



Rugby Orientation & GIR Instructors Course

Date: 26th March 2023

Venue: PIET Sanskriti School, Huda, Panipat



Basic House Keeping

- Registration
- Mobile Phones – Silent/Off
- Language – English/Hindi/Regional



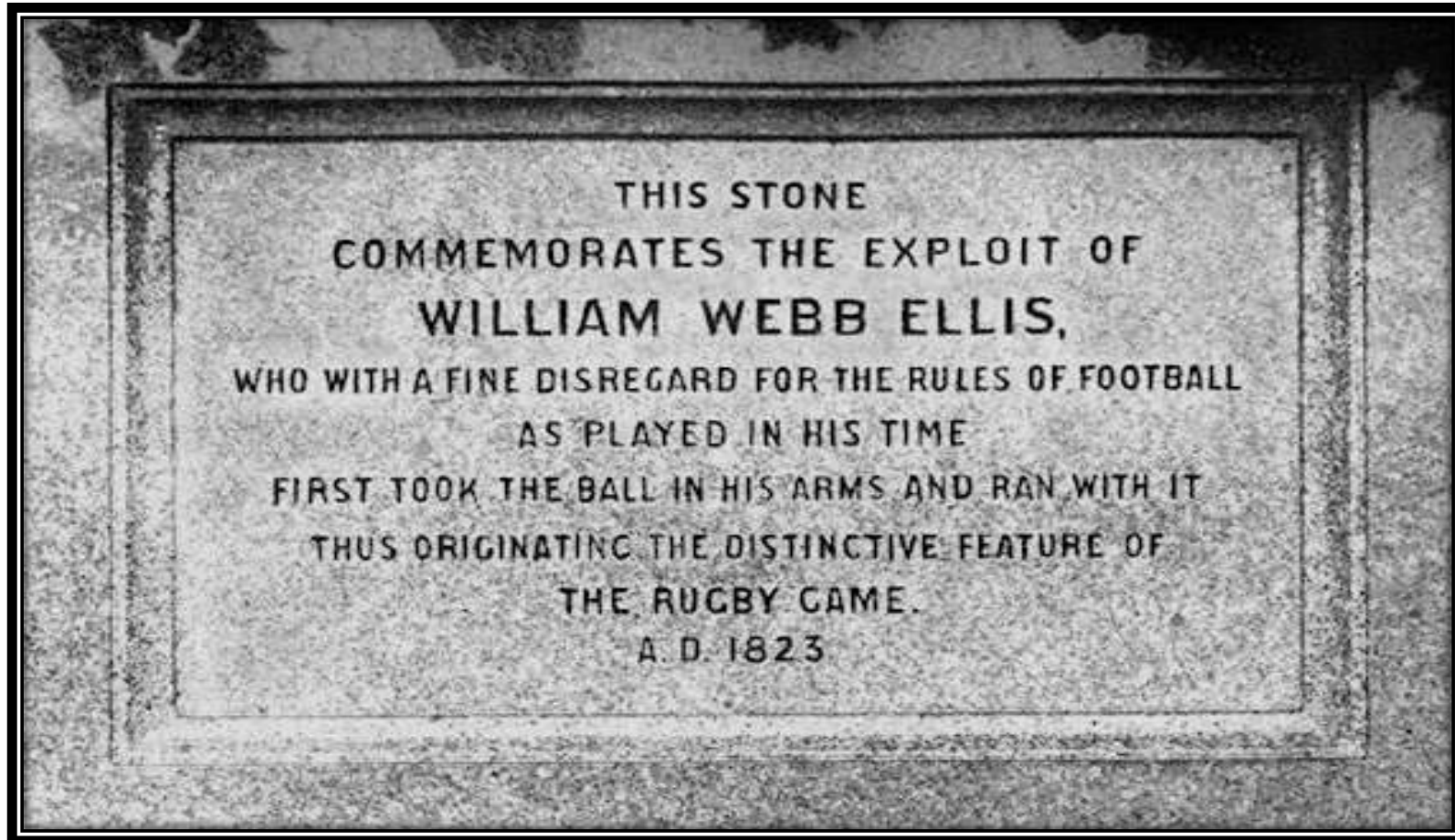
Hopes



Concerns



Origin





Global Game

- Played in over 120 Countries, across all 5 continents
- One of the fastest growing sports in the world – 2nd most popular sport
- A medal event at the Commonwealth Games, Asian Games
- Re-included in the Olympics, as a permanent discipline
- A World Cup every 4 years - 3rd largest viewed event worldwide
- An annual 9 tournament Rugby Sevens World Series (telecast in 16 languages , over 140 countries , with an estimated potential reach in excess of 750 million)
- Played by people aged 5 – 65, both male and female

Rugby truly is an International Sport!



Version

There are several versions of the game of Rugby...

- XV-a-side Rugby... true test of endurance, teamwork and strategy
- Sevens Rugby... thrilling display of speed, skill and finesse
- Touch / Tag Rugby... exciting, fast-paced, non-contact and enjoyable
- Beach Rugby... fun, festive and rapidly growing in popularity
- Snow Rugby... played at the Indian Winter Games in Kashmir
- Wheel Chair Rugby..





