Rugby Lesson 2 Pass move and support

Years 3 and 4 | Ages 7 to 9 | 60 minutes | Non-contact rugby

Learning question: How can my teammate and I keep the ball moving?

Success criteria: Show ready hands; give a catchable short pass; move after passing; support beside and slightly behind the carrier.

Equipment: Soft size 3 rugby balls, coloured cones, bibs and tag belts. One ball per pair for handling; one per small game. Mark gates and try lines.

Time and activity	Organisation and instructions	Teaching points	Differentiation
0 to 5 min L2.1 Partner missions	Pairs move within their area, exchanging short passes while walking, then jogging where safe. Call “new space” so both change direction. Briefly demonstrate hands on the sides of the ball, a gentle swing towards the receiver and ready hands as a target.	• Look at the target. • Pass with two hands. • Watch the ball into your hands.	**Support:** Stand closer, walk or use a handover. **Challenge:** Pass while moving and practise to both sides.
5 to 15 min L2.2 Pass and follow gateways	Scatter cone gates. Partners start on opposite sides of a gate and pass through it. Both move to a different gate and repeat, alternating the passer. In threes, the third pupil moves to the next gate to receive; rotate roles. Count successful catches as a shared challenge.	• Make the pass catchable. • Move into a new space after passing.	**Support:** Wider gates and shorter passes. **Challenge:** Receive while moving or use a smaller gate.
15 to 25 min L2.3 Rescue runner	Groups of three play 2 attackers versus 1 **shadow defender**. Attackers travel towards a try line; the supporter stays beside and slightly behind the carrier. Initially the defender shadows the carrier without tagging, giving the carrier time to pass and the supporter to score. Add tags or touch when ready; **a try or tag ends the attempt**. Return tags before resetting. Use **30 to 60 second turns**; **rotate defender** and starting carrier.	• Carrier: travel straight towards the defender, then pass into space. • Supporter: keep width, stay behind and show hands. • Avoid running into the defender.	**Support:** Walking shadow defender, shorter passes or a wider area. **Challenge:** Active defender; choose whether to run or pass.
25 to 28 min L2.4 Demonstration / coaching point	Show two attackers and a **shadow defender**. Ask: “Where could the supporter stand to make the pass easier?” Demonstrate running forward and passing **sideways or backwards** in one smooth action. Show how running diagonally towards the supporter reduces their space. Partners briefly rehearse.	• Run forward. • Keep space beside you. • Pass sideways or backwards; support stays behind the ball.	**Support:** Slow demonstration and stationary pass. **Challenge:** Move smoothly through the receive and pass.

Lesson 2 continued

Time and activity	Organisation and instructions	Teaching points	Differentiation
28 to 40 min L2.5 Three gate choice	Play 3 attackers versus 2 defenders in small areas. Put gates at the left, middle and right of the try line. Score by carrying through a gate and placing the ball down. If tagged, stop; the defender returns the tag, defenders retreat five walking steps facing attackers; the carrier **passes, then reattaches** the tag. Encourage sideways or backward passes, with a supported retry. Reset after a try, a ball going out or 30 seconds. Rotate attacking and defending roles approximately every 60 seconds.	• Look for the open gate. • Keep width. • Stay behind the carrier to receive a backward pass.	**Support:** 3 versus 1, wider gates or extra passing time. **Challenge:** Narrow gates or pass before a tag.
40 to 55 min L2.6 Support rugby	Play 3 versus 3 or 4 versus 4 in marked rectangular areas. Use **sideways/backward passes**, tags or the agreed touch. Score anywhere across the try line. After a tag, use the retreat and pass restart; after a try, the **other team restarts**. Award one point per try and one additional point when the scoring move includes a completed pass and the passer moves into a new support position. Share starting possession and use short rounds. **Show OS - Onside/offside guidance to teachers and pupils before play. Revisit mistakes; swap roles when possession changes.**	• Pass, then move again. • Keep width and offer support behind the ball. • Support behind the ball; defenders in front, facing attackers.	**Support:** Wider area, a protected first receive or extra time. **Challenge:** Reduce space or use support to beat a defender before a tag.
55 to 60 min L2.7 Partner review and cool down	Pairs walk and make gentle passes. The teacher **calls one pair at a time into the main activity area** to show a straight attacking run, a sideways/backward pass and a wide support run to score a try. The teacher acts as the **shadow defender without contact**. Other pairs continue practising in their own spaces until called. Ask: “How did you give your partner space?”	• Carrier runs straight towards space. • Supporter stays wide and behind, with hands ready.	**Support:** Walking, handover or closer support position. **Challenge:** Explain when the carrier should pass.

Safety and game rules

No tackling, pushing, blocking, diving, hand-offs or grabbing clothing. Remove one tag and return it directly for reattachment, or use a gentle two-hand hip touch. In continuing games, the carrier stops, defenders retreat five walking steps and advance when the pass is released. The carrier **passes, then reattaches** the returned tag. After a try, the other team restarts from the centre with defenders five steps back. For forward passes or handling mistakes, stop briefly and allow a supported retry before introducing turnovers as pupils become ready. Small-sided games: attackers support behind the ball; defenders stay in front, facing attackers. Offside: pause, reposition and retry. See OS visual.

