

# ROOKIE RUGBY



## GAME CARDS



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# ROOKIE RUGBY

## GAME CARDS

We are thrilled to provide you with all of the **Rookie Rugby Game Cards** including numerous activities and games that you can use to introduce the game of rugby to boys and girls of all ages. Below you can find more information on the game cards specifically and how to implement them into your practices and sessions.

### LOGISTICS AND SETUP

This section will outline the objective you are trying to achieve with each game. Additionally, you will find the setup of each game/activity including the space and equipment needed, as well as the time allotted and suggested number of players.

### HOW TO PLAY

This section outlines the rules of the game and how you can coach your players to success.

### MODIFICATIONS & EXTENSIONS

These sections outline how to modify the game to make it a bit less challenging and also how to progress the game to provide additional challenges for players.

### FUNDAMENTAL MOVEMENT SKILLS

These are the primary movements that players can expect to execute throughout this game/activity.

### LTAD STAGES

Check to see which games are appropriate for the different LTAD stages.

Active Start (Ages 5-6)

FUNDamentals (Ages 6-8)

Learn to Train (Ages 8-11)

**RELAY RACES**

To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.

**OBJECTIVE**

**GAME SETUP**

**Space Needed** 10 x 15 metres  
**Equipment Needed** Cones, Rugby Balls (1 Per Relay Line)  
**Sug. Time Allocation** 5-10 minutes or 5 different relays  
**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**

- Agility
- Coordination
- Passing
- Catching
- Running

**HOW TO PLAY**

- Start by separating players into equal relay teams of two or more players. Have them form lines behind a cone with one rugby ball per line.
- Complete a series of relays to introduce basic skills and promote ball familiarization. Suggested relays include:
  - Move towards a cone, score a try and have players yell "TRY!" before moving back and passing to the next player. (Be sure to introduce proper passing technique with passer follow through and pass the ball around your waist before scoring, move back to the start and pass to the next person in line.)
  - Move while tossing the ball up in the air and catching it multiple times before getting to the far cone. Score a try, move back to the start, and pass.
  - Have two players move at the same time, completing a pass between the cones, score a try, move back and complete another pass.
  - Have two players move together, completing as many passes as possible between the cones, score a try, repeat on the way back.
  - Have players move towards a cone, score a try and perform their best "Try Dance." Move back to the start and pass to their teammate.

**MODIFICATIONS**

- If you have varying ages and/or abilities, create two cones at the end and have the older or more experienced kids go to the furthest cone.

**EXTENSIONS**

- Make the cones further apart each race.
- Add defenders in the middle that players must evade to complete their turn in the race.
- Award the first team to finish a point and make it a competition for teams.
- Incorporate various skills including fitness exercises and other ball familiarization techniques.

**CHECK & CORRECT**

- If players are struggling with certain skills, try slowing down the speed of the relay races.
- To keep players active, have the players waiting in line complete fitness exercises like jumping jacks to reduce static standing.

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### CHECK & CORRECT

These are the points to focus on when instructing the game – relate these back to the objective of the activity.

### DIAGRAM

This is a visual representation of the setup and play of each game.



# INSTRUCTING ROOKIE RUGBY

Instructing Rookie Rugby is a fun and rewarding job for any coach or instructor. The rules are simple and participants will love learning new skills and having fun with their friends. When using the **Rookie Rugby Game Cards**, coaches/instructors will find the initial set of rules and a few progressions. It should be noted that there are other modifications and progressions that can be applied to all games in order to produce the outcomes you expect from your players.

## SIZE OF PLAYING AREA

Adjusting the size of the playing area can help players achieve success depending on the situation. If players are struggling to find success in an activity because the space is too large, try making smaller grids. Conversely, if players do not have enough space to execute skills, try increasing the size of the grid.

Consider smaller size grids for younger players until they have the skills needed for a larger playing space.

## RATIO OF PLAYERS

When introducing new skills and concepts, it can be a good idea to adjust the ratio of players with a larger number of players on offence/attack and a smaller number of players on defence. This will allow players to learn these new skills and concepts in a low-pressure environment before applying it to a real game-like scenario.

## SPEED OF PLAY

As with everything, we try to start slow and then advance to full speed. The same concept applies in rugby. Slow activities down so that players can refine new skills before increasing the speed to a game-like pace. The same can be applied to activities that players have done before. If you notice that skill development is regressing or stagnant, try slowing it down to review the basics.

For example, if players have been playing flag rugby, but struggle to make proper flag pulls, have players play 'walking flag rugby' where they cannot increase their pace past a walk.

## RULE MODIFICATIONS

The last tip has endless possibilities and helps in almost any scenario. As the coach/instructor, you can modify the game to make any rules you need in order to produce a specific outcome. The most common rule modification is put in place when certain players refuse to be team players and pass the ball to their teammates. Implement the rule that in order to score, it needs to be a team effort and everyone must receive a pass before the team can score. Be creative with your rule modifications to produce the outcomes you want to see.





# GAME CARDS

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### OBJECTIVE

To introduce players to each other and get familiar with the rugby ball.

### GAMESETUP

Space Needed	10 x 10 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	5-10 minutes
Group Size	Any Group Size

### LTAD STAGES

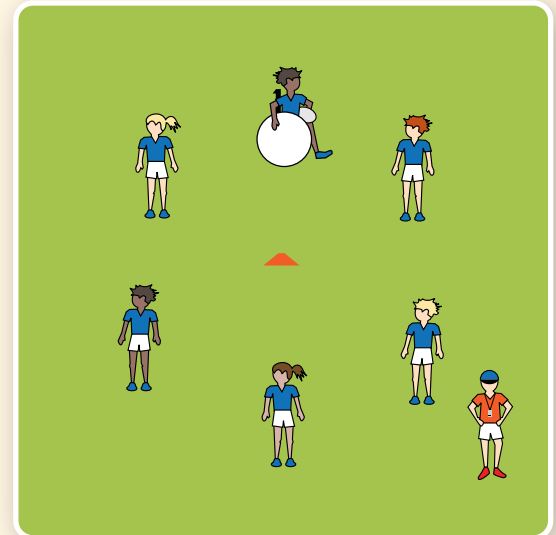
**AS** Ages: 5-6 / Grades: K-1

### FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination

### HOW TO PLAY

- 1 Have players start in a circle with each player having their own rugby ball. The instructor begins by saying their name and performing an action with the rugby ball.
- 2 Everyone in the circle repeats the instructor's name and the action. A player then goes next, one at a time, saying their name and picking a new action to do with the rugby ball. The group then repeats the name and repeats the action.
- 3 Continue until everyone has had a chance to say their name and perform an action. Try to have players create a unique action to avoid the same action being repeated over and over.



### MODIFICATIONS

- 1 Instructors can assign actions if players are having trouble coming up with actions on their own.

### EXTENSIONS

- 1 After all players have said their name and picked an action, test the group by calling out random names and seeing if the group can repeat the action for that player.

### CHECK & CORRECT

- 1 There are no official skills that players are required to perform in this game. Help players get creative and ensure they are staying safe with their actions.

## OBJECTIVE

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

## GAMESETUP

Space Needed 15 x 15 metres  
 Equipment Needed Cones, Rugby Balls  
 Sug. Time Allocation 10 minutes or 5 rounds  
 Group Size Any Group Size

## LTAD STAGES

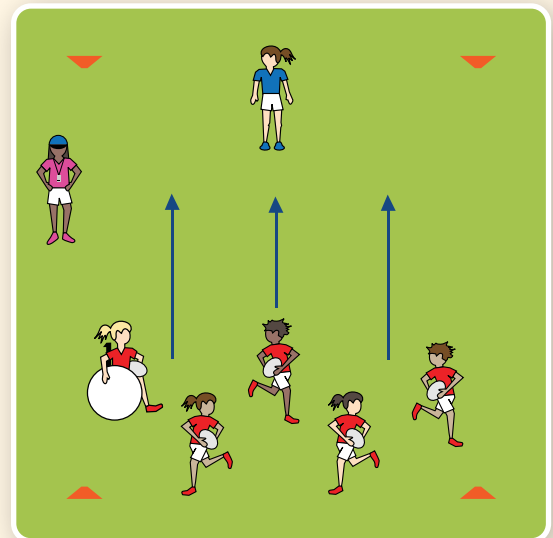
**AS** Ages: 5-6 / Grades: K-1

## 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.

## OBJECTIVE

To help players practice following directions and work on various rugby skills.

## GAMESETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Any Group Size

## LTAD STAGES

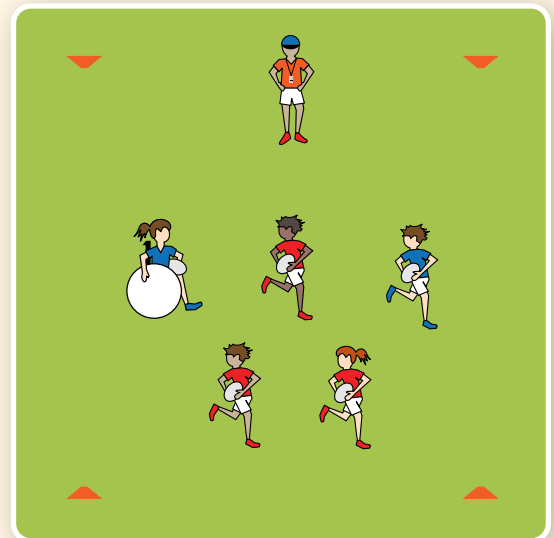
**AS** Ages: 5-6 / Grades: K-1

## FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination

## HOW TO PLAY

- 1 A leader positions in front of the group. All players have a rugby ball and are spread out in the grid.
- 2 The leader starts by saying, "Rugby says..." and inserts an action. The group then performs the action. Actions should include movements with the rugby ball such as basic fundamental movement skills and basic rugby skills such as scoring a try or moving the ball around the body.
- 3 If the leader says an action without saying, "Rugby says..." and a player performs an action, they receive a point.
- 4 Continue for a period of time while players add up points. The player with the least amount of points at the end will get to be the next leader.



## MODIFICATIONS

- 1 The instructor can serve as the leader if younger players struggle coming up with movements for the group.

## EXTENSIONS

- 1 Have players pair up and participate together. Movements and actions should then include both partners (i.e. passing)

## CHECK & CORRECT

- 1 This is a great game to help players work on their form for various skills. Ensure players are holding the ball with two hands at all times and are performing each skill correctly.

## OBJECTIVE

To work on flag pulling skills in a defensive line.