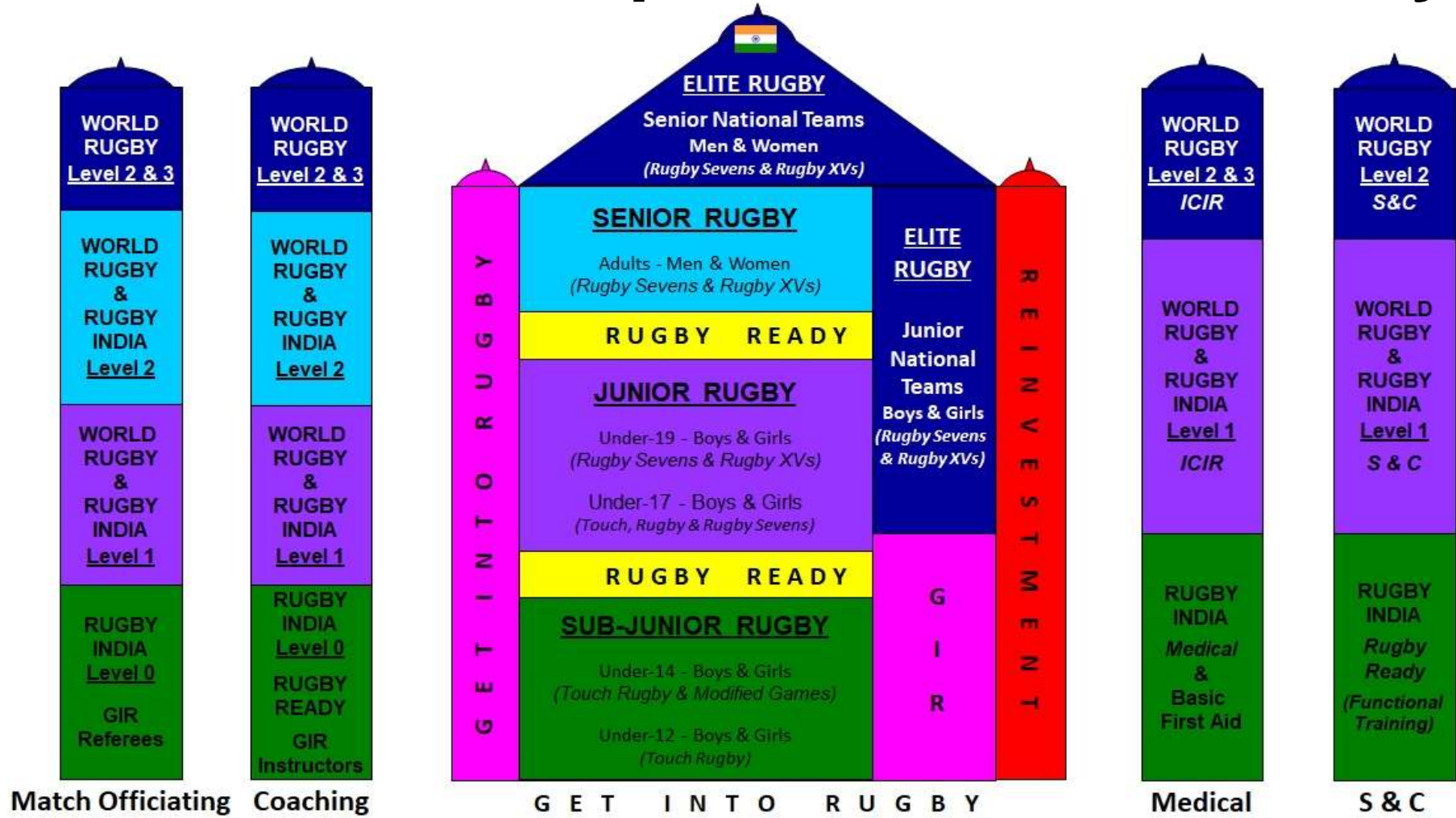
The Growth

Rugby in India is growing at a fantastic rate...

- **Over 150 clubs playing competitive Rugby at the National level**
- **Included as a full time sport in the Indian Army**
- **Increased interest levels amongst the Police & Para-Military Forces**
- **A permeant Discipline in National Games of India for Men & Women category**
- **A permeant Discipline in School Games Federation of India (SGFI) for U-14, U-17 and U-19 Boys & Girls category**
- **A permeant Discipline in Association of Indian Universities (AIU) Games for Men and Women**
- **Participation at multi-sport events - Asian Games in Doha-Qatar (2006), Guangzhou-China (2010) & the Commonwealth Games in Delhi-India (2010)**

