

OBJECTIVE

To work on flag pulling skills in a defensive line.

GAME SETUP

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

LTAD STAGES

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

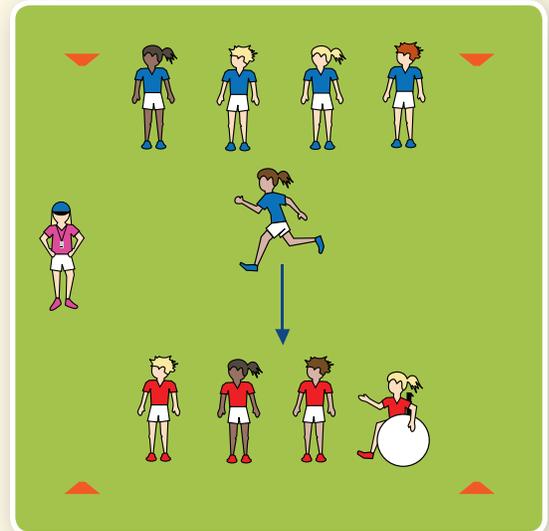
FU Ages: 6-8 / Grades: 2-3

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Pulling

HOW TO PLAY

- 1 Create two teams of equal numbers. Put one team at each end of the grid and have them line up next to each other (shoulder to shoulder) about an arms-length distance apart.
- 2 Start with one team on defence and make sure each player on the other team has a rugby ball and a flag belt.
- 3 The defensive team starts by calling, 'Rugby Rover, Rugby Rover, send <insert child's name> over!' That player then moves with their rugby ball towards the line and tries to get through the line without having their flag pulled. Players on the defensive line attempt to grab the flag before they get through.
- 4 If a player gets through the line without a flag removed, they rejoin their original team. If any one of their flags get removed, they then join the defensive line for the remaining rounds.
- 5 Continue until all attacking players are on the defensive team and then start a new game with the attacking team now on defence.



MODIFICATIONS

- 1 For younger players, add more than just two flags on their belts to increase the chances of pulling a flag.

EXTENSIONS

- 1 The instructor can call out player names and call multiple players at once to move across the grid.
- 2 The instructor can also call defensive players to create various scenarios (i.e. 1v1, 2v1, 3v2, etc.)

CHECK & CORRECT

- 1 Ensure that defensive players are tracking the hips of the ball carrier in an attempt to pull their flag.
- 2 Make sure ball carriers are running with two hands on the ball and are not flag guarding.