## GAMESETUP

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

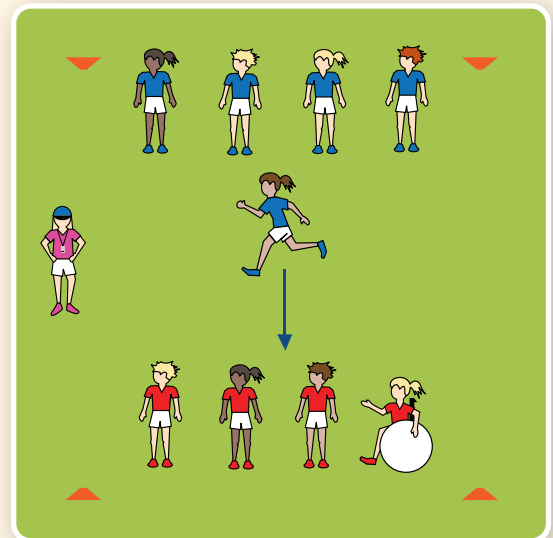
**FU** Ages: 6-8 / Grades: 2-3

## 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.



## OBJECTIVE

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

## GAMESETUP

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

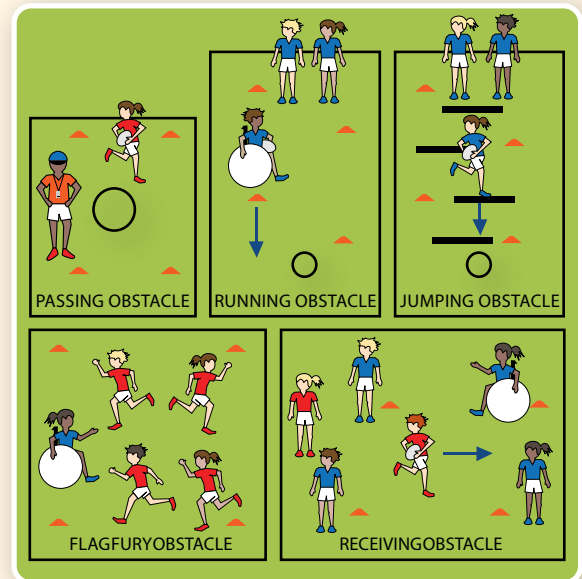
## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

## HOW TO PLAY

1 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

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

## EXTENSIONS

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

## CHECK & CORRECT

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

## OBJECTIVE

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

## GAMESETUP

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

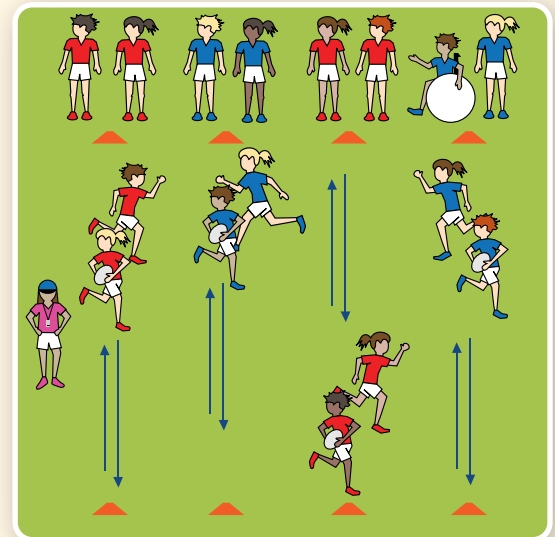
**LT** Ages: 9-12 / Grades: 4-7

## 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.

## OBJECTIVE

To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.

## GAMESETUP

Space Needed 10 x 15 metres  
 Equipment Needed Cones, Rugby Balls (1 Per Relay Line)  
 Sug. Time Allocation 5-10 minutes or 5 different relays  
 Group Size Any Group Size

## LTAD STAGES

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

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

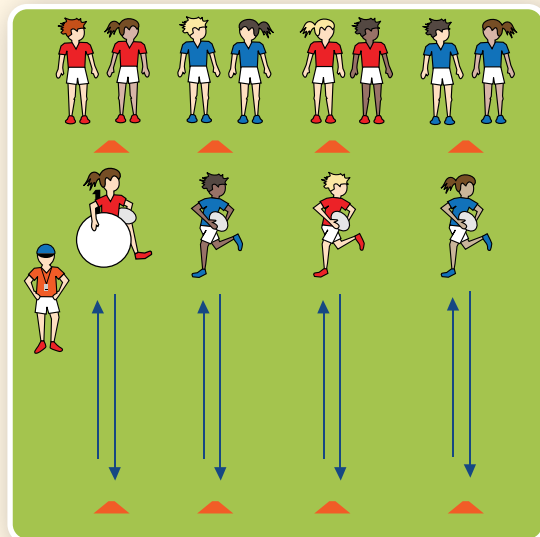
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching
- Running

## HOW TO PLAY

- Start by separating players into equal relay teams of two or more players. Have them form lines behind a cone with one rugby ball per line.
- Complete a series of relays to introduce basic skills and promote ball familiarization. Suggested relays include:
  - Move towards a cone, score a try and have players yell, "TRY!" before moving back and passing to the next player (Be sure to introduce proper passing technique with passer follow through and receivers making a 'W' target).
  - Move towards a cone and pass the ball around your waist before scoring, move back to the start and pass to the next person in line.
  - Move while tossing the ball up in the air and catching it multiple times before getting to the far cone. Score a try, move back to the start, and pass.
  - Have two players move at the same time, completing a pass between the cones, score a try, move back and complete another pass.
  - Have two players move together, completing as many passes as possible between the cones, score a try, repeat on the way back.
  - Have players move towards a cone, score a try and perform their best 'Try Dance.' Move back to the start and pass to their teammate.



## MODIFICATIONS

- If you have varying ages and/or abilities, create two cones at the end and have the older or more experienced kids go to the furthest cone.

## EXTENSIONS

- Make the cones further apart each race.
- Add defenders in the middle that players must evade to complete their turn in the race.
- Award the first team to finish a point and make it a competition for teams.
- Incorporate various skills including fitness exercises and other ball familiarization techniques.

## CHECK & CORRECT

- If players are struggling with certain skills, try slowing down the speed of the relay races.
- To keep players active, have the players waiting in line complete fitness exercises like jumping jacks to reduce static standing.

## OBJECTIVE

To become familiar with spatial awareness as it relates to evading the defensive attack.

## GAMESETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10-15 minutes or 5 rounds
Group Size	Any Group Size

## LTAD STAGES

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

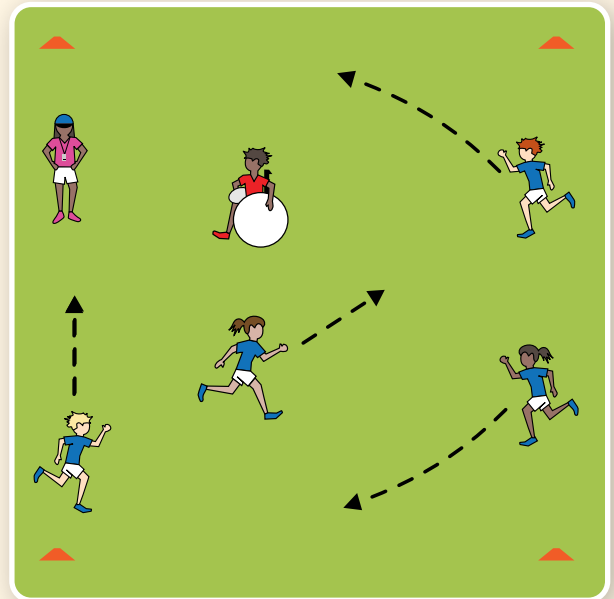
**FU** Ages: 6-8 / Grades: 2-3

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running

## HOW TO PLAY

- 1-3 players are selected as taggers. Taggers are given a rugby ball to use for tagging or use two hand touch when necessary.
- All non-taggers evade any taggers by moving into open space within the grid.
- When a player is tagged with the rugby ball, they become frozen, standing still with their arms held up.
- Frozen players can be released when one of their teammates gives them a high five.
- The game continues until all players are frozen or until a set time limit runs out.
- Players crossing over the boundary lines and going outside the grid automatically become frozen.



## MODIFICATIONS

- 1 Vary the movement/skill for unfreezing frozen players. This will allow players of all abilities to have success.

## EXTENSIONS

- 1 Allow non-taggers to have rugby balls and incorporate passing to release frozen players when they receive a pass. Frozen players should freeze with their 'W' target out in front of them. Taggers can now freeze with two-hand touch or pulling flag belts.
- 2 Incorporate flag belts and have defensive players pull flags instead of just tagging with a rugby ball.

## CHECK & CORRECT

- 1 Ensure taggers are holding the ball with two hands at all times.
- 2 Encourage communication amongst non-taggers to help increase the rate of releasing frozen players.
- 3 If allowing frozen players to receive passes, change their hand positioning to create a 'W' target for the pass.

## OBJECTIVE

To improve proper passing and receiving techniques.

## GAMESETUP

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

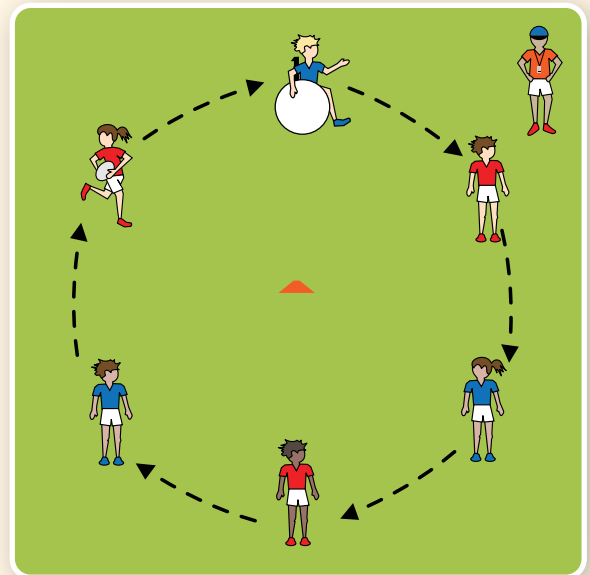
**FU** Ages: 6-8 / Grades: 2-3

## 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.

## OBJECTIVE

To become familiar with the rugby ball and work on communication and teamwork.

## GAMESETUP

Space Needed 20 x 20 metres  
 Equipment Needed Cones, Rugby Balls (1 Per Relay Line)  
 Sug. Time Allocation 5 minutes  
 Group Size Any Group Size

## LTAD STAGES

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

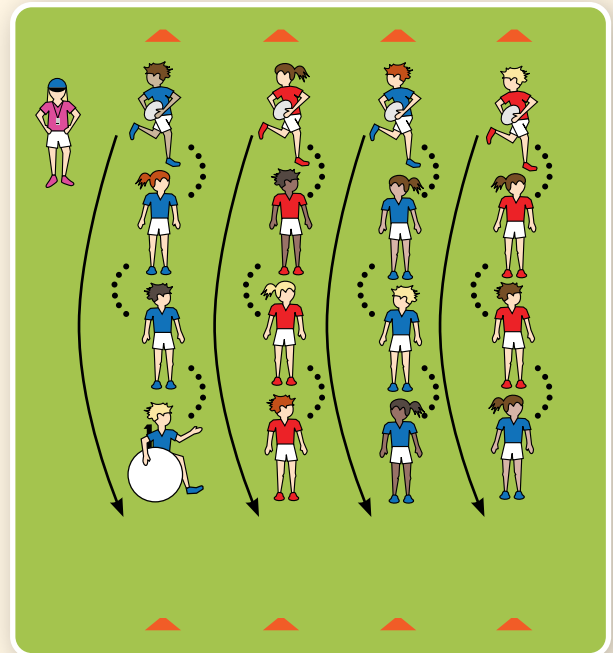
**FU** Ages: 6-8 / Grades: 2-3

## FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Passing
- Catching

## HOW TO PLAY

- 1 Create teams of even numbers and have them line up with one rugby ball for each line. Have players start facing away from the grid.
- 2 The first person in line has the rugby ball. When the instructor yells, "GO!" the first player passes the ball above their head to the next player and then returns to the end of the line.
- 3 The next player passes the ball under through their legs. They then recycle to the end of the line.
- 4 Players continue alternating passes over and under and recycling to the end of the line until they reach the other side of the grid.
- 5 Have the teams race, reset and race on the way back.