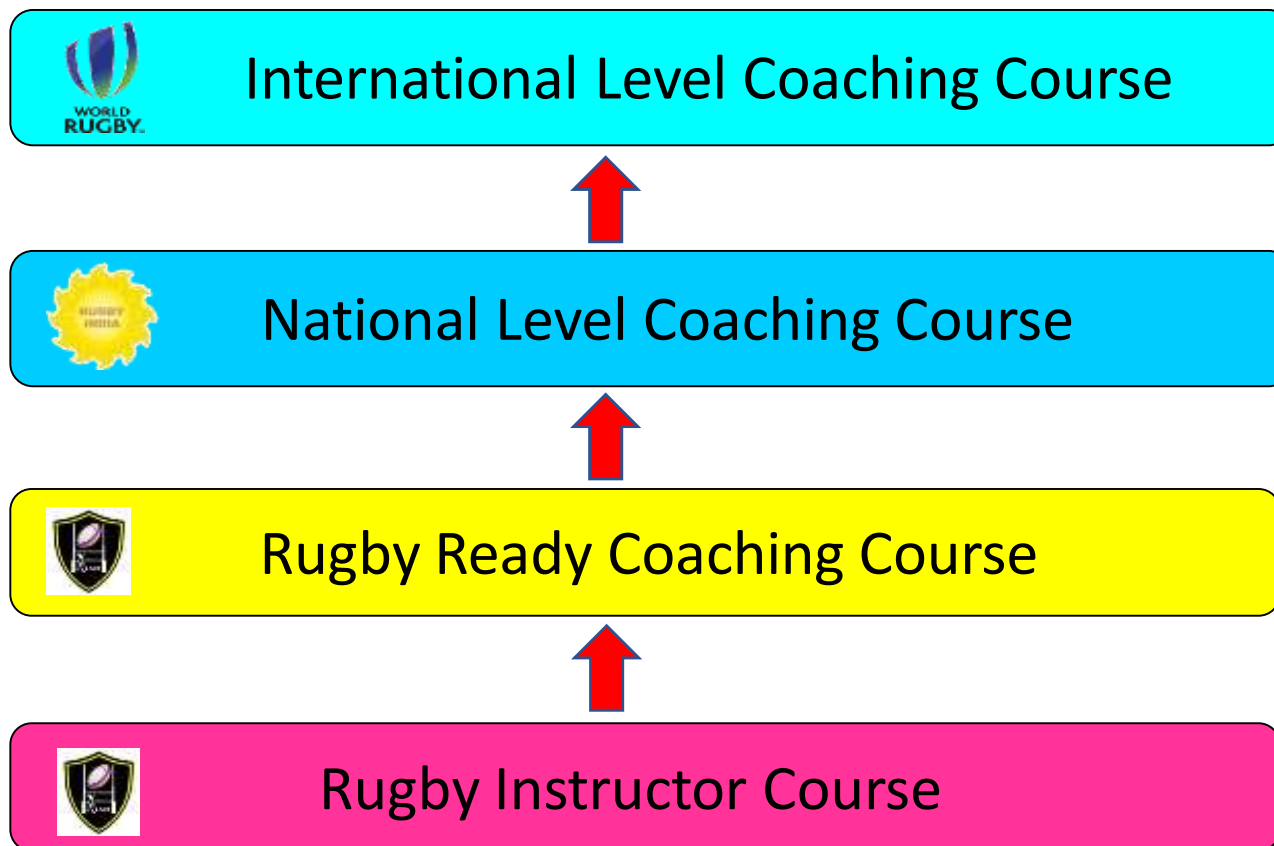


National Development & T&E Pathway



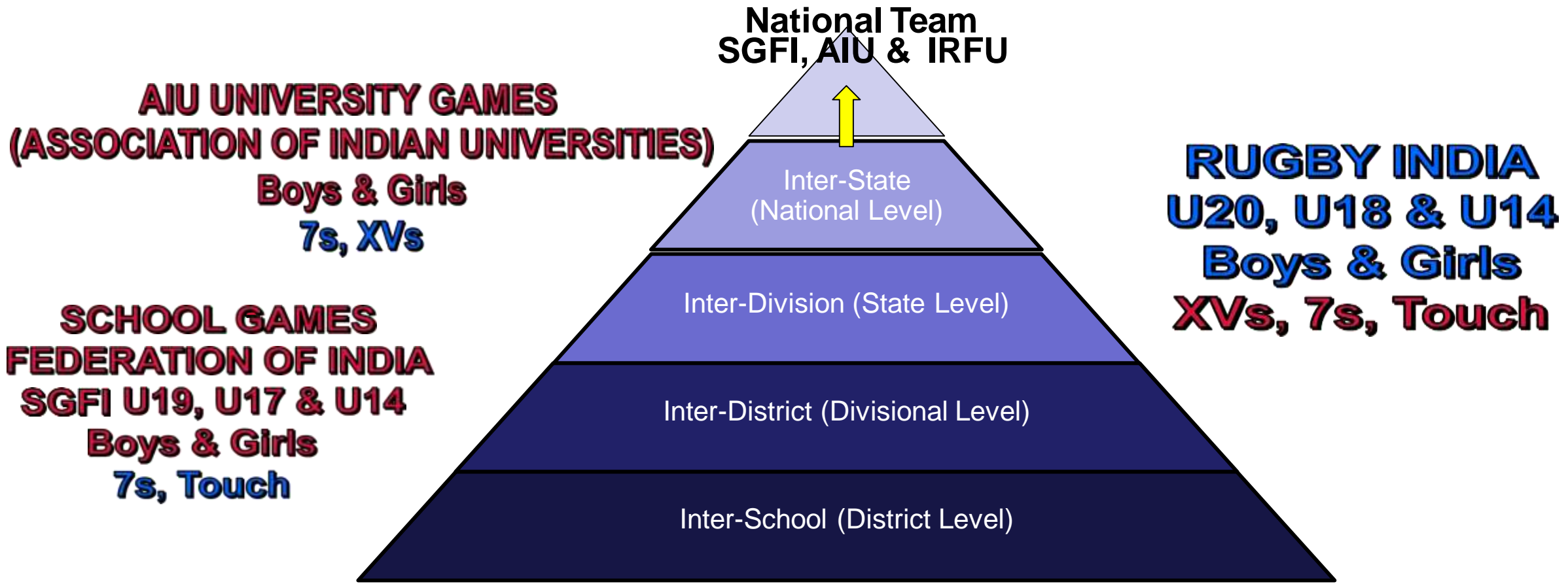


Coaching Pathway





Player Pathway





Long Term Player Development

Stage: **FUN**

Age guide: 6-12

Player **PLAYS**

Coach **GUIDES**

Content: Learning to move, basic Rugby skills



Stage: **PREPARATION**

Age guide: 17-21

Player **SPECIALISES**

Coach **FACILITATES**

Content: Reaching full potential



Stage: **DEVELOPMENT**

Age guide: 12-16

Player **EXPLORES**

Coach **TEACHES**

Content: Learning the Game



Stage: **PERFORMANCE**

Age guide: 20 and over

Player **INNOVATES**

Coach **EMPOWERS**

Content: Consistency of performance



Stage: **PARTICIPATION**

Age guide: 15-18

Player **FOCUSES**

Coach **CHALLENGES**

Content: Playing the Game, developing the player



Stage: **RE-INVESTMENT**

Age: any

Content: Support and enjoyment of the Game





GET INTO RUGBY

TRY
TEACH & TRAIN

PLAY
TACKLE & TEAM

STAY
TRIUMPH & TALENT





Know your Sport



**Australian
Football / Footy**



Rugby



**American
Football**



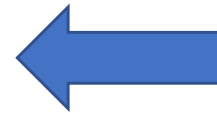
Dangerous Sport

Injury Prone

**Break the Myths
Know the Facts**

Only Fighting

**Not for
Everyone**





Key Highlights of Haryana

- Numerous Male players are part of Indian National team and the team captain is from Haryana
