

OBJECTIVE

A variation on Rookie Rugby relays to help players have fun with a rugby ball.

GAME SETUP

Space Needed 20 x 20 metres
Equipment Needed Cones, Rugby Balls, Flag Belts
Sug. Time Allocation 5 minutes
Group Size Any Group Size

LTAD STAGES

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

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

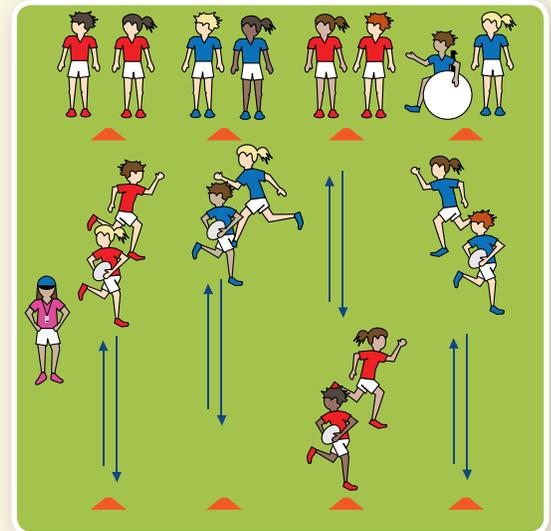
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination
- Running

HOW TO PLAY

- 1 Create relay lines with equal numbers in each line. The first person in the line starts with the rugby ball.
- 2 The first person in line moves to their cone at the end of the grid and scores a try with the rugby ball. They move back to the starting point.
- 3 Once the first player returns, the second player links on to the first player by grabbing onto the first player's flag belt. If not wearing flag belts, players can link by grabbing the first player's shirt/hips/shoulders. This player becomes the Tiger's Tail. They now work as a team to continue down the field to score a try at their cone and return to the starting point.
- 4 Each time a player or a group of players returns to the starting point, a new player joins them, making their tiger tail longer.
- 5 The first team to add all players to the tiger's tail and complete the relay wins.



MODIFICATIONS

- 1 If players are unable to physically link to each other, have players complete the relay together without physically linking. For example, players can move alongside each other and become a pack of tigers rather than a tail.

EXTENSIONS

- 1 Vary the skill that players complete at the end of the relay, requiring all players to complete it before returning to the starting point.
- 2 Create an obstacle course of rugby skills to complete, making it more challenging for players to complete the relay.

CHECK & CORRECT

- 1 The purpose of this relay is for players to have fun while performing a variety of rugby skills. Check the form of each player to ensure that they are performing each skill correctly.