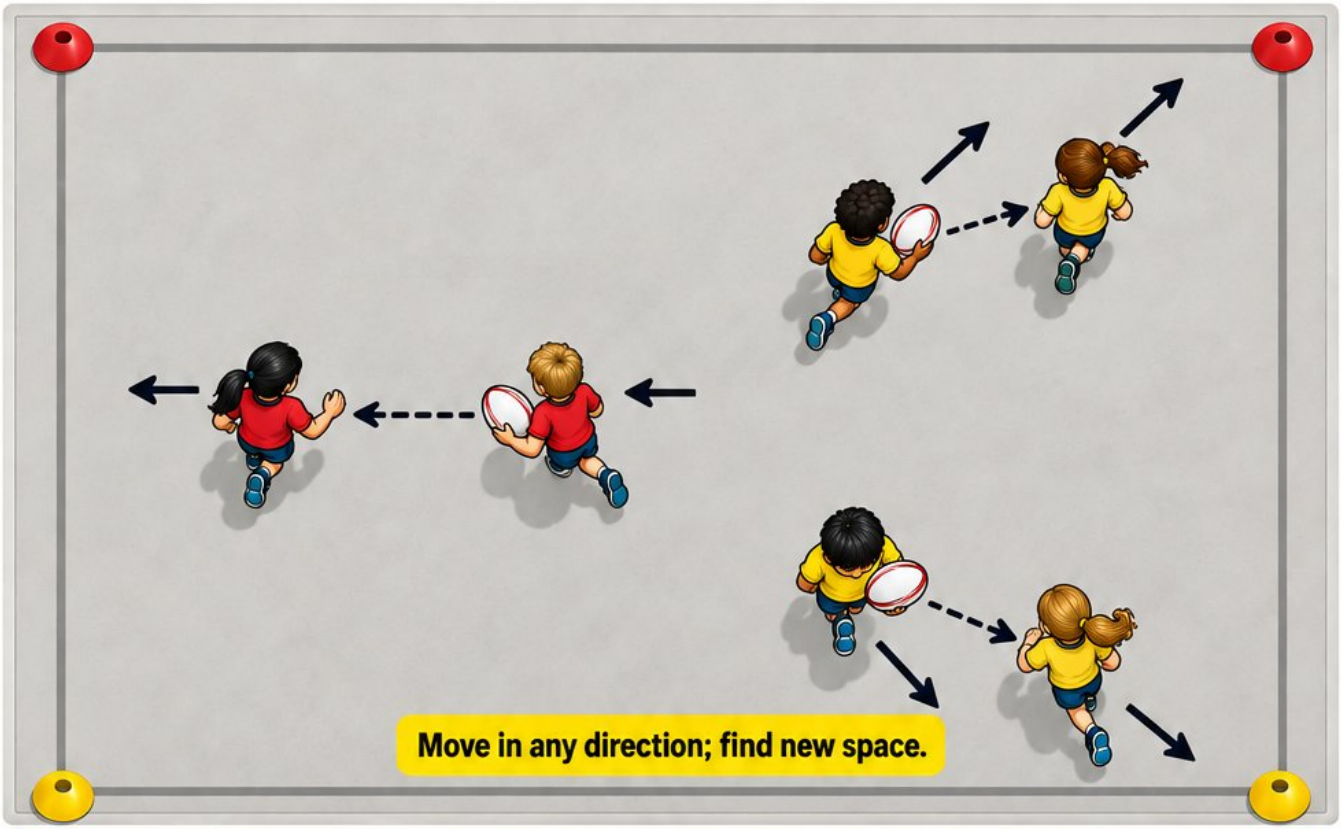
Inclusive delivery

Demonstrate alongside spoken instructions. Adapt ball size, passing distance, movement speed and tagging method. Use accessible gates and routes, walking or wheeling, extra time or a shadow defender. Accept pointing, gestures and demonstrations as well as spoken answers. Allow rest and recovery and adjust challenge as confidence develops. A protected first receive means defenders wait until that pupil has received and controlled the ball.

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L2.1 – PARTNER MISSIONS

0–5 minutes • Years 3–4

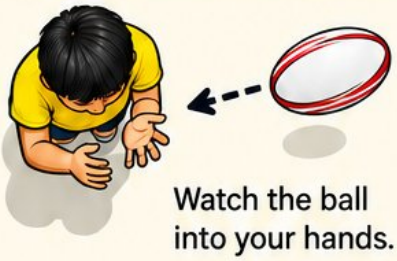




Two hands on sides of the ball.



Show your hands.



Watch the ball into your hands.

1. Walk with a partner and exchange short passes.
2. On new space, both change direction.
3. Jog and pass when ready and safe.

→ = pupil movement ⇢ = ball pass (two hands) = cone

TEACHING POINTS:

- Look at the target
- Pass with two hands
- Watch the ball into your hands.

SUPPORT:

Stand closer, walk or use a handover.

