



Touch Rugby Training Plans

These session plans have been created to help clubs, schools and community groups to organise fun, developmental touch rugby training sessions with the option to build towards a game or blitz style event.

Equipment Required:

Balls

Cones (optional)

There are 8 x 1 hour sessions included. All are designed to teach the basic skills of touch rugby for players and coaches of all ages and abilities.

These session plans will help to understand:

- The basics of touch rugby
- Coaching touch rugby to beginners
- Coaching non-contact rugby skills for all formats of the game

Each 60 minute session plan contains:

- Warm-up / Warm-down blocks
- Reduced activities for skills development
- Games-based approach to help players learn skills in context of game play

The sessions are sequenced to build and develop the basics of tag rugby skills:

Session 1:	Initiating Touch; Passing	Session 5:	Defending
Session 2:	Roll Ball; Role Of The Half	Session 6:	Defensive Line
Session 3:	Driving	Session 7:	Attacking
Session 4:	Driving #2	Session 8:	Game Play

Coaches are also encouraged to continually emphasise fundamental non-contact rugby skills through their sessions, including:

- Catch with two hands
- Carry with two hands
- Go forward with ball
- Pass to space

These sessions are a starting point. Coaches should use their understanding of the players they are working with to know how/when to progress, or step back an activity.

If an activity has a high/low level of success all activities can be adapted by:

- Increasing/decreasing player numbers
- Increasing/decreasing area size
- Slowing/speeding the game down/up
- Adding numbers to either team



Touch Rugby Session 1		Basics of Touch Rugby – Touch, Passing			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Activity	<i>Passing</i>	Passing In Pairs Any direction Ball in two hands Two hands up to receive ball	Hands finish to target Underarm passes only Increase distance	Any	5 mins
Activity	<i>Passing</i>	Passing in Pairs/Threes Passing backwards only Jogging down pitch	Hands finish to target Underarm passes only Increase distance	Any	5 mins
Activity	<i>Passing</i>	Piggy In The Middle 4 attackers v 2 defenders Count touches for 60 secs	Reach for ball carrier with near hand	Any	5 mins
Reduced Activity	<i>The Touch</i>	Initiating Touch 1 defender v 1 attacker Ball carrier runs towards attacker, using near hand to initiate touch. Ball should be protected by shifting into hand further away from defender. Players should alternate.	Initiating touch (with a support player ready to continue play) speeds up the game and stretches the defence. The attack will either catch the defence off-side or have a full 7 metres to advance into, once the ball is recycled.	10m x 10m	10 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Ball carrier to pass in front of support Emphasis on ball carry, passing and touches	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session



Touch Rugby Session 2

Basics of Touch Rugby – Roll Ball, Role Of The Half

Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Roll Ball / The Touch</i>	Roll Ball Phases Groups of 4 3 attackers v 1 defender 1st attacker runs forward, initiates touch and rolls ball back Acting half comes in and passes to support player	Ball carrier initiates touch with hand nearest defender Acting half passes off the ground (does not lift and pass) Support player has hands up to receive pass	10m x 10m	15 mins
Reduced Activity	<i>Roll Ball / The Touch</i>	Roll Ball Phases (Scoring) Groups of 6 4 attackers v 2 defenders 1st attacker runs forward, initiates touch and rolls ball back. Acting half comes in and passes to support player Play until score/turnover	Ball carrier initiates touch with hand nearest defender. Acting half passes off the ground (does not lift and pass) Support player has hands up to receive pass Attackers must continue to realign ready to receive	20m x 10m	15 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Ball carrier to pass in front of support Emphasis on roll ball, passing and touch Make one player act as half for a period of time	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session



Touch Rugby Session 3		Basics of Touch Rugby – Driving #1			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Driving</i>	2 Person Drive (Buddy) 2 Attackers v 1 Defender 1st attacker runs forward, initiates touch and rolls ball back. Acting half picks up ball and passes to 1 st attacker who has realigned to receive.	Ball carrier initiates touch with hand nearest defender. Acting half passes off the ground (does not lift and pass) Support player has hands up to receive pass	20m x 10m	10 mins
Game	<i>Driving</i>	3 Person Drive 3 attackers v 2 defenders 1st attacker runs forward, initiates touch and rolls ball back. Acting half passes to support player. Attackers realign on the same side of the scrum half after each phase (left or right)	Ball carrier initiates touch with hand nearest defender. Acting half passes off the ground (does not lift and pass) Support player has hands up to receive pass New ball carrier drives at next defender	40m x 30m	10 mins
Reduced Activity	<i>Driving</i>	4 Person Drive 4 attackers v 2 defenders		20m x 10m	10 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Emphasis on roll balls and driving	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next session	Coaches debrief	Any	Post Session



