



Workshop in English for pupils in 5th and 6th form at Primarschule Basel

Rugby Practice

Moderator: Rugby Football Club Basel coaches and John Lazarus

Workshop in English

Activities, Methods

Rugby experience: the Rugby Football Club Basel offers classes in the city of Basel and the surrounding area an insight into the world's popular contact Rugby sport. Pupils are taught under the Rugby Football Club Basel the basic skills of rugby.

Practice plan:

10 min.	Introduction
60 min.	Warm-up and build up to Rugby (playing with the introduction of a rule at a time)
15 min.	Tackling / Scrum
30 min.	Rugby game

Materials and Resources

The pupils bring along sports wear and old T-Shirt and running shoes

Preparation required in advance

None

Location:

Pruntrutermatte

<http://maps.google.co.uk/maps?q=47.54496,7.579365&hl=en&ll=47.545554,7.5793&spn=0.007488,0.019205&num=1&t=h&z=16>

Tram # 2 or Bus 36 (Margarethen) and Tram 10 (Dorenbach).

Entrance is on Hans Huber-Strasse, The pitch is off Dorenbachviadukt (above the Zoo) opposite Sankt Margarethen church.

Duration:

2 ½ hours: 9 – 11.30 a.m. or 2 – 4.30 / 3 – 5.30 p.m.

Number of Participants:

Max. 25

Possible Dates (weekdays, times):

Mid-April – September 2019

9 – 11.30 a.m. or 2 – 4.30 / 3 – 5.30 p.m.

Costs:

40 CHF

Contact:

Responsible Rugby@School Projects

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Further informations:

<http://www.rugbybasel.ch/>

http://en.wikipedia.org/wiki/Rugby_union

http://de.wikipedia.org/wiki/Rugby_Union

Videos explaining the rules:

<http://www.youtube.com/watch?v=7rS1HDlgaEg&feature=email>

<http://www.youtube.com/watch?v=RPmFetWNw04&feature=email>

<http://www.youtube.com/watch?v=BLc-Sw4zFcc&feature=email>

<http://www.youtube.com/watch?v=jqmU5gMZtq8>

http://www.youtube.com/watch?v=txnR9Uq_jzk

http://www.youtube.com/watch?v=Od5M_dIVz-4

Girls playing rugby:

<http://www.youtube.com/watch?v=r4qR0CzFyA4>