CHALLENGE:

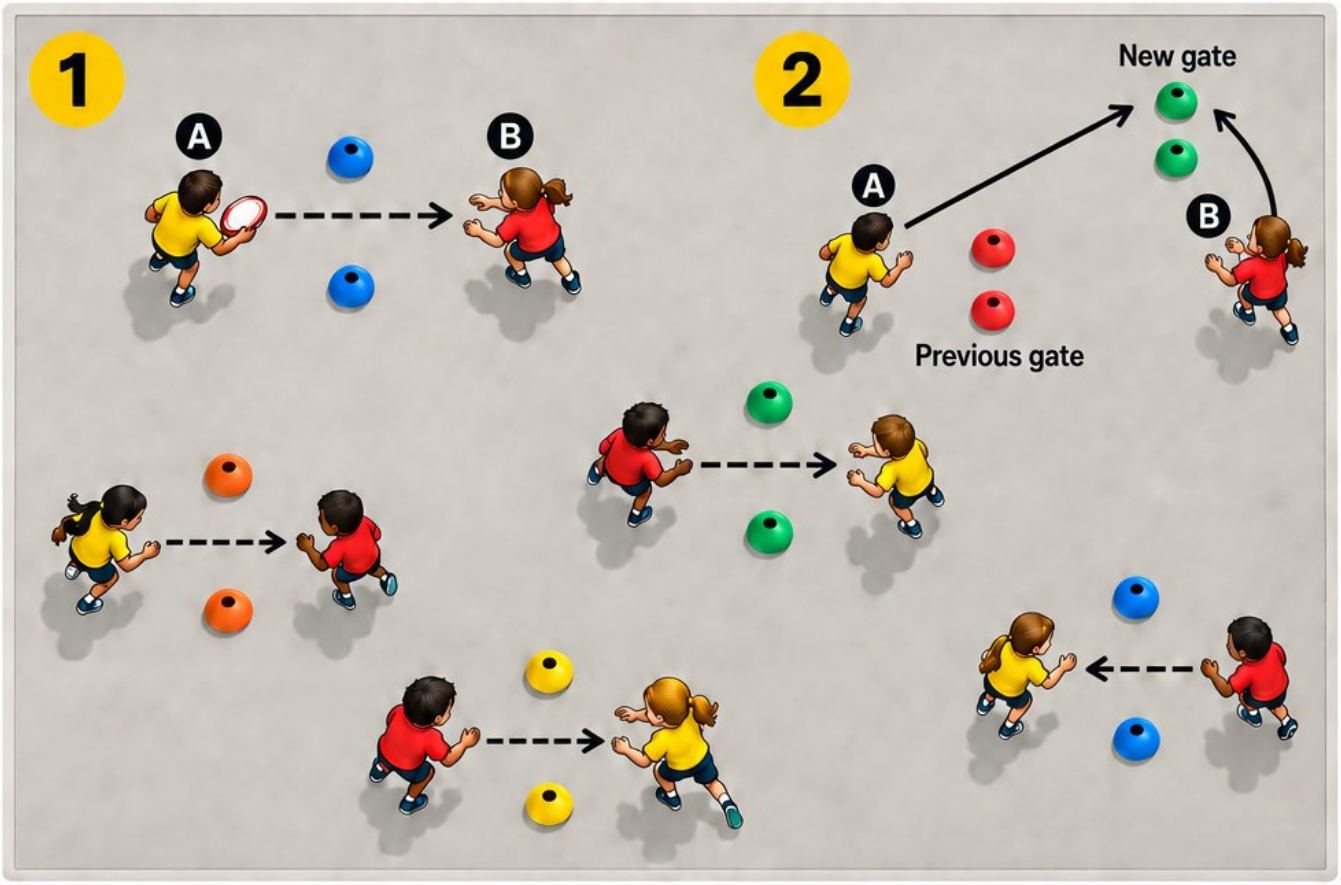
Pass while moving and practise to both sides.

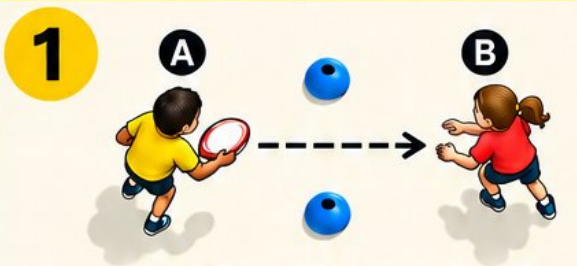
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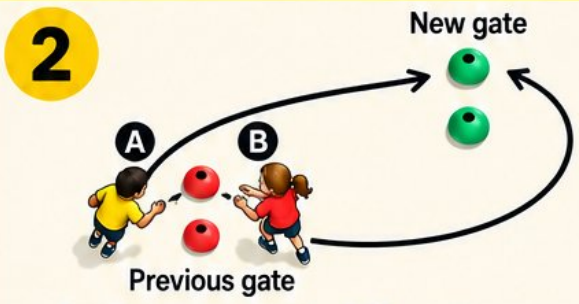
L2.2 – PASS AND FOLLOW GATEWAYS

5–15 minutes • Years 3–4





Pass through a cone gate to your partner.



Both move to a different gate.

