean, uninterrupted sequences with no dropped passes.

**WAVING WARRIORS:** In groups of four, set up lanes with cones. Teams move together from one side to the other, passing the ball backwards while moving forwards as a unit. The ball carrier stays in front, with teammates supporting behind to form a smooth "passing wave." Focus on timing, spacing, and rhythm. **PROGRESSION:** Add static defenders as obstacles, limit players to two touches (receive and pass), or turn it into a race to see which team finishes with the fewest drops.

**RUN THE CHANNEL:** Create three attacking lanes using cones. Teams advance down their lane by completing accurate backward passes while a defender attempts to tag or intercept. If a tag is made, the ball is dropped and the next attacker restarts. Teams score a point for reaching the end without losing possession. **PROGRESSION:** Add a second defender per lane, allow attackers to switch lanes if blocked, or run timed rounds (30 seconds to score as many points as possible).

**LINE BREAKERS:** In groups of four, three attackers face one defender. Attackers move the ball down the pitch using quick backward passes, smart angles, and off-the-ball movement to beat the defender and cross the try line. Encourage use of dummies, feints, and changes of pace. **PROGRESSION:** Require a minimum of three passes before scoring, play 4v2 for added challenge, or introduce a GOLDEN PASS bonus where scoring after six clean passes earns double points.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Shorter passing distances for beginners, longer for advanced.

#### TASK

Start with static passing, progress to passing under pressure.

#### EQUIPMENT

Use lighter or smaller balls for beginners, full-size rugby balls for advanced.

#### PEOPLE

Pairs for drills, groups for passing waves, teams for small-sided games.

### Cooldown

**PASSING CIRCLE:** Children pass the ball slowly around the circle, focusing on control and accuracy, then complete gentle stretches together. **PROGRESSION:** Add a moving target across the circle. "why must we pass backwards in rugby?"

**Key Technical Points** Step into the pass, no spin, follow through with the fingers, fingers point, keep pass below head height, aim in front.

# Year 6 - Tag Rugby

## Lesson Plan

# COMPLETE EDSTART

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

**Lesson 4/6**

**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 the role of the dummy half
- I can describe how to "play the ball"
- I can understand when to pass and when to run

### EDSTART GO

- I can attack in small groups using passes and runs
- I can identify gaps in defence and run into them
- I can combine passes with teammates to score

### EDSTART SHOW

- I can support teammates when attacking
- I can respect defenders in small games
- I can play fairly in 3v3 and 4v4 matches

### Key Questions

**How do teamwork and deception help attackers score in tag rugby?** Teamwork and deception help attackers draw defenders out of position, create space, and keep the defence guessing. Using dummy passes, changes of pace, and clear communication allows the ball carrier to find gaps or pass at the right moment, making it harder for defenders to tag effectively.

### Warm Up

**TAG SNATCH:** Half the class wear tag belts while the other half are taggers. Taggers snatch tags and throw them outside the circle; tagged players retrieve their tag, reattach it, and rejoin the game. Encourage awareness, evasion, and quick reactions. **PROGRESSION:** Add rugby balls for belt wearers to carry while protecting their tags.

### Main Activity

**TAG TANGO:** Set up small lanes using cones, with teams of three attackers working against one defender to focus on decision-making and evasion. Play begins when the DUMMY HALF plays the ball from the start line, which signals the defender to move forward and apply pressure. The ball carrier must use agility, quick footwork, sharp side-steps, and changes of pace to evade the defender and reach the try line without losing their tag. Encourage attackers to communicate clearly throughout, with one player responsible for playing the ball, one acting as dummy half to support and pass, and one running an attacking line to offer a passing option. Emphasise timing and spacing so attackers stay just behind the ball carrier, ready to receive a quick pass if a tag is threatened. **PROGRESSION:** Add a second defender to increase pressure, narrow the lane to reduce space, or require attackers to complete two passes before scoring. Award bonus points for creative attacking moves such as spins, dummies, or double side-steps to encourage confidence and flair.

