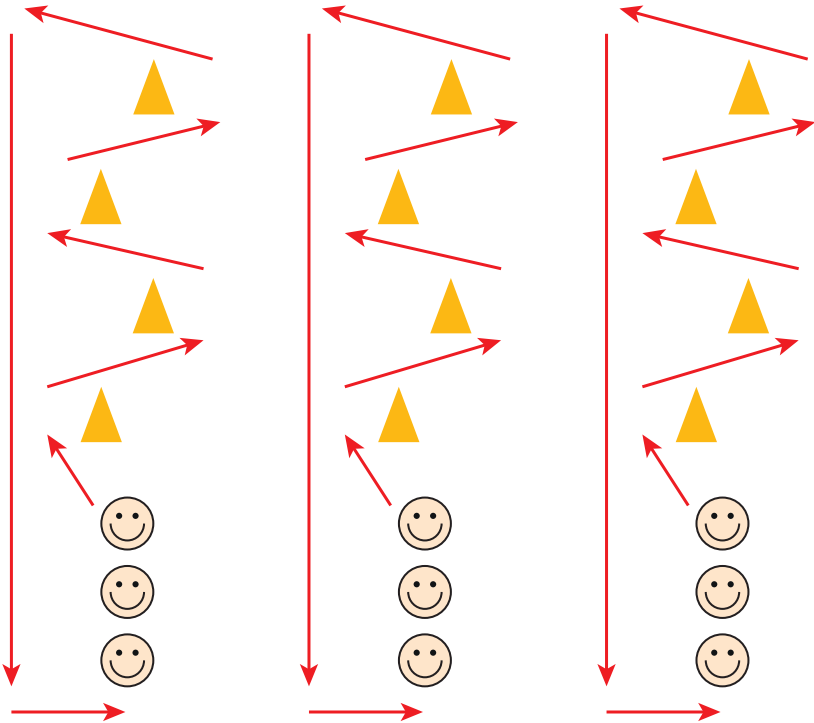


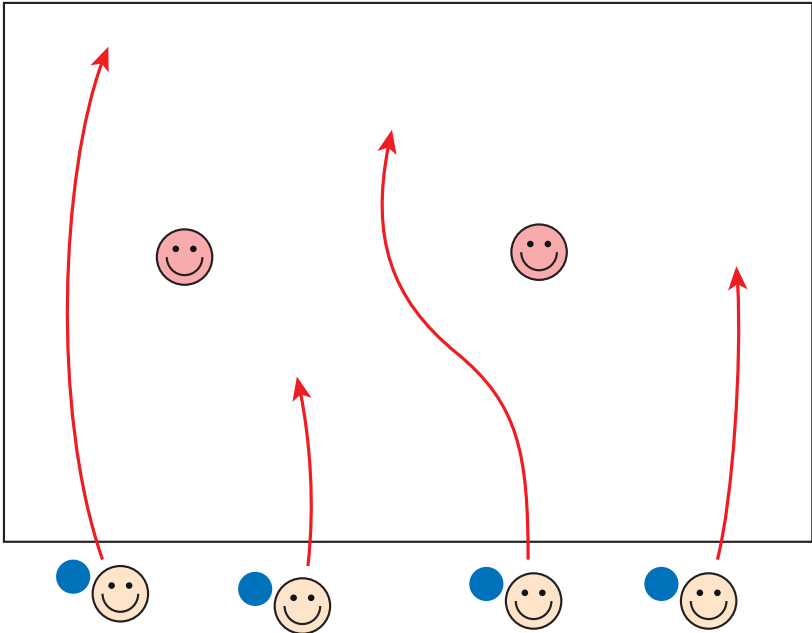
RESOURCE CARD: TAG RUGBY: YEAR 4

RELATES TO: WEEK 1

MAIN LESSON: AGILITY RUN



GAME / COMPETITION: BULLDOG



KEY



Player



Ball



Cone

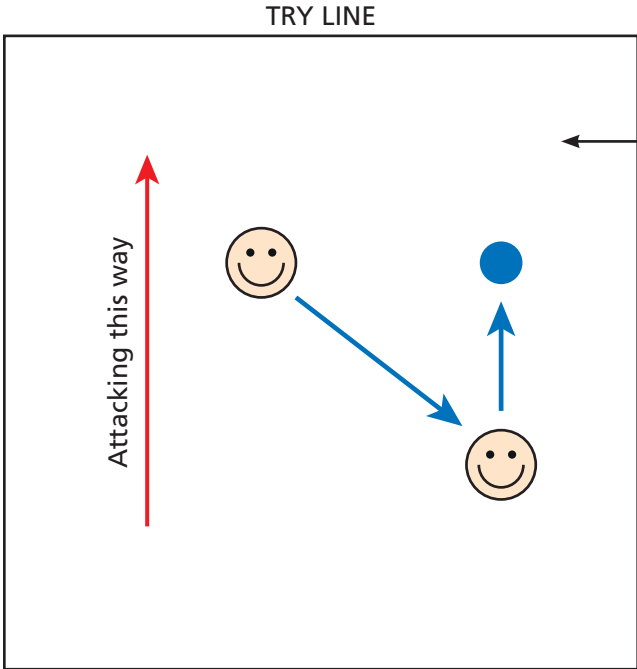


Where the player moves to

RESOURCE CARD: TAG RUGBY: YEAR 4

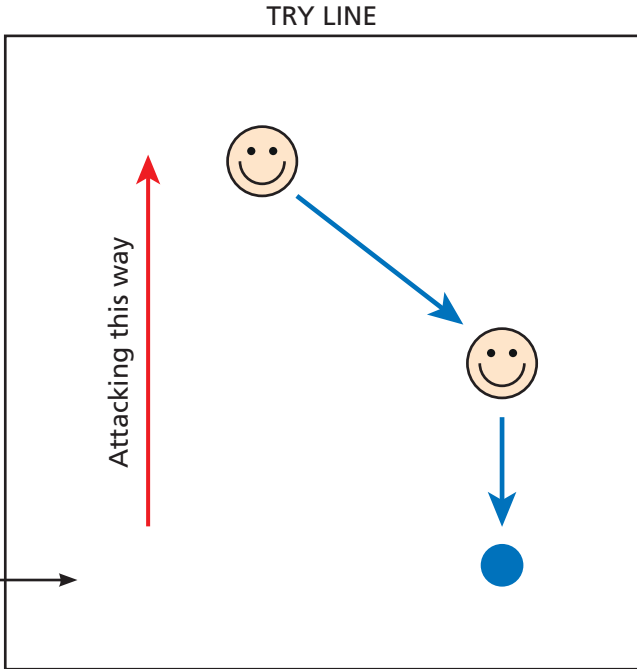
RELATES TO: WEEK 2

MAIN LESSON: KNOCK ON



If a player throws the ball to a team member and they drop it, and the ball travels forward, that is a 'knock on'. Then the other team will get a free pass.

