**Lesson Objectives (5)**

- Introduce Attacking and Defending principles (individually and Team)

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<th>Introduction/ warm up (Connection and Activation)</th>
<th>With timings</th>
<th>Differentiation (Extension/Support)</th>
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<td>Pass and Move</td>
<td>5-10 min</td>
<td>Encourage good communication from the start</td>
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**Main (Development/ Application)**

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**Pass and Move**

Get a number of balls in the group and the pupils must move around the area passing and catching the ball. No one is allowed to stand still at any point.

**Attack vs Defence (Individual)**

1v1

In pairs pupils will line up opposite each other with a cone behind them, the cone represents the try line.

1 pupil will be the attacker and the other will be the defender. The attacker has to try and get past the defender and score a try. The defender must try and tag the attacker. After 5 goes the pupils swap roles.

2v1

This time there will be 2 attackers against 1 defender. The defender must shut down the space and move towards the pupil with the ball.

In attack the pupil with the ball must draw the defender to them and then either keep the ball or pass it to their other attacker who can run and score.

2v2

This is the same as the 2v1, however there are now 2 defenders. The defenders must work together and try and move as 1. The must communicate who is marking who and must not go for the same person. If both defenders go towards the pupil with the ball then that still leaves the other attacker free to receive a pass and score.

**Overload attack**

There will be 8 attackers spread out at one end of the area and 3 defenders at the other end.

The ball will be put in to the area and the 8 attackers have to try and score a try without being tagged using their numerical advantage.

- The defenders must try and work together to stop them.
- **Plenary (5 min)**

Questions on how to defend successfully.

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