

ERASMUSRUGBY



UNIT 5: HUMILITY

Aim

Humility in rugby is recognizing that there is always something to learn, that the team is above personal ego, and that respect for others begins with knowing how to recognize our own limitations and mistakes.



- In this sport, neither victories are solely yours nor do defeats justify pointing fingers at others. Humility allows you to accept corrections, listen to advice, help teammates, and compete with greatness, regardless of who wins.

KM

- This unit aims to help players understand that being humble is not being weak, but rather being strong and having a sense of teamwork. A humble player acknowledges their successes without boasting and their mistakes without making excuses.



- Humility makes the team grow, not just the player.
- A good player accepts praise with gratitude and mistakes with responsibility.
- Listening, helping, and learning are acts of humility.
- Humility is demonstrated more through actions than words.



- Duration of this learning unit: 35 minutes

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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.

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

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 5: HUMILITY

Activity 5.0 | "Thank you, colleague"

Resources and planning



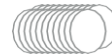
20 children



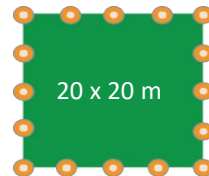
1 coach



5 balls



Cones



KP

- Reinforce the value of being grateful for every small gesture.
- Maintain eye contact
- Teamwork
- Make everyone feel part of the team

Tips

- Set an example by doing it yourself.
- Use appropriate phrases:
"Passing isn't just about throwing, it's about trusting someone else."



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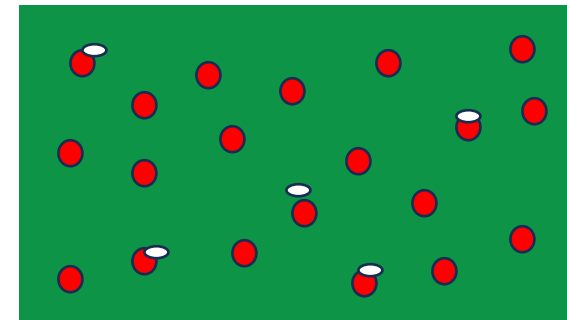


UNIT 5: HUMILITY

Activity 5.0 | "Thank you, colleague"

Procedure | Keep in mind the mileage of the unit

- 1) The players will be distributed in the 20x20m space
- 2) We will put 5 balls on the field and the players must pass them to each other.
- 3) Each time they receive a pass from a teammate, they should thank them with a "thank you" or a "good pass," and the person who made the pass should respond with a smile or a kind word in return.





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UNIT 5: HUMILITY

Activity 5.1 | "Circle of praise"



Resources and planning

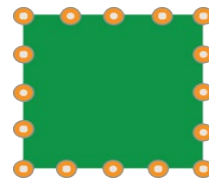
20 children



1 coach



Quiet space
at the end of training



KP

- Praise each other
- Teamwork
- Identify the successes of your partner.
- Focus on other people's achievements, not their failures.

Tips

- Avoid repetition so that everyone receives.
- Guide the group with an example.
- Reinforce praise for effort and camaraderie.
- Remember that valuing others helps us grow.



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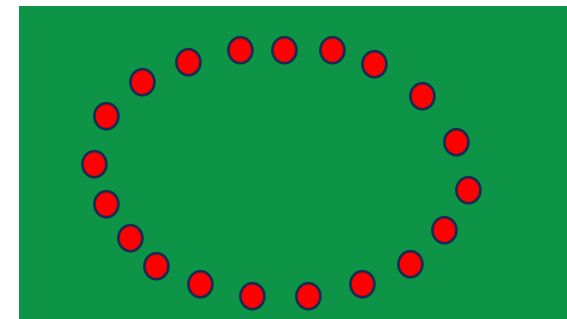


UNIT 5: HUMILITY

Activity 5.1 | "Circle of praise"

Procedure | Keep in mind the mileage of the unit

- 1) In a circle, each player says something positive about another teammate.
- 2) The goal is to foster mutual admiration, empathy, and recognition of others without envy or boasting. Emphasis is placed on praising attitudes, not just skills.





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UNIT 5: HUMILITY

Activity 5.2 | "The minute of error"

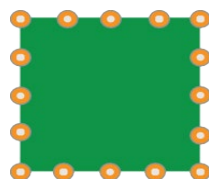


Resources and planning

20 children



1 coach

Quiet space
at the end of training

KP

- Normalize errors
- Teamwork
- Honesty
- Trust

Tips

- Do not force participation
- Start by acknowledging your own mistake
- It strengthens the courage of the one who exposes



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UNIT 5: HUMILITY

Activity 5.2 | "The minute of error"

Procedure | Keep in mind the mileage of the unit

- 1) Each player who wishes to do so can share a mistake they made in training or a match and what they learned from it.
- 2) There is no judging or criticism, only listening.
- 3) The goal is to normalize mistakes as a source of improvement and to practice humility by acknowledging them publicly.

