

<b>Lesson Title</b> Monday afternoon – OzTag Camp		<b>Lesson duration</b> 3 hours	<b>Age</b> 6-14years	<b>Sports</b> OzTag – League Focus	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their passing skills.		<b>Content</b> There are warmup games, skill development games and matches.	
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> Rugby balls, witches hats, poles, markers, bibs	
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>		<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.			
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone	
<u>Bullrush</u> The students will work on their evasion, defence, passing skills.	10 min	The coaches tag the kids. Each kid has a ball, which they have to carry in two hands. Then, the kids have to work in pairs and pass to each other.		Everyone	Rugby balls
<u>Passing Technique</u> Students will improve their passing technique	15 min	The students work in pairs to pass the ball to each other. They start holding the ball with just their right hand; the ball rests on the hip, and the player snaps their arm out - like they're punching someone – and the palm of the finishing as high as the chest with the palm facing downwards. Then, swap and the players have to use their other hand. The next progression is to pass with two hands. The students need to learn how to position their hands on the ball. The coaches can partner younger children with younger children, or with older children (buddy system).		Pairs	Rugby balls
<u>Attack Square</u> Students will learn to run, pass and catch (they need to do it in this order) under pressure.	15 min	There are markers that set out channels that the attackers run through (run straight). Ideally, there will be three groups of 4 attackers and 2 defenders; however, coaches will need to adjust this depending on numbers. At the start of the activity, there should be no defenders. Then, the defenders should be passive. Finally, the defenders actively try and stop the attack.		Small groups of 2-4 players	Markers, Rugby balls

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Contest</u> Students will improve their ability to run, catch and pass.	15 min	The students line up in two lines. Ideally, there are enough students for two groups, and the two attacking groups compete against each other (like the Shepherding Game in AFL). The coach in each area designates how many attackers and defenders will compete each time: there should be more attackers. The coach blows the whistle to signal the start; both teams have to run around their respective corner posts. The two attacking teams compete to get to 10 points.	Four teams	Rugby Balls, markers
<u>Space Invaders</u> Students will identify where there is space in the defensive line	15 min	The coach will kick (or throw) the ball up in the air; then, he will point behind his back. The defenders need to run around a cone to the side before they can participate in defence. The attackers should be communicating to each other where there is space. They need to run straight (to fix the defenders); they need to pass the ball in front, so the next attacker can run onto the ball.	Two Teams	Rugby balls, markers, 2 cones
<u>Fat Man</u> Students will identify where there are mismatches in the defensive line	15 min	Two defending players have to put an arm round each other and become 'The Fatman'. The attackers need to identify where The Fatman is and focus their attack in his area.	Two Teams	Rugby balls
<u>Match</u> Students will use their skills in matchplay.	60 min	Younger kids should get to take all runs off penalties and 22 taps.	Everyone	Rugby ball, goals, markers

<b>Lesson Title</b> Tuesday afternoon – OzTag Camp		<b>Lesson duration</b> 3 hours	<b>Age</b> 6-14years	<b>Sports</b> OzTag – League Focus	
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their defensive skills.		<b>Content</b> There are warmup games, skill development games and matches.	
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> Rugby balls, witches hats, poles, markers, bibs	
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>		<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.			
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone	
<u>Bullrush</u> The students will work on their evasion, defence, passing skills.	10 min	The coaches tag the kids. Each kid has a ball, which they have to carry in two hands. Then, the kids have to work in pairs and pass to each other.		Everyone	Rugby balls
<u>Defensive Movement</u> Students will improve their defensive movement	15 min	The students will work in groups of 3-4 students. The coach will call ‘up’, ‘push right’, ‘push left’ and ‘hold’. The players will need to perform these calls as a group. The progressions are to add passive attackers and have the players do the calling.		Small Groups of 3-4 players	Rugby balls
<u>Attack Square</u> Students will learn to run, pass and catch (they need to do it in this order) under pressure.	15 min	There are markers that set out channels that the attackers run through (run straight). Ideally, there will be three groups of 4 attackers and 2 defenders; however, coaches will need to adjust this depending on numbers. The defenders use the communication skills to position themselves to stop the attack.		Small groups of 2-4 players	Markers, Rugby balls

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Contest</u> Students will improve their ability to run, catch and pass.	15 min	The students line up in two lines. Ideally, there are enough students for two groups, and the two attacking groups compete against each other (like the Shepherding Game in AFL). The coach in each area designates how many attackers and defenders will compete each time: there should be more attackers. The two attacking teams compete to get to 10 points.	Four teams	Rugby Balls, markers
<u>Space Invaders</u> Students will identify where there is space in the defensive line	15 min	The coach will kick (or throw) the ball up in the air; then, he will point behind his back. The defenders need to run around a cone to the side before they can participate in defence. The attackers should be communicating to each other where there is space. They need to run straight (to fix the defenders); they need to pass the ball in front, so the next attacker can run onto the ball.	Two Teams	Rugby balls, markers, 2 cones
<u>Fat Man</u> Students will identify where there are mismatches in the defensive line	15 min	Two defending players have to put an arm round each other and become 'The Fatman'. The attackers need to identify where The Fatman is and focus their attack in his area.	Two Teams	Rugby balls
<u>Match</u> Students will use their skills in matchplay.	60 min	Younger kids should get to take all runs off penalties and 22 taps.	Everyone	Rugby ball, goals, markers

