

Rabble Instructor Training Manual

Congratulations on starting your Rabble training to become a Rabble instructor. We hope that you're as excited as we are!

The Rabble Instructor Training Process is focused on helping you harness the skills and qualities needed to be a top class Rabble Instructor. At the end of the course, you should feel excited and confident about setting up and running your own Rabble sessions and building your Rabble community.

After completing the Rabble Instructor Training Manual there are several other actions you'll need to undertake before you can open your own Rabble site, we will run you through all of these after the course!

In this course you'll learn how to practically deliver a Rabble session, and how to prepare for it through the following modules:

1. [About Rabble](#)
2. [Health & Safety](#)
3. [Game rules](#)
4. [Fitness in Rabble](#)
5. [Communication at Rabble](#)
6. [Game Mechanics](#)
7. [Game Management](#)
8. [Building your Rabble](#)

1. About Rabble

What you will learn during this module:

Why Rabble exists and what a Rabble session looks like.

Why it's important

To get the background understanding of what Rabble is and why it was created, the Rabble core values, and an overview of how a complete session looks, before we drill down more into the details in later sections.

Key points

1. Why Rabble
 - a. How did Rabble come about
 - b. Rabble core values
 - c. Becoming a Rabble instructor
2. What is a Rabble session

1. Why Rabble?

Rabble was born because we got bored of boring exercise. We wanted exercise to be part of our daily lives, but we wanted to look forward to it not dread it. There was nothing, so we started it ourselves.

a. How did Rabble come about?

Rabble was founded by former international athlete Charlotte Roach, who after a near fatal accident left elite sport and found unexpectedly that exercise felt like a chore. Wanting exercise to be something to look forward to for years to come, she quit her job and founded Rabble. Rabble was founded on the principles of making exercise fun, social, a workout and accessible to everyone. Remembering the love of exercise from childhood, Charlotte brought back some classic playground games and designed new games of her own to meet these principles. She built an initial community in North London that grew larger than she imagined.

b. Rabble Core Values

There are 3 core values that are at the centre of everything we do:

1. Fun
2. Active
3. Inclusive

Fun

Rabble is fun! This is important, because if you love something, you'll keep doing it. Life is busy, and working out can seem like a chore. Many of our Rabble members were not engaged in any form of fitness before joining us. However, our players join us day after day, week after week, why? Because they enjoy it, they see improvements and they make friends.

Active

Players can run over 8km and burn over 800 calories during each session. When you think you might score, it doesn't matter who's chasing you down, you'll run your legs off to get the win. The intensity in these moments is equivalent to HIIT training and are critical for overloading the body, and controlling the recovery. We play a variety of games because it stops the body from adapting, falling into its comfort zone and prevents boredom. You'll notice huge improvements in player speed, endurance, agility and coordination in just a few weeks of regular sessions.

Inclusive

Rabble is a family. It is designed to be accessible to all ages, abilities and experience levels. By building relationships, we improve players' mental and social wellbeing as well as their physical health. Our instructors are community builders, it's our job to get to know our players and bring people together both on and off the field. Your success in building a community directly translates into numbers at your class.

c. Becoming an instructor

As an instructor, you'll help players improve their fitness, mental health, and find a community of friends. Rabble is like a family, building a local community of people with shared interests, and finding friends for life. There's nothing more rewarding than seeing your players enjoying themselves, meeting new people and helping them change their lives.

2. Rabble session structure

A Rabble session is an hour of games from start to finish. These are intense enough that players get a real workout, but are so enjoyable that people forget they're exercising. The games are team based because this helps build the social community. We play a variety of games so that our players get a full workout, covering a variety of different skills.

The structure of a Rabble session has been designed to maximise enjoyment, fitness and skills. We have provided you with games for the first two Rabble sessions in your Beginner Session Plans document.

A Rabble session layout:

In advance of session	Plan session & practise	
Before session starts	Set up pitch Health & safety checks Welcome players	
Session	Rabble welcome & introduction Name Game	3 minutes
	Warm up Game	10 minutes
	Ball Game (versions A, B, C)	20 minutes
	Chase Game (versions A, B, C)	20 minutes
	Stretch	5 minutes
After session	Photo	
	Check up on players & drinks	

1. Rabble welcome and introduction

First impressions are important – the welcome and introduction should be inclusive, friendly, energetic and set the tone for the session. Make everyone who comes to your session feel included and part of the group. Introduce yourself and Rabble, welcome everyone to the session, run through health & safety points and get set up as quickly as possible.

2. Name Game

To forge a strong team and to improve the atmosphere throughout the game, it's

important that players learn each other's names. Encourage players to use each other's names throughout the game, and of course, learn them yourself so that you can praise and encourage your players.

3. Warm-up Game

In your Beginner Games Pack: Donkey Tag, Island Tag

This is typically a simple game to get players moving. It's essential that this begins slowly and gradually increases in intensity until players are at full capacity, warm and out of breath.

Begin with a walking round, then repeat the game with gradually more intense movements, e.g. jogging, skipping, sidestepping, running, jumping, hopping etc. This should last for about 10 minutes. **DO NOT START YOUR SESSION AT FULL RUNNING PACE** (this leads to injuries).

4. Ball Game

In your Beginner Games Pack: Netsketball, Circular Dodgeball

We split the main section of our session between ball games and chase games, it doesn't matter in which order you choose to run them. This is so that the session is varied and includes a mixture of different skills and types of fitness. We play 3 different variations of the ball game and the same with the chase game, this allows you to build an initially simple game into something more interesting. Ball games tend to improve players speed, coordination, agility, power and balance.

5. Chase Game

In your Beginner Games Pack: Dodgeball Gauntlet, Hunger Games

We then run 3 variations of a chase game. Chase games are usually centred around participants running from A to B and tend to be a harder cardio workout than ball games. Some players prefer chase games and some ball games so in addition to offering different components of fitness it's also good for player enjoyment.

6. Stretch

The stretch and cool down helps prevent injury and creates some time for you to review the session, congratulate new players for playing, remember any funny moments and inform players of your next session and any upcoming Rabble events or socials. It's critical to teach good form in the stretch and instructors should run a stretch of a minimum of the major muscle groups used in that session. All sessions will require hamstring, quad, calf and groin stretches.

7. Photo

Take a group photo after the session (check everyone is happy to be in it). Post it on

social media and tag players in the post, so their friends can see what they are missing out on. Social media success is all about the quality of the content, so make the photos as interesting and varied as possible. Ideally you're telling a story about the session with your picture and showing how much fun Rabble is. If you're able to get a good action shot during the session, even better.

8. Check up on players and drinks

Players will come back to the session if they enjoyed it, felt comfortable, and like you and the other players. Chat to players after the session to see how they found it and to congratulate them on their session and progress. This is critical with new players, so make sure you speak to them before they leave. Relationships and communities are built both during and after the sessions, so if you can head for a drink after it will help build that community.

INSTRUCTOR ASSESSMENT CHECKLIST

Why Rabble

- ✓ Understand why Rabble came about
- ✓ Understand Rabble's three core values
- ✓ Understand what is needed in a Rabble instructor

Rabble session structure

- ✓ Instructor knows the Rabble session structure and all the elements within it
- ✓ Instructor understands why a Rabble session is structured in this way
- ✓ Instructor knows the timings and order of each element of the Rabble session structure

2. Health & Safety

What you will learn during this module:

How to run a safe Rabble session and what to do if an accident happens.

Why it's important

The safety of Rabble players and instructors is paramount. By adhering to the below guidelines, instructors will be able to minimise the risk of illness and injury.

Key points

1. Running a safe session
2. Accident procedure

1. Running a safe session

a. Choosing your location

- Check meeting point is easily spotted and that there is enough space for players to meet, change footwear and leave bags. Also check that the bags will be safe but with no risk of players tripping over them.
- Ensure there is enough space and enough light on the pitch. Players should be able to see the playing surface, equipment and each other.
- Ensure that the surface is suitable and fit for purpose (e.g. not waterlogged or frozen).
- Ensure that there are not any hazardous obstacles (e.g. large potholes or branches). If any, remove or make them safe by marking them with cones or lights.
- If you are running indoor sessions, set a maximum limit on how many players can attend (we suggest a maximum of 8-10 per badminton court as a guide)

If you believe that an area is unsafe to host a session, you will need to find a suitable alternative or postpone the session.

b. Before the session

- Check first aid kit is present and fully stocked
- Check all equipment is safe
- Ensure that all players participating have signed in or signed up to the Rabble waiver

form and are fit to participate.

- Ask players if they have any injuries. Ensure those that do have appropriate consent from a doctor.

c. Warm-up

Ensure you run an adequate warm up. All players should be gently warmed up before being given any games with vigorous movements. Players should *gradually* get out of breath during the warm up. **Do not begin with sprinting or running games.**

Ensure you keep the intensity up after the warm up, do not have players stationary for long periods after this as this puts players at risk of injury.

d. During session

When introducing strength exercises (e.g. squats), demonstrate the correct technique.

Immediately bring a halt to any dangerous play. If anyone hurts themselves during the session ensure they are okay, apply first aid if required before they continue. Should a serious injury occur - follow the Rabble Accident Procedure (see below). If the area becomes too dark to play, stop the game and move to a safe area.

e. After session

Lead a cool down, demonstrating correcting technique for stretches of all major muscle groups (Hamstrings, quads, calves, groin) and any other areas that were focused on during the session.

