



Calling All Shapes, Sizes Skills and Characters!

GET INTO
RUGBY
SCHOOLS

A Rugby team needs all shapes, sizes, skills and characters!

Which Rugby position is for you?

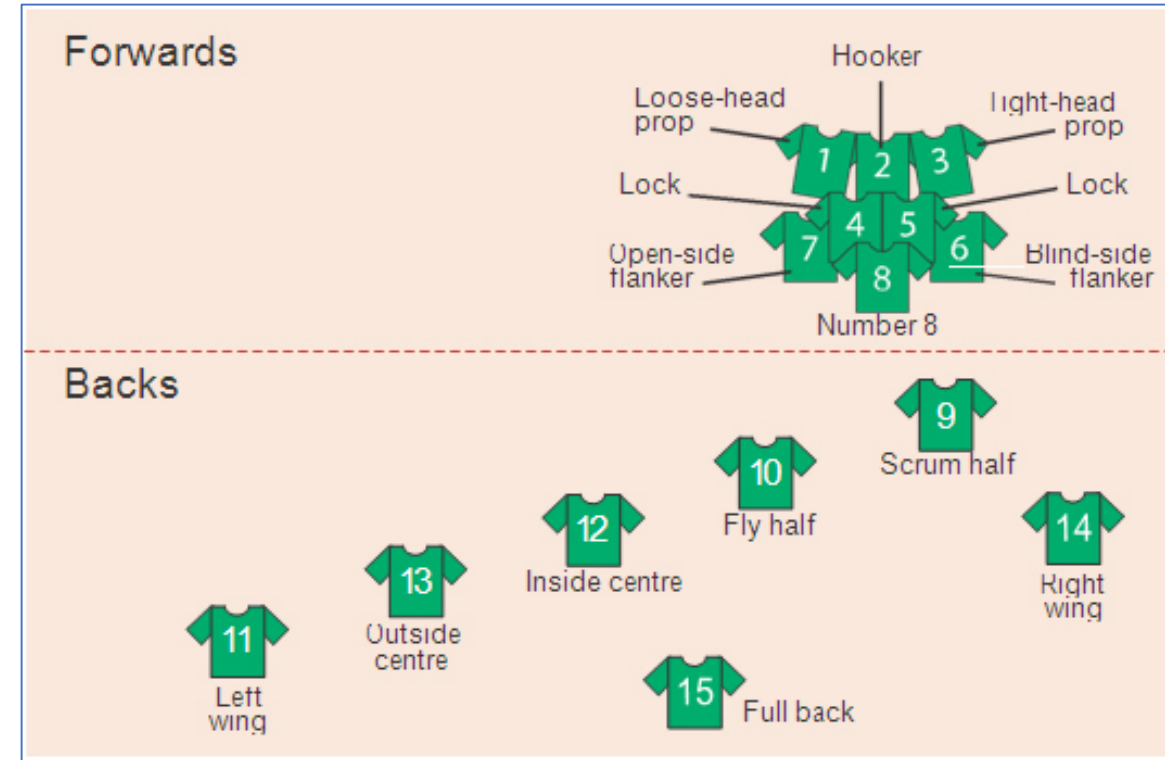
1. Loose head prop <ul style="list-style-type: none"> • Tough • Strong • Admired 	2. Hooker <ul style="list-style-type: none"> • Direct • Physical • Tenacious 	3. Tight head prop <ul style="list-style-type: none"> • Cunning • Dominant • Foundation 
4. Lock <ul style="list-style-type: none"> • Tall • Smart • Aware 	5. Lock <ul style="list-style-type: none"> • Huge • Grinding • Solid 	6. Flanker <ul style="list-style-type: none"> • Powerful • Unassuming • Wise 
7. Flanker <ul style="list-style-type: none"> • Opportunistic • Scavenging • Ruthless 	8. Number 8 <ul style="list-style-type: none"> • Physical • Composed • Dominant 	9. Scrum half <ul style="list-style-type: none"> • Cunning • Cheeky • Opportunistic 
10. Fly half <ul style="list-style-type: none"> • Smart • Skilful • Evasive 	11. Left wing <ul style="list-style-type: none"> • Fast • Finisher • Understands limitations 	12. Inside centre <ul style="list-style-type: none"> • Hard • Focused • Uncompromising 
13. Outside centre <ul style="list-style-type: none"> • Multi-talented • Ruthless • Calm under pressure 	14. Right wing <ul style="list-style-type: none"> • Works hard • Physical • Finisher 	15. Full back <ul style="list-style-type: none"> • Opportunistic • Diverse skill set • Knows when to attack 

Rugby playing positions

This is how a Rugby team playing in a traditional 15-a-side match might stand at a scrum.

- What might the group of players in the “Forwards” do?
- What might the group of players in the “Backs” do?
- Where might the bigger, stronger players be positioned?
- Where might the agile, leaner players be positioned?

Take a good look at this diagram....you will need to remember it very soon!



