

GIRLS RUGBY CLINIC



The purpose of the Girls Rugby Clinic is to introduce a variety of skills in a fun format filled with games and activities tailored to the participants. It is meant to be a taste or a teaser to the full Girls Rugby season. Feel free to modify the clinic curriculum to fit your location's needs.

CURRICULUM EXPLAINED

The curriculum for the three hour clinic has been broken into different pieces. Any of the games listed can be found in the Girls Rugby Game Cards. Please refer to these for further detail.

WORD OF THE DAY

Each Girls Rugby clinic should include a Word of the Day, similar to the Words of the Week in the normal seasons. Select a word that the participants can work on throughout the day. Refer to the Girls Rugby Values Book for ideas on discussion questions and activities that you can use.

GAME ZONES

You will see Game Zones listed in the curriculum. These activities are games intended for the girls to apply various skills. Ensure that the focus throughout these games is a specific skill. Help coach the participants to success by setting goals before each game and focusing on the key factors of each skill.

SKILL ZONES

Skill zones are another piece of the curriculum where the intention is to focus on one specific skill. The activities here will be less chaotic, such as in the Game Zones, and will focus on improving a specific skill such as passing or flag pulling. Use this time to refine the skills before jumping back into a Game Zone where they can apply their new knowledge.

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TIME: 2 HOURS

MATERIALS: NAME TAGS, RUGBY BALLS, CONES, FLAGS, PINNIES

TIME	ACTIVITY	NOTES
15 MINUTES	REGISTRATION & CHECK-IN	It is recommended that this happens the 15 minutes before the start of the clinic to ensure maximum time is devoted to the program.
5 MINUTES	CLINIC INTRODUCTION TO THE GROUP	Bring the group together to introduce the day, introduce coaches, and allow the participants to introduce themselves.
5 MINUTES	WORD OF THE DAY	Introduce your Word of the Day and utilize this time to introduce define it and outline how the Word of the Day will be incorporated into the clinic.
10 MINUTES	DYNAMIC WARM-UP	Get the participants moving through dynamic activity such as a fun game with stretching incorporated, or using a more structured dynamic warm-up format.
5 MINUTES	WATER BREAK	Ensure that the participants have adequate time to rest and get water.
5 MINUTES	RELAY RACES	Start introducing basic rugby skills and other fun skills. Work on skills the girls will use throughout the clinic such as passing, running, try scoring, etc.
10 MINUTES	FLAG FURY (GAME ZONE)	Introduce flag-pulling with this fun game of Flag Fury. Introduce various formats of the game such as individual and team play.
5 MINUTES	1 V 1 FLAG PULL (SKILL ZONE)	Allow the participants an opportunity to work on their defensive flag pulling in a skill zone.
5 MINUTES	WATER BREAK	Ensure that the participants have adequate time to rest and get water.
10 MINUTES	SHARKS & MINNOWS (GAME ZONE)	Give participants a chance to apply their newly refined skills in a game format. Be sure to use flag belts to ensure skill transfer and practice.

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TIME	ACTIVITY	NOTES
10 MINUTES	CIRCLE PASSING (SKILL ZONE)	Work on passing skills in various Circle Passing formats. Try picking things up a bit with competitions and Duck, Duck, Goose.
10 MINUTES	ULTIMATE RUGBY	Start to incorporate all skills into Ultimate Rugby.
5 MINUTES	WATER BREAK + WORD OF THE DAY REVIEW	Use this time to review the Word of the Day and how the girls are incorporating it into the activities. Set some goals for the remaining time.
10 MINUTES	TRANSITION GAME	Start to transition from Ultimate Rugby to Flag Rugby by progressing the game. Spend adequate time on each progression.
5 MINUTES	WATER BREAK	Ensure that the participants have adequate time to rest and get water.
15 MINUTES	FLAG RUGBY	Start to transition from Ultimate Rugby to Flag Rugby by progressing the game. Spend adequate time on each progression.
5 MINUTES	CLINIC WRAP-UP	Use this time to recap the Word of the Day, cool down, and make any relevant announcements, hand out goody bags, etc.

The curriculum is meant to be a balance of game zones and skill zones, particularly working on skills first before bringing them all together at the end in the game of Ultimate Rugby. Additionally, there is a balance of bringing energy up and down with adequate time for rest and hydration. Feel free to adjust the flow of the day or order of the activities to suit your players' needs.