2. Rabble Accident Procedure

Should a serious illness or injury occur, you must follow the Rabble accident procedure.

In case of emergency:

1. Stop session
2. Administer first aid as per your training
3. Call emergency services
4. Do not leave the casualty until a medical professional is present

Signs of serious illness or injury include:

- Unconsciousness, seizure, trouble breathing or irregular breathing

- Persistent chest pain, serious head, neck or back injury
- Severe bleeding that does not stop, bone showing through skin
- Anaphylactic shock, concussion.

INSTRUCTOR ASSESSMENT CHECKLIST

Location & equipment

- ✓ Instructor lays out pitches for each game in good time before each game
- ✓ Instructor checks the pitch for hazards and removes them or finds an alternative pitch deemed safe
- ✓ All equipment used is checked prior to the session
- ✓ Fully stocked First Aid kit is carried at all times and instructor knows how to use it

Before, during and after session

- ✓ Instructor screens players for injuries before starting the session and checks all players have signed an appropriate waiver form
- ✓ Instructor runs an adequate warm up, starting at walking pace and increasing in intensity
- ✓ Instructor immediately stops dangerous play
- ✓ Instructor runs an appropriate warm up and cool down

Accident Procedure

- ✓ Instructor demonstrates that they are competent in following the Rabble accident procedure

3. Game Rules

What you will learn during this module:

How to deliver the game rules clearly and concisely so that you can run smooth and enjoyable games.

Why this is important:

A thorough understanding of the rules is essential to the smooth running of Rabble games. If players do not understand the rules, they cannot enjoy the game or get a workout.

Key points:

1. What is excellent rule delivery
 - a. PASDE
 - b. 2nd and 3rd game versions
2. How you can master rule delivery
 - a. Understanding the games
 - b. Explaining the rules out loud
 - c. Explaining the rules to others
 - d. Practise
3. How to know whether you have delivered the rules well

1. What is excellent rule delivery

To help you to explain the rules clearly, concisely and logically, we always use an explanation structure - PASDE (Place, Aim, Scoring, Defending, End). You must use this structure when explaining EVERY game.

a. Always explain rules using the RABBLE RULE EXPLANATION STRUCTURE - PASDE:

1. **Place:** Get players in position and tell them what their role is in the game
2. **Aim:** Tell the teams the aim of the game
3. **Scoring:** Talk the attacking team through everything they need to do to score

4. **Defending:** Tell the other team how they prevent the score
5. **End:** How/when the game ends

1. Place

- a. Stand ready in a key explanation area on the pitch (and have all the equipment you need for the next game).
- b. Call players over, ask them to jog in. Make sure they are close enough so you don't need to shout.
- c. Split the teams so that they are facing the direction they will be playing. They can then see the pitch from their point of view during the game which will help them to visualise what they will be doing whilst you explain.
- d. Tell each team whether they are attacking or defending (or where they are starting from and scoring). Ensure both teams can hear all of your explanation, don't turn your back on anyone.

EG: Guys come over please. Yellow team please stand on my left hand side, blues on my right. Yellow team you are attacking, blue team you are defending.

2. Aim

- a. Explain the aim of the game - how do you win.
- b. Point to the areas of the pitch as you talk about them so players can see where this will be happening.

EG: The aim of the game is to score as many points as possible in three minutes by running through the gauntlet without getting hit by a dodgeball (point at the gauntlet, showing how players would move through it).

3. Scoring

- a. Tell the attacking team how they score points from their point of view. It's so much easier for players to digest the rules if they hear them from their point of view.

EG. Yellow team - you get a point every time you successfully run through the gauntlet without getting hit by a dodgeball.

- b. Talk about what happens in every scenario, using 'if's.

EG. If you make it through the gauntlet, give me a high five to score a point. If you get hit by a ball that you do not catch before it bounces, you must leave the gauntlet and start again.

- c. Use as few words as possible in the explanation and avoid repetition. There are multiple different game and rule changes in a session. If you take a long time to explain each game players will get cold and lose intensity in their workout.
- d. If both teams are attacking and defending at the same time (like in netsketball) - just explain how to score from the point of view of one team. And explain it's the same on the opposite side for the other team.

4. Defend

- a. As with scoring - tell the other team what they must do to defend. Explain all the 'if' scenarios that apply to them.

EG: Blue team - you are throwing dodgeballs at the yellow team from behind this line. If they are hit, they have to return to the beginning of the gauntlet and try again. Every time, you throw the ball you have to touch the tagging point. If you throw a ball at their head it will not count and if they catch your ball before it bounces they can play on.

5. End

- a. Explain when/how the game ends.
- b. Handle any questions quickly and decisively and get players started as soon as you can.

EG: The game will end after 2 minutes, then the attacking and defending teams will switch over.

- c. Keep an eye on the players to ensure they are clear on the rules, especially new players. It's helpful at the beginning of the session to buddy new players with a regular player so they can ask questions as they need to.

b. Full game explanation example using PASDE:

Example: Dodgeball gauntlet (version A)

1. Place

- *Can I have the green team on this line and half of the red team on either side of these two lines? Green team you will be running through the gauntlet and red team you will be throwing balls.*

2. Aim

- *Green team you need to try to run through the gauntlet without getting hit as many times as you can in 2 minutes (or 3 minutes if you want to make it tough).*

3. Scoring

- *Green team, you need to run through the middle of the gauntlet, if you make it through without getting hit give me a high five and run around the outside back to the start.*
- *If you get hit by a dodgeball, leave the gauntlet and restart at the beginning to run again.*
- *If you catch a dodgeball that's thrown at you before it bounces or if a ball hits you in the head, drop the ball and continue running.*

4. Defending

- *Red team, you need to throw balls from outside of these lines at the green team.*
- *Every time you throw the ball you must touch the tagging point behind you before you can throw another ball.*

5. End

- *The game ends in 2 minutes and then we will swap over. Ready go!*

c. Second and third game versions

For each Rabble game we play multiple different versions, this allows us to create more complex games without introducing too many rules upfront which might confuse the players and also keeps dead time to a minimum.

In the second and third game versions, you will usually not need to change the pitch and most of the rules will be the same. This means that your explanation should be much shorter and change over should be quicker.

When introducing the rules to a second version of a game, you should begin your explanation with ***"This game is exactly the same as before BUT...."*** then introduce the new rule. This saves time and confusion. DO NOT repeat all of the previous rules, unless there was one particular rule that was causing confusion.

DO NOT introduce more rules if players are struggling to understand the first version, it might be better to simply repeat the game and clarify any areas of confusion.

Example: Dodgeball gauntlet (version B: Dodgeball Gauntlet Wolf)

1. Place:

- *Can I have the green team on this line and half of the red team on either side of these lines? Red team, can I have a volunteer? Thank you David - you are going to be the wolf - please stand with the green team.*

2. Aim

- The aim is exactly as before but this time the red team has a wolf running through the gauntlet.

3. Scoring

- *The wolf detracts one point from your score every time he passes through the gauntlet without getting hit.*

4. Defending

- *N/A as before*

5. End

- *All other rules are the same. Ready go!*

2. HOW DO YOU DELIVER THE RULES WELL?

A Rabble session is made up of lots of different games. In order to deliver the games well it's really important that you:

Understand the rules yourself: If you don't understand the rules, you will be unable to deliver them to others or manage the game effectively.

Can deliver the rules logically and clearly: If you don't explain logically your players will not be able to understand the game, meaning they won't be able to play, enjoy the game or get a workout.

Can deliver the rules concisely: If you take a long time to deliver the rules, your players will be standing around and will not get a good workout.

To master rule delivery you will need to go through the following 4 steps. We will walk you through each below:

1. Understanding the games
2. Explaining the rules out loud
3. Explaining the rules to others
4. Lots of practise

a. Understanding the games

You will need to understand the rules **very well** yourself before you're able to explain them clearly to others.

If you do not really understand the games yourself it will be impossible to explain them clearly to others and to manage the game well.

How to do it?

We recommend that you first watch the game videos we have provided. Watch them a few times each, whilst following with the written text in your games pack. If there are any elements you don't understand, you can contact us or ask the instructor community.

How do you know when you've understood?

Your understanding of the game is good enough, if you can describe exactly what each team member should be doing in the game, how they score points and when the game ends.

b. Explaining the rules out loud

Only when you practise delivering the rules out loud (this could just be to yourself), will you really know how well you understood the game. You must explain the rules clearly and concisely. Don't worry if you don't get it the first time - it takes practise.

Instructors who do not practise out loud, do not know how well they know the rules and how able they are to deliver them to others. So they tend to waffle, repeat themselves and miss out key rules and which can cause confusion and frustration amongst players. This leads to a poor player experience.

How to do it?

After watching the videos, try to explain the rules out loud using the Rabble explanation structure - PASDE.

1. We have written the rules in the game diagram sheet to reflect the PASDE explanation structure. So practise reading those out loud.
2. It is easier to remember all the rules if you work through each letter one at a time.
3. We do recommend that you take some notes and a session plan to your sessions, to help prompt you on any rules you might forget. You could read out the rules from the sheet if you forget them.
4. When it comes to Scoring - the best way to logically deliver these rules is to literally talk through everything the attackers must do to score, what happens if they do score, what happens if they don't score. Etc.
5. Then do exactly the same for Defending, walk the defenders through what they will be

doing and the scenarios they might face.