3 Swap the passer and repeat. Count your successful catches.

Arrow = pupil movement • Dashed arrow = pass • Cone pair = gate

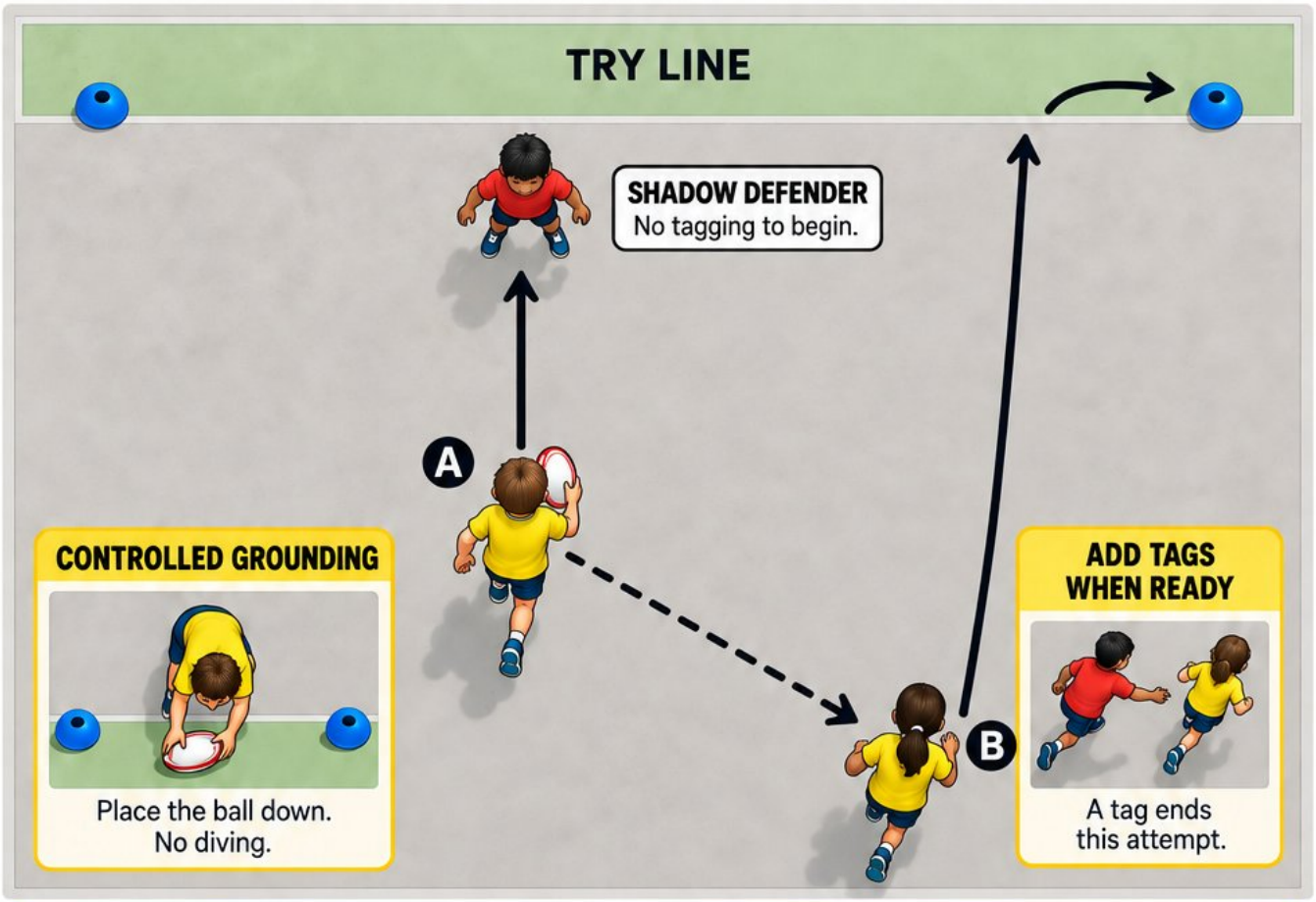
TEACHING POINTS:	SUPPORT:	CHALLENGE:
• Make the pass catchable. • Move into new space after passing.	Wider gates and shorter passes.	Receive while moving or use a smaller gate.

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L2.3 – RESCUE RUNNER

15–25 minutes • Years 3–4



= pupil movement = ball pass (backwards) = cone

1. Two attackers travel towards the try line.
2. Keep support wide and behind. Pass into space to score.
3. Start with a shadow defender; add tagging when ready. A try or tag ends the attempt. Reset and rotate roles.

TEACHING POINTS:
- Run straight
- Support wide and behind
- Show ready hands.

SUPPORT:
Walking shadow defender, shorter passes or wider space.

CHALLENGE:
Use an active defender; choose whether to run or pass.

No tackling, grabbing, diving or contact • Inclusive for all pupils

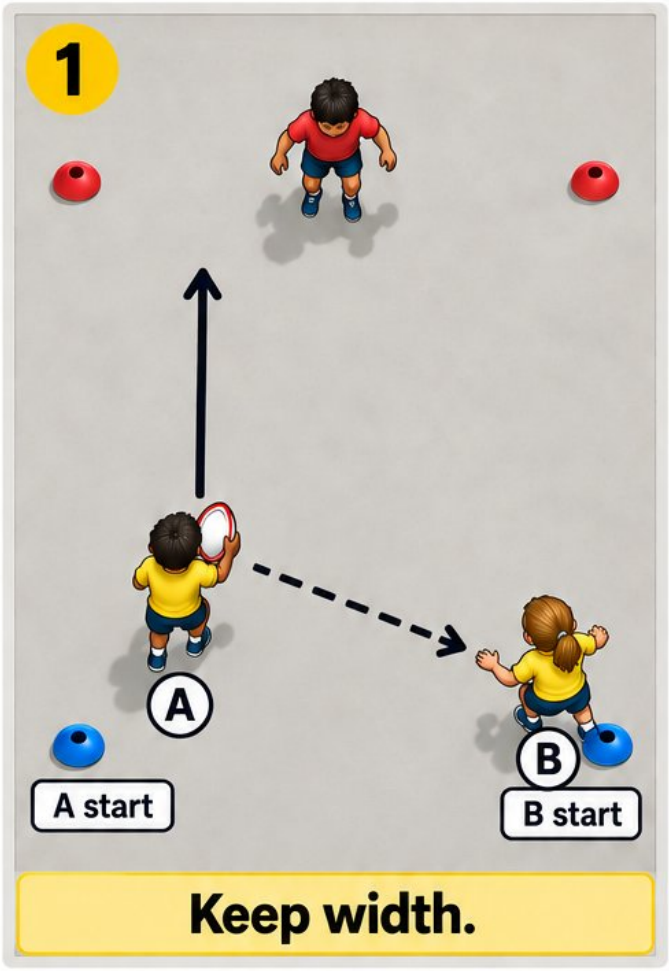
A try or tag ends the attempt. Reset and rotate roles.