If the ball is dropped and it travels backwards, away from the try line, they can continue play.



KEY



Player



Ball



Where the player moves to

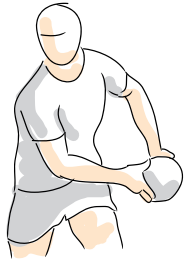


Where the ball moves to

RESOURCE CARD: TAG RUGBY: YEAR 4

RELATES TO: WEEK 3

MAIN LESSON: PASSING BACKWARDS



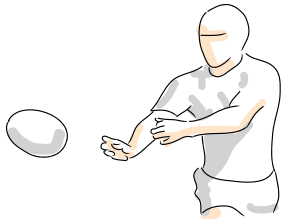
Position 1:

Looking over one shoulder towards the target, ball on the opposite side.



Position 2:

Push the ball through towards the target. Try and move body weight towards the target.

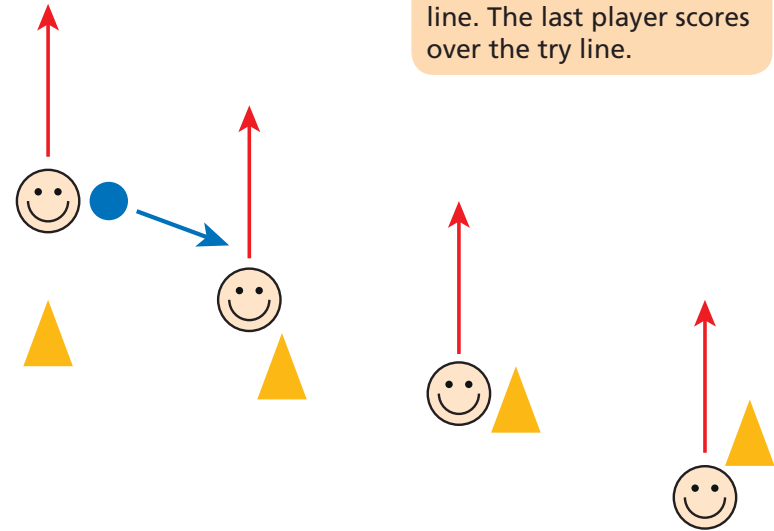


Position 3:

Point fingers at the target once the ball is released, this increases accuracy.