6. You will need to practise the rules out loud until you are able to deliver them clearly and concisely, without repeating yourself or forgetting any rules and you have a set of notes that you can use in your session.
7. Make sure you practise transitioning between different versions of each game and between different games as you would have to in a live session. Make sure that the notes you've created are enough to lead you through the session.

c. Explaining the rules to others

You will certainly need to practise your first session with a few family or friends before delivering it. You might find it helpful to practise all new games with a friend. Only when you practise explaining the games to other people will you understand whether you are clear enough - this is very important if you have new players who have also not played the games.

If you are not clear enough your players will have a lot of questions after your explanation, or will be unable to play the game.

How to do this?

1. Deliver the rules to a friend or family member who has not played the game before (it's much easier if you have the pitch laid out)
2. Notice how many questions they had at the end - if there's a lot maybe you need to adjust your explanation or notes.
3. Ask them to run through a quick game with you, this will test their understanding. If they are able to play without difficulty then you delivered the rules well.

d. Practise, practise, practise, practise...

Practise is the most important element, everyone has to learn the games initially. This process becomes natural and much quicker with time but does require extra practise as a new instructor. The more practise you can do, the better your instruction will be.

IN GAME SELF CHECKLIST

We use an acronym called MISTA, that helps you to manage your games during a live session. MISTA should be a quick check that you perform whilst the games are running to ensure that the games are running smoothly and help you to decide if there's an action that you should take.

MISTA stands for:

1. Movement

2. Intensity
3. Score
4. Timing
5. Atmosphere

Following this module on rules - there are two in game self checks that you should do to ensure that the game is running smoothly:

Movement

- Players will not be able to move with intensity and confidence if they do not understand the rules.
- If you have players who are not moving/moving slowly, they are not engaged in the game. This is likely due to confusion in the rules. Make sure you approach them discreetly during the game to check they are clear on the rules. If lots of players are not moving, it's best to stop, clarify the rules and then continue.

Intensity / Timing

- If you get lots of questions at the end of your explanation it probably wasn't as clear as it should be, this will cause a lot of dead time and so players will lose intensity. Ideally your explanation is concise and clear.
- Ideally you get very few or no questions after an explanation. You answer those questions quickly and concisely and get the next game started quickly.

4. Fitness in Rabble

Rabble disguises exercise as play. The games must be fun, but also deliver a rigorous workout that leaves players feeling positively challenged. If the instructor is not well prepared then they can slow down the games, reducing the intensity and players' enjoyment of the session.

What you will learn during this module:

How to make sure players get a rigorous workout that leaves them feeling positively challenged. You will learn the four most important factors that you must manage during the games to ensure players get a good workout.

Why it's important:

Fitness is one of the main reasons why a lot of players will attend Rabble sessions. If they don't get a good workout, they might choose to substitute Rabble for something else.

Key points:

How do we give players a workout at Rabble?

There are four factors we must control as an instructor to maximise the workout of our players.

1. Keep players active during the games
 - a. Running
 - b. Strength exercises
 - c. Pitch size
2. Control recovery by minimising dead time
3. Plan your session to consider fitness
4. Adapting your session to make sure your players are getting a workout

1. Keep players active during the session

An instructor should ensure that all players (attackers and defenders) keep moving throughout the session. If players are moving it generally means they are getting a workout and they are enjoying the session. So how do you do that:

a. Running

Rabble is at core a cardiovascular workout, which is the most important form of exercise from a health perspective. We aim to maximise the opportunity for players to run in Rabble sessions by:

- Setting up a pitch which ensures players run a lot. Is it large enough? How far is each shuttle?
- How many players are coming? Will players get enough action or will they be waiting for others to play? Can you make the pitch bigger or add more balls to the game?
- Ensure the games are played for long enough so that players become very tired.
- Use lots of positive encouragement to incentivise players to run hard.

b. Strength exercises

Some games or spaces are more strength based (eg. indoor sessions). To maximise the workout, you need to give players lots of strength based exercises, especially if the running level is low.

- You should prioritise exercises that use more muscle groups and large muscle groups (burpees, squat jumps, jumping lunges, stomach to the ground, press ups, full body star jumps).
- If strength based is the main form of exercise in the games, you should be doing 5-10 depending on fitness level at a time.
- You can also use these exercises to get people off the pitch (if pitch space is small) at which point use 3+ exercises.

c. Pitch layout

If your pitch is inappropriately sized for the number of players then they won't get an adequate workout. If it's too small so players can't run enough then it won't be hard enough, but if it's too big then some players might give up because it will feel too hard to score. We will cover pitch later in the manual but we do use tagging points in Rabble to ensure that pitches don't get too crowded and all players get a good opportunity to score.

Tagging points

A tagging point is usually a cone that we ask players to run to after performing a specific action (eg passing the ball, making a tag, scoring a point).

Tagging points are positioned on the pitch for 3 main reasons:

- To get players to run more

- To get players off the pitch (helpful if you have a small pitch)
- To make it easier for all players to score points (players who perform lots of actions will make space for those who haven't had a go by running to the tagging point)

Sometimes there is one tagging point for everyone, sometimes there is just one for the defenders or one for each team, it depends on the game.

You will see tagging points positioned on our game diagrams, you can choose how close or far away from the scoring areas / starting points to put the tagging points. The further away you put them the more you will get your players to run.

- If you put them too far away then players will lose interest and give up.
- If you have them too close then some players might dominate the game and you will see (some players struggling to score / not touching the ball).
- If you don't have space to put the tagging points far enough away or if you have a very fit group, you can ask players to perform strength based exercises at the tagging point before rejoining the game (eg. 3 star jumps / 3 press ups)

You can change the position of your tagging points in the game if you think they are not working.

2. Control recovery by minimising dead time

Dead time is any time during the session when the players are not playing, e.g. water breaks, game explanation time.

The instructor is responsible for keeping dead time to a **minimum so play time is maximised**.

How to do this?

Dead time can occur in many places during the session. You will need to be aware of when dead time can build up and when planning your sessions think about how you can mitigate it. If you notice that players are **not** out of breath between rounds, you need to increase the amount of running in your games and you will likely need to decrease your dead time.

There are some common sources of dead time in the table below and how you can mitigate them, it's worth thinking about how to avoid these when planning your session.

CAUSE OF DEAD TIME	SOLUTION
Waiting for a pitch to be set up	Plan your session and layout well to ensure a smooth transition between each game. Lay out

	the pitch and equipment in advance
Waiting while latecomers are included	Handle latecomers only when the other players are active in play (don't make all other players wait for them)
Waiting for instructor to finish rule explanation	Keep rules concise, get players to move during explanation (star jumps, sit ups, jog on spot etc)
Water breaks	Have water bottles close to the game playing area, so you can explain the next game whilst players take a drink
Instructor is counting the score	Keep the score during the game so that players don't have to wait at the end
Waiting for all players to come over for next game	Incentivise players to run in at the end of a game, start the game from your position after the rules or just ask them to run in

Every so often, you should time the amount of time that players spend in dead time across the whole session, you should try to minimise this to as low a number as possible. Ideally this is less than 10min of the whole session.

3. Plan your session to consider fitness

When planning sessions we must think about how we are getting people a workout?

- a. What are the fitness aims for the session?
- b. How much running & strength workout are they doing
- c. How are we reducing dead time/ recovery

a. What are the fitness aims of the session?

Games and rules should be set up so that they challenge players in both an aerobic and anaerobic capacity. Games should increase in intensity as the session progresses and it is important that all players are noticeably fatigued during the session.

Think about which components of fitness you're going to work on during the session, inform

players what components of fitness you're going to be working on. And encourage them to achieve this throughout the games.

Endurance games – use large pitches, long time periods and ensure players are running throughout.

Speed games - use smaller pitches, shorter time periods but repeat versions to keep dead time short, encourage players to run at top speed.

Strength based games – include more body weight exercises at tagging points and restart points

b. How to plan running and strength exercises in your sessions?

- Who is coming? What is their level?
 - Are they beginners or athletes? A mixture? You don't know?
 - How can you ensure they all can get a workout?
 - Do you need to give some players the opportunity to do more / less?
 - Do you need to add extra exercises at tagging points for some players?
- What games have you chosen?
 - Are they a mixture of different skills and types of fitness (eg. agility / speed / endurance / coordination)?
 - How physically challenging are each of the games? Do they suit your group or might you need to make them easier / harder?
- How many people are playing?
 - How big are your pitches? Will they be crowded, will everyone be getting a workout?
 - How far away should you make your tagging points?
 - Do you need to add extra exercises at the tagging points to keep people off the pitch?

c. How to plan to reduce dead time?

- What games have you planned? How can you move between them quickly?
 - Do you need to change the pitch layouts or can you lay out all the pitches at once?

- How can you change them quickly if needed?
- Have you practised delivering the rules to each game?
 - Are you able to do it concisely and clearly?
 - Do you have a session plan written with some prompts for each game?
- How are you going to keep the score for each game?
- Where are you going to ask players to leave their water bottles so that you can move the games on whilst they have a drink?

