**APEX Rugby Academy ©**

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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”
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| **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  |