MAIN LESSON: PASSING DOWN THE LINE

Players run forwards and pass backwards down the line. The last player scores over the try line.



KEY



Player



Ball



Cone



Where the player moves to

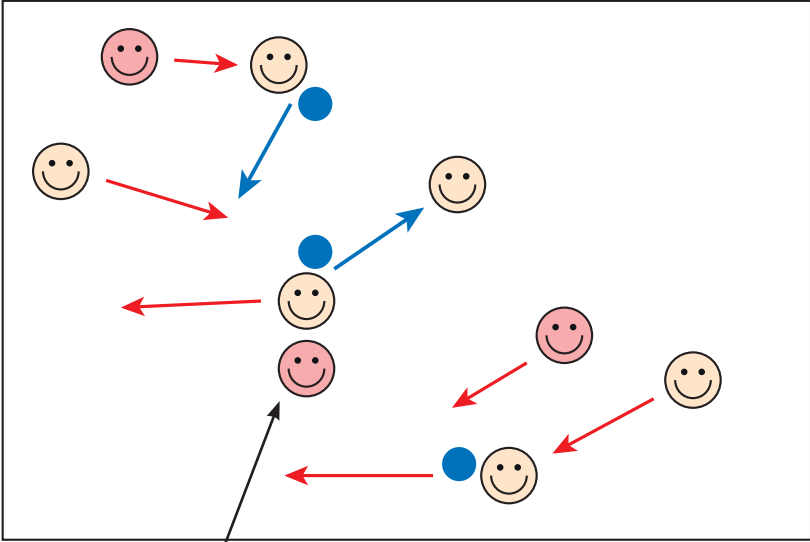


Where the ball moves to

RESOURCE CARD: TAG RUGBY: YEAR 4

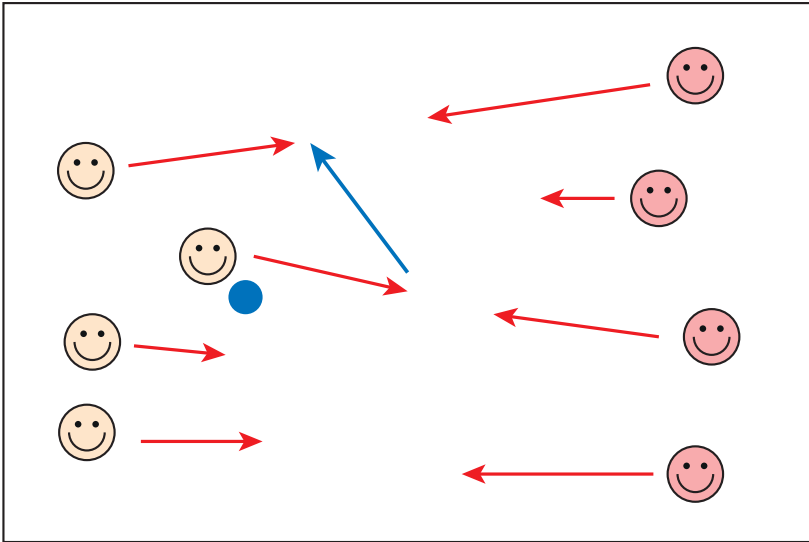
RELATES TO: WEEK 4

MAIN LESSON: DEFENDING

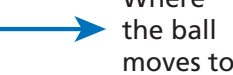
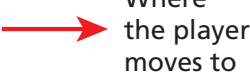


The defender has to tag the ball carrier. The tackled attacker then passes to their partner.

