

Norges Rugbyforbund E-Rugby Event Script



This is an instructive guide for rugby clubs to follow when they host an E-Rugby event, we want all clubs to have the same foundation and be able to run these events in the same manor. This template can be adapted over time. We would like each club to write a small report after the event so we can see what worked well and what didn't. Clubs will learn from each other's mistakes, sometimes an idea will work in one club but not in another, which is absolutely ok. It is all about trying different approaches until we find that perfect mixture. The main thing is to stick to the core of this plan but adapt it to work for you and your members.

The event will be made of five blocks (below is the suggested order, however, it can always be moved around for each club), this is the order we believe works best to keep engagement and motivation. The second block is the largest as it is the activity block. It includes the two activities which the event is based around: Video Game and Rugby Exercises.

Step One: Arrival

- Members arrive
- Welcome talk - Introduce the coaches/staff who are leading the event, and anyone else of interest.
- Explain how the day is going to work in terms of timings and what activities you will be doing.
- Invite Parents to stay and watch if they'd like to, try to get them engaged just as much as the kids. If they are enjoying it and see kids having fun, they will be more likely to come back next time.
- Ensure kids and parents about the COVID precautions. What are you doing? What do the kids need to do? Where is the hand washing station? We need to make members feel comfortable and safe. The safer they feel, the more fun they will have, the more success we will have.
- Have a board/large piece of paper on display with 5 rules (you can decide which) that you think are the most important, and ask the participants see if they can sport them during the video game or while training outside.
- Invite members to ask any questions they have in regard to rugby rules or the sport in general. We want this to be a learning experience.

Step Two: ACTIVITIES

Block One: **VIDEO GAME**

- Introduce the video game and begin a tutorial. Get the junior event leader to give a small demonstration of the game and controls to anyone who is unfamiliar with the game.
- If there is a large number of participants split them up as you need to, two/three screens if you need to.
- Set the matches to the shortest game time of 4-minute halves and have two playing on one console at one time.
- 2 people will play in a 1-1 match and can pick any team of their choice from the video game. While they play, it is vital that those who aren't playing are kept busy. This is where you should have some small board games or a deck of cards available. It is a good bonding/teambuilding experience while they wait to play the game (they are also encouraged to watch others play).
- On the day, you will have access to the NRF TWITCH streaming account so you can stream the matches if you wish to. (help can be provided to set this up).

- Block Two: **RUGBY**

This part is fully up to you in terms of drills, I know that each club will have a different approach. The key is to identify the different abilities. Some of the participants will have some, little or no rugby experience; we must cater to each person's ability so they can have fun. A real mixture of simple yet enjoyable drills. One of the most memorable things about rugby to young kids is Getting Dirty! For Example:

- WARM UP, Get the kids moving around after sitting playing games. Take them through a simple stretching routine that they can use themselves at home, school or the gym. This can be linked in with any health talks to promote healthy muscles and good recovery/injury prevention.
- Learning the fundamentals of a rugby tackle (feet position, square hips and shoulders, arms up to wrap and good shoulder impact). Get kids to hit a tackle cylinder over and over again.
- Learning to pass a rugby ball backwards, Simple hand positions for a catch as well as a pass.
- Kicking games, see who can kick it the furthest, highest, kick and catch again or even nearest to a certain target.
- Learn to run with the ball in two hands. Run towards an obstacle and step/run around it.
- TRY SCORING! Set out a small 5-metre-wide channel, with a line of cones at the end. Players must then run down the channel and then dive in for a try.

Step Three: FOOD

- In this block, Kids will be sat down and eating, so it is a perfect time to talk to them. Take the time to maybe have a short rugby related quiz about what they've learnt during the day or about the sport in general.
- Other talking topics could be issues like mental health, nutrition and injury prevention. (All dependant on age and responses)
- This is another great chance for the kids to understand rugby and its community.
- While they all sit and eat together, coaches and players should walk around, introduce themselves and just generally interact with them.
- Meanwhile (if there is a screen available) try find an old rugby game on YouTube and put it on for all to watch.
- Board/card games.

Step Four: VIDEO GAME

- Same setup as before, try to get another rotation of matches in here.
- If there were too many matches for everybody to play each other in the first set, then use this second set to make sure everyone plays everyone. Or if certain members want to play another certain player, let them do this here (get some friendly competition).

Step Five: CLOSING CEREMONY

- Thank everyone for attending and applaud the coaches, organising team and themselves for taking part.
- Find some sort of award to hand out to the kids to take home, maybe a rugby ball with NRF/club branding etc
- Tell parents and kids about any other events that you are holding and when/where you train so that they can come and join in.