Source: http://www.zurichrugbyacademy.ch/index.php/rugby_game

Top Rugby try scorers of all time

Rank	Caps	Tries	Tries per Cap	Player	International team	Position
1	58	69	1.190	Daisuke Ohata	 Japan	Wing
2	101	64	0.633	David Campese	 Australia	Wing
3	91	60	0.659	Shane Williams	 Wales (58) British and Irish Lions (2)	Wing
4	81	55	0.679	Hirotohi Onozawa	 Japan	Wing
5	95	53	0.558	Bryan Habana	 South Africa	Wing
6	91	50	0.549	Rory Underwood	 England (49) British and Irish Lions (1)	Wing
7	62	49	0.790	Doug Howlett	 New Zealand	Wing
8	141	47	0.343	Brian O'Driscoll	 Ireland (46) British and Irish Lions (1)	Centre
9	58	46	0.793	Christian Cullen	 New Zealand	Fullback
=	68	46	0.676	Joe Rokocoko	 New Zealand	Wing

- What positions are the majority of top Rugby try scorers?
- Which group do they belong to – Forwards or Backs?
- Are there any Australians in this list?
- What might “caps” mean?
- How is “tries per cap” calculated?

Players who are still active at international level are in **bold**. Players who are active in rugby union at club level, but not at international level, are in *italics*. Source: http://en.wikipedia.org/wiki/List_of_leading_rugby_union_test_try_scorers

Forwards

- Bigger, stronger, heavier players
- Use size and strength to get the ball and move it towards the opposition goal-line.
- Pack together using their bulk, strength and ability to work together to get the ball in scrums
- Contest for possession of the ball in the line-out.
- Work together in defence, co-operating to stop the opposition from moving the ball towards your goal-line.



Backs

- Provide more of the speed, agility and evasiveness required in many cases to score tries.
- Usually are smaller, faster, more elusive players. (Many are large and fast however!)
- Have good individual skills in running, passing, catching, kicking and tackling.
- Move the ball to search out or create weaknesses in defence.



Teamwork

“It is better to be a champion team than a team of champions”.

What might this mean?

When do Rugby forwards and backs work together as a team?

When have you been part of good teamwork in sport or at school?

Can you remember the 15 Rugby positions and order?

Challenge time!

Nominate 15 students to try and arrange themselves into the correct team formation (at a scrum) for a traditional 15-a-side Rugby game.

How will you decide on positions?

Will anyone take the lead?

Who will follow?

Will anyone object?



Worksheet fun

Match the Rugby animal to its name

All of these animals have been likened to Rugby playing positions. Which one is most like you? Why? Can you find the name of each animal below? Draw a line from the name of the animal to its picture!



Bear

Rhino

Hippo

Giraffe

Whale

Lion

Hyena

Gorilla

Monkey

Dolphin

Cheetah

Shark

Tiger

Zebra



Lower Primary

Which Rugby animal best describes your strengths?

A Rugby team needs players of all shapes, sizes, skill and character. From the list below, circle the Rugby animal which best describes your strengths.

1. Loose head prop • Tough • Strong • Admired		2. Hooker • Direct • Physical • Tenacious		3. Tight head prop • Cunning • Demanding • Foundation	
4. Lock • Tall • Smart • Aware		5. Lock • Huge • Grinding • Solid		6. Flanker • Powerful • Unassuming • Wise	
7. Flanker • Opportunistic • Scavenging • Ruthless		8. Number 8 • Physical • Composed • Dominant		9. Scrum half • Cunning • Cheeky • Opportunistic	
10. Fly half • Smart • Fast • Evasive		11. Left wing • Fast • Finisher • Understands limitations		12. Inside centre • Hard • Focused • Uncompromising	
13. Outside centre • Multi-talented • Ruthless • Calm under pressure		14. Right wing • Works hard • Physical • Finisher		15. Full back • Opportunistic • Diverse skill set • Knows when to attack	

Now use the box below to describe your personal strengths on and off the sporting field. You can use pictures and words. You could draw a picture of you, the animal you chose, words describing the animal/you, other images/words about you.

Middle Primary

Positions and numbers!

How well can you remember the Rugby playing position names and their numbers on the field?

Try to work out which playing position (in the left hand column) matches which number on the field, then write down the number you think best matches the Rugby playing position.

Some have been done for you!

a. Scrum-Half = 9

b. Inside Centre = _____

c. Hooker = _____

d. Flanker = 6

e. Loosehead Prop = _____

f. Number 8 = _____

g. Tighthead Prop = _____

h. Fullback = _____

i. Fly-Half = 10

j. Outside Centre = _____

k. Lock = _____

l. Flanker = 7

m. Lock = _____

n. Right Wing = _____

o. Left Wing = _____



Can you remember which positions and numbers made up the forwards and backs? Write them below.

FORWARDS	BACKS
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Upper Primary

Assessment idea: Lower Primary

Write sentences or talk to your class about the type of Rugby playing position you think you would like to play and give reasons why.

You can talk about the 'animal' you like the best too!

9. Scrum half <ul style="list-style-type: none">• Cunning• Cheeky• Opportunistic	
12. Inside centre <ul style="list-style-type: none">• Hard• Focused• Uncompromising	
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Assessment idea: Middle Primary

Design a flyer or brochure about Rugby positions to give out to new players and spectators at the Rugby carnival.

You could include the “animal association” as part of the role of each position, and any other information.

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Assessment idea: Upper Primary

“Forwards win matches, backs decide by how much!”

Write your opinion about this statement.
Be sure to include your reasons for whether you agree or disagree with the statement.



IN MY OPINION	
Name: _____	
opinion	
Reason 1	
Reason 2	
Reason 3	
Restate opinion	

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