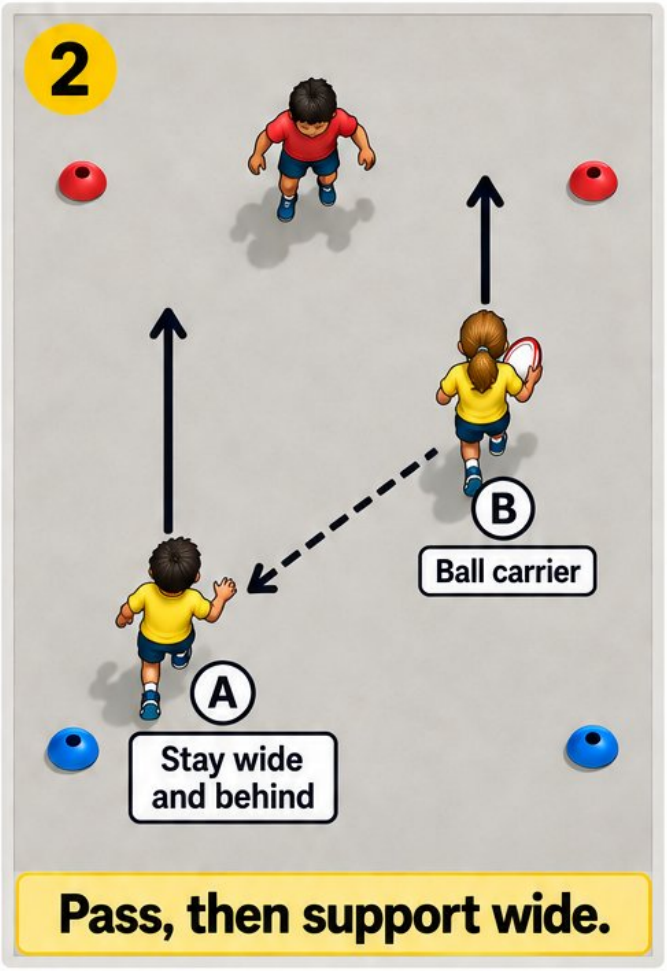
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L2.4 – DEMONSTRATION / COACHING POINT

25–28 minutes | Years 3–4





1. A starts on the left with the ball, B starts on the right.
2. A runs straight forward and passes across to B.
3. B runs forward on the right, while A stays wide and behind in the left channel, ready for a return pass.

ASK:

Why is it helpful to stay wide?

TEACHING POINTS:

- Run forward
- Keep width
- Pass across
- Support wide and behind.

SUPPORT:

Slow demonstration and a stationary pass.

CHALLENGE:

Add a return pass from B to A and keep moving.

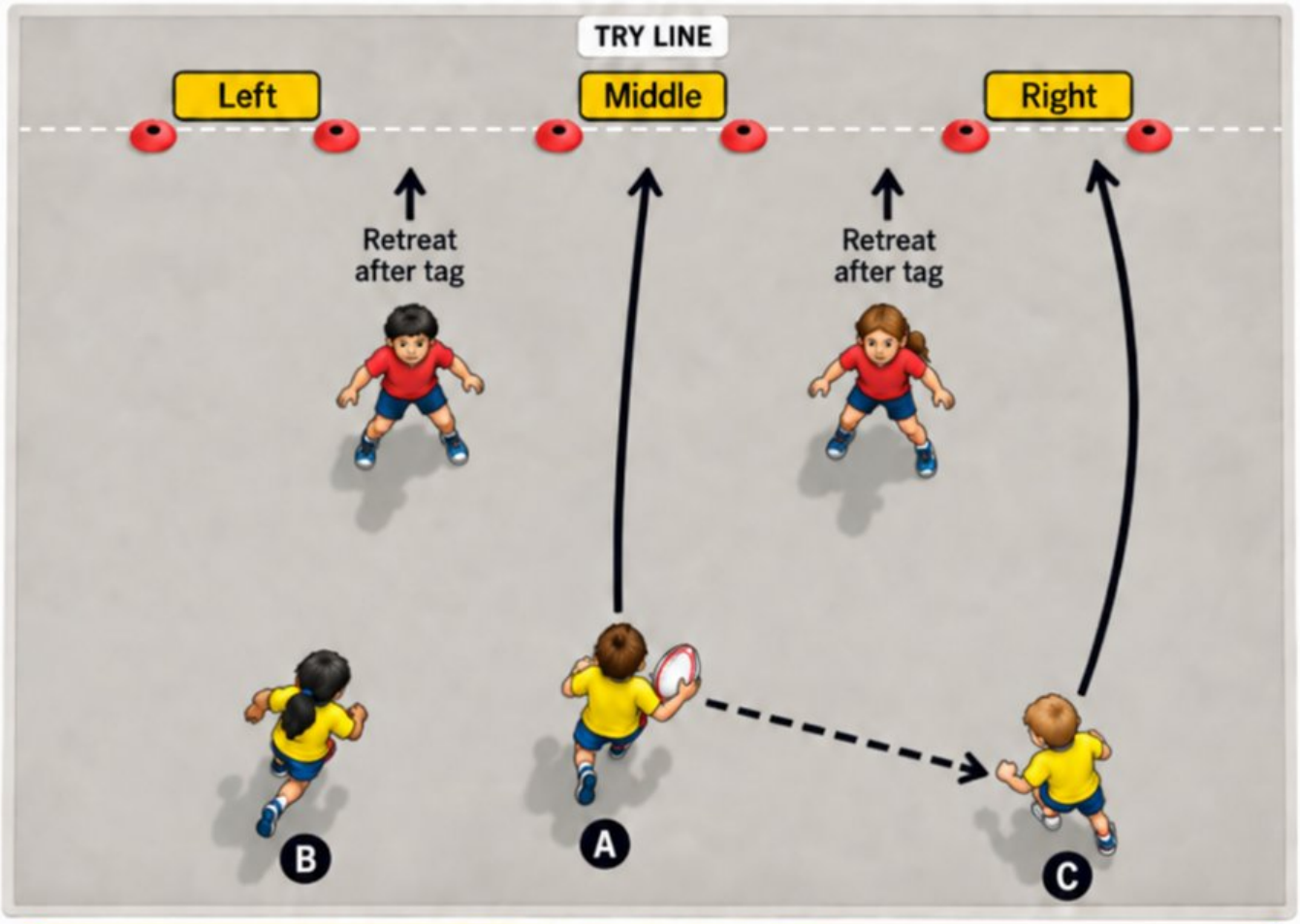
Key: → = pupil movement ⇢ = ball pass ● = cone

