

ERASMUSRUGBY



UNIT 4 : EFFORT

Aim

Effort is the invisible engine of any player's growth. Through effort, limits are overcome, goals are achieved, and habits are built that last beyond the sport. In rugby, effort isn't measured solely in runs, tackles, or matches won, but in consistency in training, the attitude towards fatigue, and the ability to try one more time when everything seems uphill.



- Understanding that the effort is personal, but its fruits are collective.
- Giving your best doesn't mean comparing yourself to others, but striving to improve every day.

KM

- Promote a culture of hard work as a constant attitude to grow, improve and contribute to the team
- Value commitment beyond the result.



- Effort is about giving your best, not being the best.
- Those who strive today, improve tomorrow.
- Effort is evident in the small details, not just in the big achievements.
- We celebrate the attempt as much as the result.



- Duration of this learning unit: 3h 20'

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UNIT 4: EFFORT

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.

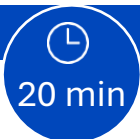
GRADES:

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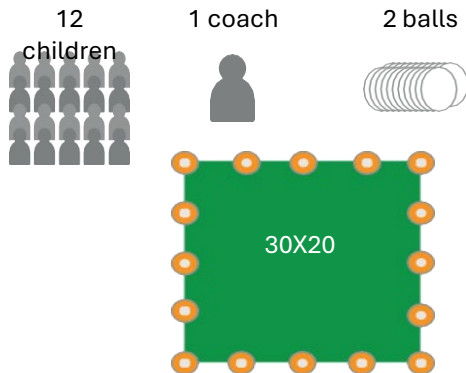


UNIT 4: EFFORT

Activity 4.0 | "Keep going until the end" - Learning



Resources and planning



KP

- Reinforce the attitude of not giving up and continuing to fight at a disadvantage.
- Defensive and support actions are valued.

Tips

- Notice who remains focused after a setback.
- He commends gestures of perseverance in defense.
- He talks about mental effort as much as physical effort.
- It conveys that what's important isn't the score, but not giving up.

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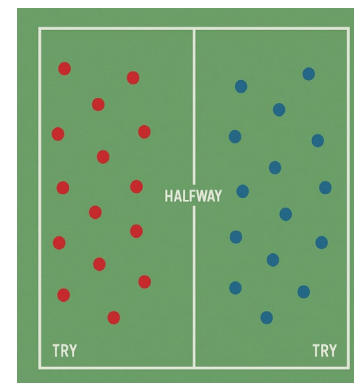


UNIT 4: EFFORT

Activity 4.0 "Keep going until the end" Learning

Procedure | Keep in mind the mileage of the unit

- Shortened game with one rule: the team that receives a try continues playing without pause for 1 more minute with one less player.
 - Playing from the beginning with a numerical disadvantage.
 - We can make variations such as playing with one less player if there is no communication.
 - change the role and attack, instead of defending, with one less player (if we want to work on defense).

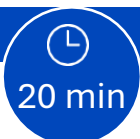


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UNIT 4: EFFORT

Activity 4.1 "Beat your record" - Learning



Resources and planning



12

children



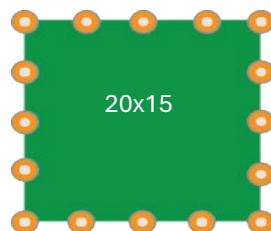
1 coach



cones



chronometer



20x15

KP

- Appreciate the attempt at constant improvement.
- You don't compete against others, but against yourself.

Tips

- He enthusiastically measures and records every attempt.
- Praise every attempt at improvement, not just the best times.
- He explains that progress comes from repeated work.
- He uses phrases like "Faster than you!"

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UNIT 4: EFFORT

Activity 4.1 "Beat Your Record" Learning

Procedure | Keep in mind the mileage of the unit

- Each child must run a short distance (10 meters), with the ball in their hands, and try to improve their time in three attempts.
 - Value the player who is getting better and better.
 - We can make variations of the running space
 - Introduce movement from the sport (not just running: quadrupedal movement, running technique, etc...)