- National Men's & Junior team Assistant Coach is from Haryana
- Haryana Men's team secured Gold medal at multi-sport events – National Games in Kerala, 2015 & Gujarat, 2022
- Haryana State securing medal at National Rugby Sevens Championships in Senior Men category
- Numerous Universities from Haryana are participating in All India University Rugby Games in Men and Women category
- 4 clubs are participating in National Div - I & II Rugby XV's Championship in Men & Women



Aim of the Course

- Introduction to Rugby
- Understand the Touch Rugby Laws
- Become a Touch Rugby Instructor...

Current Scenario of Children



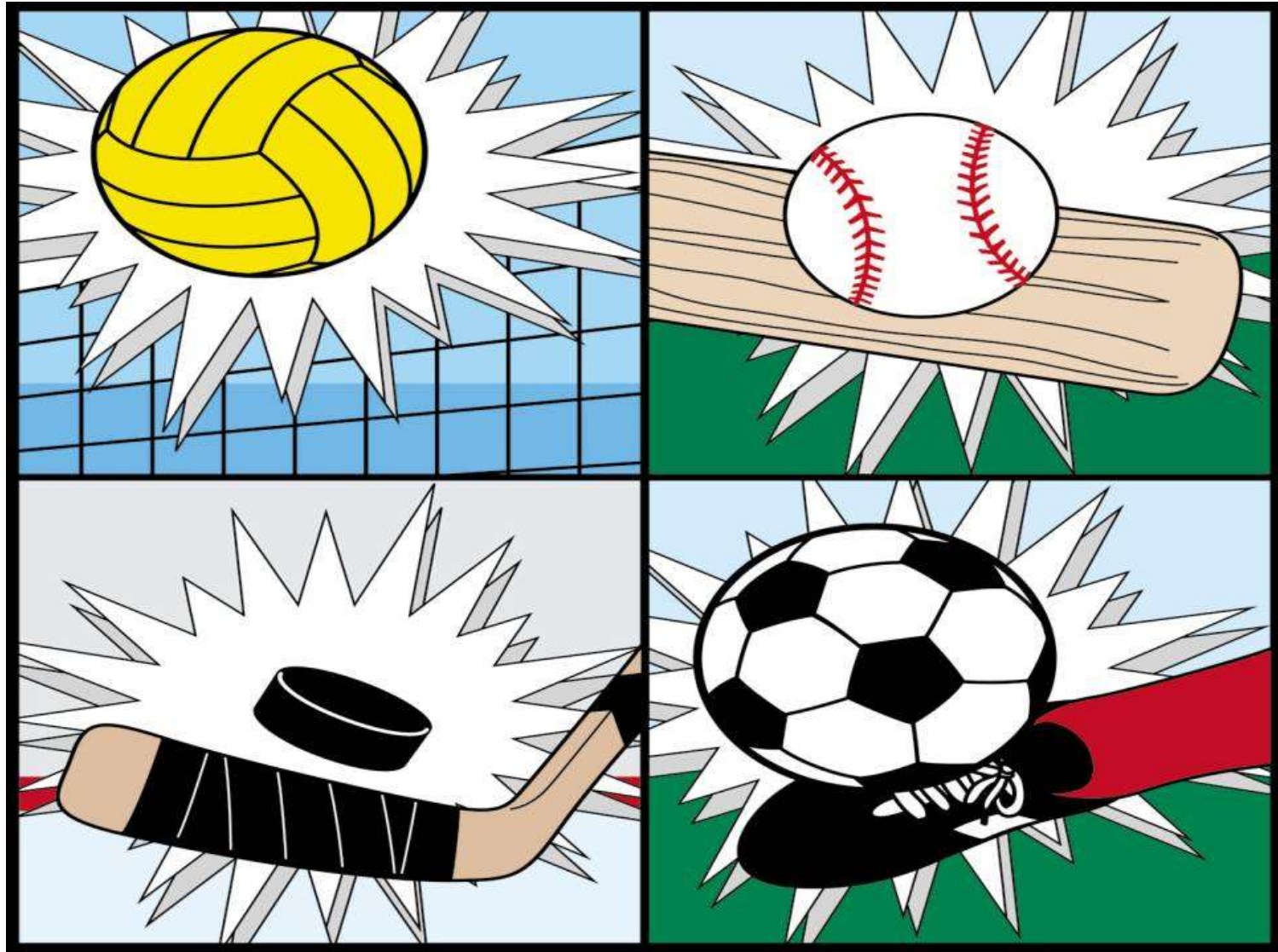


Current Need for Children





Options Available





What can we offer





Group Task

1. Your understanding of children as Instructor
2. Your roles for Children as Instructor



Understanding Children

1. Very Active
2. Varying Skill Set
3. Self Centered / No Team Work
4. Limited Focus / Attention Span
5. Easily Bored
6. Confused
7. Sensitive to Criticism / Feedback



Roles of Instructor

- Teacher → Impartial and Fair
- Trainer → Lead by example
- Planner → Aims / Outcomes
- Communicator → Explain / Demo
- Listener → Review / Feedback
- Motivator → Encourage / Motivate
- Role Model → Respect / Discipline
- Friend → Approachable / Fun



ODISHA
INDIA'S BEST KEPT SECRET.