**TRY TIME CHAOS:** Create three mini TRY ZONES using cones along one end of the pitch to give attackers multiple scoring options. The attacking team starts with a play-the-ball and aims to score in any of the try zones, while defenders do not know which zone is being targeted. This encourages attackers to use fake runs, dummy passes, changes of direction, and quick switches of play to deceive defenders and create space. Emphasise clear communication, with attackers calling plays, supporting the ball carrier, and adapting quickly if a gap closes. Encourage attackers to scan the defence and commit defenders before passing or changing direction. **PROGRESSION:** Require all attackers to touch the ball before scoring to promote teamwork, restrict defenders so they can only move once the dummy half has passed to give attackers a clearer attacking window, or challenge teams to design simple set plays such as GO WIDE or CUT INSIDE to develop tactical understanding and creativity.

**ATTACKING UNITS:** Using the same setup, teams attack as a mini unit. Three attackers start with a play-the-ball and dummy half pass against one defender. Emphasise timing, angles, and support play—off-ball runners stay just behind the carrier to receive a quick pass if tagged. **PROGRESSION:** Move to 3v2 or 4v2, swap roles after three consecutive defensive tags, or award double points for three clean backward passes before scoring.

**EDSTART TAG RUGBY FESTIVAL:** Finish with mini-pitch games of 3v3 or 4v4 between similar-ability teams. Each game starts with a play-the-ball; defenders retreat five steps before advancing. Attackers pass backwards, move forward together, and aim to score within SIX TACKLES. If tagged, restart from the spot. Encourage flat defensive lines, wide attacking shapes, and positive communication. **PROGRESSION:** Add a GOLDEN TRY (four clean passes before scoring = double points) or a POWER PLAY minute where all tries are worth double.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Wider pitches for beginners, smaller grids for advanced.

#### TASK

Start with 1v1 attack vs defence, progress to 3v2 and 4v4.

#### EQUIPMENT

Use cones to mark zones for plays.

#### PEOPLE

Small teams working together for fairness and learning.

### Cooldown

**WALK & TALK RUGBY:** Children walk slowly in pairs, passing the ball and stretching between passes while discussing attacking options and where space might appear. **PROGRESSION:** Add a challenge requiring three passes before stopping. "what gap or space helped you attack today?"

### Key Technical Points

Draw the defender, turn hips to pass backwards, aim for the target in front of attacker, make the right decision early.

# Year 6 - Tag Rugby

## Lesson Plan

**Lesson Objective** To attack as a team

**Lesson 5/6**

**Equipment Needed** Rugby balls, tag belts, cones.

**Success Criteria** Children can:

- Understand that they have six attempts to advance the ball forward
- Know how to restart the game after they have been tagged by 'playing the ball'
- Explain the basic rules of tag rugby and understand the difference between attack and defence

### EDSTART KNOW

- I can explain how to restart play after being tagged
- I can describe the rules of possession in rugby
- I can understand how to attack as a full team

### EDSTART GO

- I can use teamwork to move the ball forward
- I can restart the game correctly after being tagged
- I can attack and support teammates to score tries

### EDSTART SHOW

- I can respect referees and rules
- I can encourage teammates when attacking
- I can show fairness whether I win or lose

**Key Questions** How does teamwork and support play help attackers beat defenders in tag rugby?: Teamwork and support play help attackers create space and make better decisions under pressure. By running supportive lines, communicating clearly, and timing passes well, attackers can draw defenders in and pass into space, making it harder for defenders to tag the ball carrier.

### Warm Up

**TEAM TAG THRU:** In teams of five, attackers move freely with rugby balls while defenders enter one at a time to try and steal tags. Attackers must keep possession, change direction, and support each other to avoid being tagged. Rotate defenders regularly to keep intensity high. **PROGRESSION:** Reduce the size of the area to increase pressure and speed of decision-making.