Touch Rugby Session 4		Basics of Touch Rugby – Driving #2			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Driving</i>	2 Person Drive (Buddy) 2 Attackers v 1 Defender 3 Person Drive 3 attackers v 2 defenders 4 Person Drive 4 attackers v 2 defenders	Ball carrier initiates touch with hand nearest defender. Acting half passes off the ground (does not lift and pass) Support player has hands up to receive pass Rotate a variety of drives New ball carrier drives at next defender	20m x 10m	10 mins
Reduced Activity	<i>Driving</i>	3 Person Drive 3 attackers v 2 defenders	Attackers realign on the same side of the scrum half after each phase (left or right)	20m x 10m	10 mins
Reduced Activity	<i>Driving</i>	4 Person Drive 4 attackers v 2 defenders	Have support on both sides Alternate sides of attack (left side, then right side, then left side)	40m x 30m	10 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Emphasis on rolls balls and driving	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Touch Rugby Session 5		Basics of Touch Rugby – Defending			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Defending</i>	Defensive Line <i>2-player defence</i> 2 attackers v 2 defenders <i>3-player defence</i> 2 attackers v 3 defenders <i>4-player defence</i> 3 attackers v 4 defenders	Nominate a player to defend the ball carrier Work with support defender(s) One player identifies ball carrier, makes touch and marks ball while support players retreat 7m Continuous defence until score or turnover	20m x 10m	15 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Emphasis on defensive line and communication	40m x 30m	15 mins
Reduced Activity	<i>Driving</i>	4 Person Drive 4 attackers v 2 defenders 1st attacker runs forward, initiates touch and rolls ball back. Acting half passes to support player. Attackers realign on the same side of the acting half after each phase (left or right)	Ball carrier initiates touch with hand nearest defender. Acting half passes off the ground (does not lift and pass) Support player has hands up to receive pass New ball carrier drives at next defender	40m x 30m	10 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Touch Rugby Session 6		Basics of Touch Rugby – Defensive Line			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Defending</i>	Defensive Line <i>2-player defence</i> 2 attackers v 2 defenders <i>3-player defence</i> 2 attackers v 3 defenders <i>4-player defence</i> 3 attackers v 4 defenders	Nominate a player to defend the ball carrier Work with support defender(s) One player identifies ball carrier, makes touch and marks ball while support players retreat 7m Continuous defence until score or turnover	20m x 10m	20 mins
Reduced Activity	<i>Corner/Shut Defence</i>	Corner/Shut Defence 5 attackers v 7 defenders At the touch, defenders should retreat back diagonally (45°) to cover defence and/or try and influence the attackers' decision making.	This is an introductory exercise on the principles of corner/shut defence The priority is gaining awareness of how working together in defensive alignment can impact the direction of play	40m x 30m	10 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Emphasis on defensive line and cornering defence	40m x 30m	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Touch Rugby Session 7		Basics of Touch Rugby – Attacking			
Section	Skill	Activity	Coaching Elements	Area	Time
Warm Up	<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
Reduced Activity	<i>Attacking</i>	Draw / Pass 3 attackers v 1 defenders Draw / Pass	Draw the defender towards you <u>before</u> you pass to support player	20m x 10m	10 mins
Reduced Activity	<i>Attacking</i>	Switch Pass 2 attackers v 1 defender Switch Pass – A move between two players running towards each other (intersecting lines) so the attack movement can switch direction by up to 90° with a single pass.	Ball carrier and support player run forward in parallel Ball carrier steps to change angle of run by 45° (In direction of support player) Support player mirrors the cut (now running at 45° toward ball carrier) The ball is passed when the support player is directly behind the ball	20m x 10m	10 mins
Reduced Activity	<i>Passing (Skip Pass)</i>	Skip Passing 3 attackers v 1 defender Skip pass – ball goes from 1 st to 3 rd attacker	A skip pass is a longer pass that skips (misses out) the middle attacker. Pass goes from the ball carrier to the 2 nd support player across the front of the 1 st support player	20m x 10m	10 mins
Game	<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Emphasis on decision making, variety and execution in the pass.	Full Pitch	15 mins
Warm Down	<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
Work Ons	<i>Development</i>	Choose an element to develop for next season	Coaches debrief	Any	Post Session

Touch Rugby Session 8		Basics of Touch Rugby – Attacking Play		
Skill	Activity	Coaching Elements	Area	Time
<i>Muscle Activation</i>	Move Any Direction Passing The Ball Incorporate hopping, skipping, bounding, squats, lunges etc.	Make it fun Use a ball (where possible) Prime for the activities coming up	Any	10 mins
<i>Playing Touch Rugby</i>	Touch Match Reduced application of laws	Emphasis on decision making, variety and execution in the pass.	Full Pitch	10 mins
<i>Game Play</i>	Attacking / Defending Work Ons What's not working in game play?	Initiating touch Defending as a line Pass selection Continuity (retaining the ball) Communication	Any	15 mins
<i>Playing Touch Rugby</i>	Touch Match All laws applied	Emphasis on decision making, variety and execution in the pass.	Full Pitch	20 mins
<i>Recovery</i>	Stretching & Debrief	Focus on technique	Any	5 mins
<i>Development</i>	How has this training block been? What do we need to work on? What has went well?	Coaches debrief	Any	Post Session