## MODIFICATIONS

- 1 For younger groups, try forming one or two larger lines to give players more time to recycle to the end of the line.
- 2 Vary the movement to passing LEFT and RIGHT rather than over and under.

## EXTENSIONS

- 1 Incorporate fitness activities into the relay by requiring a fitness move before a pass is made. For example, perform a jump squat followed by passing the ball overhead. The next player performs a jump squat followed by passing the ball under their legs.

## CHECK & CORRECT

- 1 This activity is great for a warm-up activity, ball familiarization, or for fitness. Focus on players having fun and working together on their communication and teamwork to complete the task.
- 2 Players should hold the ball in two hands at all times.

## OBJECTIVE

To improve player reaction time when switching from offence and defence.

## GAMESETUP

Space Needed 30 x 15 metres  
 Equipment Needed Cones, Flag Belts  
 Sug. Time Allocation 10-15 minutes or 5 minute rounds  
 Group Size Any Group Size (Working in Pairs)

## LTAD STAGES

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

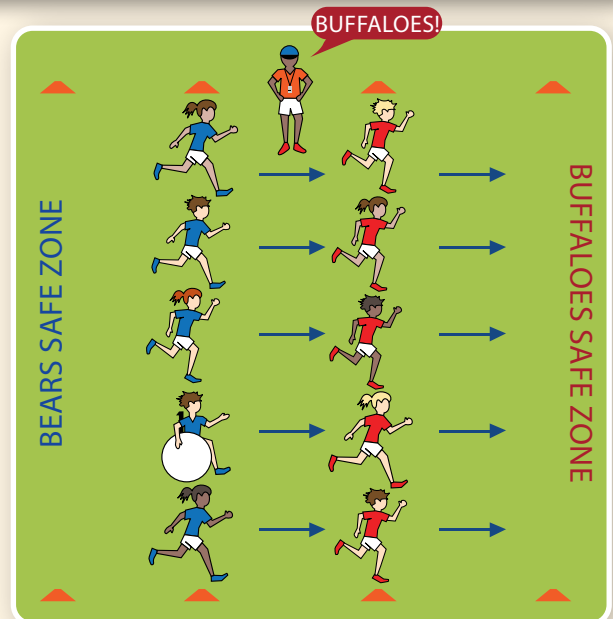
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

## HOW TO PLAY

- 1 Each player finds one partner and together they designate one partner as a "bear" and one partner as a "buffalo".
- 2 One team (Bears) lines up just to the right of the centre line, facing the Bears' safe zone. The other team (Buffaloes) lines up next to their partner, just to the left of the centre line facing the Buffaloes' safe zone. They should be about an arms-length distance apart.
- 3 The instructor calls either "BEARS!" or "BUFFALOES!" The team being called is now on offence and tries to get to their safe zone before having their flag pulled by the other team. The team that is not called is on defence and must react quickly to catch the offence before they get to the safe zone.
- 4 Repeat various rounds, allowing players to quickly switch from offence to defence with quick reactions.
- 5 Give points each time a flag pull is made. Have players compete to get the most points within multiple rounds.



## MODIFICATIONS

- 1 Shorten the distance to the safety zone for players who may struggle to reach the safety zone in time.
- 2 Reduce the speed of the game to a fast walk or walking pace to build success.
- 3 Rotate players through the line so they can practice with various partners to find one that is more evenly matched.

## EXTENSIONS

- 1 Make multiple calls within one round, forcing players to switch before reaching their safety zones.
- 2 Vary the starting position of the players: sitting down, kneeling, or lying down on their stomachs or backs.
- 3 Incorporate fitness activities such as jumping jacks, jump squats, burpees, etc. before calling a team.

## CHECK & CORRECT

- 1 Review proper flag pulling skills to ensure players are maintaining a low position and close enough to make the flag pull.
- 2 Be sure to watch for players that try to anticipate the call and 'cheat' in one direction.

## OBJECTIVE

To encourage teamwork and fitness as players work on running, passing, and receiving in a fun, competitive game.

## GAMESETUP

Space Needed 10 x 20 metres  
 Equipment Needed Cones, 15+ Rugby Balls  
 Sug. Time Allocation 10 minutes  
 Group Size Any Group Size (Working in Pairs)

## LTAD STAGES

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

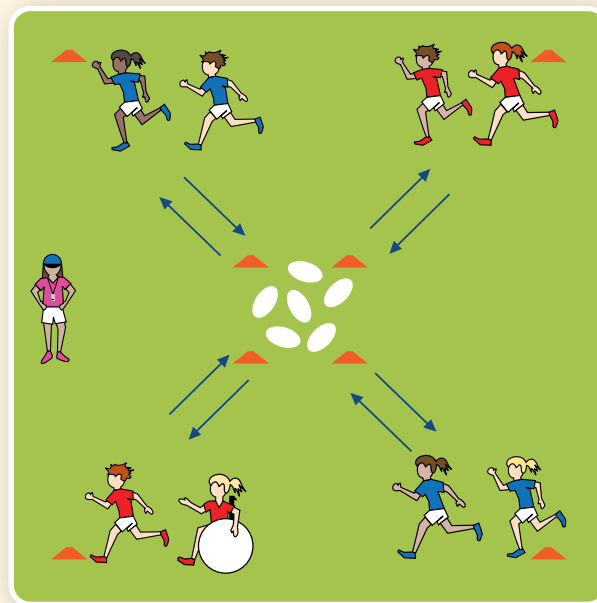
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Running
- Passing
- Catching

## HOW TO PLAY

- 1 Have players pair up and station at one of the outside cones.
- 2 Set up a small square grid with cones in the centre of the larger grid and put all of the rugby balls in it.
- 3 On the instructor's signal, one player from each team will move to the centre grid and grab a ball.
- 4 The goal for each team is to get the most amount of balls back to their cone.
- 5 Only one teammate may be moving at a time. Once one player retrieves a ball, they can pass to their teammate waiting at their cone. Once the retrieved ball is placed at their cone, the next player can move.
- 6 Once all the balls are gone from the centre, the game will end and the team with the most balls at their cone wins.



## MODIFICATIONS

- 1 Shorten the distance to the centre grid for younger players to make sure they are making successful passes.

## EXTENSIONS

- 1 Use time limits and allow teams to steal balls from each other once all the balls from the centre are gone.
- 2 Start with an even number of rugby balls at each of the teams' cones. Have players work to get rid of all the balls at their cone by taking balls from their cone and putting them at other teams' cones within a set time limit.
- 3 Have players waiting at the cones perform fitness moves to stay active until it is their turn.

## CHECK & CORRECT

- 1 Encourage players to work together, not only as pairs, but with the other groups as well.
- 2 Proper passing and receiving should be emphasized to ensure efficiency.



## OBJECTIVE

To become familiar with the rugby ball and flag pulling while working on evasion skills.

## GAMESETUP

Space Needed 20 x 20 metres  
 Equipment Needed Cones, Rugby Balls (1 Per Player), Flag Belts  
 Sug. Time Allocation 10 minutes  
 Group Size Any Group Size

## LTAD STAGES

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

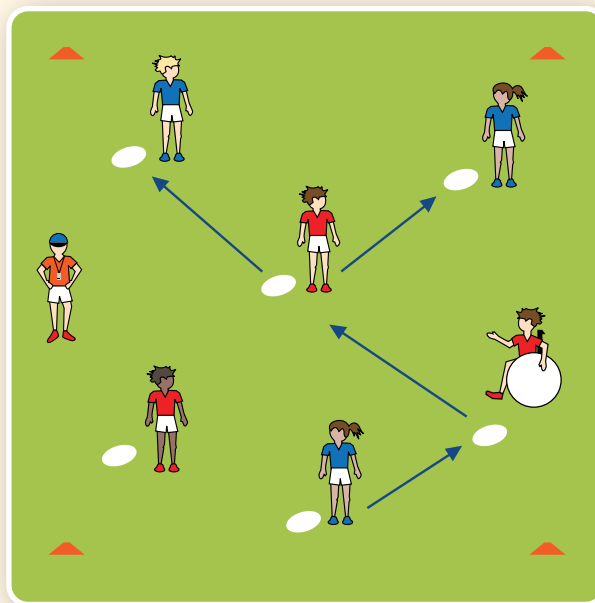
**FU** Ages: 6-8 / Grades: 2-3

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

## HOW TO PLAY

- 1 Participants, "Canadian Geese", start the game with one egg (rugby ball) each.
- 2 On the coach's signal, the geese place their egg on the ground.
- 3 Geese must then move around to find a new egg to pick up.
- 4 The instructor removes an egg from the playing field. If a goose is left without an egg, they become a robber.
- 5 If a robber pulls a goose's flag, they 'steal' the egg. The goose who lost the egg now becomes the robber.
- 6 Robbers may not pull the flag of someone who stole their egg.
- 7 The game ends when the instructor has removed all but one egg.



## MODIFICATIONS

- 1 Make the size of the grid smaller to increase success for robbers.

## EXTENSIONS

- 1 Geese can work in pairs and can pass the ball to their partner to avoid being robbed.

## CHECK & CORRECT

- 1 Control the success of the game by the number of eggs you remove from the playing field. More defensive robbers will help players find success. Vary the size of the grid to make the game harder or easier.

## OBJECTIVE

To effectively build a defensive line against an attacking team.

## GAMESETUP

Space Needed 10 x 20 metres  
 Equipment Needed Cones, Flag Belts  
 Sug. Time Allocation 10-15 minutes or 3-5 rounds  
 Group Size Any Group Size

## LTAD STAGES

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

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

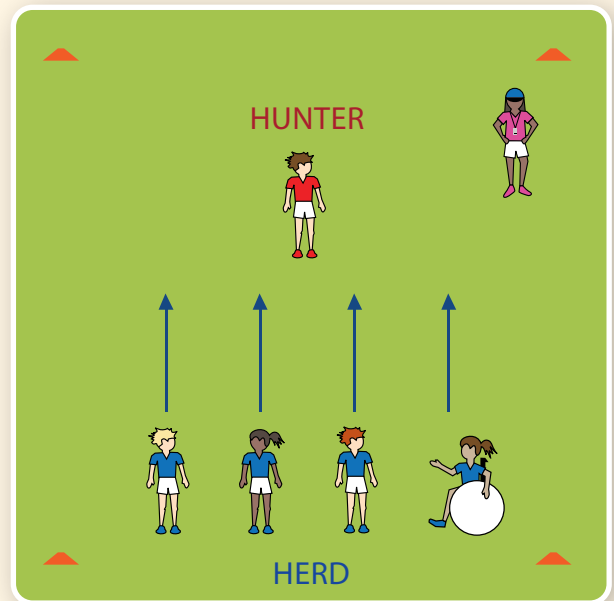
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Pulling

## HOW TO PLAY

- 1 This game is similar to the classic Sharks and Minnows or British Bulldog. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
- 2 Players must attempt to move from one side of the grid to the other without getting their flag pulled. When they arrive at the other side, they stop and wait for a restart.
- 3 To start the game, have the defensive player in the middle shout, "HUNTER!" and then the attacking players lined up will respond with, "HERD!". After shouting, "HERD!" the attacking players will attempt to move to the other side of the grid without getting caught. Players must remain within the boundaries of the grid during the game.
- 4 Any players with their flags pulled will become hunters for the next round.



