

ERASMUSRUGBY



UNIT 2 : FELLOWSHIP

Aim

Teamwork is a core value in rugby because it fosters cooperation, mutual support, and the building of positive relationships within the team. From the age of six, players must learn to act as part of a group, share the ball, help teammates, and celebrate team achievements over individual ones.



- The team should be a space where every player feels supported and valued, regardless of their level.
- to understand that true camaraderie goes beyond the field: it involves empathy, shared responsibility, and generosity

KM

- To foster relationships of trust and mutual support among players, generating a positive and cooperative team environment.



- The team is above individual achievements.
- Encouraging teammates is just as important as scoring a try.
- Sharing the ball is a concrete example of camaraderie.
- Each player is valuable to the group, regardless of their skill level.



- Duration of this learning unit: 3h 20'

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UNIT 1: FELLOWSHIP

Assessment

Rate the following indicators about the group before (A) and after (D) the session from 1 to 4 points*, and compare them. If the group is new to you, only complete D.

	TO	D
Children pay attention to new things and concepts		
The children listen to the coach's instructions.		
The children follow the coach's instructions.		
The children maintain the positions and alignments established by the coach.		
The children complete the tasks indicated for accident prevention		

* Rating defined: 5 to 7 Points - Unsatisfactory | 8 to 14 Points - Needs improvement | 15 to 19 Points - Meets expectations | 20 Points - Exceeds expectations.

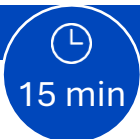
GRADES:

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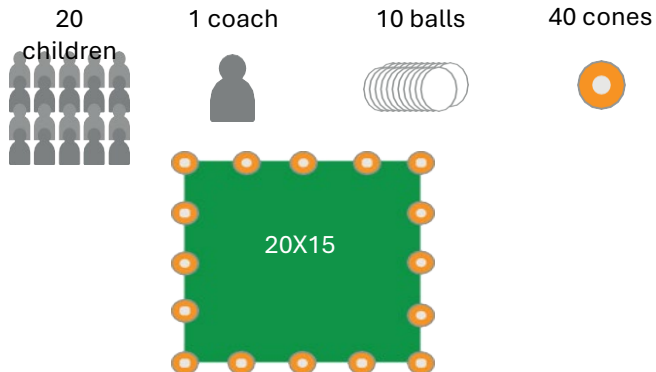


UNIT 2: FELLOWSHIP

Activity 2.0 | "Inseparable Couples" - Learning



Resources and planning



KP

- Promote coordination and reinforce the need to adapt to the partner, respecting their pace and making decisions together.
- Strengthen the relationships between participants and their interaction
- Motor coordination to

Tips

- All the instructions for the lower categories plus the new instructions can be applied to the higher categories, increasing the difficulty of the circuit.

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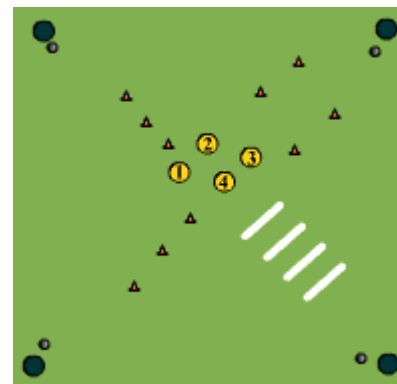


UNIT 2: FELLOWSHIP

Activity 2.0 | "Inseparable Couples" - Learning

Procedure | Keep in mind the mileage of the unit

- The players form pairs connected by a ribbon, a short rope, or simply by holding hands. Each pair must navigate a course of cones carrying a ball between them, either with their hands, their bodies, or by passing it in a coordinated manner. They can only advance if they move together and cooperate. If the ball falls or they separate, they must return to the starting point.
 1. Form the pairs on a rotating basis to mix up the group.
 2. Value communication between colleagues.
 3. Encourage respect for the other person's pace.
 4. Avoid one "pulling" the other: they must adapt to each other.

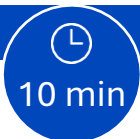


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UNIT 2: FELLOWSHIP

Activity 2.1 | "Run and help" - Learning



Resources and planning



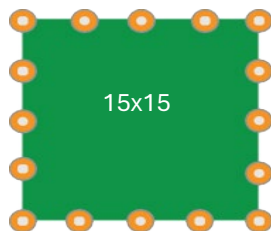
1 coach



4 balls



Cones and mini-flags



15x15

KP

- The focus is on a collaborative attitude.
- constant support between colleagues throughout the entire dynamic.

Tips

- Reward the act of helping more than speed.
- Do not force individual competitiveness.
- To make visible the value of waiting for the other.
- Verbally reinforce helping gestures.

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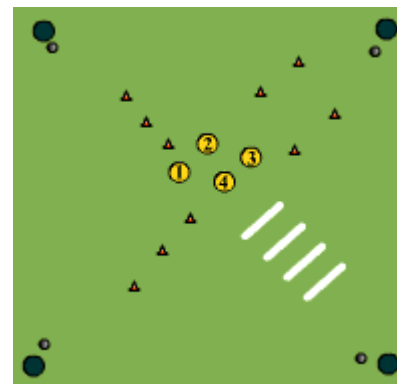


UNIT 2: FELLOWSHIP

Activity 2.1 | "Run and help" Learning

Procedure | Keep in mind the mileage of the unit

- Each player must complete a short obstacle course (for example, weaving between cones, jumping through a hoop, balancing a ball). Once finished, they must run back and help the next teammate complete their course, encouraging them, accompanying them, or physically assisting them if necessary. The group that finishes with all its members together wins.



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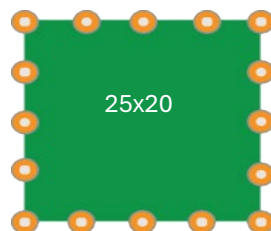


UNIT 2: FELLOWSHIP

Activity 2.2 | "Go forward and shout their name" - Learning

1 2-15
min

Resources and planning



KP

- recognize and include all team members.
- to foster positive communication, better understanding between them, and a sense of belonging
- inclusion of the shyest or least participative players.

Tips

- Encourage everyone to participate equally.
- Change the pairings or formations to avoid always having the same roles.
- Congratulations to the players who include the shyest ones.
- Emphasize the importance of enthusiastically naming your partner.

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UNIT 2: FELLOWSHIP

Activity 2.2 "Come in and shout their name" Learning

Procedure | Keep in mind the mileage of the unit

- Two teams of 6 players are formed. During the game (passing, unopposed attack, or mini-match), each player can only pass the ball if they call out their teammate's name before doing so. If they don't, the pass is lost.
 - Change of possession attack – defense if the teammate's name is not stated
 - Look before you pass
 - Perimeter visual control