Coaching Style

- Traditional Style or Old Method
- Modern Style or New Method



A	Active / Relevant
P	Purposeful / Achievable
E	Enjoyable / Fun
S	Successful / Safe

Use lot's of Small Sided and Modified games to achieve APES



Why Small Sided Games?

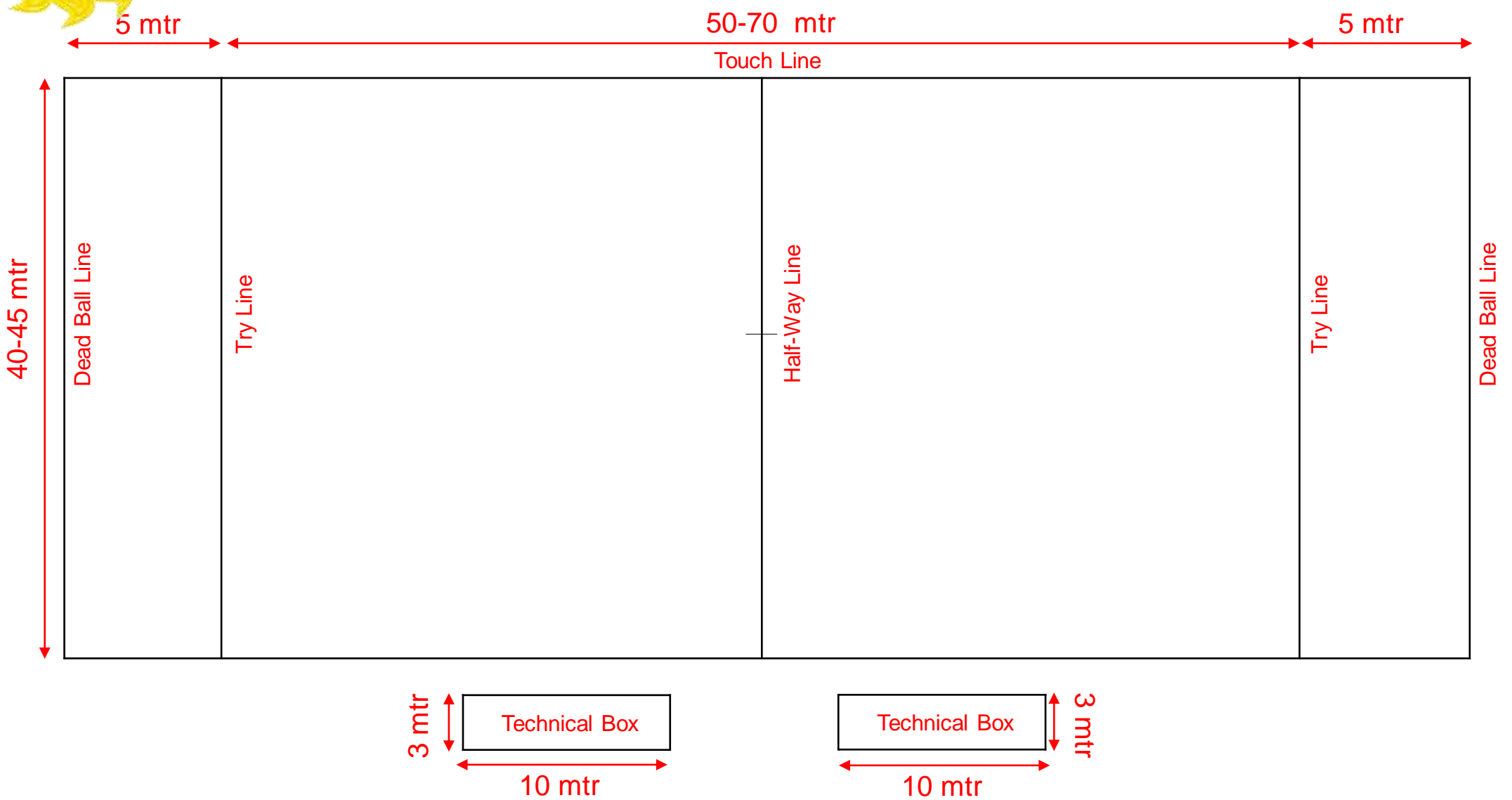
They are a tool to:

