

Rugby football

Despite the many differences between football and rugby, there are principles of rugby which can be used on the football pitch. This session does not allow any forward passing – the same as in rugby – and allows your players to work on using supporting players and using solo dribbling skills.



What you tell your players the session is about

1. Being positive when on the ball.
2. Dribbling forward to beat your defender.
3. Creating chances to score goals.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls	Ball manipulation. From <i>The Ultimate Warm-Ups manual</i> , exercise 31
The session	One ball, cone	The players become familiar with the rules of rugby through a tag rugby game
Development	Four mini goals, balls, cones	The players look to beat their opponents and score in one of their mini goals
Game	Two goals, balls, bibs, cones	The players look to beat their opponents and dribble into the end zone for a 1v1 to score
Warm down	n/a	Gentle jogging and stretching exercises



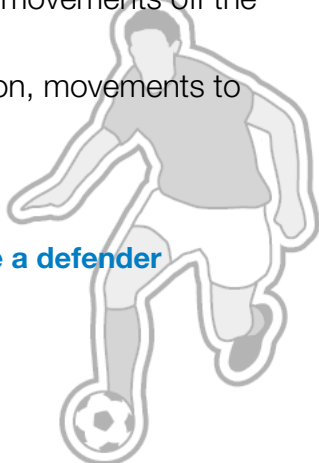
Where it fits

Individual skills: Dribbling, movements off the ball, communication

Team skills: Communication, movements to create space

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What to think about

- When in possession, can your players be positive and look to dribble at their opponents?
- Can team mates spread out to be available as a passing option for the player in possession?
- If you cannot beat the opponents, could you quickly make a sideways or backwards pass to a team mate?





Set-up

Use an area 40 yards by 30 yards.



What you get your players to do

Split the squad into two teams. Each team attacks and defends the end zones as in the top picture. The players must hold the ball and pass by throwing to each other. The game is played with rugby passing rules so players cannot pass forward.

Each team is given three consecutive attacks in order to run into the opponent's end zone and score a goal. To tackle, the defender must touch the opponent with two hands. After a tackle, the game is restarted by a backward throw from the player who has gained possession.

This session will improve your players' abilities in providing supporting runs to the player in possession of the ball.



What to call out

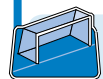
- "Be positive"
- "Attack the defenders"
- "Supporting runs off the ball"



Development

In a small-sided game each team attacks and defends two mini goals as in the middle picture. Each team nominates an "anchor" player, who stands behind his goal line, and can receive passes from his team. If passing back to an anchor player, then the anchor dribbles on to the pitch and the passing player takes the anchor position behind the goal line.

The players still cannot pass forward and have to rely on either dribbling skills or passing back to supporting runners to beat opponents.



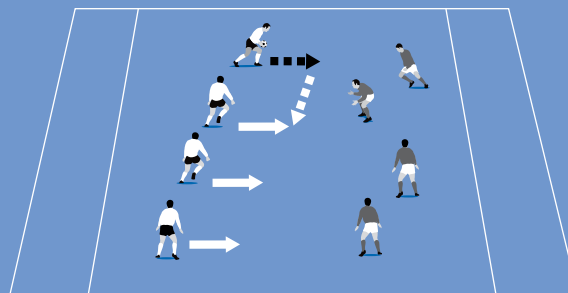
Game situation

Play a five-a-side game using the layout in the bottom picture. One player on each team is the anchor player in his end zone. The aim for an attacker is to dribble into the end zone for a 1v1 against the defender.

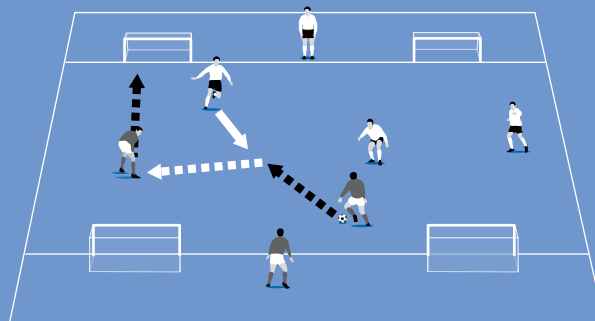
Again, no forward passing is allowed and the team which scores most goals is the winner.

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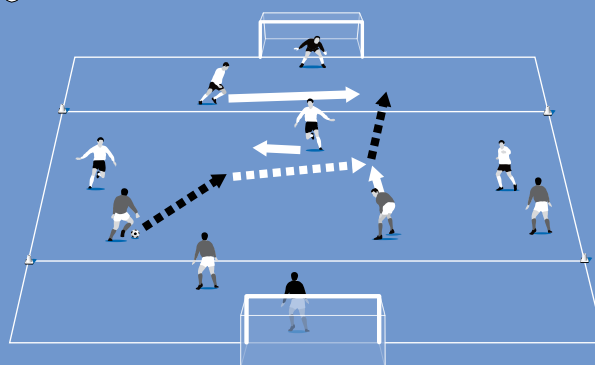
player movement \Rightarrow pass/serve $\square\square\square\Rightarrow$
 run with ball \dashrightarrow



Play a tag rugby game, in which each team has three tackles to try and cross their opponent's try line.



An anchor player is available to pass back to with the objective being to dribble the ball forward and score in one of the mini goals.



Each team tries to reach into the other team's end zone for a 1v1 against the anchor player before taking a shot.

