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| **Course:** | **Learning:** | **Lesson Number:** | **Length of Lesson:** | **No. of Pupils:** | **Facility:** |
| **BGE** | **Confidence & Self Esteem** | **1** | **45mins** | **20 - 25** | **Outside** |

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| **Learning Intention:** | * “Learning how to tackle confidently” |
| **Success Criteria:** | * I can act responsibly whilst tackling * I can demonstrate and explain how to tackle safely * I have the confidence to TRY & tackle |
| **Teaching Points** | * Foot in hoop * Cheek to cheek * Band of steel |

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| **Time** | **Activity** | **Teaching Points** | **Notes** |
| 5 mins | Off-Side Touch / Tackle (Part 1) | * Encourage touch at waist (gradual build up) * **Differentiate**: If pupils feel uncomfortable being touched their condition is stop running after 5 steps | * Safety: Explain 4 teaching points * Focus on foot in hoop and eye to thigh (encourage to aim low no tackle yet gradual build up) |
| 5 mins | Tackle Preparation | * Aim Low * Responsible behaviour * Enforce safety | * **Cat & Mouse Game** (45 second rounds)   - Bibs in pocket, person with most amount of bibs wins   * **Knee Tap** (Partners)   - Face to face trying to tap each other knee (Aiming low) – New opponent each round   * **Press Up pull hand away** with partners (30 second rounds) – Core Stability * **Back to Back Wrestle** with partners   - One partner says “GO” then both players try take their opponent to their right hand side. (Core Stability**)** |
| 10 mins | Tackle (2) | 1. **Foot in the Hoop**   - Initially light on feet  - Strong Body Positioning  - Withstand impact  - Close to attacker body   1. **Band of Steel**   - Hands up slightly (not down at side)  - Wrap arms around legs  - Try grab other wrist  - Squeeze tight   1. **Cheek to Cheek**   - Cheek to bum cheek  - Safety importance   1. **Back to Feet**   - Work is not done  - Become a threat / option  - Helps referee (roll away tackler)  **USE RUGBY TACKLE BAGS IF PUPILS DON’T WANT TO TACKLE EACH OTHER** | * Walk round ensuring safety is paramount * Anyone uncomfortable can reciprocally teach * Both sides (swap about) * 1v1 (Tackler on knees attacker walks by) * Gradual build up (encourage wrap and safety head placement) * Progression: Standing up (foot in hoop) * Feedback opportunity with partner on what is going well / what needs improving * Tennis Ball introduced to encourage arms wrapped around for accurate tackling technique. * With partner stand one in front of each other, when attacker says go defender will run 5m turn around and react to attacker in order to complete tackle   *Why do I want to get low in tackle?*  *Why do I wrap my arms?*  *Where do I place my foot?*  *How can I tackle safely?*  *What body height should I adopt when tackling?*  *Why do we want to protect our in a tackle? What are the risks?*  *How can I effectively get my opponent to the ground?*  *What should I be doing with my feet before the tackle is made?* |
| 10 mins | Building Confidence through the Tackle | * Previous learning points   **CREATING CONFIDENCE** | Team Building Race   * Object of the game is to get the tackle bag from the start line to the finish line the quickest * The tackle bag can only move however with each tackle. The bag will gradually move its way along * Once you have tackled the bag set it up for the next person in line   Tackle Competition   * Who can tackle the bag the best? * Based on technique * Split into abilities (confidence levels) |
| 15 mins | Games | **ACTING RESPONSIBLY**  **DEMONSTRATE OR EXPLAIN SAFE TACKLE**  **CONFIDENCE TO TRY & TACKLE** | 3 games based on ability / confidence  Teacher to decide – Safety important  Confident game – Contact  Semi confident game – Scrag (50/50)  Low confident – Touch Rugby |