4. Adapting to make sure players are getting a workout

Rabble players will vary greatly in fitness level - from novice to competitive athlete. It's important that an instructor identifies these differences and challenges them accordingly. An instructor should adapt the difficulty of the workout depending on players' fitness levels.

How can you tell if your players are getting a workout?

- Breathing hard (so you can hear it)
- Maybe bent over
- Red face
- They should not be able to talk much after finishing a game, if there's too much chat the session is not hard enough

If you're not getting this response from your players, you need to adjust your game to make players work harder.

Make sure you are keeping dead time to a minimum (see above) and ensure all games last for at least 2 minutes (ideally 3 minutes).

a. Increase levels of running in a session by:

- Ensuring that the pitch is big enough. If the pitch is too small, players can't run enough and your session won't be hard enough
- Running games for long enough for players to become tired
- Including enough objects or tagging points on the field
- Players run into and out of explanations and restart points
- Ensuring the game is competitive and players are engaged

And if you have a beginner group you can decrease the intensity by doing the opposite of the above / running games at walking pace.

b. Increase the level of strength based exercise by:

- Including exercises at tagging points
- Asking advanced players to do more exercises
- Ensuring that players do large numbers of exercises
- Have players doing exercises during your rule explanations

c. Examples of adaptations for inactive players:

If you have some players who are not moving that could be for a number of reasons. You will need to identify which quickly so that you can ensure they enjoy the session and are able to get a workout.

First you should offer that player some positive praise and encouragement to see whether that improves their engagement. If not then it's worth having a chat with the player quietly whilst the game is running to check they are ok, and to find out if something is wrong.

There's a list of the most common reasons why players are inactive and how to get them moving again quickly, you will need to become familiar with them so that you can action them if necessary in a game.

REASON FOR PLAYER INACTION	SOLUTION
Feeling unsuccessful and have given up	Make them more successful. Make changes to the pitch e.g. bigger scoring zones making it easier to score which encourages all players to be active and engaged, different levels of scoring so everyone can be challenged. Give players more praise or rebalance teams. If pitch is too large, may need to make it smaller.
New / unconfident	Make them feel comfortable. Give them personalised praise for scoring, passing, getting involved.
Too tired	Give positive praise. Make sure they feel comfortable to take a break if necessary.
Unclear on the rules	Ensure they are clear on the rules, clarify the rules after each round if needed. Go and explain the rules to them,

	buddy them up with a regular player to explain rules.
Not being included by their team	Include them in the game as a necessity (everyone has to receive the ball to score or a bonus of 5 points for the team if everyone in the team crosses the line)

IN GAME SELF CHECK:

Movement

- Your players should always be moving in the game (if not you may need to make some of the adaptations above)

Intensity

- Your players should be breathing loud enough for you to hear them between rounds (if they are not you may need to up the intensity of the session (see above))

Timing

- Dead time is kept to a minimum (controlled as above)

5. Communication at Rabble

What you will learn during this module:

How to create a positive, friendly atmosphere in your Rabble sessions, and how as an instructor to set this as the example.

Why it's important:

The atmosphere at your sessions will be the one you create. To help players get the most out of your sessions - and therefore more likely to come back - you need to make them feel welcomed, motivated and part of a community.

Key points:

1. Your instructor persona
2. Pre-game communications - welcoming players
3. In-game communications - motivating players
 - a. How to motivate players
 - b. Dealing with conflict
4. Post-game communications - getting to know players

1. Instructor persona

If you have a fitness or teaching background, you may already have an instructor persona. Putting on an instructor persona can help you bring the extra energy and fun to motivate your players into working harder, and encourage them back to future sessions.

- a. **Be positive and high energy.** You set the tone in the sessions. You need to be upbeat, enthusiastic and create excitement in the session. Try and make jokes and use banter wherever possible. Ensure players don't feel like they are back at school! Bring the energy and keep driving the session forwards.
- b. **Be personable and welcoming.** Get to know your players and be interested in them and their lives. They will come to the sessions if they like you and your games. Creating a supportive, positive environment is key to building a cohesive social community.
- c. **Be the leader.** Your job is to ensure that players get a workout as well as have a good time. You need to lead the session, that means you need to take charge, be confident and not be afraid to ensure the session sticks to your agenda. You might need to make decisions during the game about who won which point, you will need to be decisive and clear. When speaking you should gain the attention of the group before you start, make

sure players can see and hear you. Plan in advance what you are going to say so you can be confident, clear and concise. You will also need to lead from the front, help others and set a good example.

2. Pre-game communications - make players feel welcome

First impressions are important – the welcome and introduction should be inclusive, friendly, energetic and set the tone for the session. Make everyone who comes to your session feel included and part of the group.

Make sure you have spoken to new players before the beginning of the session, explain how the session will work, reassure them not to worry about not following all of the rules, or needing to take a break at any time. Introduce them to a positive and inclusive regular member who can guide them through the session.

Introduce yourself and Rabble. Welcome everyone to the session and get set up as quickly as possible.

- Welcome ALL players as they arrive.
- Thank players for attending
- Introduce yourself
- Introduce any new players to the group. Ask a regular player to look out for them during the games
- Highlight any health & safety points
- Check if anyone has any injuries
- Introduce the first game

Example introduction:

“Hello and welcome to Rabble, I’m Dave and I’ll be leading the games this evening. We’ve got a new player this evening! Everyone, give Jane a Rabble welcome and help her with any of the games tonight.

Anyone with any injuries?

No? Great! You’ll notice it’s a bit wet under foot this evening so let’s take it easy, especially those without studs. The first game this evening will be...”

3. During the game: motivating players

During the game communication is one of the most powerful tools you have to get the most out of players and build an engaged and positive atmosphere. You should be talking throughout the game, the following 3 messages are particularly important:

- a. Personalised praise
- b. Creating atmosphere
- c. Use time and score to motivate

a. Personalised praise

Providing praise and motivation during a Rabble session helps increase players' self-esteem and desire to improve, enhancing their enjoyment of the session. Many new players will be worried about whether they are good enough to play, so it is important you create a safe environment and give this reassurance.

To make your praise more effective ensure it is:

- Personalised - mention people by name 'fantastic pass James'
- Specific - mention something that you saw them do rather than just generic comments 'great catch Claire' not 'good job guys'
- Positive / motivational - notice things they do well, not things they don't

Keep an eye on newbies and disengaged players, focus your praise on less confident players and think about how you can adapt the game to engage them more if they do not respond to praise or encouragement.

b. Create the atmosphere during the games

Particularly in the beginning when your classes are small, the atmosphere during the games will be the one you create.

- Be positive, high energy and excited about what's happening
- Make sure you are talking almost all of the time during a game, fill your words with motivational comments, praise and team tips.
- In addition to verbal feedback, give non-verbal feedback: e.g. fist bumps and high fives are great for building morale. This is why we often use high fives to score points, and at the end of the session.
- Encourage players to communicate with each other, this helps to create an atmosphere and build community. Encourage players to work together as a team, to communicate

with each other by name, shouting for the ball, getting into a space, using team tactics.

c. Use time & score to motivate

Regularly call out time remaining (e.g. half way through, 1 minute left, 30 seconds left, and count down the last 10 seconds) to motivate players. This creates a sense of urgency and you get players pushing harder when they know they don't have long left to score.

Regularly call out score to motivate players (e.g. you've scored 10 points, next point wins, Greens need 2 more points to win). Announce the score after each point and encourage each team to keep fighting for the win. Celebrate points with the team.

d. Dealing with conflict

- Set the tone from the start of the session – overly competitive or aggressive play should be actively discouraged or penalised with burpees
- Ensure that rules and advantages are the same for both teams and the score is kept fairly – feeling unfairly treated is the biggest cause of conflict
- Deal with any negative behaviour straight away, but without stopping play
- Do not engage with negative or disrespectful comments – close them down and move on
- Position yourself close to areas which may cause conflict, e.g. a high scoring base
- Be firm – your word is final. Issue 'punishments' if necessary to repeat offenders, e.g. run a lap of the pitch, do 5 press ups, etc.
- Follow up with those causing the issues after the game to ensure there is no bad feeling
- Do not allow players to put down other members of the team, get too aggressive, competitive or negative. Rabble should be a safe place for all who wish to attend.

4. Post-session communication - getting to know players

Players will come back to the session if they enjoyed it, felt comfortable and like you and the other players. Chat to as many players as possible after the session to see how they found it and to congratulate them on their session and progress. This is critical with new players, so make sure you speak to them before they leave. Relationships and communities are built both during and after the sessions, so if you can head for a drink after it will help build that community quicker.

During the stretch you should:

- Praise and give positive feedback to all players, with special mentions being given to

stand-out actions/performances, and encourage players to praise each other

- Give extra attention to newcomers, taking time to congratulate them for attending and asking how they enjoyed their first Rabble session
- Reiterate fitness benefits of the session during the stretch
- Promote upcoming Rabble sessions and socials
- Invite players to the post-session social

IN GAME SELF CHECK

Intensity

- Players are engaged in the game because they are motivated with regular personalised praise, time and score updates.

Atmosphere:

- Your games shouldn't be quiet, you should be constantly motivating and encouraging players.
- You should know the names of all the players
- Players should be talking to each other

6. Game Mechanics

What you will learn

The key mechanics in each game that you need to understand, plan for and manage and how you do this.

