



ERASMUSRUGBY



UNIT 3: DISCIPLINE

Aim

Discipline is the ability to act in an orderly and persevering manner to achieve a good result. It requires organization to reach desired goals more quickly, enduring the inconveniences that this entails.



- To help develop and maintain self-control, respect for others, and socially acceptable behavior.



- Try to beat yourself, not others.
- Sometimes we shouldn't do what we want in the moment in order to achieve what we want in the long term.
- Listen to the coach/assistant and your teammates, avoid distractions.



- LITERACY:** area-specific vocabulary and expressing oneself appropriately.
- PHYSICAL LITERACY:** knowledge of the body and its motor skills, acquiring the habit of practicing physical activity, hygiene and body care.
- ACTIVE CITIZENSHIP:** Using physical activity to facilitate relationships, integration, and respect for agreed-upon rules. Teamwork, cooperation, and responsibility.



- Duration of this learning unit: 3h 20'



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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.

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

TO D

* 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 3: DISCIPLINE

Activity 3.0 | Getting to know the ball - Learning



Resources and planning

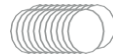
20 children



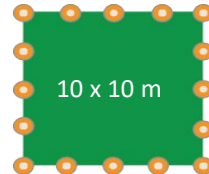
1 coach



20 balls



16 cones



KP

- Pay attention to sound and visual signals
- Ball skills
- High reaction speed
- Avoid colleagues in the designated area

Tips

- All instructions for the minor categories plus the new instructions may apply to the major categories.

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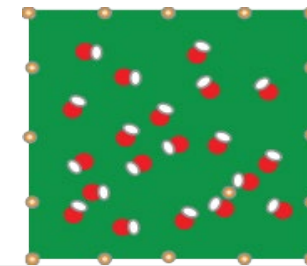


UNIT 3: DISCIPLINE

Activity 3.0 | Getting to know the ball - Learning

Procedure | Keep in mind the mileage of the unit

- 1) We defined a playing area of 10x10 meters.
- 2) Each participant has a rugby ball. At the coach's signal, all the children will run inside the marked field.
- 3) We started giving them new commands that they have to execute while running; all the commands from the younger categories plus the new commands can be applied to the older age groups:
 - M6 - Rotation of balls around the torso: On the signal, we turn our backs and get up as quickly as possible to continue running. On the signal, we jump and throw the ball slightly upwards to catch it.
 - M8 - On the signal, we do a knee bend. On the signal, we do a sit-up.
 - M10 - We walk with the ball between our legs, throwing the ball upwards with one hand and catching it with the other.
 - M12 - Try to steal the ball from other teammates, on the signal we do a push-up, on the signal kick the ball and catch it, on the signal exchange the ball with one of the teammates



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UNIT 3: DISCIPLINE

Activity 3.1 | Simon Says - Learning



Resources and planning

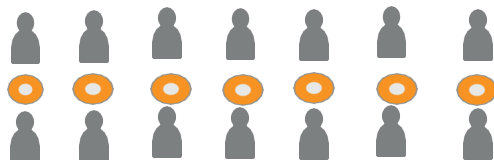
20 children



1 coach



20 cones



KP

- Focus on coach and visual guidelines.
- Reaction speed exercise .
- To be the fastest at processing orders

Tips

- It's a game that can be used in any category. We can gradually introduce more complex commands or those requiring more decision-making.

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UNIT 3: DISCIPLINE

Activity 3.1 | Reaction Speed - Learning

Procedure | Keep in mind the mileage of the unit

- 1) We define a playing area of 10 aligned cones
- 2) The children will be arranged in pairs facing each other with the cone in the middle.
- 3) We started giving them new commands that they have to execute while running; all the commands from the younger categories plus the new commands can be applied to the older age groups:
 - M6 - Knees, eyes, nose, random body parts that must be touched until the coach says CONE. At that moment, the players must grab the cone; whoever grabs the cone fastest wins. Once grabbed, we put it back on the ground and start again.
 - M8 - Just like before, and now we can add to the instructions, in addition to body parts, clapping or turning around.
 - M10 - We will proceed the same as sub 8, and we can implement it instead of with 1 cone per pair with 2 cones of different colors, and instead of the coach shouting CONE, he will say one of the 2 colors and in addition to the auditory stimulus they will respond to a visual stimulus.
 - M12 - Same as in under 10 and we can evolve it with the word change, which means that all participants move one position to the right, which leads us to play with another partner, or we can also introduce the instruction of right or left and it is to change with the player we have in front of us on the same cone either on the right side or on the left.

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UNIT 3: DISCIPLINE

Activity 3.2 | The Forest of Colors - Learning



Resources and planning

20 children



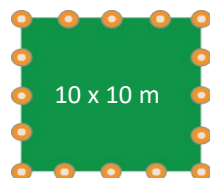
1 coach



20 balls



16 cones



KP

- Pay attention to sound and visual signals
- Ball skills
- High reaction speed
- Avoid colleagues in the designated area

Tips

- All instructions for the minor categories plus the new instructions may apply to the major categories.

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UNIT 3: DISCIPLINE

Activity 3.2 | Getting to know the ball - Learning

Procedure | Keep in mind the mileage of the unit

- 1) We defined a playing area of 10x10 meters.
- 2) Each participant has a rugby ball. At the coach's signal, all the children will run inside the marked field.
- 3) We started giving them new commands that they have to execute while running; all the commands from the younger categories plus the new commands can be applied to the older age groups:
 - M6 - Rotation of balls around the torso: On the signal, we turn our backs and get up as quickly as possible to continue running. On the signal, we jump and throw the ball slightly upwards to catch it.
 - M8 - On the signal, we do a knee bend. On the signal, we do a sit-up.
 - M10 - We walk with the ball between our legs, throwing the ball upwards with one hand and catching it with the other.
 - M12 - Try to steal the ball from other teammates, on the signal we do a push-up, on the signal kick the ball and catch it, on the signal exchange the ball with one of the teammates

