WHAT TO DO

1. Organise students into teams of 7 attackers and 7 defenders and send them to a grid.
2. Students play each other in a game of Touch 7s.
3. The student attackers attempt to score a try.
4. Defenders try to tag the attackers.
5. The attackers only have four tags before possession of the ball changes.
6. Once tagged, an attacker has two options:
   a) To pass the ball to a teammate within two seconds and two steps; or
   b) To perform a “Ball Place” whereby the attacker turns towards their team and places the ball down on the ground for a team-mate to pick up and play on.
7. Possession changes if the attacking team are tagged seven times, drop the ball or do a forward pass.

TEACHING TIPS

- Once a student attacker is tagged, call “Tag, turn and pass” or “Ball place”.
- Pass to targets and use space.
- Commit to a defender, fix, and change direction.
- When scoring a try bend at the ankles, knees and hips to place the ball with both hands.

VARIATIONS

- Increase or decrease playing time.
- Increase or decrease playing field size.
- Teams must pass to every player before scoring a try.

QUESTIONS FOR UNDERSTANDING

- How could attackers create space to avoid being tagged by the defender?
- Where should the defender position themselves to have the most chance of tagging one of the three attackers?

FAIR PLAY OPPORTUNITIES

- Encourage girls and boys to pass to each other.
- Discuss positive and respectful words to use when congratulating other students for their effort.