Why this is important

Rabble games have been carefully designed to maximise the experience of players. There are a few elements that require careful control by the instructor to create the best experience.

Key points

1. **Scoring** - this is the motivator for action. This must be fair and accurate otherwise players will become unmotivated.
2. **Pitch** - this will need to be clearly laid out and adapted to your group, ensuring everyone gets a chance to score.
3. **Selecting teams** - if the teams aren't well balanced you will end up with players getting demotivated.
4. **Timings** - optimise the length of each round to suit the group

1. Scoring

Perfect scoring must be:

- a. Fair
- b. Clear
- c. Accessible to all

a. Fair

- A fair scoring system leads to a harmonious Rabble. You need to make sure all teams have an equal chance of scoring. If the scoring system is deemed to be unfair then players get irritated and anarchy breaks out.
- **Be firm but fair.** Be decisive. Make decisions that you can see, if in doubt ask the surrounding players (they should play fair) if there is no resolution make a decision yourself on whether the point counts and move on. Don't get sucked into a discussion. If you are not decisive, you will get overruled by players with stronger opinions.

b. Clear

- A clear scoring system, where players know how to win leads to motivated players working hard. If players are unclear then they become confused and frustrated.
- **You must have a clear understanding of the scoring in the games.** Players want to know how they can win. Be clear in your head how the points to this game are scored and how you will keep the score during the game.
- **Don't have players waiting for you to give the score.** Do not stop the game to count or work out the score. Otherwise you add extra dead time to the session. Keep the score in real time if you can, so you can update and motivate players using the score. If this is not possible, keep players moving whilst this happens, send them for a jog, get them to play a mini game of donkey tag or start the next game and then calculate the score etc.

c. Accessible to all

- **Make sure it is possible for everyone to score.** You don't want it to be too easy, but people get demoralised and feel inadequate if they cannot contribute to the scoring. In each game everyone should score one point or contribute heavily towards it. If there are not enough points scored, or they are being scored by the same players you need to make some adaptations.
 - *e.g. pass the ball to everyone on the team before you can score, make the bases bigger to make them easier to attack or more bases to make them harder to defend, have one player chosen at random who is worth double points...*
- **Ensure that in each game there are more points than players on each team.** If you have a very low scoring game then you might need to ensure you make it easier to score.

IN GAME SELF CHECK (scoring)

Intensity

- All players are engaged as they know how to score.

Scoring

- Every player is able to score a point / contribute to scoring.

Atmosphere:

- There are no arguments about the score.

2. Pitch

A correctly laid out pitch will allow all players to work as hard as they can and to obtain maximum satisfaction from the game. The size, pitch features and appropriate adaptations for

landscape and players involved can hugely impact on player enjoyment.

A perfect pitch layout comes down to:

- **Planning**
- **Adaptation**

a. Planning

You must have a good knowledge of pitch size and features and how they can impact on the flow of the game.

- Study the pitch layout and be clear on what the pitch looks like.
- Plan the layout in advance of the session and think about how and where you're going to put the games in your park / hall.
- Think about how you're going to move between the different pitches when you move between rounds and games as this can lead to a lot of dead time.
- Think about how many players you're expecting and how big you should make the pitch. If in doubt make the pitch bigger rather than smaller than needed. It's better that people move a lot rather than not much. It will need to be appropriate for the number of players. We give some advice on size below.
- **Make sure the scoring zone and other features of the pitch are clear to see**, make sure you use cones of the same colour to mark out specific features. For example, all the cones in the scoring line should be a single colour e.g. green and all tagging point cones should be the same colour e.g. red. The clearer your pitch layout, the less explaining you will need to do.

b. Adapting your pitch

Your pitches will vary in size depending on players, games, weather and player abilities.

The key thing to look for during the game is player movement.

If there's not enough movement then you probably need to make it easier to score or harder for the defenders to defend, we give some examples of the main things to look out for below.

HOW BIG TO MAKE THE PITCH?

We've included a rough size guide below, but really it will depend on your location, conditions and player ability.

A good rule of thumb is to imagine all the defenders lining up against/ around the scoring zone(s) with their arms out (as if they were blocking an attacker from entering). There will need to be large gaps (at least 1 person with their arms outstretched wide) between each

defender for attackers to run through. Always try to make it easier for attackers than defenders. It's usually better to have the pitch on the larger, rather than the smaller side if in doubt and adjust if necessary in the game.

Feature	Size
Chase game - scoring line	10m per defender
Chase game - scoring base size	5m in diameter
Chase game - scoring base number	3- 5 defenders per base
Ball game - base size	2m in diameter
1 Ball / Frisbee	Per 5 attacking players (up to 8 with a tagging point)

1. Make sure everyone is able to score at least one point.

If in a chase game there is less than one point per person per round, it's too hard to score. If players don't score they will feel unsuccessful and may not come back. If in a ball game there are no goals after 2 min, it's too hard and you need to adapt the pitch to make the scoring zone bigger (or include more scoring zones).

ADAPTATIONS IF PEOPLE AREN'T SCORING:

- Make it easier to score:
 - Make the scoring area longer (if line), wider (if circle)
 - Add another scoring area (another circle or line to cross)
- Make the defenders work harder
 - Add a tagging point that players must run to after tagging someone or touching the ball
 - Move the tagging point further away
 - Add exercises at the tagging point

2. Make sure all players (but in particular your defenders) are moving.

It is easy to stand and guard a base without much movement, and defenders can lose intensity.

ADAPTATIONS:

- Make it easier to score:
 - Make the scoring area longer (if line), wider (if circle)
 - Add another scoring area (another circle or line to cross)
- Make the defenders work harder
 - Add a tagging point that players must run to after tagging someone or touching the ball
 - Move the tagging point further away
 - Add exercises at the tagging point

3. Make sure the pitch isn't too crowded

(You will see players not moving much or the same people getting the ball/ scoring or low scores because it will be hard to get past the defenders). If you are playing in a small area or have many people to one ball (*10 players maximum to one ball, and 14 players with a tagging point*), make sure that you get players off the field as much as possible to stop them from blocking the play.

ADAPTATIONS

- Add a tagging point for every time you touch a ball or score a point
- Add exercises at the tagging point
- Make your pitch bigger (if possible)
- Introduce more balls / scoring areas

Getting the pitch size right comes down to experience, the more games you've run the easier it becomes. **Adapt the pitch between rounds (if needed)**, if you think there's something wrong, change it up to see how it impacts the play. If all the players are running a lot and everyone is engaged in the play, it's a good pitch. If there are a lot of static players or players not touching the ball, it needs modification.

IN GAME SELF CHECK (pitch)

Movement

- Make sure all players are moving (especially defenders) at all times
- Make sure the pitch isn't too crowded

Intensity

- Players are breathing hard

Scoring

- Make sure everyone is able to score at least one point

3. Selecting teams

Selecting balanced teams is essential to setting up an exciting and well matched game.

To select teams effectively you must:

1. Select teams respectfully
2. Select evenly balanced teams
3. Select well integrated teams
4. Adapting for the situation

1. Respectful team selection

This should be done **discreetly and showing respect** to all players. Try to make the selection look as random as possible as this part of the session can be incredibly daunting for some people, especially newcomers where it may bring back negative memories from school or a 'last one picked' scenario.

2. Well balanced teams

Without well matched teams players will get frustrated and become disengaged. If you don't have well matched teams one team will consistently beat the others. To select well matched teams if you know your players:

- The quickest way to balance the teams is to separate the 4-6 strongest players on opposite teams.

If you don't know your players you will need to:

- Consider ability, experience, physical attributes (e.g. height)
- Balance male and females evenly across teams.
- Balance experience evenly across teams, players who have been coming for some time will be fitter and have a better idea of tactics and strategy.

3. Well integrated teams

To ensure an integrated and fun session:

- Put people who have come together or who know each other well on opposing teams (prevents cliques, encourages mixing).
- Ask a regular from each team if they can look after any new people in their team
- Put the most sociable people on opposing teams, so that both teams are noisy.
- Encourage players to encourage other players and their team.

4. Adapt to the situation

If there is an odd number of people:

- With seven or fewer players (4v3) the instructor should play on one of the teams to balance the numbers. The instructor should put themselves on the team with the strongest players and do little to impact the game. The instructor should be mindful to continue refereeing the game and encouraging all players of both teams.
- With nine (5v4) or more players play with uneven numbers. But try to balance the teams using ability (make the team with slightly fewer players slightly stronger).
- An alternative to balancing odd numbers in chase games is to have one player who attacks for both teams, so that there are more attacking than defending players. Choose a fit, regular player for this as it's a tough role.
- In ball games, you can swap one player over between rounds as before, but this time the team with an extra player must touch a tagging point every time they touch the ball.

If teams reveal themselves to be unbalanced once the game is underway:

- Assess if the teams are likely to even themselves out in later games (eg. by switching from ball to chase) it's best if you don't need to make any changes as people can feel insecure when changes are made.

- If it's not going to even out, discreetly swap two players over, ensure they are regular players who don't mind being swapped and swap them during a game - not in front of everyone. Try to avoid swapping a new player unless absolutely necessary.