<b>Lesson Title</b> Wednesday afternoon – OzTag Camp		<b>Lesson duration</b> 3 hours		<b>Age</b> 6-14years		<b>Sports</b> OzTag – Union Focus		
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.			<b>Outcomes</b> The students will improve their jackal position, cinch position and offload..			<b>Content</b> There are warmup games, skill development games and matches.		
<b>Prior Knowledge.</b>			<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt			<b>Resources</b> Rugby balls, witches hats, poles, markers, bibs		
<b>Game &amp; Focus</b>		<b>Time</b>	<b>Content</b>				<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Welcome</u>		5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.					
<u>Warmup</u> The students will engage in dynamic stretching.		10 min	One of the coaches leads the dynamic stretches.				Everyone	
<u>Bullrush</u> The students will work on their evasion, defence, passing skills.		10 min	The coaches tag the kids. Each kid has a ball, which they have to carry in two hands. Then, the kids have to work in pairs and pass to each other.				Everyone	Rugby balls
<u>Jackal, Cinch and Offload Technique</u> Students will improve their jackal, cinch and offload technique		15 min	The students will work in groups of 2-3 students. An attacker takes the ball the defender makes a two handed touch. Both players have to hit the ground. The attacker has to place the ball long, and the defender has to go into jackal position on the ball. In jackal position, the jackal has to say “David Pocock, David Pocock, David Pocock” to win the ball. Then, there are two attackers. The second attacker performs a cinch and the defender joins the defensive line. Finally, the first attacker pops the ball off the ground to the second attacker.				Small Groups of 2-3 players	Rugby balls
<u>Coke Zero Challenge</u> Students will improve their ability to dropkick the ball.		15 min	The students line up in front of the large soccer goals (could be another target if soccer goals aren’t there). They kick a dropkick, which aims to hit or go over the crossbar. If they miss, they run through and receive a pass from the person who has the ball and put the ball back in the bag. Once a student misses, he/she attempts to catch other students’ kick. If a catch is made, the student who catches the ball can take that ball and return to the line. Important young kids are at the front of the line.				Everyone	Rugby Balls

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Contest</u> Students will improve their ability to run, catch and pass.	15 min	The students line up in two lines. Ideally, there are enough students for two groups, and the two attacking groups compete against each other (like the Shepherding Game in AFL). The coach in each area designates how many attackers and defenders will compete each time: there should be more attackers. The attackers get three phases to score. The two attacking teams compete to get to 10 points.	Four teams	Rugby Balls, markers
<u>Space Invaders</u> Students will identify where there is space in the defensive line	15 min	The coach will kick (or throw) the ball up in the air; then, he will point behind his back. The defenders need to run around a cone to the side before they can participate in defence. The attackers should be communicating to each other where there is space. They need to run straight (to fix the defenders); they need to pass the ball in front, so the next attacker can run onto the ball.	Two Teams	Rugby balls, markers, 2 cones
<u>Fat Man</u> Students will identify where there are mismatches in the defensive line	15 min	Two defending players have to put an arm round each other and become 'The Fatman'. The attackers need to identify where The Fatman is and focus their attack in his area.	Two Teams	Rugby balls
<u>Rugby Touch</u> Students will use their skills in matchplay.	60 min	The students play rugby touch using jackals, cinches and offloads. Younger kids should get to take all runs off penalties and 22 taps.	Everyone	Rugby ball, goals, markers

<b>Lesson Title</b> Thursday afternoon – OzTag Camp		<b>Lesson duration</b> 3 hours	<b>Age</b> 6-14years	<b>Sports</b> OzTag – Union Focus
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The students will improve their scrumhalf passing and defence.		<b>Content</b> There are warmup games, skill development games and matches.
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt	<b>Resources</b> Rugby balls, witches hats, poles, markers, bibs	
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>		<b>Organisation &amp; Risk</b>
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.		
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone
<u>Bullrush</u> The students will work on their evasion, defence, passing skills.	10 min	The coaches tag the kids. Each kid has a ball, which they have to carry in two hands. Then, the kids have to work in pairs and pass to each other.		Everyone
<u>Passing Off the Ground Technique</u> Students will improve their passing off the ground	15 min	The students start passing with one hand off the ground to a partner (both hands). Then, they progress to two hands.		Pairs
<u>Defence Drill</u> Students will improve their ability to set up in defence.	15 min	The coach has set up 8 pairs of coloured markers in each half; each pair of markers represents a ruck. The players have to run up from the line and get into position. The first defender calls he is A right (to the right of the ruck, which could be left). The second defender calls A left, and then B right, B left, C right etc.		Small groups of 4-6 players
				Rugby balls
				Rugby balls
				Rugby Balls