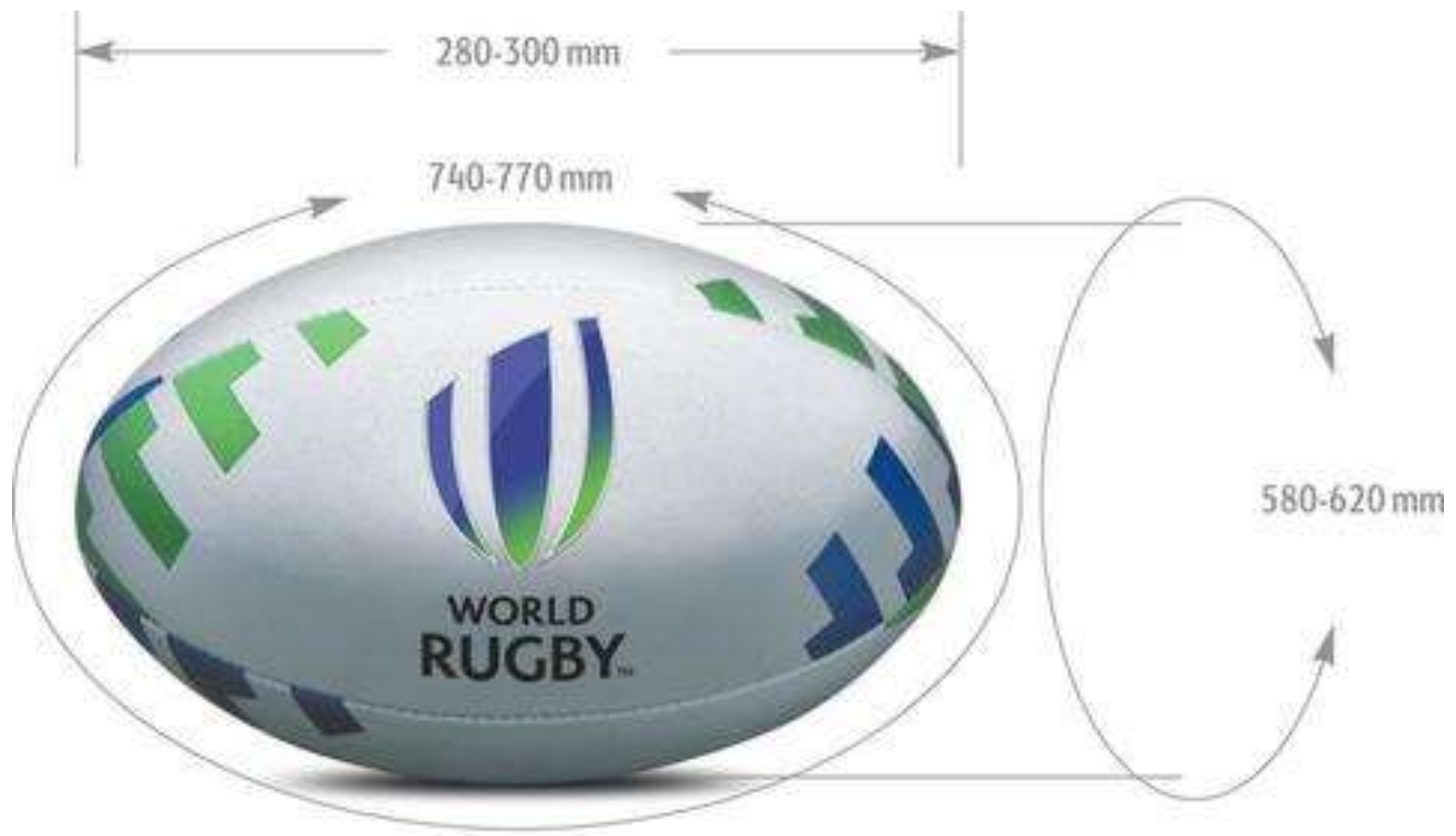
- Guide players to discover and develop the game
- Increase motivation and make it more enjoyable for the children
- Develop tactical awareness
- Introduce the Principles of Play
- Improve individual, unit and team skills
- Develop competence, confidence, connection, character and creativity

Games can be modified in various ways to achieve the outcome of the session and make it more enjoyable for children.



Laws of Touch Rugby







PASSING: BACKWARDS

A Player may pass, flick, throw or deliver the ball to any onside player in the attacking team.

Passing forward is NOT permitted.

A 'Drop Ball' constitutes a turnover.



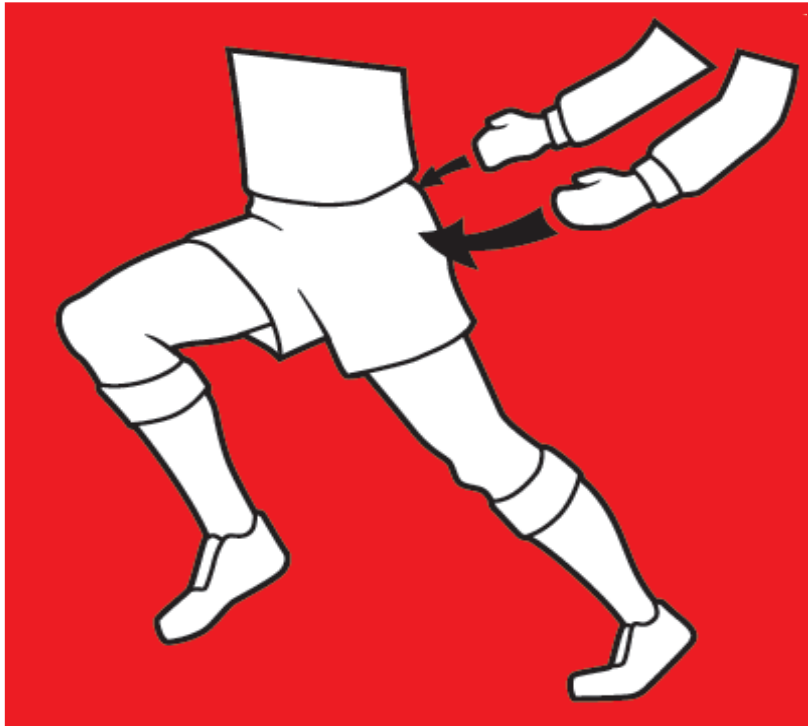
SCORING: TRY



A 'TRY' is scored when an untouched player has full control of the ball when placing it on the ground, once past the score-line.

A try counts for FIVE point.

Diving is NOT permitted.



TOUCH

A Touch constitutes Two Handed contact with any part of the body and / or the ball.

A minimum of force is to be applied at any given time.

On being touched, a Roll Ball has to be performed, from the mark, to resume the game.