If you have very large numbers:

- This is great but make sure that you can manage the group by yourself safely
- If you have more than 16 players for a ball game, set up two pitches and run the same game on both at the same time
- Make sure you ask a regular player to look after newbies
- Make the pitches bigger, increase the number of bases, tagging points and other features on the pitch

If you have very small numbers:

- You might need to play in the session.
- If you have 4 players or less, you may want to consider making the games individual rather than team based. Be careful here with different fitness abilities.
- Review the indoor games and games for small numbers section in the games database. Play more warm up games as these work well with small numbers.
- Remember that it's a very tough workout with small numbers, make the pitches smaller.

IN GAME SELF CHECK (selecting teams)

Intensity

- All players are engaged

Score

- The game is close - one team is not consistently thrashing the other team

Atmosphere

- Team members are talking to each other
- Players feel the game is competitive and fair

4. Timings

You will be expected to have a good handle on timings when running a Rabble game, in order to start and finish on time, but also to help keep the session on track and keep the score in some

games.

- a. Start and finish on time
- b. Timing & scoring games
- c. Managing dead time
- d. Using time to motivate

a. Start & finish on time

You should start and finish all sessions at the time advertised. You should have prepared the pitch and equipment before the players arrive, being ready at least 10 min before the session starts so that you can welcome players. You should plan your session to last for the time allotted. Latecomers should be sent on a warm up jog and should be handled when you have organised the rest of the group into the next game.

b. Timing & scoring games

Time is critical to scoring and managing most games. So it's important that you have a stopwatch to hand and are clear on what time you need to keep for each game:

- Some games end on a time limit. You will need to make sure both teams get fair length of time and use time and score to motivate the teams.
- A number of points is scored by one team (eg. 3 goals). If this target is reached too quickly you might choose to extend this goal or if it's not reached you may choose to reduce the goal or switch to a time limit.
- Some games end when a particular event happens (eg. circular dodgeball when all the players are outside of the circle). The team which achieves that event the quickest is the winner - so this game will need to be timed so you know who has won.

Ideally you end a game when there is a clear winner. And at all times players should know how they can win, so that they can work towards it.

3. Managing dead time

Ensure that you are aware of how long each game is and how long players are stationary for. You need to keep the intensity of your session high, you can check this is the case by ensuring that players are out of breath between rounds so that you can hear them breathing.

Make sure you do not change the game too frequently, it will take you at least 60 seconds to explain a new game, so if you run games of 60 seconds in length or less, the session will have more dead time than play time.

This is why we recommend all rounds are 3 minutes in length, some of the warm up games will be shorter but if they are 60 seconds or less you should repeat the round or adapt the game to

make it longer. If you have more dead time than expected, run some extended games to compensate.

4. Use time to motivate

We use time to motivate and incentivise players to work hard. This improves the atmosphere and intensity of games.

Let players know when there's only 1 minute, 30 seconds, 20 seconds of play left as this encourages them to push harder. Tell them what is required for them to win the game (eg. you need 4 more points to win). And then count down the last 10 seconds out loud. You may choose to count the last ten seconds slower to encourage players to push hard for slightly longer, but be careful you don't give one team longer than the other, keep the game fair.

IN GAME SELF CHECK (timing)

Intensity

- Players are breathing hard

Timing

- Dead time is minimised

Atmosphere

- Players are motivated

7. Game Management

What you will learn

How to manage a full Rabble session effectively. How to manage delivering multiple games back to back and what you should be looking for during each game.

Why this is important

It's important to look ahead during the games, so that you can be sure you're prepared and ready to deliver the next game well. If you are not prepared for the next game there is likely to be a lot of dead time and players won't get a workout.

Key points

1. How to plan a session
2. Moving between games effectively - PERM methodology
 - a. Prepare
 - b. End
 - c. Rules
 - d. Manage
3. How to manage each game effectively - MISTA methodology
 - a. Movement
 - b. Intensity
 - c. Scoring
 - d. Timing
 - e. Atmosphere

1. How to plan a session for success

- Use our session plan template sheet - we have created plans for the first couple of sessions for you
- Decide which games you are going to run in each sections
 - Think about ensuring that you have enough variety and are using different forms of fitness and skills

- Think about how you are going to move between the different games
 - What are the pitch layouts required
 - Are there many changes between them and how can you manage those quickly?
 - What equipment will you need in each game
 - Where will you want players to put their bags and their water bottles?
- Practise the rule delivery
 - Make notes of any key rules on your session planning sheet
 - Think about how you will score / time the games
- How will you ensure players will get a good workout?
 - Think about where deadtime might occur and how you could avoid it
 - What games have you chosen and how much running and recovery will they have
- Think about how many people will be playing
 - How big will you need your pitch
 - Will you need extra tagging points
- Do you have any new players? How many?
 - Who might you buddy them up with in the session?
 - Will you need to ensure they are clear on all the rules?

2. Moving between the games effectively

Delivery

As a new instructor it can feel like there's a lot to remember and manage during a session. You should use the PERM methodology which is designed to help you think about how you can move between different games effectively and with minimal dead time.

PERM

P - Preparation

E - End

R - Rules

M - Manage



1. PREPARATION

You should, of course, prepare your full session plan and practise it before starting any session. During a session, be prepared to run each new game or variation before even finishing the previous game.

During most games, **before you end each round** you should have time to glance at your session plan. Be ready to start the next round without holding up the players. You should check all of the following are prepared before ending the previous game.

Preparation checklist

- Pitch - is set up for the next round / game
- Rules - you're clear on which game you're playing next and how to explain it
- Equipment - you have any new equipment you need to hand
- Position - where are you going to start the next game - where do you need to call the players in to

If you aren't prepared before your previous game ends, repeat that game again so you can organise yourself.

EG. If you were running Donkey tag as the warm up game and you had checked that players were all engaged. You should start to prepare for the next game you are playing. If that was Netsketball you should check whether your pitch is set up, have a glance at the key rules and gather the ball I'm playing with and decide where I want to explain the rules. This means that when Donkey tag has finished, I'm ready to move straight into Netsketball.

2. END

Only when you're prepared for the next game, should you end the current one. Make sure you end the game naturally (when the time limit is up or when all players are out etc), give the score and move straight onto the next variation or game.

End checklist

1. Finish the game (at its natural end)
2. Call the players over (in a place where you want to explain your next game - on new pitch or by water bottles)
3. Give them the score of the previous game
4. Deliver the rules to the next game straight away

EG. When donkey tag has ended (when all the players have been tagged out). I am already positioned in the middle of the field for Netsketball (where I want to explain the rules). Then I

ask all the players to jog over. I congratulate the winners of donkey tag and then move straight into the rules (PASDE).

3. RULES

Once you've called players into position you should deliver the rules as per the PASDE format and get players started.

Rules checklist

1. Deliver rules concisely and clearly as per PASDE
 - a. Place
 - b. Aim
 - c. Scoring
 - d. Defending
 - e. End
2. Handle questions quickly & get players started ASAP

EG. I deliver the rules as per PASDE for Netsketball. Then I ask players to run to their starting point, do five star jumps and then they can start straight away (throwing the ball into the middle of the field).

4. MANAGE

Whilst the game is in progress, you need to be constantly managing it to ensure it's running smoothly. You will need to do this for every game and will quickly become second nature. This can be tricky initially and might be worth noting them on your session plan so that you can look out for them initially. MISTA is a helpful acronym that we use to help us decide whether the game is running smoothly or whether we should consider making an adaptation to the games.

You have covered all the elements of MISTA during our in game self check at the end of each module above. MISTA brings them all together to help you to think about what you should be looking for and what (if any) action you might need to take during EACH game.

MANAGE checklist: MISTA

1. Movement
2. Intensity
3. Score
4. Timing
5. Atmosphere

3. Managing a Game - MISTA

1. Movement

- Everyone should be moving. If they are not you need to work out why?
 - Are they confused about the rules?
 - Do they think they can't score?
 - Does the pitch need some adjustment?
- Is everyone engaged in the game?
 - Is it just the same players touching the ball or defending? You may need to add a tagging point or encourage those players not engaged.

2. Intensity

- Can you hear players breathing?
 - Do you need to run the rounds for slightly longer, make the pitch larger, reduce your dead time or run a more demanding game?
- Is everyone trying as hard as they can?
 - Is it possible for players to really push themselves/ are they motivated to?

3. Score

- Are you keeping the score / communicating the score?
- Every player has scored at least one point?
 - Do you need to adjust the pitch or introduce tagging points?
- Is the score well balanced?
 - If one team is consistently leading each game by a large margin you may need to adjust the teams
- Are players following the rules / is there any cheating?
 - Do you need to speak to them to clarify the rules?

4. Timing

- Are you keeping the session on schedule?
- Are you timing the game? Do you know when the game ends?

- Are you using time to motivate?
- Do you have your deadtime minimised?

5. Atmosphere

- Is it very quiet? Are you motivating players?
 - Giving personalised praise throughout (do you know all names?)
 - Use time and score to motivate
 - Do you need to encourage players to communicate with each other or offer more motivation?
- Are players getting frustrated? Are there arguments or disputes?
 - Do you need to make it easier to score?
 - Do you need to add more positivity?
 - Do you need to clarify the rules?

In game example of how an instructor would use PERM AND MISTA:

EG. Whilst the Netsketball game is running, I need to manage it (the M of PERM) - I can remember the things to look for using MISTA.

