

Ball skills with a rugby ball - grounding and gathering 1

Aim of session: To understand and practice developing fluency & coordination running with the ball, including grounding, and gathering a ball.

Lesson information

Duration: 45 minutes

Age range: 7-9 years

No. of players: Varies

Session plan number: 1

Assessment area colour codes:

Physical literacy; Cognitive Thinking; Wellness; Engagement.

Primary learning outcome:

To understand and practice developing fluency & coordination running with the ball, including grounding, and gathering a ball.


Secondary learning outcome:


Use appropriate language to describe what they do well, what they need help with, and what they need to practice.

Keywords:

Control, Speed and Technique.

Resources:

 Warm up interactive movie, Handling skills interactive movie.

 Cones and rugby balls.

1 Warm up activity

 10 mins

Set up the activity like this:

- Children should work in groups of 4 (2 children standing a distance away from another pair of children).

Activity - One child runs to the opposite player carrying the ball close to their chest. They then PASS not THROW the ball carefully to the player waiting in line opposite them. This player then runs to the player opposite them, ball close to their chest, and so on.

Repeat this for 5 minutes until you start to see improvements in good ball handling techniques whilst running and passing

Coaching points are: Keep the ball close to the chest when running.

- Add in a new element to change the stride pattern halfway through the distance they are running
- Another element to add towards the end of the warm up is to receive the ball on the move. Repeat all skills until confident to move on.

Now move seamlessly into the grounding and gathering section.

2 Main activity

 30 mins

Key questions

Watch the handling ball skills movie for technique with your students - Teachers could use able students to demonstrate the activity once on the pitch.

Activity 1 - Set Up:

- Children should work in groups of 4 (2 children standing a short distance away from another pair of children – about 4-6 metres)
- A cone should be placed on the centre distance between the 2 sets of players as below

Cone (Players x 2)CENTRE CONE..... Cone (Players x 2)

What do we need to remember when we are carrying the ball whilst running?

What do we need to remember when we are grounding the ball?

3 Main activity (continued)

The activity itself is made up of 3 stages:

- 1) Focus just on their grounding and gathering techniques without the running element to begin with - i.e. taking 2 steps forward and ground the ball and 2 steps forward to gather the ball. Only add in the running element when confident they could perform these skills with more speed.
- 2) Move the children further apart to add in the running element (about 10 metres apart). One child runs to the centre cone carrying the ball close to their chest. They then ground the ball and continue running to player waiting in line opposite them. This player then runs to the grounded ball and gathers the ball, running to player opposite them waiting in line.
- 3) Repeat this for 5 minutes until you start to see improvements in grounding and gathering with good ball handling techniques.

Progression:

For the more able children we will be looking to work at a faster pace, while still maintaining the correct technique.

Key questions

What do we need to remember when we are gathering the ball?

What went well?

What do you need to practice?

4 Cool down

 5 mins

Key questions

Coming to the end of the session:

Children to tidy away any equipment still out.

Teacher to lead some simple stretches asking the children what they have learned in the lesson.

Teacher notes and review

Assessment area colour codes:
Physical literacy; Cognitive
Thinking; Wellness; Engagement.