### Main Activity

**TRI ATTACK CHALLENGE:** Set up several mini lanes, each with three attackers against one defender. Play starts with a PLAY-THE-BALL—one attacker rolls the ball backwards using both hands, keeping it low and controlled. The DUMMY HALF adopts a low, balanced stance, scoops the ball cleanly with two hands, and delivers a quick, accurate backward pass at chest height. All three attackers then move forward together toward the try line, staying connected and in line with each other. Emphasise key technical points throughout: attackers should pass backwards from a side-on body position, catch with soft hands, and run onto the ball rather than standing still. The ball carrier should carry the ball in two hands, eyes up, using footwork such as side-steps, swerves, and changes of pace to engage the defender. Supporting runners must maintain depth, stay just behind the ball carrier, and run strong support lines ready for a quick offload. Clear communication is essential, with players calling for the ball and signalling space. The defender rushes forward as soon as the ball is played, aiming to tag the ball carrier, forcing attackers to make good decisions—pass early, absorb the tag, or beat the defender with footwork. **PROGRESSION:** Add a second defender to create 3v2 or 4v2, require three passes before scoring to encourage patience, introduce a NO-TALKING round using only movement and hand signals, or award a TEAM TRY BONUS if every attacker touches the ball before scoring.

**RUN & REACT:** Create a 15m-wide pitch with three small try zones across the end line. Split the class into attacking trios and defending pairs. Attackers start from halfway and must decide on the move which try zone to attack, while defenders react and adjust their positioning to cover space. This develops scanning, communication, and reaction speed. Encourage deception through dummy passes and sudden changes of direction. **PROGRESSION:** Require at least two backward passes before scoring or introduce MIRROR MARKING, where defenders stay within one metre of their opposite attacker throughout the play.

**EDSTART TAG RUGBY SHOWDOWN:** Finish with full 5v5 TAG RUGBY matches on mini pitches. Each attack begins with a play-the-ball at the start line, while defenders retreat FIVE STEPS before advancing once the dummy half passes. Attackers work as a unit, using accurate passing, quick decisions, and strong support play to advance and score. Defenders aim to stay in a flat line and tag the ball carrier to force a reset. Teams have SIX TACKLES to score before possession turns over. **PROGRESSION:** Introduce set plays such as SWITCH (crossing runs) or CUT (inside support line), add a POWER PLAY minute where tries count double, or challenge advanced groups by limiting passes or requiring every attacker to be involved in the build-up.

### Adapted Learning (Differentiation) (Challenge)

#### SPACE

Larger pitches for beginners, smaller for tactical challenge.

#### TASK

Start with small group attacks, progress to 5v5 games.

#### EQUIPMENT

Use bibs to identify attackers and defenders.

#### PEOPLE

Teams of 5 for balanced matches.

### Cooldown

**TEAM PASSING:** Groups walk and pass the ball slowly, focusing on control, accuracy, and support play, pausing to stretch after every few passes. **PROGRESSION:** Add a time challenge to see which group can complete the most accurate passes. "How did your team help each other to attack successfully?"

### Key Technical Points

Use the full area, maintain space, attack the defender to you, make the pass to the person in the best position.