- *Movement - First I check if everyone is moving and engaged with the game.*
- *Intensity - I check everyone is working hard and able to move as much as possible.*
- *Scoring - I need to check that everyone is able to score - in netsketball not everyone will be able to score - but everyone should be getting the ball regularly. I should use the score to motivate in Netsketball and check that one team is not thrashing the other team.*
- *Timing - I then need to check the timings of the session and make sure the game is not too long or short.*
- *Atmosphere - Finally check that I'm giving enough positive praise, using time and score to motivate and that the players are communicating positively with each other.*

When I have all this in hand, most of these things will just be quick checks, I can then look ahead and start to PREPARE (the P in the next cycle of PERM) for Version B of Netsketball, checking that I have the pitch, rules, equipment and position sorted.

When I'm sure I'm ready to start the next game, I continue to manage the Netsketball game until one team has reached 3 points.

Then I move into the End section of PERM. Ending the game and giving the score before moving onto the R - where I give the rules for the next version of Netsketball and finally move onto M -

managing the game once more using MISTA.

Managing your game using MISTA, should be a series of quick checks, it will be unlikely that all of these things will be going wrong at once. Some of the elements are interlinked, for example if you have no atmosphere - that could be a cause of no movement because players are not motivated enough.

3. a) In-game adaptation guide:

The below table is a list of common in game situations to help you work out which adaptations you will need to make during the game. It's helpful to learn them so you know how to act if this happens during a session.

You need to be constantly monitoring these as part of the manage element in PERM.

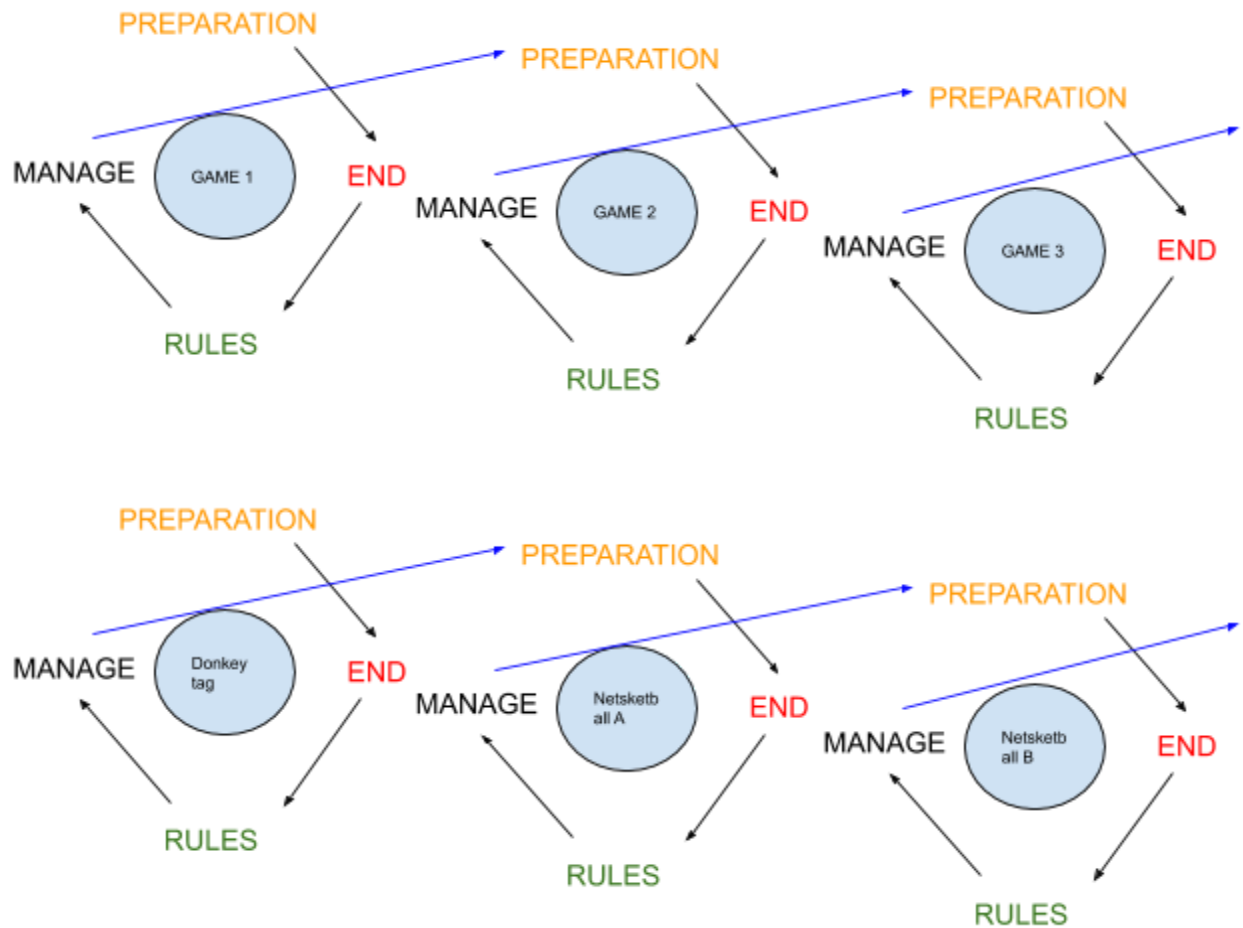
IN-GAME SITUATION	ADAPTATION YOU NEED TO MAKE
Getting asked a lot of questions after rule explanation	Do more practise of rule delivery before the next session and ensure you use Rabble explanation format
Players are not moving in the game <i>because they don't understand the rules</i>	If it's just 1 or 2 players - check they understand the rules of the game - explain if unclear. Give them a buddy who they can ask for additional clarification in future games. If it's the majority of the players stop the game and reclarify the rules. You may need to extend the game to account for the dead time.
Players are not moving in the game <i>because they don't think they can score / think the game is unfair</i>	Players are feeling unsuccessful / frustrated. You need to make the attacking area larger to ensure everyone can score.
Players are not moving in the game <i>because they are too tired</i>	Give those players positive praise, ensure they know it's ok to take a break if needed
Players are: <ul style="list-style-type: none"> ● Waiting for a pitch layout ● Waiting for you to score the 	You need to reduce your dead time - plan your session more thoroughly next time. If you need some extra time to layout a pitch (etc) - run a short self-policing game (donkey tag) whilst

<p>round</p> <ul style="list-style-type: none"> • Waiting for you to finish a rule explanation 	<p>you re-organise.</p>
<p>Players are not breathing hard / don't have a red face</p>	<p>Your session is not challenging enough. You need to reduce your dead time and increase movement levels (adapt pitch / add tagging points) or increase the length of your games.</p>
<p>Session is very quiet</p>	<p>Add more energy - more personalised praise, motivate players with time and score.</p>
<p>Players are arguing</p>	<p>Intervene and close down the situation quickly. Make a decision on the situation and move onto playing. Keep energy positive.</p> <p>Watch out for future conflict between those players.</p>
<p>Low scores or some players not scoring</p>	<p>Make the scoring area bigger</p> <p>(check pitch sizing estimates in future games)</p>
<p>Some players are not getting much of the ball</p>	<p>Add tagging points / make your tagging points further away (or give very active players additional exercises at tagging points)</p>
<p>One team is winning all the games by a large margin</p>	<p>Discreetly swap two players mid-game to rebalance the teams</p>

3. b) Running the whole session

PERM is an ongoing process throughout each session, you should **repeat PERM for every round and game** that you deliver. A session is made up of many different games and that means PERM will repeat many times in each session.

The only time when PERM won't apply fully is at the beginning and end of the session (At the beginning you won't need to end a game, and at the end of the session you won't need to deliver new rules).



IN GAME SELF CHECK

- Instructor moves through the games using PERM
- Instructor uses MISTA to manage each game effectively

INSTRUCTOR ASSESSMENT CHECKLIST

Planning a session

- ✓ Instructor has a session plan that they can refer to
- ✓ Instructor has practised delivering the rules

PERM and MISTA

- ✓ Instructor prepares for the next game before ending the previous game and so keeps

dead time to a minimum

- ✓ Instructor ends the previous game and delivers the rules clearly and concisely - using PASDE
- ✓ Instructor manages the game using the MISTA checklist
 - Ensuring all players are moving, working hard, scoring, time is accurate and atmosphere is good
- ✓ Instructor takes appropriate action if it's noticed that there is a problem whilst doing the MISTA checklist
- ✓ Instructor is able to run multiple games and variations applying PERM and MISTA confidently

8. Building your Rabble

What you'll learn

How to build and maintain a successful Rabble community from scratch, and how to maintain that community.

Why it's important

A strong social community is key to the success of your Rabble sessions as it will lead to a much higher retention of members.

Key points

1. Marketing
2. Engaging new players
3. Building your Rabble community

1. MARKETING

The more promotion you are able to do the more successful your group will be. The key is letting as many people hear about your group as possible. There are several different methods you can use to reach people:

- a) Word of mouth
- b) Social media
- c) Traditional marketing
- d) Alternative marketing

a. Word of mouth

Word of Mouth is one of the most effective forms of marketing even in the modern day. Your network (friends/family/colleagues) are all people who are mostly likely to come as they already know you, and you do not need to build the same rapport with them as you do new people making them an easy first option.

