



**Touch Rugby**  
**Sample Training Session 2:**  
**Keep Ball**

**Non-Contact** ✓

**Suitable For Pod Training** ✓

|  |      |           |        |  |        |
|--|------|-----------|--------|--|--------|
| Equipment:   | Ball | Duration: | 10mins | Players:   | 10-15  |
| Activity: Warm Up  |      |           |        | Objective  | Time   |
| <div>Keep Ball</div> <ul style="list-style-type: none"><li>Split group into two teams.</li><li>Attacking team attempts to make 10 consecutive passes.</li><li>Give the team 1 point for every 10 consecutive passes completed.</li><li>Change in possession occurs when the ball hits the ground (regardless of who touches it last) or through an interception.</li></ul> |      |           |        | <ul style="list-style-type: none"><li>A fun &amp; gentle way to Warm up while working on key skills.</li></ul> | 10mins |
| Coaching Elements:   |      |           |        |  |        |
| <ul style="list-style-type: none"><li>Attacking players to move into space.</li></ul>  |      |           |        | <ul style="list-style-type: none"><li>Make short passes.</li></ul>   |        |
| <ul style="list-style-type: none"><li>Defenders to mark one player each and stand between them at the ball carrier to block the pass.</li></ul>  |      |           |        | <ul style="list-style-type: none"><li>Communication.</li></ul>   |        |
| Key Skills:  |      |           |        |  |        |
| <ul style="list-style-type: none"><li>Catch &amp; Pass</li><li>Support Play</li></ul>  |      |           |        |  |        |
| Note: Dynamic stretches incorporated during game.  |      |           |        |  |        |

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



**Touch Rugby**  
**Sample Training Session 2:**  
**2 Player Drive**

**Non-Contact** ✓

**Suitable For Pod Training** ✓

|   |      |           |   |  |               |
|---|------|-----------|---|--|---------------|
| Equipment:  | Ball | Duration: | 10mins  | Players:   | 2             |
| Reduced Activity: 2 Player Drive  |      |           |   | Objective  | Time          |
| <p><b>2 Player Drive</b></p> <ul style="list-style-type: none"><li>Place 1 cone on the ground to start from, then every 10 meters after place 2 cones 1 meter apart from each other. Repeat for 3 sets.</li><li>Then place a single cone 10 meters after the last set of cones.</li><li>Players must work in pairs. One player will perform a roll ball continuously at each set of cones while the 2nd player will be the acting half for each roll ball.</li><li>The pair continue down the line until they reach the single cone at the end. Turn around and repeat with the roles changing.</li></ul> |      |           |   | <ul style="list-style-type: none"><li>Is to work on the technique of correctly rolling the ball.</li></ul> | <b>10mins</b> |
| <b>Coaching Elements:</b>   |      |           |   |  |               |
| <ul style="list-style-type: none"><li>Make sure the roll ball is not rushed and is performed properly.</li></ul>  |      |           | <ul style="list-style-type: none"><li>Avoid rolling the pull back too far. Just place the ball on the ground between the cones.</li></ul> |  |               |
| <ul style="list-style-type: none"><li>Don't bounce the ball.</li></ul>  |      |           |   |  |               |
| <b>Key Skills:</b>  |      |           |   |  |               |
| <ul style="list-style-type: none"><li>Handling</li><li>Communication</li></ul>  |      |           | <ul style="list-style-type: none"><li>Agility</li></ul>   |  |               |

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**Touch Rugby**  
**Sample Training Session 2:**  
**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 halfway to attack the other team.</li></ul> |      |           |        | <ul style="list-style-type: none"><li>Emphasis 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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**Touch Rugby**  
**Sample Training Session 2:**  
**Attack The Seven**

**Non-Contact** ✓

**Suitable For Pod Training** ✓

|  |      |           |   |  |        |
|--|------|-----------|---|--|--------|
| Equipment:   | Ball | Duration: | 20mins  | Players:   | 14     |
| Reduced activity: Attack The Seven   |      |           |   | Objective  | Time   |
| <p><b>Attack The Seven</b></p> <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><b>Communication:</b> Retreating 7 meters.</li></ul>   |      |           | <ul style="list-style-type: none"><li><b>Law Knowledge:</b> 7-meter zone.</li></ul> |  |        |
| Key Skills   |      |           |   |  |        |
| <ul style="list-style-type: none"><li>Vision</li><li>Communication</li><li>Roll Ball Technique</li></ul>   |      |           |   |  |        |

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**Touch Rugby**  
**Sample Training Session 2:**  
**Modified Touch**

**Non-Contact** ✓

**Suitable For Pod Training** ✓

|   |      |           |        |  |        |
|---|------|-----------|--------|--|--------|
| Equipment:  | Ball | Duration: | 20mins | Players:   | 14     |
| Reduced activity:   |      |           |        | Objective  | Time   |
| <div>Modified Touch</div> <ul style="list-style-type: none"><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><li>Touch and pass</li><li>Off the mark 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>Putting skills already learned into practice.</li></ul>  | 20mins |
| Coaching Elements:  |      |           |        |  |        |
| <ul style="list-style-type: none"><li>Communication: Constantly explain the rules.</li></ul>  |      |           |        | <ul style="list-style-type: none"><li>Identifying that the skills being learned in the reduced activities &amp; warmup game are being implemented.</li></ul> |        |
| Key Skills & Developments:  |      |           |        |  |        |
| <ul style="list-style-type: none"><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>   |      |           |        |  |        |
| Note: Finish with warm down stretches   |      |           |        |  |        |

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