GAME / COMPETITION: 4 V 4



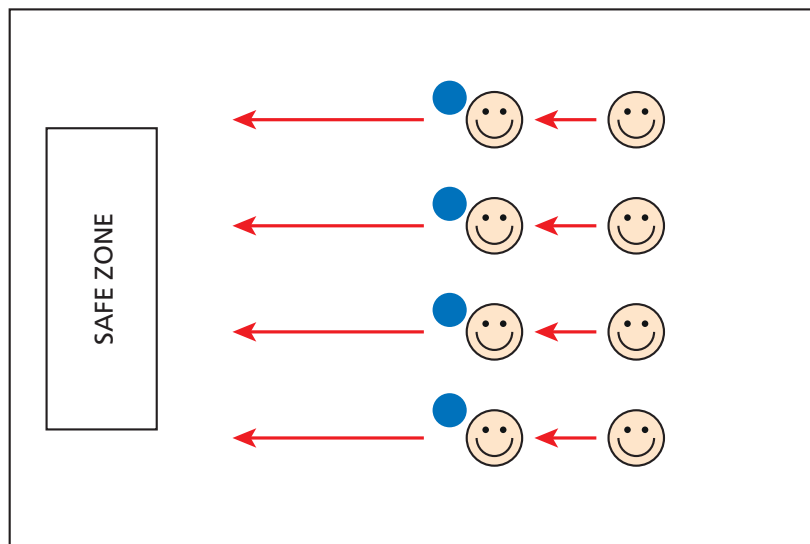
KEY



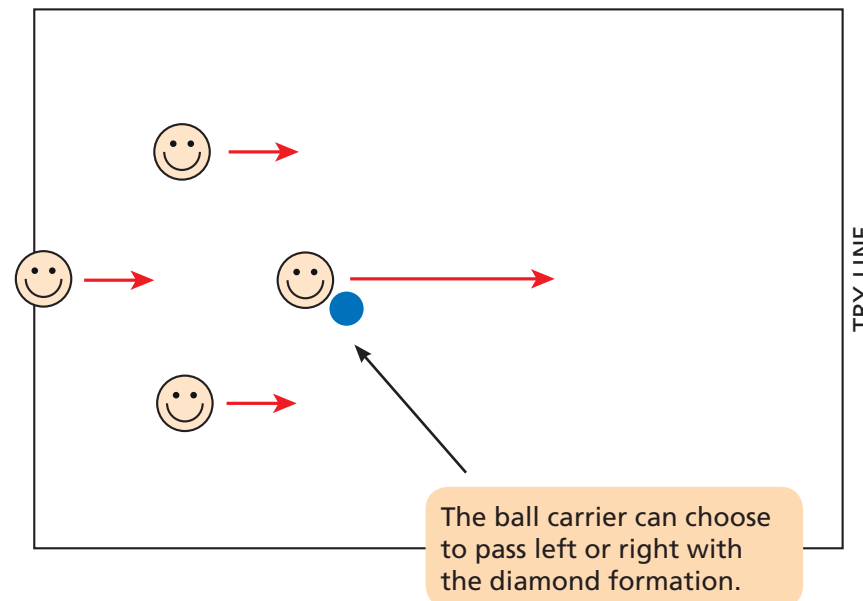
RESOURCE CARD: TAG RUGBY: YEAR 4

RELATES TO: WEEK 5

WARM UP: CHASERS



MAIN LESSON: DIAMOND FORMATION



KEY



Player



Ball

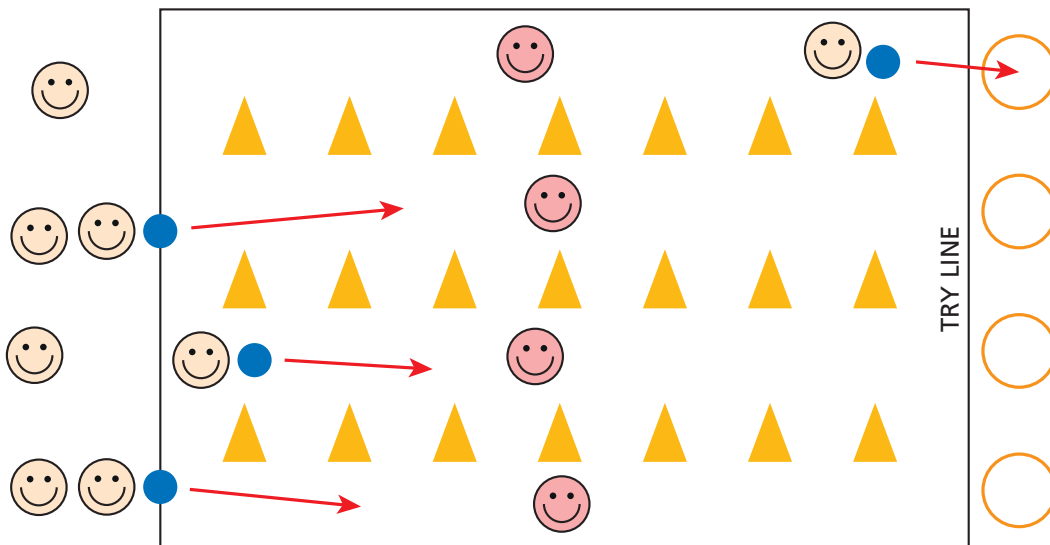


Where the player moves to

RESOURCE CARD: TAG RUGBY: YEAR 4

RELATES TO: WEEK 6

MAIN LESSON: TRY SCORING



MAIN LESSON: SIMPLE RULES

- You must carry the ball with two hands
- You can only pass backwards
- It's 6 tags before a turn over
- If a knock on happens, it's a turnover
- Two hands must be touching the ball to score a try

KEY