Contact at least 10 of your network letting them know about your new Rabble venture and asking them to come down to your first session(s). Keep them up to date with your Rabble happenings and ask them to share your social media posts.

Location of your game

You should think about where you play your Rabble sessions: the more people that can see you the better. If you can also position your games next to lots of foot traffic (whilst being safe), it's a great way of marketing.

b. Social media

You should have a presence on Facebook, Meetup, Instagram and Twitter. This will help you to reach a wider audience to let them know about the sessions you are holding. We will create a Facebook page and launch event for you, which will be linked to our main Rabble HQ page. The content that we post will filter through to your page making it look active. However, there are plenty of things that you need to do to ensure that you use this to its maximum potential:

Share

Firstly, you should share the general [Rabble template](#) on your personal Facebook page tagging at least 5 of your friends. Do this early on to start increasing brand awareness.

Reviews

Get your friends to share your Rabble posts and write a review on your Rabble page.

Post

Post in local online social communities and invite them to come along. Your target demographic will determine which groups are best but, in general, fitness/running/community/mums/social/Spanish/French all tend to be good groups to target. Once accepted into the groups, post the [supplied template](#). It is also a good idea to message key figures from the group introducing yourself and inviting them along for free.

Launch event

Once your Facebook launch event is created, share it and tag everyone you have mentioned it to so far plus 5 new people who you have not been able to contact yet. You can use the [relevant template](#) if you find it helpful.

Message

Message all Facebook attendees, whether they are going or interested, using [the template supplied](#). This will engage with them on a more personal level and increases the chance that they will attend.

Content

Although our content will be filtering through to your Facebook page it is important that you personalise your page and launch event to keep people enticed and interested. This can be

from our [Rabble brand material](#) but you should also include some of your own, e.g. photos of your location and Rabble merchandise.

Ongoing

You should talk about upcoming sessions and socials encouraging players to come along, and sessions that just passed to remind them how great it was, make them feel good about having come and generate fear of missing out amongst those not there.

c. Traditional marketing

Rabble flyers and posters

It's worth getting some flyers and posters made with a code for a free session on them (we provide you with flyer templates for you to personalise to your location). Try and drop them locally to your Rabble session, consider local cafes and bars (where your potential players may hang out). You can also ask your early Rabble members to take them to their workplace to leave in communal areas or to hand out. It's also important that you keep a few flyers with you so you can point people towards the website and free code.

Rabble branding

Consider getting a Rabble flag or banner made up, and displaying it alongside every session. You might also like to have a sign next to it saying 'COME OVER AND JOIN IN' or 'FIND OUT MORE AT..' or a slogan like 'STOP EXERCISING, START PLAYING'.

d. Alternative marketing

Meetup

You can find new players for your group via [meetup.com](#). It's key that you keep your page up to date with times, locations, photos and things that happened. As well as responding to anyone who'd like to come and play and encouraging people to sign up to the Meetup sessions, the more people you have signed up to a session on Meetup the more other people would like to come along.

Speak to local community hubs

Research local community groups, clubs and events and let them know that you are starting up Rabble sessions. Ask if you can come along to a community event and talk about what you're doing, and offer them a free trial session, perhaps even running a demonstration. Look at local online community groups where you can post to let people know about your event. Contact local county sports partnerships and other 'get active' communities to let them know you're running something different.

Media and PR

Rabble has great success with local media because it's such a unique concept. Contact your local paper, local circulars and radio station and let them know that you're kicking off Rabble. If you'd like some sample press releases contact Rabble HQ.

2. Engaging new players

New players are the key to growing your numbers and the social community. Ensuring that they feel comfortable enough to come and try it and have a great experience during their first session is key to keep them returning. They need to contribute to their team's performance during the session, feel comfortable, welcome and included.

How to encourage them to come down

So you've done some marketing and gained some interest - how do you get them to come down to a session? Send new players joining your Meetup group, Facebook group & your class a message or an email. Thank them for joining the class, tell them that you're looking forward to meeting them, what to expect in the session, where to meet and what to bring. Make them feel expected and part of the group as early as possible and you'll have a much greater chance of them showing up to one of your classes and feeling comfortable once they arrive. Instructors who do this well have many more new players come to their classes and retain many more of them

Making new players comfortable at the session

A good instructor makes a real effort to welcome newbies and ask regular players to look out for them. Remember that often they will feel very unsure in the first session so try to make them feel at ease. Explain what is going to happen in the class and who they can ask for help if necessary. Do a shout out at the beginning of the session so that everyone knows their name and asks others to help them. Check on the new people throughout the session, giving support, encouragement and praise, ensure they are moving, following rules and engaged in play. Chat with newbies at the end to see how they found the session, give them praise on their performance, tell them when the next session is and invite them to the pub. Be authentic, don't try and hard sell them.

3. Building your Rabble community

A strong social community is key to the success of Rabble as it will lead to a much higher retention of members in the long term. These are your sessions and this is your community. Having a positive, motivational, can-do attitude is the best way to build a community. Make sure Rabble is a positive space for players, there are no favourites and no negativity. Everyone should feel included, make sure you split your time and attention amongst all members. Take feedback from your members, ask them what they like, don't like and make a safe space for them to give feedback positive or negative.

Simple steps you can take to build your community are:

- Get to know players' names and something about them
- Engage with players over non-Rabble related topics before and after sessions
- Ensure as many players as possible come to the pub after sessions
- Organise Rabble socials and encourage players to come too
- Play as a team against another Rabble community
- Recognition & Rabble rewards

Organising socials

Getting a monthly social in the diary is a good way for you to continue to create bonds in your community away from the field. It can be anything from a drinks night to a night out, an obstacle race, trampoline session or other. Ideally when your community begins to grow you can assign a social secretary to this task.

Playing as a team against another Rabble community

One of the best ways of bringing your group together is for them to play as a team against another Rabble community. You can create some friendly rivalries with other areas which creates a sense of unity and loyalty in your group when they play as a team against them. These sessions tend to be very popular amongst Rabble players, as they will play against each other often but together rarely. There are also the Rabble Intercity Games events, where many locations come down to play against each other, usually followed by a social event.

Recognition & Rabble rewards:

There are four major Rabble awards that you can use to recognise players who are particular members of the community. You can announce these at a session or social, and post the winners up on social media so they can be recognised for their hard work.

- **Rabble Role Model** - exceptional attendance, commitment and effort at sessions, improvements in fitness, overcoming challenges, positive on and off field behaviour.
- **Rabble Rouser** - a great community builder, life and soul of sessions, encourages and supports others, brings along friends, promotes on social media, integrates newcomers, organises socials.
- **Rabble Rogue** - joker or rebel of the group (do not reward negative disobedience), creates banter and comedy moments.
- **Rabble Rookie** – a recent joiner who has got stuck in from the start, integrated well into group, attended lots of sessions and shown commitment and effort, a great addition to

the Rabble community.

As well as these, normal recognition goes a long way in making people feel valued. Reward your players with praise: if they have worked hard in the session, improved their skills or fitness, or been particularly welcoming to new players, make sure you let them know you have noticed.

Potential for Rabble

Once you have your Rabble site up and running, it's possible to develop your group to run other types of sessions and increase your income. Do let us know if you would like to pursue any of the following types of development for your Rabble sessions:

- Rabble X – Hardcore Rabble sessions
- Rabble Rookie – beginners sessions
- Private events – Hen /stag dos, corporate events, birthday parties

Setting up another group

If you've mastered the art of setting up a Rabble community, it's possible for you to open up another group in another location. Let us know if you'd like to do this.

Well done!

Congratulations on completing the Rabble Instructor Training Manual! You should now feel confident in how to:

- Explain what Rabble is to potential new players
- Run a safe session
- Explain the game rules clearly
- Give your players a good workout
- Motivate your players through your communication
- Plan and manage your games
- Build your Rabble community and keep players coming back

You will always have this manual as a resource to refer back to. We recommend looking back over it from time to time to check yourself against the self-assessments, and to master the more complicated areas as you progress and run more sessions.

Appendix

Standard Rabble Rules

Some Rabble rules are consistent across all games. It's helpful to keep them the same wherever possible as it makes your explanation and players understanding much easier. You should explain these rules when explaining the games as players may forget and it's helpful for new players.

DODGEBALL / PROJECTILE RULES

- Being hit by a projectile below the head acts like a tag - normal tagging rules apply. The person throwing the dodgeball can play on without visiting a tagging point.
- If the ball is caught without bouncing, or it's a headshot the thrower must take the penalty
- When thrown, must them be used by another player before the same player can throw it again

ITEMS ON FIELD

- Only one item to be held by any player at any time

BASES / SCORING ZONES

- You are not allowed to stand inside the opposition's scoring area when you are defending. You must defend outside of the base or the line.
- If you are stealing an object from another team's base and are inside their base, you are safe for 5 seconds (counted aloud and at a steady rate) before you must leave the base or the defenders can enter and tag you

BALL GAMES

- In ball games, if you score a point, or drop the ball over the scoring zone, the ball is given to the other team and play begins immediately.
- If you're holding the ball you have 5 seconds with it before needing to make a pass
- You may not knock the ball/frisbee etc. out of another player's hands, however you may intercept if the ball is dropped or in the air

TAGGING

- No holding the donkey tag with your hands
- After being tagged you are out until you have returned to the tagging point / restart point

and may not perform any other actions until then