

OBJECTIVE

To improve passing skills while moving forward and improve attacking patterns and movements.

GAME SETUP

Space Needed
Equipment Needed
Sug. Time Allocation
Group Size

20 x 15 metres
Cones, Rugby Balls
10 minutes
Any Group Size
(Relays of 4-5)

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

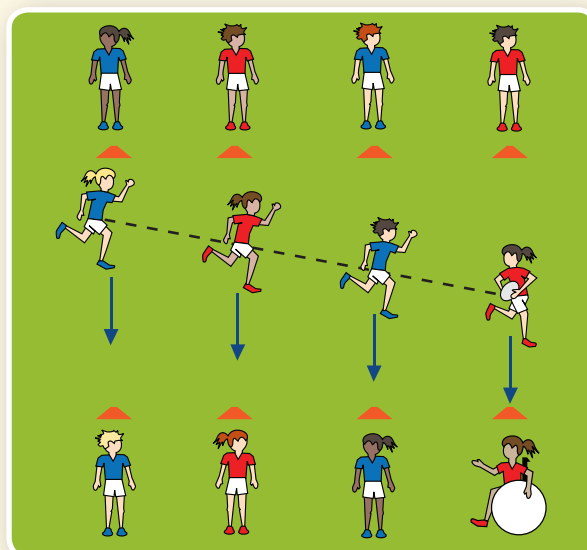
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Running
- Passing
- Catching

HOW TO PLAY

- 1 Set up 4-5 cones in one straight line, with 4-5 cones 15 metres down the field in the same position. Start one group on both sets of cones. Any other groups will file in behind the team at the first set of cones.
- 2 The group with the ball moves slowly across the channel, passing the ball down the line, working on their basic passing skills.
- 3 By each receiver staying slightly behind the ball carrier, the ball should be passed lateral or backwards.
- 4 Once the ball reaches the player at the end of the line, they pass it to the next group waiting on the opposite side.
- 5 The new group then repeats the exercise.
- 6 Vary the activity by adding a time limit and counting the number of completed passes. Be sure to have players rotate lines to receive the pass from different positions. Start the ball on both ends to work on passing from both right and left sides.



MODIFICATIONS

- 1 If players are having trouble completing passes without dropping the ball, slow the speed down to a walking pace or reduce the number of players in each line.

EXTENSIONS

- 1 Once players have mastered passing down the line, vary the lines by calling out switches, skips, and loops. For example, have the line complete a switch between the last two players, skip the second receiver, or loop to support.

CHECK & CORRECT

- 1 Be sure to work on advanced skills like switches, skips, and loops before introducing them into the passing lines.
- 2 Be sure to emphasize making a 'W' target when receiving a pass and following through and pointing at the target when passing.