## MODIFICATIONS

- 1 If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

## EXTENSIONS

- 1 Designate a 'Defensive Zone' across the middle of the grid and prevent the defence from leaving this area during each round.
- 2 Incorporate a rugby ball and have players pass the ball while avoiding the defence.
- 3 Have a few players leave in waves to keep the hunters active. Incorporate a rugby ball within each wave.
- 4 Have captured players remain frozen where they are captured and play defence from that spot for the next round.

## CHECK & CORRECT

- 1 Encourage players to form a flat line defence and move together as one unit, rather than individuals.

## OBJECTIVE

To improve proper flag pulling technique for all players.

## GAMESETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Flag Belts
Sug. Time Allocation	10-15 minutes
Group Size	Any Group Size

## LTAD STAGES

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

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

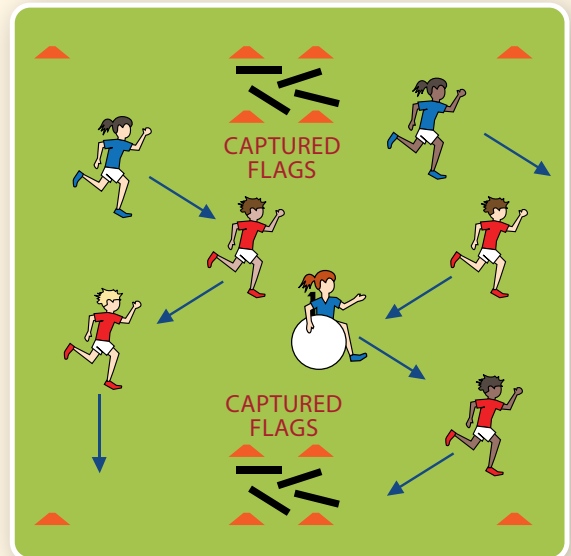
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling

## HOW TO PLAY

- 1 Create a large grid (20 x 20 metres) and place two smaller grids (3 x 3 metres) outside the large grid as designated captured flag areas.
- 2 Have players spread out in the large grid. When the instructor yells, "GO!", each player will attempt to capture as many flags as they can without having their own flags taken. Players place captured flags within the designated areas.
- 3 When both flags have been removed from a player's belt, they should continue playing to capture more flags.
- 4 Have players play for a certain amount of time.



## MODIFICATIONS

- 1 If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

## EXTENSIONS

- 1 Allow players with flags left to recapture a teammate's flag from the designated zone and give it to a player without flags.
- 2 Create teams based on color of flag belts or jerseys.
- 3 Create a competition based on the number of flags captured. This can be done individually or in small teams.
- 4 Incorporate rugby balls and have players move with the ball and complete passes throughout the game.

## CHECK & CORRECT

- 1 Do not allow any flag guarding including pushing defensive hands away, stiff-arming, fending off, blocking, spinning, or jumping.
- 2 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.

## OBJECTIVE

To work together with a partner in order to effectively track and tag attacking players.

## GAMESETUP

Space Needed	15 x 15 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Any Group Size (Working in Pairs)

## LTAD STAGES

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

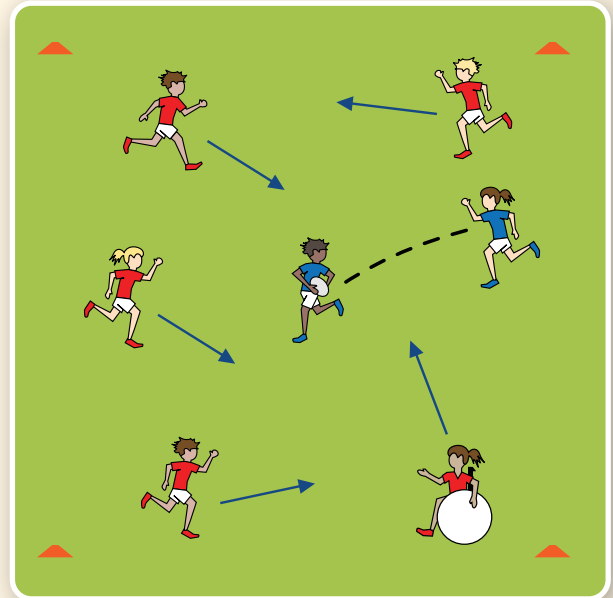
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching

## HOW TO PLAY

- 1 Create a grid and have players pair up with a partner. Designate one pair of partners as the defensive taggers.
- 2 Defensive taggers must tag the attacking players by touching them with the ball. A defender cannot move with the ball, but can pass to his/her partner, who can move to get near an attacking player.
- 3 Passes can be in any direction. Once an attacking player is tagged, that player and their partner become the new defensive taggers.



## MODIFICATIONS

- 1 If players are having trouble tagging attacking players, make the grid smaller or slow down the speed of play by having players walk.

## EXTENSIONS

- 1 Start with one pair of defensive taggers and when they tag an attacking player, that player joins the defensive team. Any time a new attacking player is tagged, they join the defence. Continue the game until all attacking players are tagged.

## CHECK & CORRECT

- 1 Help defensive players anticipate attacking movements by tracking a player's hips.
- 2 Communication between defensive players is key to success. Work with players to make sure they are communicating effectively.
- 3 Pressure can sometimes affect passing form. Encourage proper passing form and receiving with a 'W' target.

## OBJECTIVE

To improve defensive tracking in a fun game-like environment.

## GAMESETUP

Space Needed 10 x 10 metre grids  
 Equipment Needed Cones, Rugby Balls (1 Per Group), Flag Belts  
 Sug. Time Allocation 10 minutes  
 Group Size Any Group Size (Small Groups of 4-6)

## LTAD STAGES

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

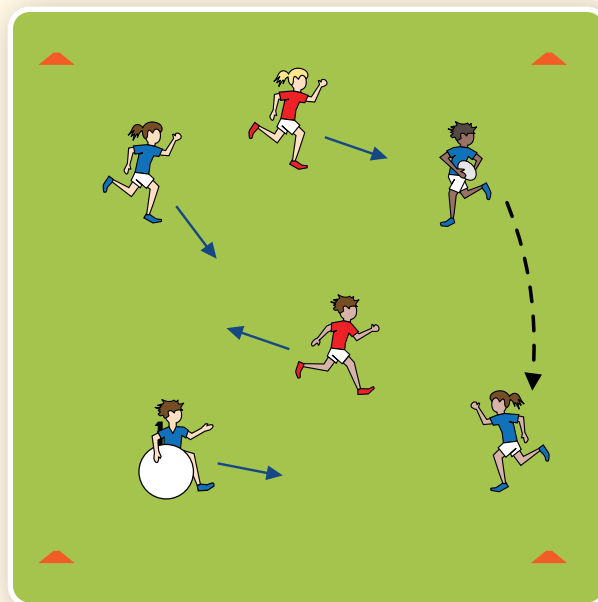
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Passing
- Catching
- Pulling

## HOW TO PLAY

- 1 Create 10 x 10 grids and place 4-6 players inside each with one rugby ball.
- 2 One to two players in each grid are the Mounties (defence) and the other 3-4 players are on offence.
- 3 The attacking players work as a team with the objective of successfully completing 10 passes without getting caught by the Mounties.
- 4 The Mounties' goal is to pull the flag of a player holding the ball before they can pass to a teammate.
- 5 After the attacking team completes 10 passes in a row, change the Mounties to other players so that everyone gets a chance to defend.
- 6 A dropped pass or flag pull resets the passing count.



## MODIFICATIONS

- 1 If the Mounties are having trouble capturing the attacking team, make the grid smaller or slow down the speed of play by having players walk.

## EXTENSIONS

- 1 Enforce rules on the attacking team that they can only complete rugby-style passes. No overhead (soccer or football) passes allowed.
- 2 Limit the attacking team to only lateral and backwards passes.

## CHECK & CORRECT

- 1 Encourage players to take proper flag pulling form including a low body position, close positioning to the target, and tracking a player's hips.

## OBJECTIVE

To encourage defensive teamwork in order to properly defend a designated space.

## GAMESETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Flag Belts
Sug. Time Allocation	10-15 minutes
Group Size	Any Group Size

## LTAD STAGES

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

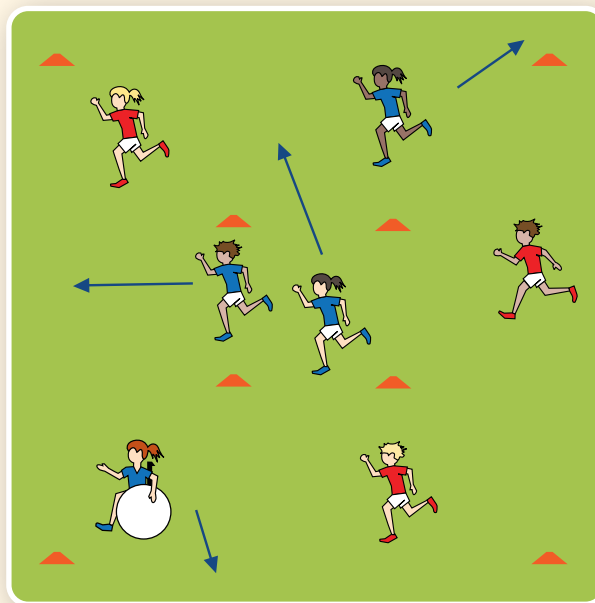
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Pulling

## HOW TO PLAY

- 1 A smaller grid (6 x 6 metres) is centred within a larger grid (20 x 20 metres). Start with 4-9 attacking players inside the smaller grid and 3-6 defenders outside the smaller grid but still within the larger grid. Keep more attacking players inside the smaller grid than outside to start.
- 2 The smaller grid is a safe zone for the attacking team. The defensive team can only move in the large grid and cannot enter the safe zone.
- 3 On the instructor's signal, the attacking players must try to escape outside the larger grid without having their flag removed by the defence.
- 4 If an attacking player escapes to the outside, they return to the centre for the next round. If an attacking player gets their flag pulled, they switch roles and become a defender on the next round.
- 5 The game continues until everyone gets a flag pulled before escaping. Repeat the game and have players switch roles.



## MODIFICATIONS

- 1 Instructors can label the sides of the grid and limit the sides that players can escape to for each round.

## EXTENSIONS

- 1 Include rugby balls for the offence and have players pass or run with the balls to escape.
- 2 Change the number of players in both grids.
- 3 Set a time limit for the safe zone to prevent attacking players from hanging out.

## CHECK & CORRECT

- 1 Encourage the defensive team to work together by communicating their movements around the grid and to move together to cover space.
- 2 Insist on proper flag etiquette to help improve this skill for game-play.

## OBJECTIVE

To improve the defensive reactions of players based on attacking movements.