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L2.5 – THREE GATE CHOICE

28–40 minutes • Years 3–4



RESTART: Tag: stop; defender returns tag; defenders retreat five walking steps facing attackers; carrier passes, then reattaches tag. Defenders advance on the pass.

Arrow key: ⟶ = travel ⇢ = pass

1. Three attackers face two defenders.
2. Choose an open gate and place the ball down to score.
3. After a tag: stop; defender returns tag; defenders retreat five walking steps facing attackers; carrier passes, then reattaches tag. Defenders advance on the pass.

Reset after a try, ball out or 30 seconds. Rotate roles every minute.

TEACHING POINTS:
- Look for the open gate.
- Keep width.
- Support behind the carrier.

SUPPORT:
3 v 1, wider gates or extra passing time.

CHALLENGE:
Narrow the gates or pass before a tag.

Eyes up • Give others space • No tackling, grabbing or contact

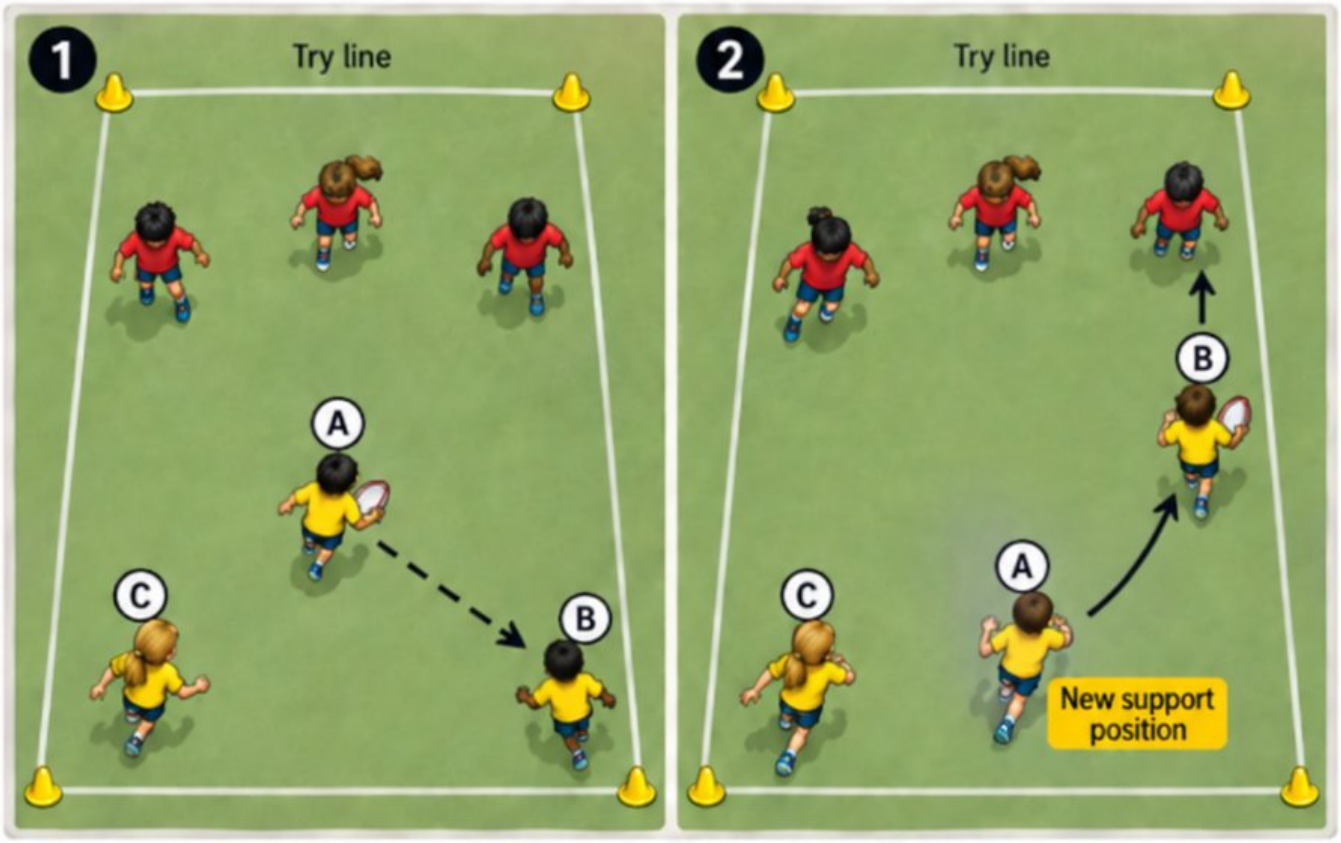
One ball per group. Several groups can play.

