

ERASMUSRUGBY



UNIT 7: COMMITMENT

Aim

Commitment teaches young people to be consistent, responsible, and persevering. In both sports and personal life, it means being present, giving your best, honoring agreements, and not giving up when things get tough.



- Commitment builds character and strengthens self-discipline, essential pillars for adult life.

KM

- In rugby, commitment is shown in every training session, in respecting attendance, in the effort to fulfill a role within the team, in being present and giving your best.



- Being committed is not about doing it only when you feel like it, but when it's necessary.
- Commitment means respecting the team, the coach, and yourself.
- Commitment is shown through actions, not words.
- When one fails, it affects everyone: we are part of something bigger.



- Duration of this learning unit: 55 minutes

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UNIT 7: COMMITMENT

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 7: COMMITMENT

Activity 7.0 | "Relay Challenge"



Resources and planning

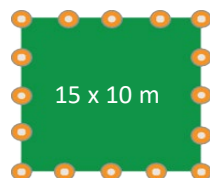
20 children



1 coach



Cones



KP

- Strengthen team commitment
- Fellowship
- Cooperation
- Effort

Tips

- Divide the team into groups of 5 to make it more dynamic.
- Adapt the activity to the observed level



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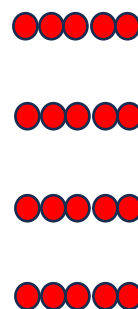


UNIT 7: COMMITMENT

Activity 7.0 | "Relay Challenge"

Procedure | Keep in mind the mileage of the unit

- 1) The players on each team must complete an activity and then pass the turn to the next teammate.
- 2) The team that does it fastest and without cheating will win.
- 3) If any player fails to complete it or cheats, the entire team starts over.





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UNIT 7: COMMITMENT

Activity 7.1 | "Blind Route"

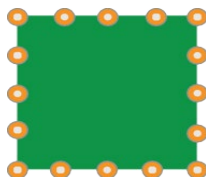


Resources and planning

20 children



1 coach

Field
broad

Rugby balls



KP

- Teamwork
- Commitment
- Trust
- Effort

Tips

- Establish penalties for cheating.
- Strengthen communication and decision-making.
- Reflect on the importance of each person's commitment



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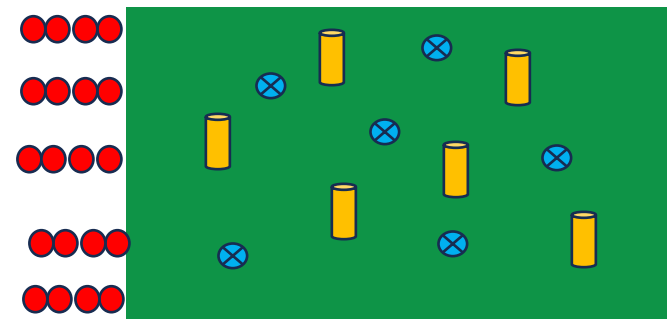


UNIT 7: COMMITMENT

Activity 7.1 | "Blind Route"

Procedure | Keep in mind the mileage of the unit

- 1) The teams are divided into pairs and the objective is to carry the ball from one point to another as quickly as possible while avoiding obstacles.
- 2) In each pair, one person will carry the ball blindfolded and the other must guide them without being able to touch it.





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UNIT 7: COMMITMENT

Activity 7.2 | "Bulldog"

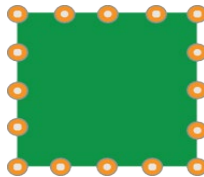


Resources and planning

20 children



1 coach

Field
broad

KP

- Teamwork
- Stake
- Effort

Tips

- Vary the space according to age and level.
- Focus on teamwork and individual commitment
- Draw conclusions at the end of the exercise



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UNIT 7: COMMITMENT

Activity 7.2 | "Bulldog"

Procedure | Keep in mind the mileage of the unit

- 1) All players must cross from one side of the field to the other.
- 2) There will initially be only one player in the middle of the field.
- 3) When that player tackles a teammate on the path from one side of the field to the other, the tackled player will join the defense.
- 4) The number of tacklers will gradually increase, and the commitment of each one will be important to prevent the rest of the team from sneaking in .