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Contest</u> Students will improve their ability to run, catch and pass.	15 min	The students line up in two lines. Ideally, there are enough students for two groups, and the two attacking groups compete against each other (like the Shepherding Game in AFL). The coach in each area designates how many attackers and defenders will compete each time: there should be more attackers. The coach places the ball on the ground in the contest area and then blows the whistle to signal the start of play. The attackers get three phases to score. The two attacking teams compete to get to 10 points.	Four teams	Rugby Balls, markers
<u>Space Invaders</u> Students will identify where there is space in the defensive line	15 min	The coach will kick (or throw) the ball up in the air; then, he will point behind his back. The defenders need to run around a cone to the side before they can participate in defence. The attackers should be communicating to each other where there is space. They need to run straight (to fix the defenders); they need to pass the ball in front, so the next attacker can run onto the ball.	Two Teams	Rugby balls, markers, 2 cones
<u>Fat Man</u> Students will identify where there are mismatches in the defensive line	15 min	Two defending players have to put an arm round each other and become 'The Fatman'. The attackers need to identify where The Fatman is and focus their attack in his area.	Two Teams	Rugby balls
<u>Rugby Touch</u> Students will use their skills in matchplay.	60 min	The students play rugby touch using jackals, cinches and offloads. Younger kids should get to take all runs off penalties and 22 taps.	Everyone	Rugby ball, goals, markers



<b>Lesson Title</b> Friday afternoon – OzTag Camp		<b>Lesson duration</b> 3 hours	<b>Age</b> 6-14years	<b>Sports</b> OzTag – League or Union Focus
<b>Rationale</b> Our coaching incorporates a student-centred approach that allows maximum participation and the students to develop their leadership skills.		<b>Outcomes</b> The coach chooses whether to focus on league or union depending on what the students have enjoyed the most.		<b>Content</b> There are warmup games, skill development games and matches.
<b>Prior Knowledge.</b>		<b>Risk Assessment</b> There is a risk of kids overheating, or getting sunburnt or dehydrated.		<b>Resources</b> Rugby balls, witches hats, poles, markers, bibs
<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>		<b>Organisation &amp; Risk</b>
<u>Welcome</u>	5 min	The Senior Coach divides the students into their teams and outlines the responsibilities of the Leadership Group.		
<u>Warmup</u> The students will engage in dynamic stretching.	10 min	One of the coaches leads the dynamic stretches.		Everyone
<u>Bullrush</u> The students will work on their evasion, defence, passing skills.	10 min	The coaches tag the kids. Each kid has a ball, which they have to carry in two hands. Then, the kids have to work in pairs and pass to each other.		Everyone
<u>Coke Zero Challenge</u> Students will improve their ability to place kick the ball.	15 min	The students line up in front of the large soccer goals (could be another target if soccer goals aren't there). They kick a placekick, which aims to go over the crossbar. If they miss, they run through and receive a pass from the person who has the ball and put the ball back in the bag. Once a student misses, he/she attempts to catch other students' kick. If a catch is made, the student who catches the ball can take that ball and return to the line. Important young kids are at the front of the line.		Everyone
<u>Attack Square</u> Students will learn to run, pass and catch (they need to do it in this order) under pressure.	15 min	There are markers that set out channels that the attackers run through (run straight). Ideally, there will be three groups of 4 attackers and 2 defenders; however, coaches will need to adjust this depending on numbers. At the start of the activity, there should be no defenders. Then, the defenders should be passive. Finally, the defenders actively try and stop the attack.		Small groups of 2-4 players
				Rugby balls
				Rugby Balls
				Markers, Rugby balls

<b>Game &amp; Focus</b>	<b>Time</b>	<b>Content</b>	<b>Organisation &amp; Risk</b>	<b>Resources</b>
<u>Contest</u> Students will improve their ability to run, catch and pass.	15 min	The students line up in two lines. Ideally, there are enough students for two groups, and the two attacking groups compete against each other (like the Shepherding Game in AFL). The coach in each area designates how many attackers and defenders will compete each time: there should be more attackers. The coach blows the whistle to signal the start; both teams have to run around their respective corner posts. The two attacking teams compete to get to 10 points.	Four teams	Rugby Balls, markers
<u>Space Invaders</u> Students will identify where there is space in the defensive line	15 min	The coach will kick (or throw) the ball up in the air; then, he will point behind his back. The defenders need to run around a cone to the side before they can participate in defence. The attackers should be communicating to each other where there is space. They need to run straight (to fix the defenders); they need to pass the ball in front, so the next attacker can run onto the ball.	Two Teams	Rugby balls, markers, 2 cones
<u>Fat Man</u> Students will identify where there are mismatches in the defensive line	15 min	Two defending players have to put an arm round each other and become 'The Fatman'. The attackers need to identify where The Fatman is and focus their attack in his area.	Two Teams	Rugby balls
<u>Match</u> Students will use their skills in matchplay.	60 min	Younger kids should get to take all runs off penalties and 22 taps.	Everyone	Rugby ball, goals, markers