

OBJECTIVE

To help players become familiar with the rugby ball and practice reaction time.

GAME SETUP

Space Needed
Equipment Needed
Sug. Time Allocation

15 x 15 metres
Cones, Rugby Balls
10 minutes or
5 rounds
Any Group Size

Group Size

LTAD STAGES

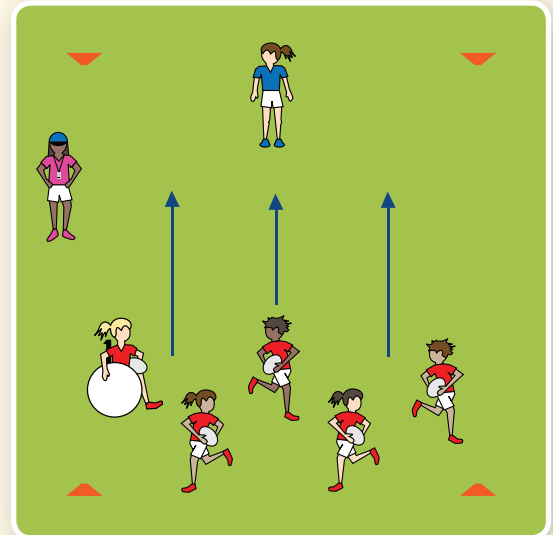
AS Ages: 5-6 / Grades: K-1

FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Running

HOW TO PLAY

- 1 Create a grid and select one player as the traffic light at one end of the grid. All other players line up at the opposite end, each with a rugby ball.
- 2 When the traffic light is facing the group, they yell, 'Red Light!' They then turn around, facing away from the group, and yell, 'Green Light!'
- 3 Players with rugby balls try to get as close to the traffic light player as possible during the Green Light phases by moving forward.
- 4 The traffic light player can turn around anytime and yell, 'Red Light!' Any players caught moving will have to start back at the starting line.
- 5 The first player to tag the traffic light player with their rugby ball wins and becomes the traffic light on the next round.



MODIFICATIONS

- 1 If you have varying ages and/or abilities, create two starting lines and put the older or more experienced kids at the line farther away.

EXTENSIONS

- 1 Vary the way players move with different color lights. Green light can mean run, yellow light can mean walk, purple light can mean hop, orange light can mean crawl, etc.

CHECK & CORRECT

- 1 Ensure players are holding their rugby ball with both hands at all times.