FLAG RUGBY

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

Space Needed	30 x 40 metres
Equipment Needed	Cones, Rugby Balls, Flag Belts
Sug. Time Allocation	15-20 minutes (7-10 minute halves)
Group Size	2 Teams of 5-7 Players

LTAD STAGES

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

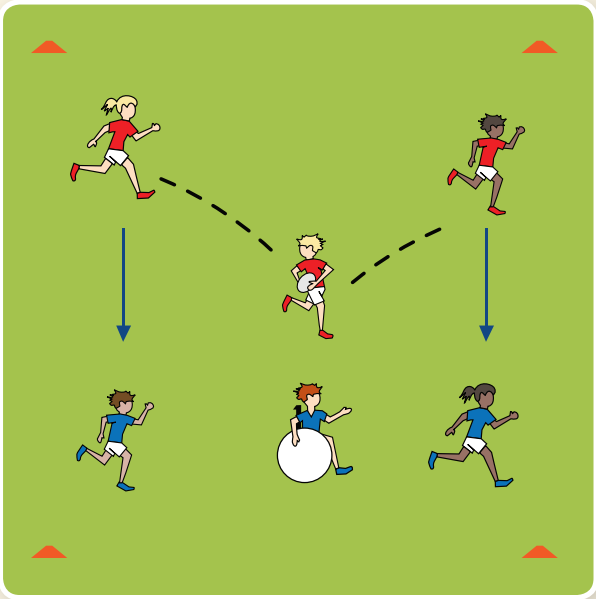
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

1. Split players into two equal teams and begin on opposite sides of the field.
2. Have players prepare by wearing flag belts and two flags.
3. Incorporate only lateral/backwards passing.
4. All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
5. Dropped passes are turnovers.
6. Have players work on all concepts such as offence and defence.



MODIFICATIONS

1. Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

1. Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

CHECK & CORRECT

1. If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.