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L2.6 – SUPPORT RUGBY

40–55 minutes | Years 3–4



Tag: stop. Defender returns the tag. Defenders step back five walking steps, facing attackers. Carrier passes, THEN reattaches the tag. Defenders advance on the pass. After a try, the other team restarts.

KEY

- Player movement
- Ball pass (backwards or sideways)
- Cone
- Rugby ball

1. Play 3 v 3 or 4 v 4 with sideways or backward passes.
2. Pass, then move into a new support position.
3. Score anywhere across the try line.
   1 point per try; +1 for a completed pass and a new support run in the scoring move.

TEACHING POINTS:

- Pass then move again
- Keep width
- Support behind the ball.

SUPPORT:

Wider area, extra time or a protected first receive.

CHALLENGE:

Use support to beat a defender before a tag.

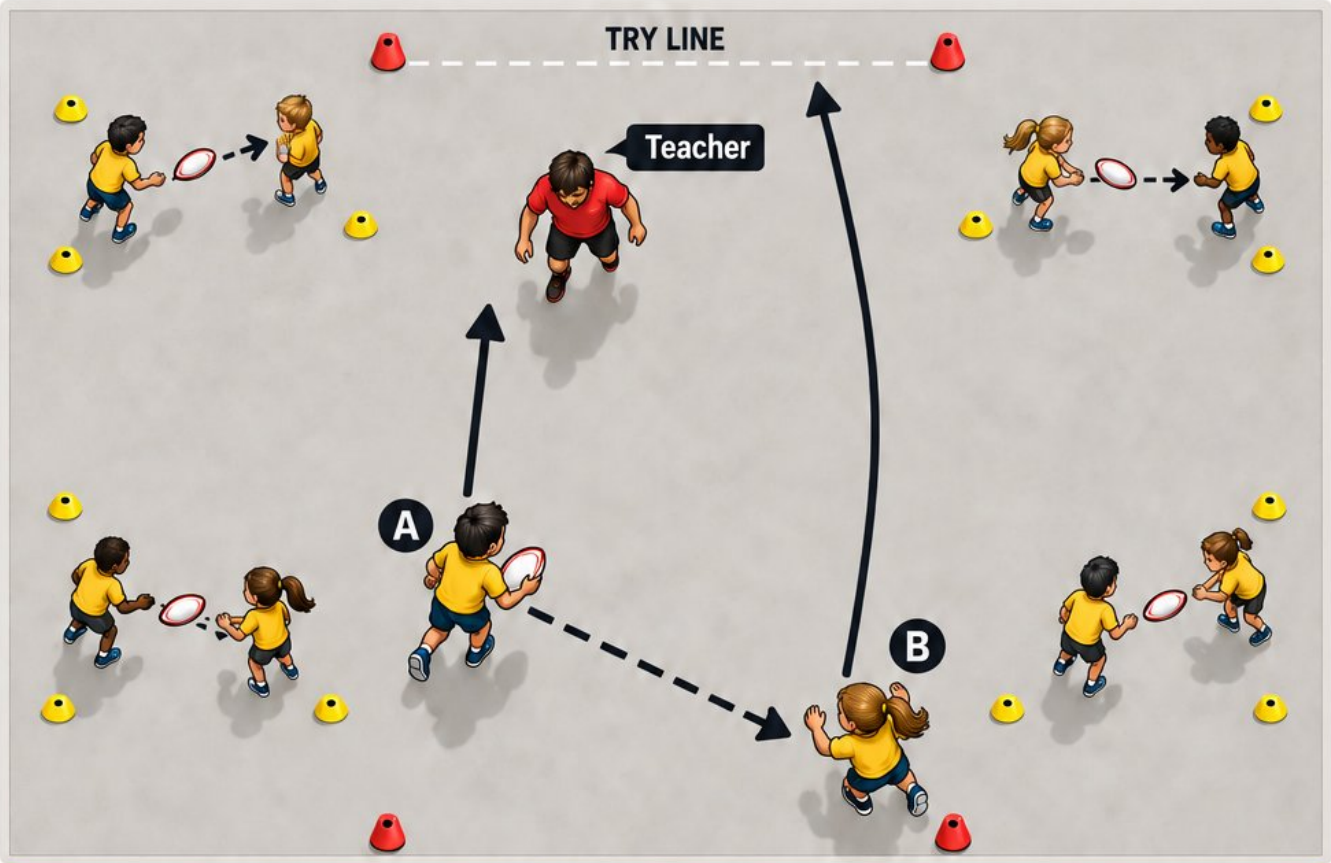
Eyes up • Give others space • No contact

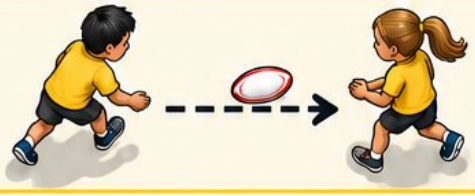
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L2.7 – PARTNER REVIEW AND COOL-DOWN

55–60 minutes • Years 3–4





Walk and make gentle passes.

