



**Touch Rugby**  
**Sample Training Session 1:**  
**Tagger**

**Non-Contact** ✓

**Suitable For Pod Training** ✓

Equipment:	Ball	Duration:	10mins	Players:	14
Activity: Warm Up				Objective	Time
<p><u>Tagger:</u></p> <ul style="list-style-type: none"><li>• Players broken into two teams.</li><li>• One team will be the taggers, they must work together to touch the runners with the ball.</li><li>• Ball carrier cannot move once in possession.</li><li>• Once touched with ball, player must run to a designated area outside of the playing zone, then they can return to the game.</li><li>• Taggers count how many runners they tag in 1 min then change roles.</li></ul>				<ul style="list-style-type: none"><li>• A fun way of warming up while working on certain skills.</li></ul>	10mins
Coaching Elements:					
1. Defending Team Taggers must work off the ball and try and stick with a runner.		2. Passing Keep passes short and no long ball passes.			
3. Support Players Runners keep moving into open spaces.		4. Stretching Dynamic stretches incorporated during game.			
Key skills:					
<ul style="list-style-type: none"><li>• Passing and Catching</li><li>• Agility</li></ul>					

*These reduced activities are suitable under all public health measures where collective training is permitted.*





**Touch Rugby**  
**Sample Training Session 1:**  
**Skills Relay**

**Non-Contact ✓**

**Suitable For Pod Training ✓**

Equipment:	Ball	Duration:	10mins	Players:	14
Reduced Activity: Skills Relay				Objective	Time
<ul style="list-style-type: none"><li>Set out 4 cones in a line 5 meters in front of each other.</li><li>Max 4 people per line</li><li>1st cone is the starting cone. 2nd cone is where the ball starts</li><li>The person at the front of the line runs forward to cone 2.</li><li>Perform a tap ball on cone 2 then pick up the ball and run to cone 3</li><li>Perform a roll ball at cone 3 and leave the ball there</li><li>Run forward and around cone 4 back to cone 3</li><li>Perform a tap ball on cone 3 and pick the ball and run to cone 2</li><li>Perform a roll ball at cone 2</li><li>Once the roll ball is complete the next person in the line can go.</li></ul>				<ul style="list-style-type: none"><li>Demonstrate the Techniques of Tap &amp; Roll ball.</li></ul>	10mins
Coaching Elements:					
<b>1. Tap Ball:</b> <ul style="list-style-type: none"><li>Place ball on the ground and release.</li><li>Tap the ball with your foot.</li></ul>				<b>2. Tap Ball:</b> <ul style="list-style-type: none"><li>Then pick it up with your hands.</li><li>Do not kick ball.</li></ul>	
<b>3. Roll Ball:</b> <ul style="list-style-type: none"><li>Place ball on the ground then step over it.</li></ul>					
Key skills:					
<ul style="list-style-type: none"><li>Tap ball</li></ul>			<ul style="list-style-type: none"><li>Roll ball</li></ul>		

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**Touch Rugby**  
**Sample Training Session 1:**  
**4V4 Modified Touch Rugby**

**Non-Contact ✓**

**Suitable for Pod Training ✓**

Equipment:	Ball	Duration:	20mins	Players:	12
Activity: Game Based				Objective	Time
<div>4V4 Modified Touch Rugby</div> <ul style="list-style-type: none"><li>Split group into teams of 4.</li><li>Commence game with a tap ball at halfway and after ever try scored.</li><li>Change in possession<ul style="list-style-type: none"><li>Drop ball / Ball to ground</li><li>Forward pass</li><li>Set of 6</li><li>Acting half being touched</li><li>No touch roll ball</li></ul></li><li>Recount<ul style="list-style-type: none"><li>Touched by opposition</li><li>Hard touch</li><li>Offside</li></ul></li></ul>				<ul style="list-style-type: none"><li>Constantly explain the rules.</li><li>If there are more players try and use them as substitutions or if there is a full set of 4 players, rotate a team on and off.</li></ul>	20mins
Coaching Elements:					
<ul style="list-style-type: none"><li>Re-enforcing the rules.</li></ul>		<ul style="list-style-type: none"><li>Commencement and recommencement of play.</li></ul>			
Key skills:					
<ul style="list-style-type: none"><li>Tap and Roll ball</li><li>Passing and catching</li><li>Ball handling</li><li>Agility</li></ul>					

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**Touch Rugby**  
**Sample Training Session 1:**  
**Attack The Seven**

**Non-Contact ✓**

**Suitable for Pod Training ✓**

Equipment:	Ball	Duration:	20mins	Players:	14
Reduced Activity: Attack The Seven				Objective	Time
<div>Attack The Seven</div> <ul style="list-style-type: none"><li>Attacking team starts on the 7-meter line and attacks the try line.</li><li>Defensive team must defend the try line for a set of 6.</li><li>The attack scores then the defence must defend again.</li></ul>				<ul style="list-style-type: none"><li>Explain the rules around the 7-meter zone for the defence.</li><li>Utilise the overlap as soon as the touch is made.</li><li>Quick roll ball and pick up will make it easier to beat the defence back to the try line.</li></ul>	20mins
Coaching Elements:					
<ul style="list-style-type: none"><li>Communication: Retreating 7 meters</li></ul>			<ul style="list-style-type: none"><li>Law Knowledge: 7-meter zone</li></ul>		
Key skills					
<ul style="list-style-type: none"><li>Handling</li><li>Communication</li><li>Roll Ball</li></ul>					

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**Touch Rugby**  
**Sample Training Session 1:**  
**Brumbies Touch Modified Rules**

**Non-Contact ✓**

**Suitable for Pod Training ✓**

Equipment:	Ball	Duration:	20mins	Players:	14
Activity: Game				Objective	Time
<div>Brumbies Touch Modified Rules</div> <ul style="list-style-type: none"><li>Split group in 3 teams.</li><li>One team will attack against both defensive teams for one set of 6 touches each then you rotate the teams around.</li><li>Attacking team starts with ball at halfway and attacks team A. After the set of 6 or a try they then start again at half way to attack the other team.</li></ul>				<ul style="list-style-type: none"><li>Emphasise on the use of the 7m zone rules.</li><li>Speed up the roll ball to generate momentum for the attack.</li><li>The person directly marking the ball carrier should move forward to make the touch.</li></ul>	20mins
Coaching Elements:					
<ul style="list-style-type: none"><li>Identify that players understand the 7m Rule.</li></ul>			<ul style="list-style-type: none"><li>Ensure players work back into position after first attack.</li></ul>		
Key skills:					
<ul style="list-style-type: none"><li>Handling</li><li>Communication</li><li>Cardio</li></ul>					

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