



MEET YOUR #INNERWARRIOR

WARRIOR CAMP SESSION FORMAT

The Warrior Camp, including participant registration, should run for approximately 90 minutes. The aim of the session is to introduce new players to rugby within an informal and fun environment. By the end of the session participants will have been introduced to some form of contact rugby and be able to confidently play a game of touch and pass.

Make sure the small-sided games have a maximum of 7-a-side.

Example timings:

12:00pm Registration

12:15pm School Yard Games – e.g. tag, toilet tag etc

12:25pm Rugby Netball – Players aren't allowed to move when in possession of the ball, multi-directional passing. Score by getting the ball over the line and scoring a try. Focus of this breakout is on the movement of the ball into spaces and communication.

12:35pm End Ball – Progression from Rugby Netball. Players are now able to move when in possession of the ball. Once tagged when in possession, they have to stop moving and pass. Multi-directional passing still allowed. Focus is 'go forward'.

12:45pm 2-Touch – Progression from End Ball, Players are now able to keep moving until tagged by two different opposition. When tagged twice, the player in possession must stop moving and pass backwards. All passes must now be backwards. Focus is still 'go-forward' to enable 'support' for players to move onto the ball to help them 'go forward'.

12:55pm Touch and Pass – Progression from 2-Touch. Players must now stop moving when tagged once and pass the ball backwards. Emphasis is on 'go forward' to enable the 'support' to move on to the ball.

13:05pm Contact Warm Up – e.g. shoulder tag, leg tag, wrestle from knees.

13:20pm Contact Games – e.g. relay games involving sausage bags which include tackling the bags and an element of fitness

13:30pm Session ends

Make sure a water break is given after four minutes of play. This will allow you to gain feedback on people's understanding of the game at regular intervals and help you to guide progression in a fun and controlled way.