1. Walk and make gentle passes.
2. Show a straight run, a backward or sideways pass and a support run.
3. Teacher calls one pair into the main area to score against a shadow defender. Other pairs keep practising until called.

ASK:

How did you give your partner space?

TEACHING POINTS:

- Run straight towards space
- Stay wide and behind
- Hands ready.

SUPPORT:

Walk, use a handover or stand closer.

CHALLENGE:

Explain when the carrier should pass.

Arrow = pupil movement
Dashed arrow = ball pass
Cone = marker

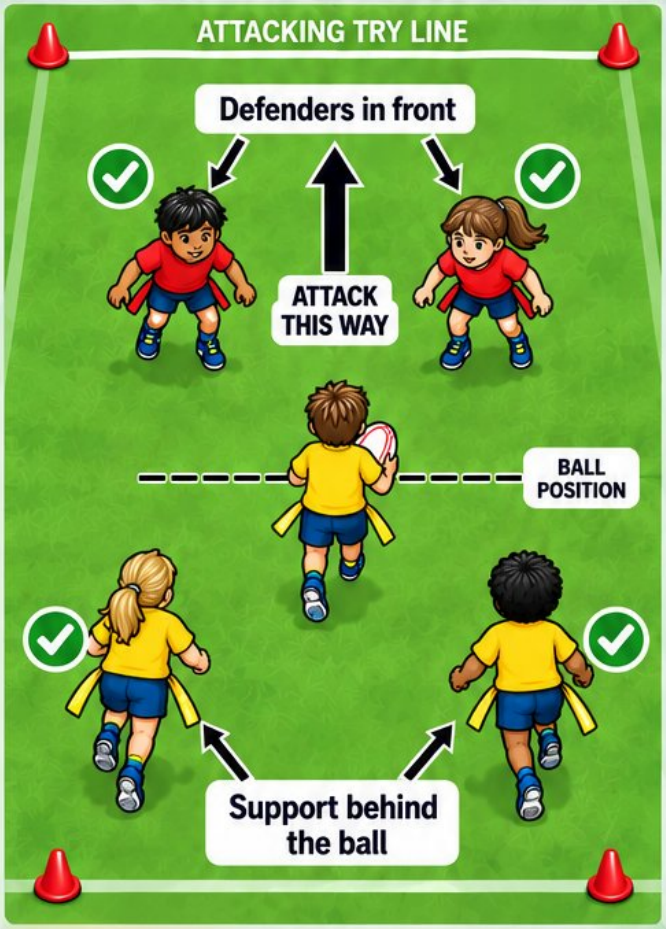
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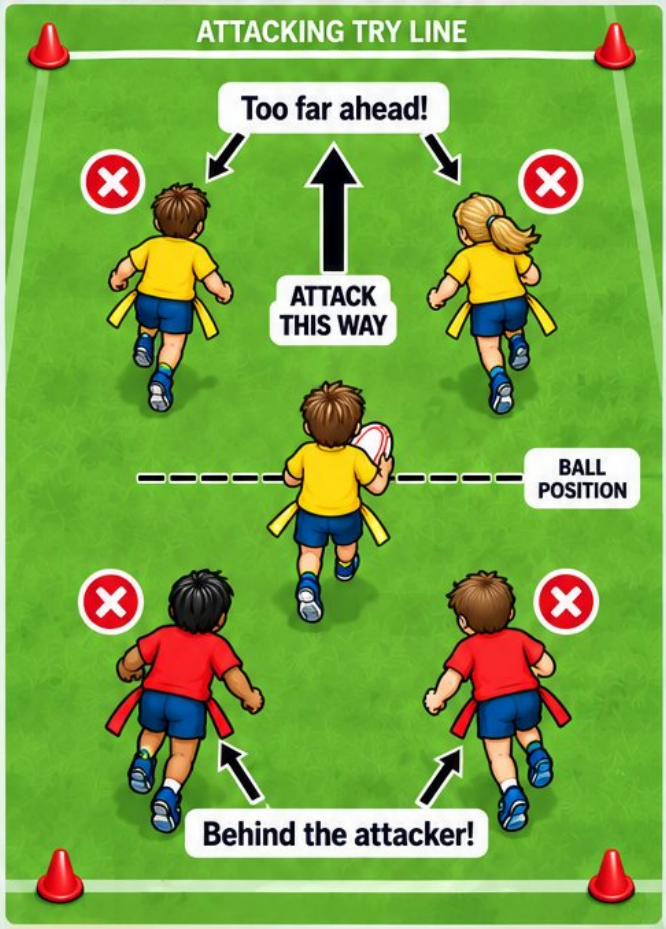
STAY ONSIDE

Our small-sided tag rugby games

✓ RIGHT



✗ WRONG



ATTACKERS

Stay behind the ball carrier.
Keep wide and ready to receive.

DEFENDERS

Stay in front of the ball carrier, towards your own try line.
Face the attackers.

WHEN POSSESSION CHANGES, SWAP ROLES.

The new attackers support behind the ball. The new defenders get in front.

After a tag: step backwards facing the attackers.

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