



**Touch Rugby**  
**Sample Training Session 3:**  
**The Interceptor**

Non-Contact ✓

Suitable For Pod Training ✓

Equipment:	Ball	Duration:	10 minutes	Players:		Groups of 5	
Activity: Warmup				Objective		Time	
<b>The Interceptor</b> <ul style="list-style-type: none"><li>Place 3-4 people on cones that are no less than 5 meters apart from each other.</li><li>Place one person in the middle to become the interceptor.</li><li>People on the cones must pass the ball between themselves counting how many successful passes were made.</li><li>Players will swap roles with the interceptor if their pass is intercepted, if they dropped a pass or gave a poor pass, or if they were touched by the interceptor while they were in possession of the ball.</li></ul>				<ul style="list-style-type: none"><li>A fun way to open the training session while working on key skills.</li></ul>		10mins	
Coaching Elements:							
<ul style="list-style-type: none"><li>Interceptor needs to try a read body language to anticipate the passes.</li></ul>				<ul style="list-style-type: none"><li>Avoid slow passes or lob passes</li></ul>			
<ul style="list-style-type: none"><li>Try executing a dummy pass to trick the defender.</li></ul>							
Key Skills:							
<ul style="list-style-type: none"><li><b>Communication</b></li><li><b>Passing &amp; Catching</b></li><li><b>Agility</b></li></ul> <p><b>Note: Dynamic stretches incorporated during game</b></p>							

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



**Touch Rugby**  
**Sample Training Session 3:**  
**Dynamic Roll Ball**  
**Scoop On the 7**

Non-Contact ✓

Suitable For Pod Training ✓

Equipment:	Ball	Duration:	10 minutes	Players:		In Pairs	
Reduced Activity:				Objective		Time	
<p align="center"><b>Dynamic Roll Ball</b> <b>Scoop On the 7</b></p> <ul style="list-style-type: none"> <li>• 1V1 game played from the 7m line to the try line. Setup a 7m x 3m box and place a ball between the two cones on the 7m line.</li> <li>• Defending player must touch the ball then immediately retreat to the try line to make a touch on the attacking player.</li> <li>• Attacking player attempts to score a try without being touched by the defending player.</li> <li>• Attacker cannot pick up the ball until the defender has touched the ball.</li> <li>• Defender cannot block an attacker or make a touch on the attacking player until both their feet has crossed the try line.</li> </ul>				<ul style="list-style-type: none"> <li>• Improve your skill in a 1v1 situation, both in attack and defence.</li> </ul>		<p align="center"><b>10mins</b></p>	
Coaching Elements:							
<ul style="list-style-type: none"> <li>• Anticipate the touch so that you build up speed before picking up the ball.</li> </ul>				<ul style="list-style-type: none"> <li>• Use footwork when you are 1 meter from the defender.</li> </ul>			
<ul style="list-style-type: none"> <li>• Defender get low and stretch out to make the touch on the ball.</li> </ul>				<ul style="list-style-type: none"> <li>• Do not turn your back on the defender.</li> </ul>			
Key Skills:							
<ul style="list-style-type: none"> <li>• <b>Scoop</b></li> <li>• <b>Dynamic Roll Ball</b></li> </ul>							

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For Clubs & Schools

**Touch Rugby**  
**Sample Training Session 3:**  
**Touch Rugby Games**

**Non-Contact ✓**

**Suitable For Pod Training ✓**

<b>Equipment:</b>	<b>Ball</b>	<b>Duration:</b>	<b>40 mins</b>	<b>Players:</b>		<b>Teams of 7</b>
<b>Activity:</b>	<b>Objective</b>				<b>Time</b>	
<b>Play Touch!</b>	<ul style="list-style-type: none"><li>• Play games of Touch to execute the skills that have been practiced</li></ul>				<b>10 min games</b>	
<b><i>Note: Finish With Warm Down Stretches</i></b>						

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