

ERASMUSRUGBY



UNIT 6: TEAMWORK

Aim

Teamwork is the foundation of all team sports, but in rugby it takes on a unique dimension: no player can advance without the help of others. Learning to collaborate, to trust teammates, and to relinquish the spotlight when necessary develops key social skills and strengthens group cohesion.



- Promoting teamwork in childhood and adolescence helps to develop supportive, empathetic and committed individuals.

KM

- In rugby, each position has a specific role, but everyone depends on everyone else. The best teams aren't those with the most individual talent, but those that work best together.



- Nobody wins alone: every move requires multiple efforts.
- Working together makes us stronger, on and off the field.
- A good team takes care of all its members.
- Knowing how to listen, help, and trust are team skills.



- Duration of this learning unit: 55 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 6: TEAMWORK

Activity 6.0 | "The Human Bridge"



Resources and planning

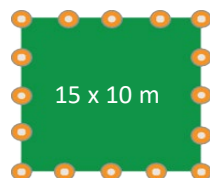
20 children



1 coach



Cones



KP

- Strengthen teamwork
- Fellowship
- Cooperation
- Trust

Tips

- Divide the team into groups of 5 to make it more dynamic.
- No talking allowed. Coordination with gestures.



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UNIT 6: TEAMWORK

Activity 6.0 | "The Human Bridge"

Procedure | Keep in mind the mileage of the unit

- 1) The players must reach the blue zone without stepping on the grass.
- 2) They can only cross the field by stepping over their teammates, who are lying on the ground.
- 3) Verbal communication is prohibited. Only gestures.





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UNIT 6: TEAMWORK

Activity 6.1 | "The cooperative pass"

⌚

20 min

Resources and planning

20 children

1 coach

Field broad

Rugby balls

KP

- Teamwork
- Inclusion
- Stake
- Effort

Tips

- Establish penalties if they skip over a teammate.
- Strengthen communication and decision-making.
- Reflect on the importance of including everyone.



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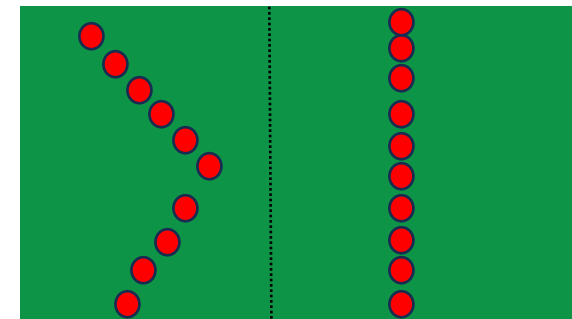


UNIT 6: TEAMWORK

Activity 6.1 | "The cooperative pass"

Procedure | Keep in mind the mileage of the unit

- 1) Both teams aim to score in the opposing team's half. But to do so, every member of the team must first have touched the ball.
- 2) If they score a try without everyone having touched the ball, the try will not count and possession of the ball will change to the opposing team.





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UNIT 6: TEAMWORK

Activity 6.2 | "Game without a star"



Resources and planning

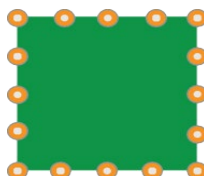
20 children



1 coach



Field
broad



Rugby balls



KP

- Teamwork
- Inclusion
- Stake
- Effort

Tips

- Vary the rules according to level and age.
- Focus on teamwork and communication.
- Draw conclusions at the end of the exercise



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UNIT 6: TEAMWORK

Activity 6.2 | "Game without a star"

Procedure | Keep in mind the mileage of the unit

- 1) A small-sided game where players cannot pass to the player who scored in the previous play.
- 2) The goal is for everyone to participate.
- 3) There will come a time when only one person can rehearse. As the exercise progresses, they will realize it becomes more complicated because they have less and less teamwork, because fewer and fewer people can participate.