# Year 6 - Tag Rugby

## Lesson Plan

# COMPLETE

## 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	Children can: <ul style="list-style-type: none"><li>Follow the rules of the game</li><li>Identify and use tactics to help the team keep the ball and advance it forward</li><li>Identify and use tactics to help the team defend and win the ball back</li><li>Start to analyse skills and techniques to modify and improve performance</li></ul>				
EDSTART KNOW	EDSTART GO		EDSTART SHOW		
<ul style="list-style-type: none"><li>I can explain the rules of Tag Rugby</li><li>I can describe how to use attacking and defending tactics</li><li>I can understand how to officiate and restart play</li></ul>	<ul style="list-style-type: none"><li>I can play 7-a-side Tag Rugby matches</li><li>I can use skills from previous lessons in competitive games</li><li>I can officiate and support my team during matches</li></ul>		<ul style="list-style-type: none"><li>I can respect referees, scorers, and opponents</li><li>I can encourage my teammates throughout tournaments</li><li>I can play fairly and show sportsmanship</li></ul>		
Key Questions	How can teamwork and communication help your team score tries and defend effectively in tag rugby? Teamwork and communication help players move together, create space, and make better decisions. In attack, calling for the ball, running supporting lines, and using planned moves like cut passes or wide runs makes it easier to break through defenders. In defence, talking and moving up together in a flat line helps close space, tag safely, and stop tries.				
Warm Up	TEAM TAG THRU (REVISIT): Attackers carry rugby balls through the area while defenders enter to try and steal tags. Emphasise ball control, evasion, and support play. Rotate defenders regularly to keep intensity high. PROGRESSION: Defenders enter in pairs instead of one at a time to increase pressure and teamwork.				
Main Activity	<p>RUGBY RELAY RUMBLE: Split the class into four or five even teams and set up relay lanes 15–20m long. Each team lines up behind a cone, with the first player holding a rugby ball correctly—two hands on the ball, fingers spread, elbows tucked in. On the whistle, the first player runs forward, performs a quick SIDE-STEP at the halfway cone to simulate evasion, then turns and sprints back to tag the next teammate. The relay continues until every player has completed a run. PROGRESSION: Add challenges such as making a backward pass to the next runner, completing a two-person weave while running, or finishing with a TRY TIME RACE, where the first team to complete all runs and score a try wins.</p> <p>THE EDSTART RUGBY CHAMPIONSHIPS: Children play small 5v5 END ZONE TAG RUGBY matches. The attacking team starts with a PLAY-THE-BALL, while defenders retreat FIVE STEPS before advancing once the dummy half passes. Attackers use width, quick hands, and smart running lines to move the ball up the pitch and score by crossing the end zone with control of the ball. Defenders work together in a flat line to close space and tag safely. Each team has SIX PLAYS to score before possession turns over. PROGRESSION: Add extra defenders to increase the challenge and move the game to 6v6, forcing attackers to communicate and use space more effectively. Require teams to complete at least three passes before scoring to encourage patience, width, and teamwork in attack. Introduce a POWER PLAY MINUTE, where all tries score double points, to increase tempo and excitement. Add BONUS ZONES, such as a WIDE WING ZONE, rewarding teams for spreading play and using the full width of the pitch. Encourage teams to design and use simple SET PLAYS—for example a CUT PASS, WIDE RUN, or QUICK HANDS move—to develop tactical awareness and creativity in game situations.</p> <p>COACHING POINTS:</p> <ul style="list-style-type: none"><li>PLAY THE BALL CORRECTLY – STEP OVER AND ROLL BACK WITH THE FOOT</li><li>DUMMY HALF MUST PASS, NOT RUN</li><li>USE QUICK, SHORT PASSES WITH SUPPORT RUNNERS BEHIND THE BALL</li><li>COMMUNICATE CLEARLY ABOUT SPACE AND OPTIONS</li><li>DEFENDERS STAY IN A FLAT LINE, MOVE UP TOGETHER, AND TAG SAFELY</li></ul> <p>EDSTART SUPER 6 TOURNAMENT: Finish with a mini festival where teams compete in short 3-MINUTE matches with rolling substitutions. Award points for teamwork, fair play, and effort—not just tries. Every team plays at least twice, and the winners lift the EDSTART CHAMPIONS SHIELD.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE	TASK	EQUIPMENT	PEOPLE	
	Use standard pitches, adjust size for beginners.	Begin with 5v5 games, progress to 7-a-side.	Use cones, belts, and rugby balls for all games.	Rotate teams by ability, mix roles for fairness.	
Cooldown	CELEBRATION CIRCLE: Teams sit or stand in circles, gently rolling the ball between players while each child shares one skill they have improved during the unit. Finish with calm, whole-body stretches to relax muscles and reflect on learning. PROGRESSION: Each child leads their favourite stretch for the group: “Which skill from this unit will help you most in a real game?”				
Key Technical Points	6 tackles, Pass Backwards Only, TAG, 5 metre retreat, run forwards, draw the man, 4 points for a TRY.				