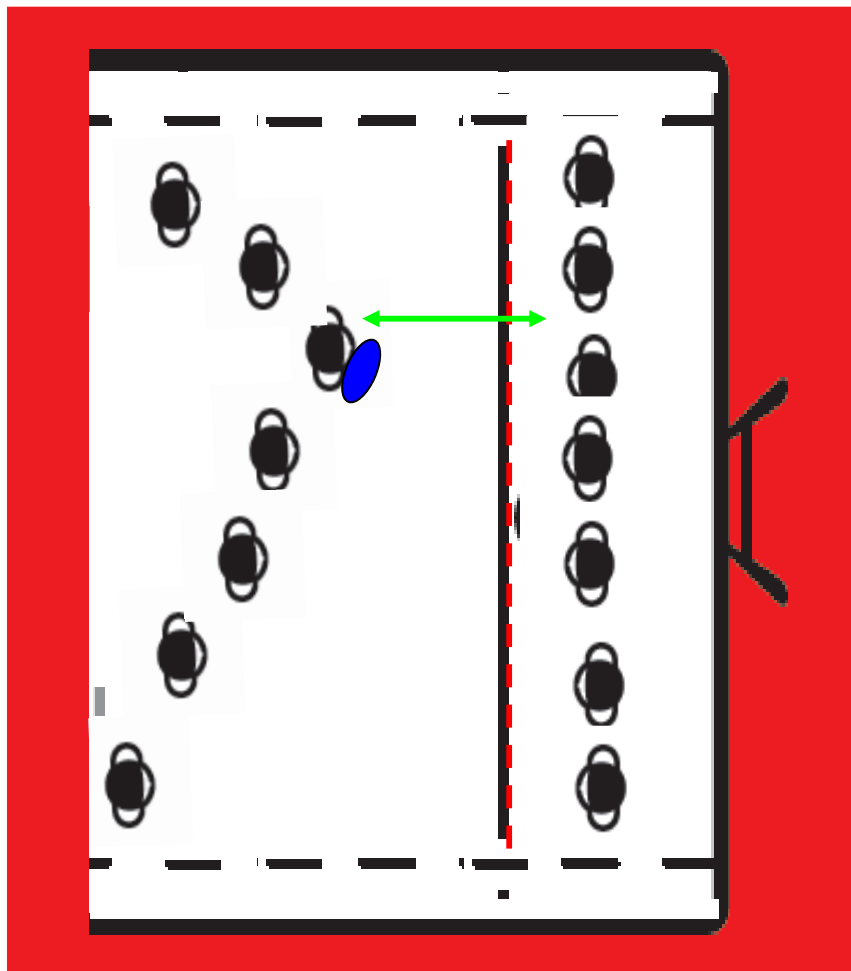
A total of FOUR Touches are allowed for each team.



ROLL BALL

A 'ROLL BALL' is a means of restarting the game.

It used at the start-off and to resume games after a Touch, Try or Infringement.



OFFSIDE

All defending players MUST retreat a minimum of 5 meters from the mark; where the attacking player has been touched or restarting the game



KICKING

Kicking is NOT allowed at any given time during the game.

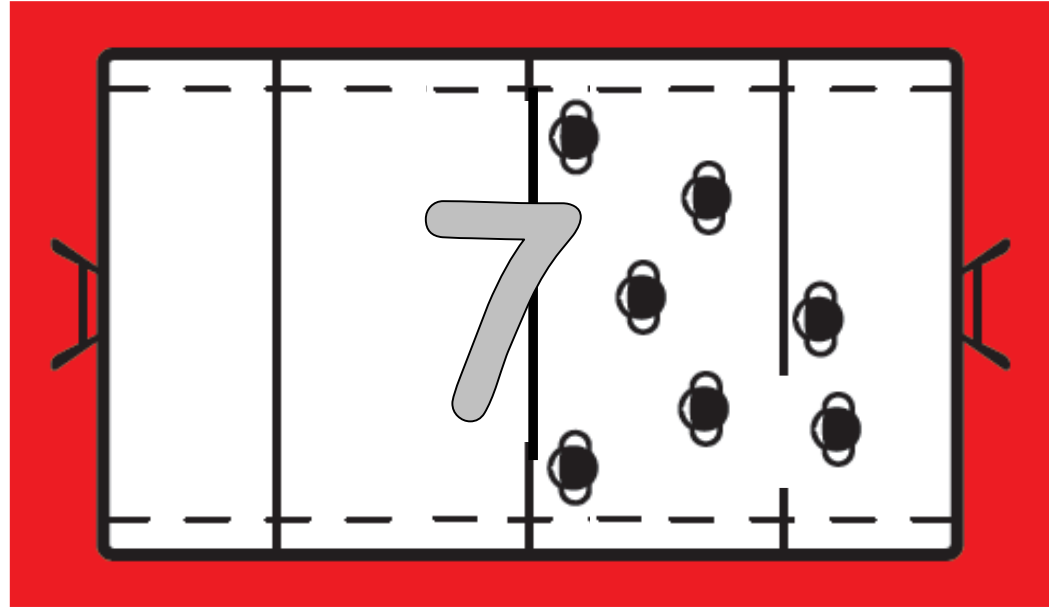


PLAYER ATTIRE

All players must be correctly dressed in shorts / track pants & t-shirt.

Footwear **MUST** be worn.

Bare feet, spikes & shoes with screw studs are **NOT** permitted.



