



## Play Module 5

There are two main focuses in this Play Module 5:

### Skill 5a - Perform a tackle (1)

### Skill 5b - Create continuity in attack after the tackle

The games are designed to help players gradually become familiar with the [six principles of play](#).

### Introduction – General game

The Play Module 5 general game is a progression of the Tag/Touch Rugby game presented in Try Module 4. At this stage, we will start to introduce, gradually and safely, contact rugby situations. The rules are:

- The ball carrier is allowed to take an unlimited number of steps, either walking or running
- If the ball carrier knocks the ball on or passes it forward, the defending team is awarded possession of the ball
- To stop the ball carrier, the defenders perform a 2-hands touch, tag or tackle by wrapping the ball carrier with both arms between his/her chest and hips, stopping the ball carrier's progression forward but without bringing them to ground
- When tackled, the ball carrier must stop and pass the ball to an onside team-mate; the defender should not release or let go the ball carrier until he/she passes the ball
- The defender cannot try to gain possession of the ball during the tackle
- The defending team players will retreat behind the offside line after a tackle has been made
- The defending team players can attempt to intercept the ball while it is in the air, with a penalty given in favour of the attacking team if the defender knocks the ball forward while trying to intercept it.

This game will help your players to start feeling confident with contact. Safety must be paramount: the teacher/coach must ensure that contact Rugby situations are introduced in a safe environment and with the adequate progression for all the players to enjoy the session.



## Play Module 5

### Areas to develop – Skills

- a. Perform a tackle (1) to stop the ball carrier
- b. Create continuity in attack after being tackled

### Variations to regress or progress the activity

- Reduce or increase the number of players on the teams to facilitate continuity
- Award bonus points for teams performing good tackles or maintaining good continuity.

### Outcomes

When your players are able to:

- Safely stop the progression forward of an attacker by wrapping him/her with both arms between his/her chest and hips
- Maintain the continuity and movement of the ball in attack

you are ready to progress to Play Module 5 or repeat any Try Module to reinforce the concepts learned so far.

## Play Module 6

There are two main focuses in this Play Module 6:

### Skill 6a - Perform a tackle (2)

### Skill 6b - Set up a ruck

The games are designed to help players gradually become familiar with the [six principles of play](#).

## Introduction – General game

The Play Module 6 general game is a progression of the game presented in Play Module 5.  
The new rules are:

- To stop the ball-carrier, the defenders perform one of the following (as chosen by the coach/teacher):
  - a 2-hands touch or tag
  - a **slide-to-ground** tackle:
    - the defender wraps the ball carrier with both arms between his/her chest and hips
    - when tackled, the ball carrier goes voluntarily to ground with the tackler
    - the defender cannot try to gain possession of the ball during the tackle.
  - or a **tackle**:
    - the defender tries to bring the ball-carrier to ground safely, wrapping the ball carrier with both arms, not higher than his/her chest,
    - the ball carrier tries to stay on his/her feet and resist the tackle
    - the defender can try to gain possession of the ball during the tackle.
- In any case, **when on the ground, players cannot play the ball**:
  - **the ball carrier must release the ball** and place it on the ground toward his/her try line
  - **the defender must release the ball carrier and roll away**
- When the ball is placed on the ground, players from both teams can bind over the ball to set up a ruck (1 defender + 1 attacker form a ruck)
- The rucks are uncontested (no push) - the team of the tackled ball carrier keeps possession of the ball.

The other rules of the Play Module 5 still apply.



## Play Module 6

### Areas to develop – Skills

- a. Perform a tackle (2) in a game
- b. Set up a ruck after a player has been slide-to-ground tackled or tackled

### Variations to regress or progress the activity

- Set a limited number of tackles to turn over the possession
- Give points for good position at the rucks for either team
- Allow progressively contested rucks once the technique has been mastered without contact
- Reduce or increase the number of players in the teams to facilitate continuity.

### Outcomes

When your players are able to:

- Safely and successfully perform a slide-to-ground tackle/tackle
- Set up a ruck
- Support the ball carrier efficiently to create continuity after a slide-to-ground tackle/tackle/ruck

you are ready to progress to Play Module 7.



## Play Module 7

There are two main focuses in this Play Module 7:

**Skill 7a - Ruck and maul decision making**

**Skill 7b - Set up and progress with a maul**

The games are designed to help players gradually become familiar with the [six principles of play](#).

### Introduction – General game

The Play Module 7 general game is a progression of the game presented in Play Module 6.  
The new rules are:

- The ball carrier and his/her teammate can create a maul and advance no more than two metres; the ball must then be passed
- The defending team can resist the progression of the maul, respecting the off-side laws
- Rucks can be contested ONLY if the players have been appropriately trained.

The other rules of the Play Module 5 still apply.

### Areas to develop – Skills

a. [Ball carrier decision making](#): pass the ball, set-up a maul or go to ground to create a ruck

b. [Set up and progress with a maul](#)

## Play Module 7

### Variations to regress or progress the activity

- Set a certain number of mauls and rucks, to help players to make decision at the beginning
- Set a limited numbers of rucks or mauls in case a team is overusing the rucks and mauls and not identifying the open space
- Give extra points for well-executed mauls that advance successfully
- Increase the distance that the maul can advance
- Allow contested rucks with more than one player from each team.

### Outcomes

When your players are able to:

- Make good decisions as ball carriers
- Set up and safely advance safely a maul
- Create continuity after a maul or a ruck has been set

you are ready to progress to Play Module 8.



## Play Module 8

There are two main focuses in this Play Module 8:

**Skill 8a - Set up a scrum to restart a game**

**Skill 8b - Set up a lineout to restart a game**

The games are designed to help players gradually become familiar with the [six principles of play](#).

### Introduction – General game

The Play Module 8 general game is a progression of the game presented in Play Module 7. The new rules are:

- If the ball is passed forward or is knocked on, a scrum is set to restart the game
- The scrums are uncontested and formed with the closest players to the ball
- If the ball goes out of the field of play through the touchline, a lineout is set to restart the game
- The lineout can be uncontested or contested (coach/teacher choice)
- There is no lifting in the lineout in 5v5 or 7v7 games; in 10v10, 12v12 and 15v15 games, ONLY if the players has been appropriately trained, one jumper supported by two lifters in each team can contest the ball (coach/teacher choice).

This game, which can be 7v7, 10v10, 12v12 or 15v15, is the traditional under-age version of the Game, in which safety during the contact situations can be more easily ensured and managed.

### Areas to develop – Skills

- a. [Set up a scrum](#) to restart the game
- b. [Set up a lineout](#) to restart the game



## Play Module 8

### Variations to regress or progress the activity

- Reward with extra points teams that set up a good scrum or lineout (body position and safety)
- Gradually increase the number of participants in the scrum/lineout *if the number of players allows it*
- Progress to contested scrums with a maximum of 1.5 metres push.

### Outcomes

When your players are able to:

- Understand the role of the scrum & of the lineout in a game of Rugby
- Set up safely a scrum and lineout to restart the game
- Play an adapted game of Rugby with scrums, lineouts, rucks and mauls, and tackles

your players are ready to [Stay in Rugby](#)