## GAMESETUP

Space Needed	30 x 30 metre grid
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Any Group Size

## LTAD STAGES

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

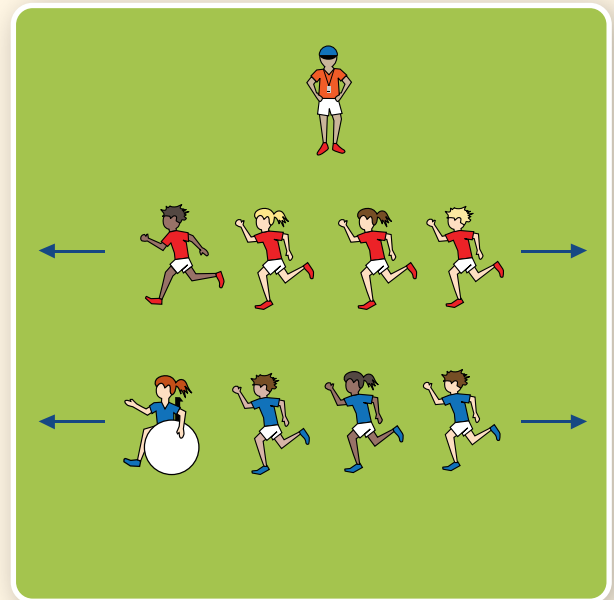
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

## HOW TO PLAY

- 1 Split players into two groups of equal numbers. Have one team line up side by side, about an arms-length distance between each other. Have the other team line up a few metres behind the other team.
- 2 The instructor will signal the lines to move right, left, forward, or backward. Focus on the teams moving together as a unit and reacting to the signal given by the coach.
- 3 After a few minutes of working on defensive reaction, have one line turn around and face the other team. The instructor will stand behind one team, facing the now attacking line. The attacking line will move on the instructor's signal by passing the ball between the players.
- 4 The defence will have to react to the movements of the attacking team.



## MODIFICATIONS

- 1 If the team is struggling to stay together on defence and maintain space, have them start by holding hands.
- 2 If mistakes are made, have players freeze and move to the correct position.

## EXTENSIONS

- 1 Have the attacking lines pass the ball and move on their own without an instructor leading with signals.
- 2 Speed up the signals.
- 3 Add flag belts and call out, "TACKLE!" - the defence must react and pull the flag of the ball carrier in that moment.

## CHECK & CORRECT

- 1 Identify movement words to use for the defence to react such as, "Slide Left!", "Slide Right!", "Up!", and "Back!"

## OBJECTIVE

To increase passing skills in a fun, competitive environment.

## GAMESETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10-15 minute
Group Size	Any Group Size

## LTAD STAGES

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

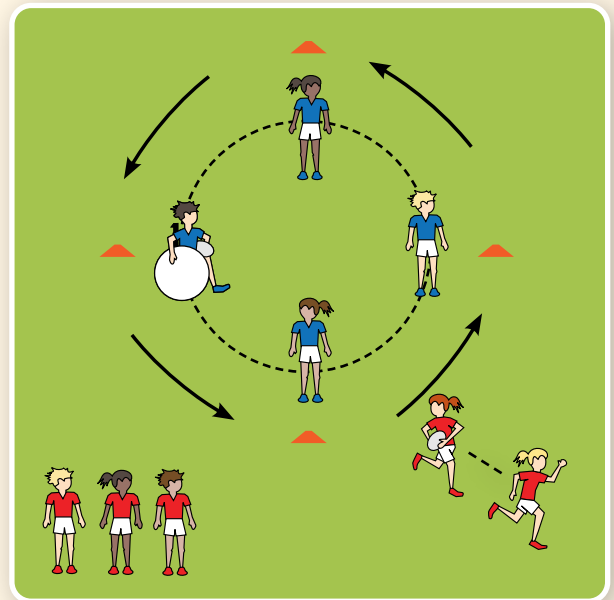
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Running
- Passing
- Catching

## HOW TO PLAY

- 1 Create a larger grid and have one team form a passing circle in the middle of the grid. The other team lines up at one corner of the grid.
- 2 On the instructor's signal, the passing circle team will start passing a rugby ball around the circle to perform as many passes as possible. At the same time the other team will send two players around the grid. These players will continue passing back and forth as they move around the outside of the grid until they return to the starting cone.
- 3 The team passing will have each team member run around the grid once with a partner.
- 4 The circle passing team will try to get as many passes as possible completed in their circle before the other team finishes their relay. Each pass counts as one point. Make sure the team counts their passes out loud.
- 5 After completing the relay, the teams will switch to determine a winner for the game.



## MODIFICATIONS

- 1 For newer or younger players, make the grid smaller or slow down the speed of play.

## EXTENSIONS

- 1 Play multiple rounds for the game.
- 2 Change the direction of passing every 20 passes.
- 3 Make the circle passing team more active by including fitness activities such as jumping jack feet or shuffling.
- 4 Include evasion skills between the grid corners, such as a 2 v 1 at each corner of the grid.

## 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.



## OBJECTIVE

To help players build depth and space into their attacking lines and shape.

## GAMESETUP

Space Needed 20 x 20 metres  
 Equipment Needed Cones, Rugby Balls  
 Sug. Time Allocation 10 minutes  
 Group Size Any Group Size  
 (Relays of 4 Players)

## LTAD STAGES

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

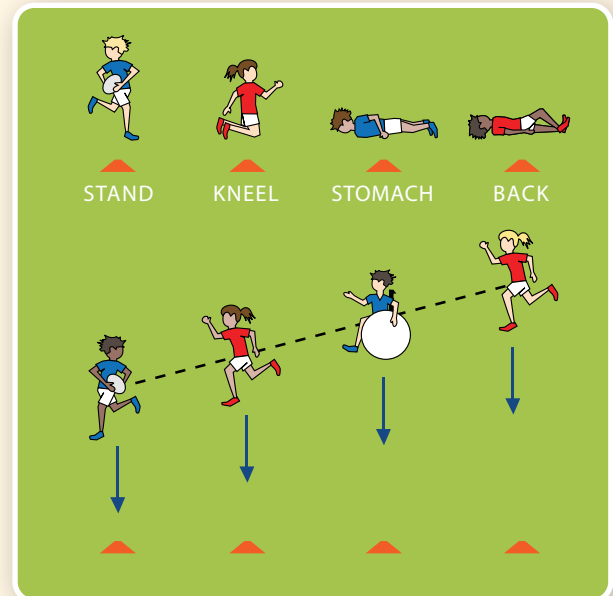
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination
- Running
- Passing
- Catching

## HOW TO PLAY

- 1 Set up four cones two metres apart, and another 4 cones down the field. Have players line up behind each cone in equal lines.
- 2 The first player in each line will be working together to form a rugby passing line. The first line will start standing with the ball. The second line will start on their knees. The third line will start on their stomach. The fourth line will start on their back.
- 3 On the instructor's signal, the first player in each line get up at the same time and start moving forward. The player with the ball should move about 5 metres forward before passing the ball to the teammate next in line. Because players begin from different starting positions the timing should create a delay as players pass the ball down the line.
- 4 The last receiver should score a try and wait at the other end for the remaining teams to complete the activity.
- 5 Players should rotate through the game by joining a different line after every turn.



## MODIFICATIONS

- 1 Have the players perform the activity at a slower pace.
- 2 If players are struggling to maintain depth, stagger the starting cones to help create the depth in the beginning.

## EXTENSIONS

- 1 Pass the ball from the right and left sides.
- 2 Increase the distance between cones.
- 3 Have all players start standing, but make sure they are still remaining behind each other.

## CHECK & CORRECT

- 1 Emphasize that players should be receiving the ball 'at pace' or while still moving. Players should never remain still or static when receiving a pass from a teammate.

## OBJECTIVE

To improve passing skills while moving forward and improve attacking patterns and movements.

## GAMESETUP

Space Needed 20 x 15 metres  
 Equipment Needed Cones, Rugby Balls  
 Sug. Time Allocation 10 minutes  
 Group Size Any Group Size  
 (Relays of 4-5)

## LTAD STAGES

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

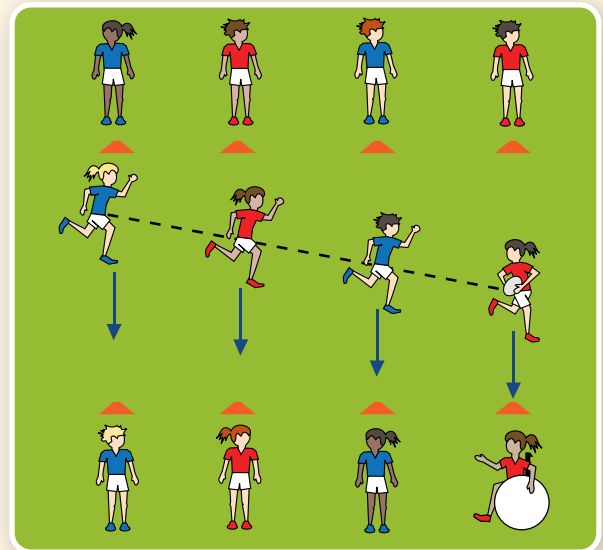
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Running
- Passing
- Catching

## HOW TO PLAY

- 1 Set up 4-5 cones in one straight line, with 4-5 cones 15 metres down the field in the same position. Start one group on both sets of cones. Any other groups will file in behind the team at the first set of cones.
- 2 The group with the ball moves slowly across the channel, passing the ball down the line, working on their basic passing skills.
- 3 By each receiver staying slightly behind the ball carrier, the ball should be passed lateral or backwards.
- 4 Once the ball reaches the player at the end of the line, they pass it to the next group waiting on the opposite side.
- 5 The new group then repeats the exercise.
- 6 Vary the activity by adding a time limit and counting the number of completed passes. Be sure to have players rotate lines to receive the pass from different positions. Start the ball on both ends to work on passing from both right and left sides.



## MODIFICATIONS

- 1 If players are having trouble completing passes without dropping the ball, slow the speed down to a walking pace or reduce the number of players in each line.

## EXTENSIONS

- 1 Once players have mastered passing down the line, vary the lines by calling out switches, skips, and loops. For example, have the line complete a switch between the last two players, skip the second receiver, or loop to support.

## CHECK & CORRECT

- 1 Be sure to work on advanced skills like switches, skips, and loops before introducing them into the passing lines.
- 2 Be sure to emphasize making a 'W' target when receiving a pass and following through and pointing at the target when passing.

## OBJECTIVE

To effectively track an attacking player's movements and react accordingly.

## GAMESETUP

Space Needed 20 x 20 metres  
 Equipment Needed Cones, Rugby Balls  
 Sug. Time Allocation 5-10 minutes  
 Group Size Any Group Size  
 (Players Work in Pairs)

## LTAD STAGES

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

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

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination

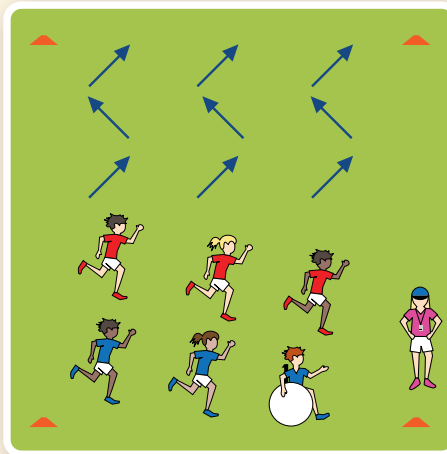
## HOW TO PLAY

**1** Create a grid and have players find a partner. One partner will line up directly behind the other. On the instructor's signal, the lead partner will begin to move around the grid in all directions as the ball carrier (i.e. Jogging, sprinting, cutting to the left and right, back pedaling, etc.).

