



## Introduction to the Try phase

Get Into Rugby is a three phase program - Try, Play and Stay.

The idea is that players will Try, Play and Stay in Rugby by following a comprehensive, safe and enjoyable pathway.

In this Try phase, the four different modules will allow you to introduce the players to non-contact / modified contact Rugby, suitable for any pitch surface, so they can discover and experience the values and principles of the Game. They will develop the basic skills to understand Rugby and progress towards playing touch or tag rugby by the end of the module.

The progression from one module to the next should be natural and consistent. However, we know that every player, coach, school, club or community is different and will progress in different ways. The modules can and should be repeated if needed, using different games and variations until the players reach the desired outcomes of each module. Moreover, the coaches and teachers should regularly repeat the games from previous modules, introducing new variations or modifying the rules, to ensure the players remember and keep practising what they need to play non-contact Rugby.

### Game-based approach

The Get Into Rugby modules have been designed so teachers and coaches use a game-based approach in their sessions.

- Start the session with a general game, in which all players are involved. This first game serves as a warm-up and allows the players to engage and focus in an enjoyable way.
- Then use drills to work specifically on the key focuses of the module and develop particular skills.
- Go back to the general game as played at the beginning of the session to see how our players have improved on key focuses of the module.

This game-based approach helps teachers and coaches to keep their players active and engaged during an enjoyable session. In addition, it allows teachers and coaches to assess the abilities of the players at the beginning and at the end of the session and see their progression, thereby facilitating session planning.

### Module structure

All the modules have the same structure:

#### Introduction – General game

Key points to organise the adapted Rugby game that will serve as your warm-up and will allow you to see how the players are progressing. Progressing from one module to the next, rules are added or modified leading to non-contact Rugby to be played when reaching fourth module.



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### Areas to develop – Skills

Two key areas on which players, coaches and teachers should focus. These links lead to specific drills designed to develop the corresponding skills and abilities.

### Variations to alter the games

All players are different, and what can work for one group, does not always work for another! Here are some points to simplify the game and allow your players to be more successful, or to increase the difficulty to keep your players engaged and focused. We suggest a few possibilities but teachers and coaches should feel free to introduce their own variations.

### Outcomes

Outcome of the module: what your players should be able to do in the adapted game to move to the next module.

## Coaching best practices

A Rugby session should always be A.P.E.S.S. to ensure the players improve and continue to enjoy the Game:

**Active:** keep the players engaged, playing and practising.

**Purposeful:** the players need to understand the purpose of the games they are playing: practising skills (such as passing or moving forward) should be put in relation to the Game of Rugby so the players understand why it is important for them to learn and practise them.

**Enjoyable:** ensure that players have fun and enjoy what they do to help them to stay focus and engaged.

**Safe:** it is paramount to ensure that players are playing safely at all times and that they understand the importance of safety.

**Successful:** teachers and coaches must ensure that all the players enjoy a sense of achievement during the session to keep rugby enjoyable: they will feel more confident and will keep engaged in the activity.



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### Sample 50-minute Try Session

#### Before the session

- Decide what will be the key focus(es) (no more than two) for the session and decide which general game and drill(s) will be played during the session
- Mark the general game and drill(s) areas and prepare the necessary equipment if relevant.

#### 0-10 mins - General game

- Explanation of the outcomes of the session: what are the players going to be working on?
- Warm-up game - remember to regularly run dynamic stretches approximately every 2-3 minutes.

#### 10-25 mins - Skills

Drills - remember to keep the players active, e.g., by having multiple small groups playing simultaneously.

#### 25-45 mins - General game

Wrap-up general game - progress or repeat the game, adding or removing rules.

#### 45-50 mins - Cool down

Cool-down and stretches

Review of the session: what was/were the focus(es)? What went well? (Stay positive.)