

OBJECTIVE

To introduce players to the concept of kicking the ball and immediately following to defend.

GAME SETUP

Space Needed 30 x 30 metres
Equipment Needed Cones, Rugby Balls
Sug. Time Allocation 10-15 minutes
Group Size Groups of 6-12 Players

LTAD STAGES

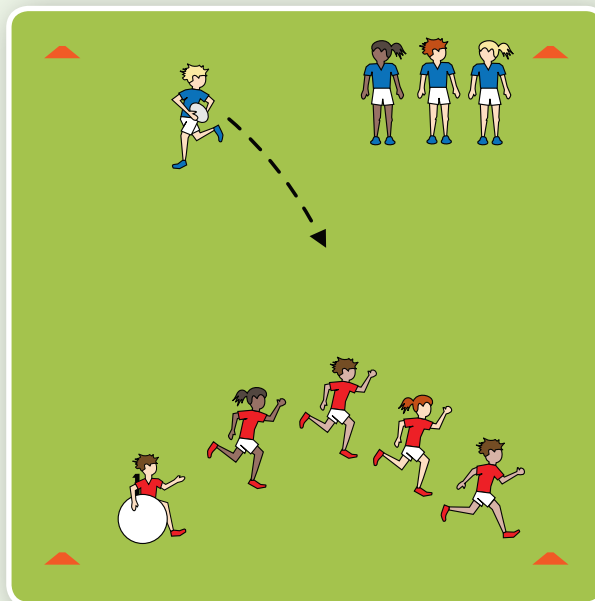
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling
- Kicking

HOW TO PLAY

- 1 Start with five players standing at the far end of the grid to receive a kick.
- 2 One defender starts on the try line and begins the game by kicking to the offence using either a drop kick, punt, or grubber kick.
- 3 The offence attempts to score a try against the defender. If the offence scores a try, then the defender returns to the try line.
- 4 Another player is added to the defence and the game restarts with a kick.
- 5 The offence remains the same until the defence pulls the ball carrier's flag and prevents the offence from scoring. The defence keeps adding players each round until they are successful.



MODIFICATIONS

- 1 Allow the offence to have three flag pulls to score a try. If they are able to score, a new set of defenders kicks and the offence begins again.

EXTENSIONS

- 1 Vary the number of players on both the offence and defence.
- 2 Work on kicking skills by varying the type of kicks made and discussing when each kick would be appropriate in a game.

CHECK & CORRECT

- 1 If the offence is having trouble scoring on the defence, break out into some 2 v 1 and 3 v 2 activities before returning back to the game.