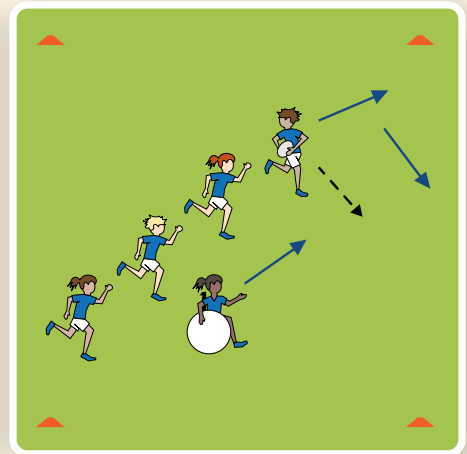
**2** The partner in the back must try to mirror the movements of the leader and remain within a metre behind.

**3** When the instructor yells, "SWITCH!", both players turn around and switch roles. The defensive player now becomes the leader and the former attacking player must now mirror the leader's moves.

### FOLLOW THE LEADER



### PROGRESSION



## MODIFICATIONS

- 1** If players are having trouble mirroring the movements of their partner, slow down the speed of the activity.
- 2** In the group progression, if players are struggling to mirror as a unit, slow down the speed of the activity and have players hold hands or hold the flag on the belt of the person in front of them. Encourage them to move slowly as a unit so that flags never come off.

## EXTENSIONS

- 1** Combine pairs of players into two lines of equal numbers. Have the player in the front of the line be the leader and lead the entire line of players around the grid. This now challenges players to react as a unit. When the instructor yells, "SWITCH!", the player in the back of the line must move quickly to the front of the line and call for a pass from the leader. This player now becomes the leader and continues the activity. Rotate through the line so that everyone has a chance to lead.

## CHECK & CORRECT

- 1** In order to effectively track the player in front, defensive players should watch the ball carrier's hips. Make sure players aren't watching shoulders or feet of the ball carrier.

## OBJECTIVE

To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defence.

## GAMESETUP

Space Needed 30 x 30 metres  
 Equipment Needed Cones, Rugby Balls, Flag Belts  
 Sug. Time Allocation 10-15 minutes  
 Group Size Any Group Size (Groups of 6)

## LTAD STAGES

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

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

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Passing
- Catching

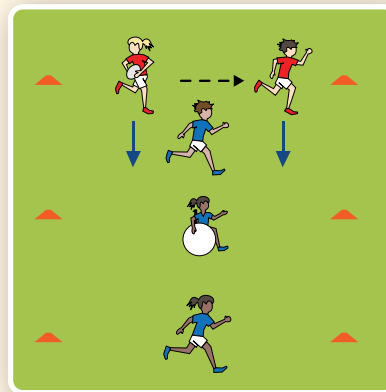
## HOW TO PLAY

- 1 Start by setting a grid of three squares measuring 10 x 10 metres each.
- 2 Have one defensive player stand in between two cones at each 10 metre mark.
- 3 Have attacking players form two lines at the beginning of the grid facing the defensive players.

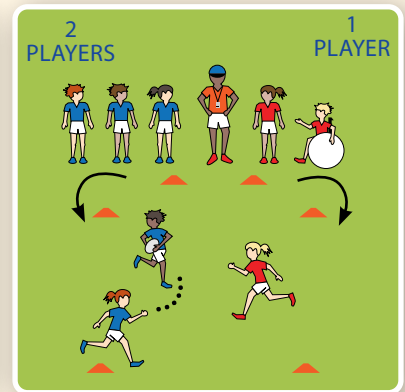
- 4 Two attacking players will start by running through the grid and attempting to get passed the defence without having their flags pulled. After passing the first defensive player, the attacking team will continue down the grid to the next defensive player.

- 5 Defensive players can only play within their grid and must try and pull the ball carrier's flag.
- 6 There are no forward passes allowed. If one of the ball carrier's flags are pulled, the pair must go to the back of the line and try again.
- 7 Change up the defenders so that everyone has a chance to attack and defend.

2 V 1



PROGRESSION



## MODIFICATIONS

- 1 If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

## EXTENSIONS

- 1 Once players have mastered this setup, change the setup to a smaller grid where players will start on the side of the grid and in the centre. On the instructor's signal, two players on the offence and one on the defence move in opposite directions and enter the grid. They then perform a 2 v 1 in a quicker and higher pressure situation. After completing the activity, they return back to the start and the next group continues. Have players change lines each time so that they can play both offence and defence.

## CHECK & CORRECT

- 1 To successfully execute the 2v1, players must be able to perform the Draw & Pass skill. Ensure that ball carriers are making the defence commit in their direction before making the pass to their support player.

## OBJECTIVE

To increase the chance of scoring by taking advantage of open space.

## GAMESETUP

Space Needed 20 x 10 metres  
 Equipment Needed Cones, Rugby Balls  
 Sug. Time Allocation 10-15 minutes or 5 full rounds  
 Group Size Groups of 6

## LTAD STAGES

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

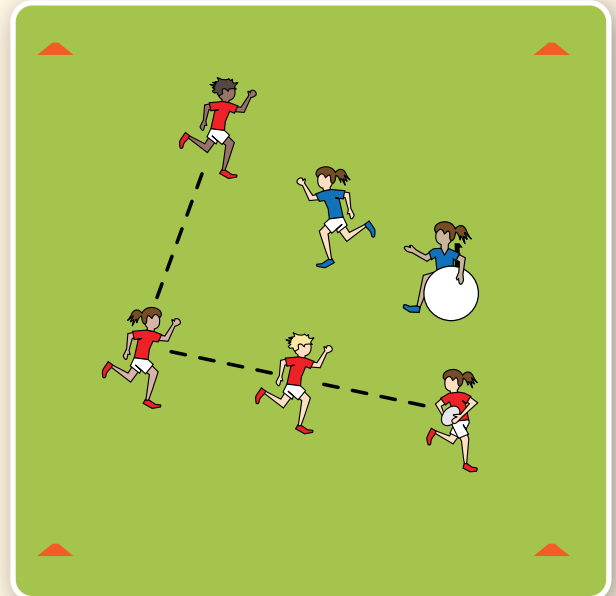
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Passing
- Catching

## HOW TO PLAY

- 1 One team of four players start behind the try line. Two defenders start in the middle of the grid.
- 2 The object is for the offence to get the ball from one end of the grid to the other to score as many tries as possible. The offence has 5 phases/attacks to score. A flag pull, interception, or dropped pass ends a phase/attack.
- 3 Moving with the ball is not allowed and support players should be encouraged to look for space to be in a position to receive the ball.
- 4 The ball can be passed in any direction.
- 5 The offence stays in possession after scoring. They reverse the direction of attack after a try is scored and have 5 new phases/attacks to score in the opposite direction.
- 6 Defensive players change with the offence to allow everyone a turn.



## MODIFICATIONS

- 1 Modify the rules to increase full team participation such as time limits for the ball carrier to speed up play or full team scoring where each player must receive a pass before the team can score.

## EXTENSIONS

- 1 Create equal-sized teams and whenever a defensive tag is made, that defensive player joins the offence. This creates an overload on the offence, which increases scoring opportunities.
- 2 Adjust the ratio of offence/defence, grid size, and time limits.

## CHECK & CORRECT

- 1 Help players identify where the open spaces are by encouraging teammates to communicate and move without the ball.

## OBJECTIVE

To encourage players to quickly switch the direction of attack and react off of every defensive flag pull.

## GAMESETUP

Space Needed 30 x 40 metres  
 Equipment Needed Cones, Rugby Balls, Flag Belts  
 Sug. Time Allocation 10 minutes  
 Group Size Groups of 10

## LTAD STAGES

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

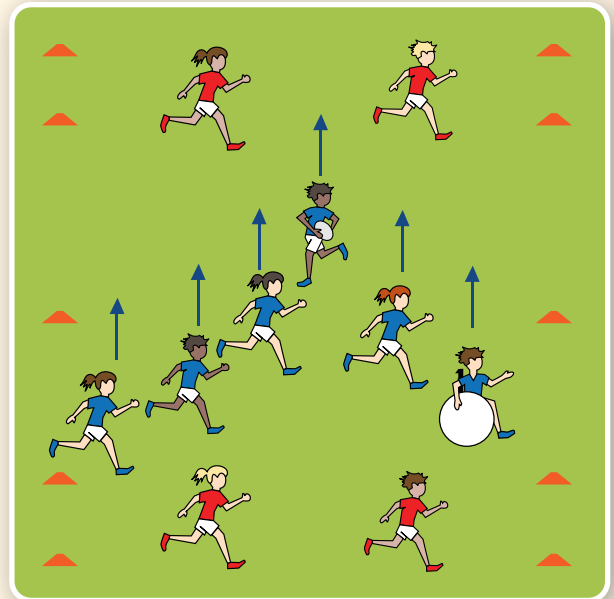
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching

## HOW TO PLAY

- 1 Place six attackers in the middle of the grid and place two defenders at each end of the grid.
- 2 The attacking team attacks one end of the grid, trying to score a try. All passes are lateral or backwards.
- 3 If a flag pull is made on the attacking team, the attacking team turns around and immediately attacks the opposite defensive zone. This continues for a set amount of time set by the instructor.
- 4 If the attacking team scores, the defence must move around the centre cones and get back to their defensive zone before the attacking team starts down the field to attack the other end.
- 5 Defenders cannot defend outside their designated zone.
- 6 If the ball is dropped or intercepted, the attack is over. The instructor should rotate attacking and defending players as needed.



## MODIFICATIONS

- 1 If players are not transitioning quickly enough to the next attacking phase at the other side of the grid, try calling out, "FLAG!" or, "TACKLE!" before the flag is pulled, so players get in the habit of reacting to the call.

## EXTENSIONS

- 1 Vary the ratio of attackers and defenders to create a bigger challenge or facilitate success.
- 2 Allow 2-3 phases to allow the attackers more opportunity to score after a flag pull.

## CHECK & CORRECT

- 1 Encourage players to create overloads and use skills like the Draw & Pass to create space for scoring.

## OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

## GAMESETUP

Space Needed	30 x 40 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10-20 minutes
Group Size	Teams of 5-7 Players

## LTAD STAGES

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

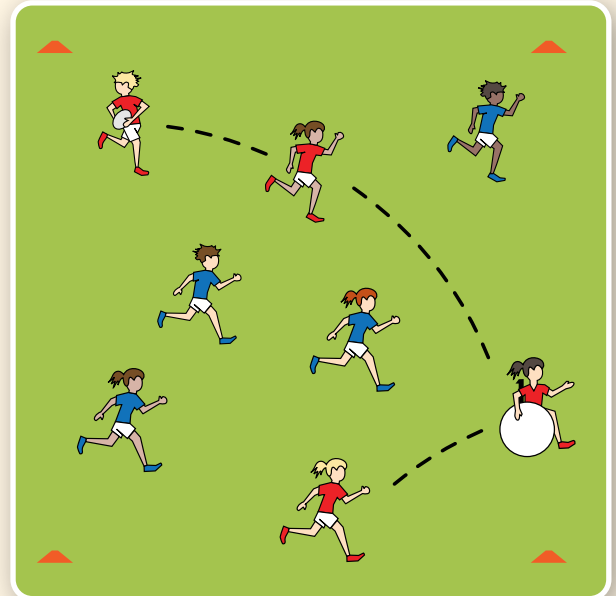
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

## HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 One team begins with the ball and starts the game with a free pass.
- 3 Players advance the ball by passing in any direction.
- 4 Players cannot move with the ball and may only advance it by passing.
- 5 If a pass is dropped, a turnover occurs.
- 6 Players score by grounding the ball in their try zone.
- 7 Defensive players cannot strip the ball from attacking players and must remain arms-length distance away when defending.
- 8 Defensive players may intercept a pass, but must not swat/deflect a pass. A swatted/deflected pass will not count as a turnover.



## MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

## EXTENSIONS

- 1 Place smaller grids in the try zones to serve as 'scoring zones'. Players can only score points by passing to a teammate in a scoring zone. Defensive players cannot enter these scoring zones.
- 2 Incorporate three steps – players can take three steps after receiving a pass.
- 3 Players only have three seconds to pass.
- 4 Only rugby passes are allowed, no overhead passes (i.e. football pass) can be made.

## CHECK & CORRECT

- 1 Players will find success when they move without the ball. Ensure that players are moving to space when they do not have the ball.
- 2 Shorter passes are more successful in Ultimate Rugby. Encourage players to find space closer to the ball carrier rather than farther away.

## OBJECTIVE

To help advance players to playing flag rugby by introducing one new rule at a time.

## GAMESETUP

Space Needed 30 x 40 metres  
 Equipment Needed Cones, Rugby Balls, Flag Belts  
 Sug. Time Allocation 10-20 minutes  
 Group Size Two Teams of 5-7 Players

## LTAD STAGES

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

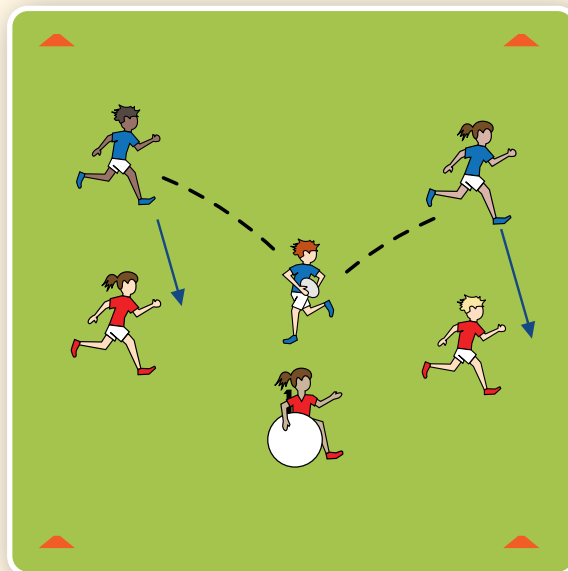
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

## HOW TO PLAY

- Split players into two equal teams and begin on opposite sides of the field.
- Have players prepare by wearing flag belts and two flags.
- Start from Ultimate Rugby and follow these progressions:
  - Pass in any direction - 3 steps/3 seconds (Flag belts at this stage are used to indicate different teams. No flag pulling is used.)
  - Move with the ball - incorporate flag pulling - pass in any direction.
  - Move with the ball - incorporate one lateral/backwards pass after each flag pull. Open play will allow passes in any direction.
  - Incorporate two lateral/backwards passes with flag pulls. (Older and more advanced players may be able to bypass this step.)
  - Advance to all lateral/backwards passes with flag pulls. (Refer to the Flag Rugby game card for further instruction.)



## MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

## EXTENSIONS

- If players are grasping the rules quickly, feel free to add in advanced Rookie Rugby skills/techniques such as Knock-ons, Scrums, and Lineouts. Refer to the Rookie Rugby Guidebook for more information on these things.

## CHECK & CORRECT

- If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of the transition game and then move players into an organized activity focused on specific skills. Follow this up by returning to the transition game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.



## OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

## GAMESETUP

Space Needed 30 x 40 metres  
 Equipment Needed Cones, Rugby Balls, Flag Belts  
 Sug. Time Allocation 15-20 minutes (7-10 minute halves)  
 Group Size 2 Teams of 5-7 Players

## LTAD STAGES

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

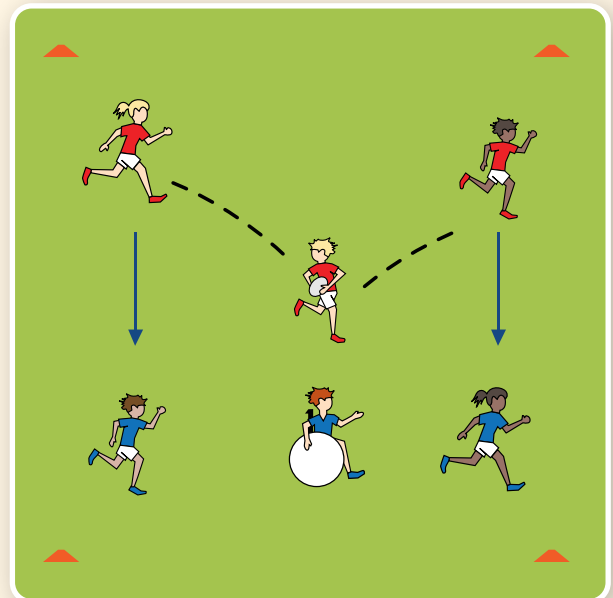
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

## HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 Have players prepare by wearing flag belts and two flags.
- 3 Incorporate only lateral/backwards passing.
- 4 All stoppage in play is restarted with a free pass, laterally or backwards. This includes restarts from out of bounds.
- 5 Dropped passes are turnovers.
- 6 Have players work on all concepts such as offence and defence.



## MODIFICATIONS

- 1 Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

## EXTENSIONS

- 1 Add Rookie Rugby progressions such as offside, advantage, and other advanced concepts. Refer to the Rookie Rugby Guidebook for more information on advanced progressions. Only use these progressions once players have mastered the basics and fully understand playing flag rugby.

## CHECK & CORRECT

- 1 If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of flag rugby and then move players into an organized activity focused on specific skills. Follow this up by returning to the flag rugby game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.

### OBJECTIVE

To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defence.

### GAMESETUP

Space Needed 30 x 30 metres  
 Equipment Needed Cones, Rugby Balls, Flag Belts  
 Sug. Time Allocation 10-15 minutes  
 Group Size Groups of 9 Players

### LTAD STAGES

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

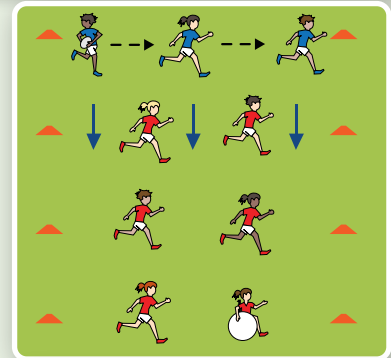
### FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Passing
- Catching

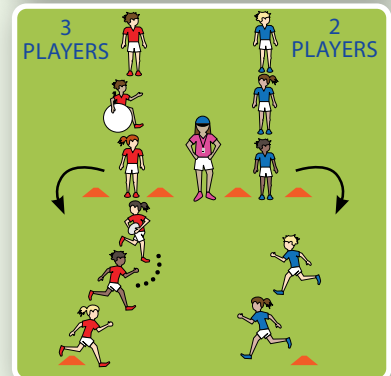
### HOW TO PLAY

- 1 Start by setting a grid of three squares measuring 10 x 10 metres each.
- 2 Have three pairs of defensive players stand in between two cones at each 10 metre mark.
- 3 Have attacking players form three lines at the beginning of the grid facing the defensive players.
- 4 Three attacking players will start by moving through the grid and attempting to get passed the defence without having their flags pulled. After passing the first defensive pair, the attacking team will continue down the grid to the next pair.
- 5 Defensive players can only play within their square and must try and pull the ball carrier's flag.
- 6 There are no forward passes allowed. If one of the ball carrier's flags are pulled, the team must go to the back of the line and try again.
- 7 Change up the defenders so that everyone has a chance to attack and defend.

3 V 2



PROGRESSION



### MODIFICATIONS

- 1 If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

### EXTENSIONS

- 1 Once players have mastered this setup, change the setup to a smaller grid where players will start on the side of the grid and in the centre. On the instructor's signal, three players on the offence and two on the defence move in opposite directions and enter the grid. They then perform a 3 v 2 in a quicker and higher pressure situation. After completing the activity, they return back to the start and the next group continues. Have players change lines each time so that they can play both offence and defence.

### CHECK & CORRECT

- 1 To successfully execute the 3v2, players must be able to perform the Draw & Pass skill. Ensure that ball carriers are making the defence commit in their direction before making the pass to their support player.

## OBJECTIVE

To effectively perform the draw and pass skill in a continuous 2 v 1 scenario.

## GAMESETUP

Space Needed	20 x 30 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Groups of 3 Players

## LTAD STAGES

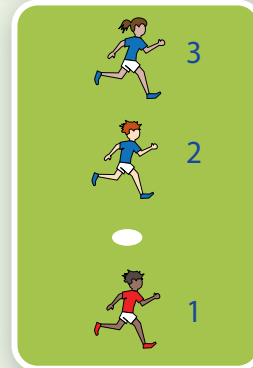
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

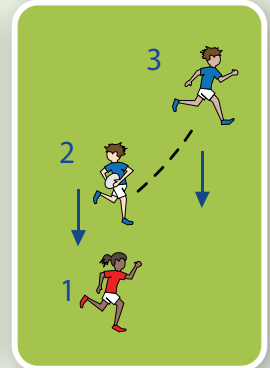
- Agility
- Balance
- Coordination
- Running
- Passing
- Catching

## HOW TO PLAY

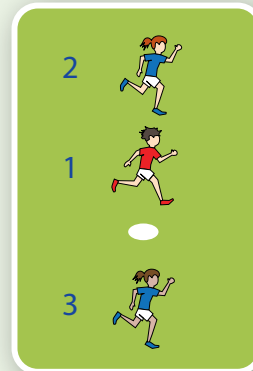
- 1 Set out 4 cones in one line and another 4 cones 30 metres down the field. Create teams of 3 on each cone.
- 2 The first player moves forward five metres and places the ball on the ground and moves five metres further, turning around and becoming a defender.
- 3 The next two players move in a straight line towards the ball. The first player picks up the ball and performs a draw and pass skill. The key here is to pull the defender away from the line of movement and create space for the support player to move through.
- 4 They draw the defence in one direction and pass to the next player who is behind them in support.
- 5 The player who now has the ball places it on the ground 5 metres out and becomes a new defender.
- 6 The player on defence and the ball carrier from the first phase will return to the end of the line.
- 7 Have the group perform 3-4 phases down the field and 3-4 phases returning back to the beginning.
- 8 Players should remain in a straight line while moving down the field. This encourages moving forward in games.



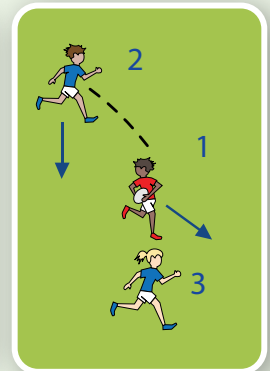
STEPS 1-2



STEPS 3-4



STEPS 5-6



STEPS 7-8

## MODIFICATIONS

- 1 Slow down to a walking pace to ensure players are performing the skill correctly.
- 2 Have players work off of marked field/court lines to further emphasize staying in one straight line and creating space for support.

