

OBJECTIVE

To practice and test various fundamental movement skills and rugby basics.

GAME SETUP

Space Needed 10 x 10 metres
Equipment Needed Cones, Rugby Balls, Hula Hoops, Flag Belts
Sug. Time Allocation 10 minutes
Group Size Any Group Size

LTAD STAGES

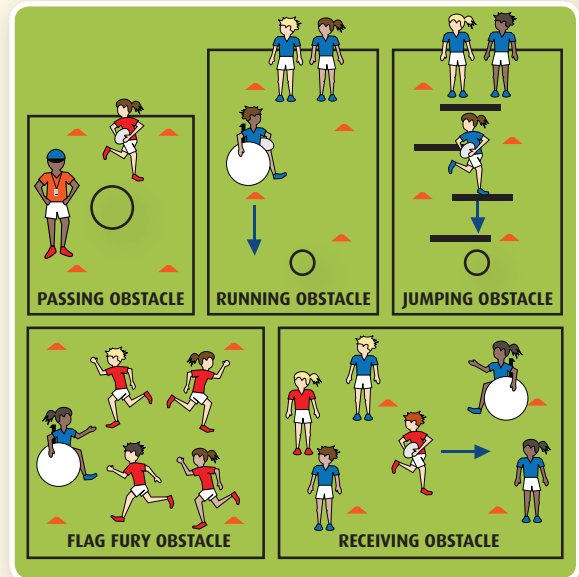
AS Ages: 5-6 / Grades: K-1

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

HOW TO PLAY

- Create an obstacle course of various skills and movements for players to practice and test their abilities. The following are examples of stations you can set up:
 - Passing** - Have players perform an effective pass through a hula hoop at a short distance.
 - Running/Movement** - Place various cones in a relay line and have players move through a serpentine of cones, score a try in a hula hoop at the end, and return to the start.
 - Jumping** - In a similar relay format, place small hurdles for players to jump over while they complete their running line.
 - Catching** - Create a Passing Gauntlet and have players move through the middle, receiving passes on the left and making passes on the right. Have players come back through, receiving passes on the right and making passes on the left.
 - Pulling** - Create a mini 'Flag Fury' area and make one player the only 'tagger'. Test their flag pulling skills within a short time frame (i.e. 30 seconds). Rotate each player through to test their pulling skills.



MODIFICATIONS

- Modify each obstacle to fit your players' abilities and needs.

EXTENSIONS

- Add more obstacles to test advanced skills.
- Create time limits on obstacles to see how many skills are completed within a certain time (i.e. 1 minute).

CHECK & CORRECT

- Help players perform each skill properly by reviewing proper skill execution before each obstacle.