

OBJECTIVE

To improve proper passing and receiving techniques.

GAME SETUP

Space Needed 10 x 10 metres
Equipment Needed Cones, Rugby Balls (1+ Ball(s) Per Circle)
Sug. Time Allocation 5-10 minutes
Group Size Any Group Size

LTAD STAGES

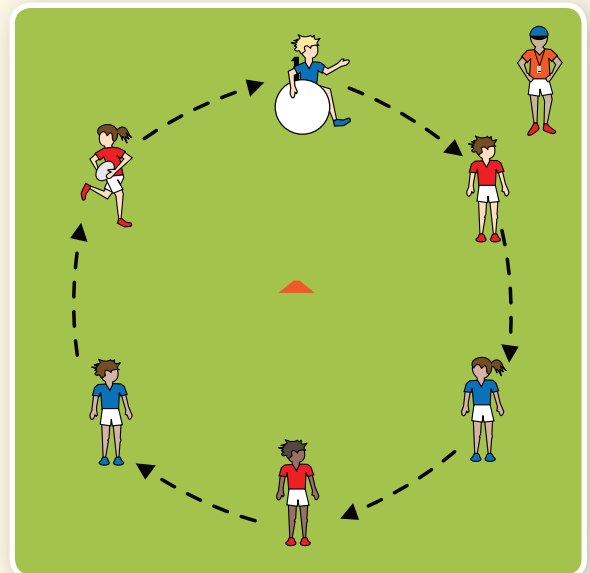
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Passing
- Catching
- Running

HOW TO PLAY

- 1 Have players form a circle with about 2 metres in between each other.
- 2 Start by having players attempt to complete passes around the entire circle in both directions without dropping the ball.
- 3 Once players can pass around the circle, make the game harder by adding a time limit.
- 4 After the time limit, play a game of "Rugby Duck, Duck, Goose" with the circle. Instead of racing another person around the circle, players will race the rugby ball around the inner circle.
- 5 Have one player begin with the rugby ball. He/She will pass the rugby ball to the person to their right or left side and begin to move around the outside of the circle in the same direction of the pass while the inner circle continues to pass the ball around.
- 6 See if the player can beat the rugby ball around the circle. Allow each player to have a chance to race the rugby ball.



MODIFICATIONS

- 1 If players are struggling to race the rugby ball around the circle, have players take a step in towards the middle to make the circle smaller.

EXTENSIONS

- 1 With more players, create multiple circles and have them compete against each other within time limits.
- 2 Use multiple balls within one circle to increase the speed of passing.
- 3 Have players use different passing techniques such as a pop pass, a spiral pass, or turn around to pass backwards.
- 4 Incorporate fitness into the circles including jumping jack feet, shuffling, jump squats, etc.
- 5 Pass across the circle and replace the person you pass to. Incorporate multiple balls to emphasize spatial awareness and communication.

CHECK & CORRECT

- 1 Emphasize proper passing form including two hands on the ball, sighting your target, and following through on the pass.
- 2 Emphasize proper receiving form by making a 'W' with both hands and providing a target to the passer.