## EXTENSIONS

- 1 Advance to incorporate the wiggle skill and flag belts. Have players engage the defence and take a flag pull, continue three steps and offload.

## CHECK & CORRECT

- 1 The keys for success for this activity is that the group remains in a straight line going down the field. Help players draw the defence off this line and make sure the support players do not drift off the line in the opposite direction. They should be in support in the same channel that the ball carrier and defence just left.

## OBJECTIVE

To improve lineout execution from all positions in a fun relay race format.

## GAMESETUP

Space Needed	5 x 10 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	5-10 minutes
Group Size	Groups of 4 Players

## LTAD STAGES

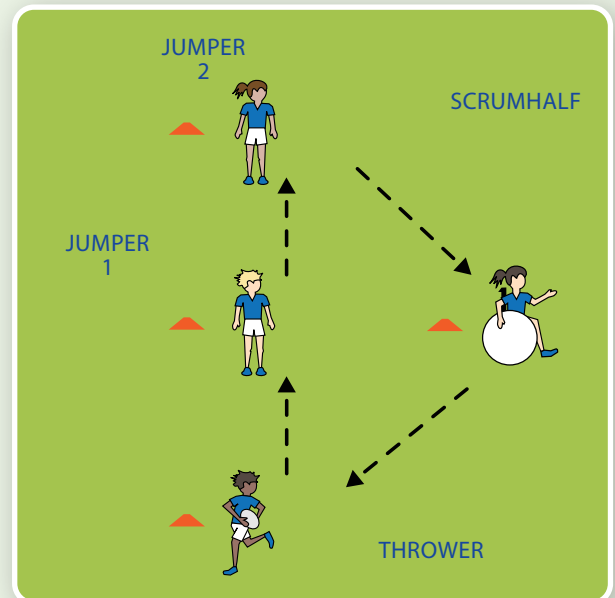
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Coordination
- Passing
- Catching
- Jumping

## HOW TO PLAY

- 1 Split into groups of 4 with one person on the sideline, one on the 5 metre cone and one on the 10 metre cone. The last person positions to the side of the lineout.
- 2 On the call, "GO!", the player on the sideline (Thrower) will throw the ball "soccer style" to the player on the 5 metre cone (Jumper 1). Jumper 1 will pass to the side of the lineout (Scrumhalf) and the Scrumhalf will pass back to the Thrower. The Thrower then throws to the player on the 10 metre cone (Jumper 2), who passes to the Scrumhalf. The Scrumhalf moves with the ball and becomes the Thrower for Round 2. The Thrower becomes Jumper 1, Jumper 1 becomes Jumper 2, and Jumper 2 becomes the Scrumhalf.
- 3 The winner is the team that completes the activity the quickest with every player back in the position they started in.



## MODIFICATIONS

- 1 Decrease the distance of the two jumpers.
- 2 If players are unable to reach Jumper 2 on the second cone, reduce the teams to 3 players and remove the second jumper.

## EXTENSIONS

- 1 Increase the distance of the two jumpers.
- 2 Add a 3rd player to the lineout to become Jumper 3
- 3 The instructor can call out which jumper to throw to on various rounds to help players react quickly.

## CHECK & CORRECT

- 1 Lineout throwing is a skill that is developed over time. Encourage players to use traditional rugby passing until their overhead throws have improved.

### OBJECTIVE

To introduce players to the concept of kicking the ball and immediately following to defend.

### GAMESETUP

Space Needed	30 x 30 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10-15 minutes
Group Size	Groups of 6-12 Players

### LTAD STAGES

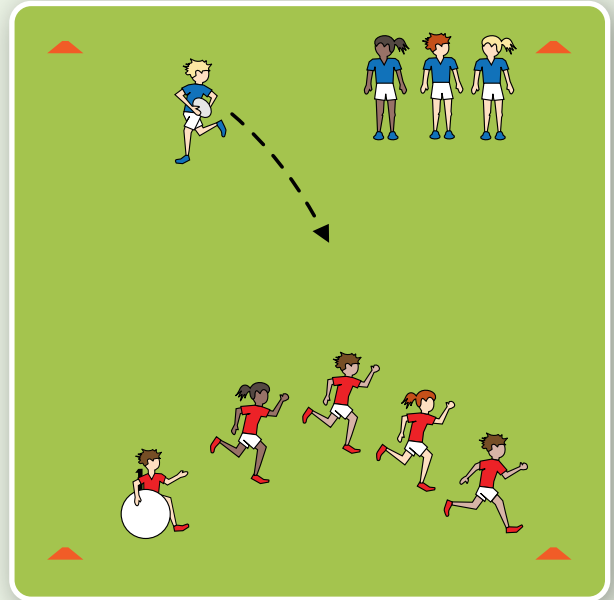
LT Ages: 9-12 / Grades: 4-7

### FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Running
- Pulling
- Kicking

### HOW TO PLAY

- 1 Start with five players standing at the far end of the grid to receive a kick.
- 2 One defender starts on the try line and begins the game by kicking to the offence using either a drop kick, punt, or grubber kick.
- 3 The offence attempts to score a try against the defender. If the offence scores a try, then the defender returns to the try line.
- 4 Another player is added to the defence and the game restarts with a kick.
- 5 The offence remains the same until the defence pulls the ball carrier's flag and prevents the offence from scoring. The defence keeps adding players each round until they are successful.



### MODIFICATIONS

- 1 Allow the offence to have three flag pulls to score a try. If they are able to score, a new set of defenders kicks and the offence begins again.

### EXTENSIONS

- 1 Vary the number of players on both the offence and defence.
- 2 Work on kicking skills by varying the type of kicks made and discussing when each kick would be appropriate in a game.

### CHECK & CORRECT

- 1 If the offence is having trouble scoring on the defence, break out into some 2 v 1 and 3 v 2 activities before returning back to the game.

### OBJECTIVE

To incorporate kicking and receiving into a competitive activity where players can demonstrate multiple types of kicking.

### GAMESETUP

Space Needed	60 x 30 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10-15 minutes
Group Size	Any Group Size

### LTAD STAGES

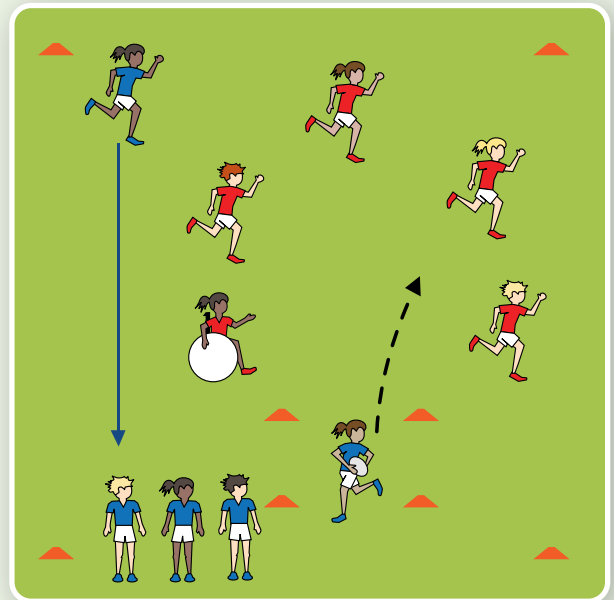
**LT** Ages: 9-12 / Grades: 4-7

### FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination
- Kicking

### HOW TO PLAY

- 1 Create equal teams and have one team start 'at bat'. The other team spreads throughout the grid to receive.
- 2 The team at bat will punt, drop kick, or kick a grubber within the grid.
- 3 A ball that travels outside the grid without being touched is an out. If the ball is fielded in the air before touching the ground, the player at bat is out.
- 4 After the ball is kicked, the player runs to the opposite side of the grid. Making it across to the far side of the grid is a 'safe zone'. Making it back to the side of the batters counts as one run.
- 5 The defence can try to tag the runner with the rugby ball or return the ball to the batters box. The runner can try to make as many runs as possible until the ball returns to the batters box. Once it returns, the runner must go back to the previous safe zone until the next batter is up.
- 6 Once everyone has batted, the teams switch places. Complete multiple innings and keep track of runs.



### MODIFICATIONS

- 1 Limit the type of kicking to only drop-kicks, only punting, or only grubbers.

### EXTENSIONS

- 1 Do not permit the defenders to run with the ball and encourage them to make passes in order to tag the runner out.

### CHECK & CORRECT

- 1 If players are struggling to kick and receive rugby balls, start with a warm-up activity where they practise kicking and receiving properly.

## OBJECTIVE

To incorporate all rugby skills into a non-rugby format, as to challenge players' application of skills.

## GAMESETUP

Space Needed	40 x 50 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10-15 minutes
Group Size	Any Group Size

## LTAD STAGES

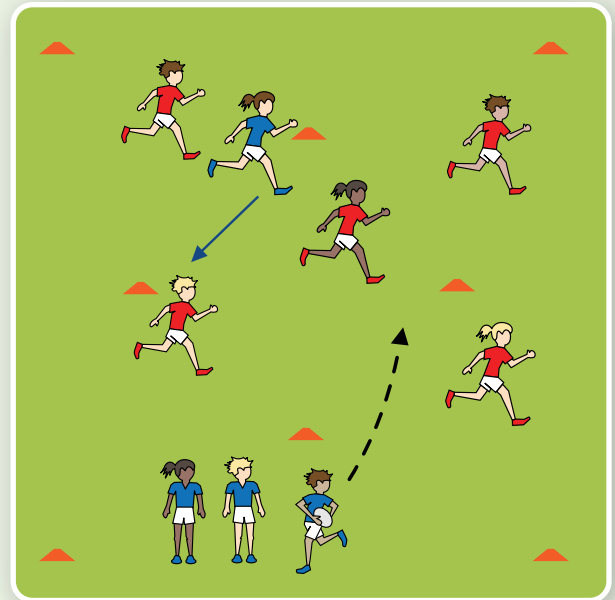
LT Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination
- Kicking

## HOW TO PLAY

- 1 Set up a large playing field and within that, set up 4 bases in a diamond shape.
- 2 Create two equal teams and put one team in the field and one team ready to kick.
- 3 The first kicker will kick the ball within the playing field. After kicking, the player will move around the bases, stopping on a base without being thrown or tagged 'out'. No out of the park home runs are allowed. Players can get a single, double, or triple, similar to regular kickball.
- 4 The team in the field will try to catch the ball in the air, which is an automatic out. If they cannot catch it in the air, they will field the ball and pass the ball to try and get the runner out at one of the bases.
- 5 Follow basic kick ball rules to get players out: Catch the rugby ball in the air before it hits the ground. Pass the ball to a player defending one of the bases before the runner makes it to the base for a forced out. Tag the runner with the rugby ball while they are moving around the bases. Players must pass to each other to make the tag and cannot move with the rugby ball.
- 6 Play until the team makes three outs and then switch teams. Play multiple innings.



## MODIFICATIONS

- 1 Limit the type of kicking to only drop-kicks, only punting, or only grubbers.

## EXTENSIONS

- 1 Keep players active by requiring fitness activities such as jumping jacks, burpees, squat jumps, etc. while in the field or waiting to bat.

## CHECK & CORRECT

- 1 If players are struggling to kick and receive rugby balls, start with a warm-up activity where they practise kicking and receiving properly.