NUMBERS PER TEAM

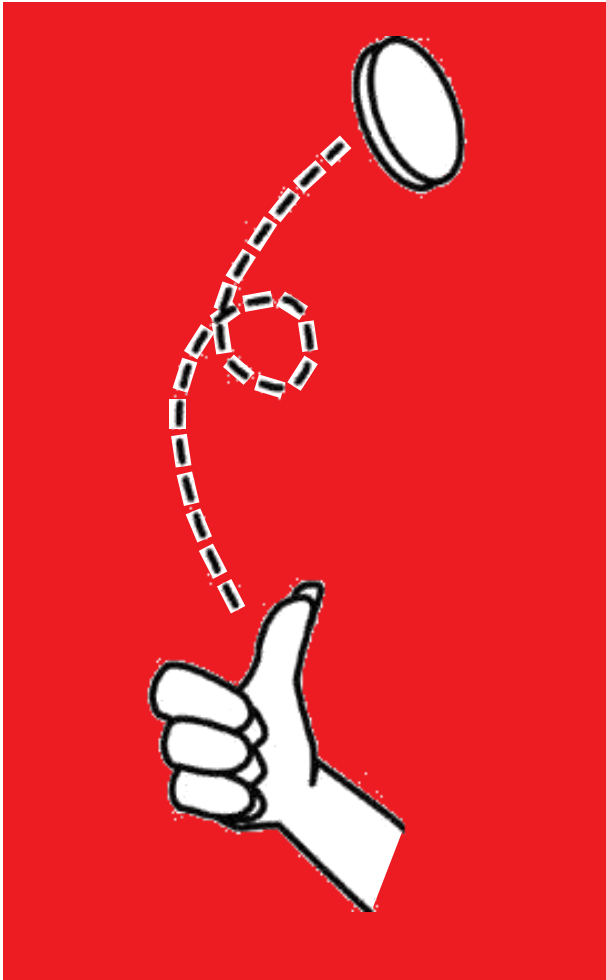
A total of 12 players to be part of each team.

A maximum of 7 players to be playing on the field,
at any given time, with 5 substitutes.



GAME LENGTH

7 minutes each way, with
a 1 minute break at half time
for all tournament games.



COIN TOSS

The team winning the Toss will receive possession of the ball or a choice of direction.

The team with ball to start-off the game with a Roll Ball.



SUBS: ROLLING

Rolling substitution to be allowed.
Players can be substituted & return to the playing field at any given time, with referee consent.



TURNOVER

Possession of the ball is turned over in the following circumstances...

- * 4th Touch: after completing 4 touches
- * Forward Pass: if a player passes or throws the ball forward
- * Drop Ball: if a player drops the ball or while passing, the ball hits the ground
- * Improper Roll Ball: if the player over steps the mark or delays in performing the roll ball
- * Stepping Outside: if a player steps on or outside of the marked playing field while in possession of the ball
- * Penalty: if a player is offside or commits a foul i.e. obstruction, indiscipline etc.



Refereeing Touch Rugby



- * Positioning
- * Infringement Watch
- * Counting
- * Communication
- * Whistling
- * Fair Play & Discipline



Best Practice

3%	-	Explanation
7%	-	Demonstration
90%	-	Practice

A Review of the Session to be conducted at the end

LESS is MORE

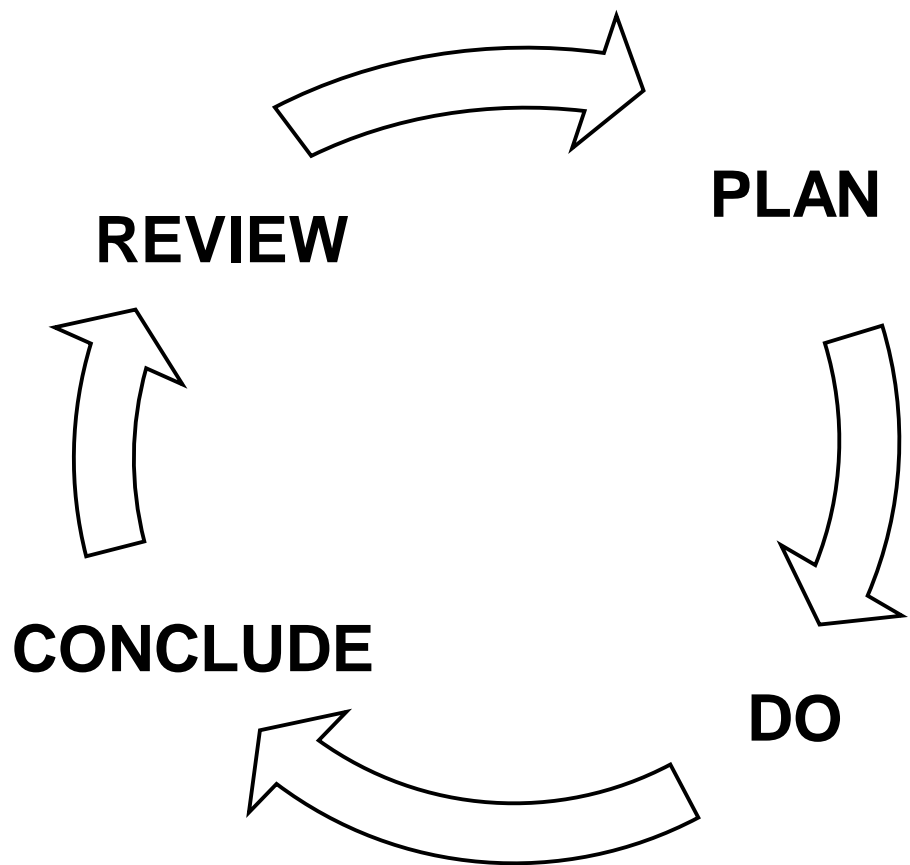


Key to be a Good Instructor

1. Plan (Equipment, Layout & Objective)
2. Explain - Motive & Key Factors (Voice)
3. Demonstration
4. Practice
5. Review
6. Safety Components (Rugby Ready)



Planning





Safety Aspect

- Weather Conditions
- Ground Conditions
- Playing Kit (no jewelry, rings, chains, zips etc.)
- Medical Equipment (First Aid)
- Warm Up & Cool Down
- Hydration and Rehydration



Online Resources

- Haryana Rugby – <https://www.haryanarugby.com>
- Rugby India – <https://www.indiarugby.com>
- World Rugby Passport - <https://passport.world.rugby>
- Match Video - [Touch Rugby Match - Google Drive](#)



Any Question?



Thank you