

## 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

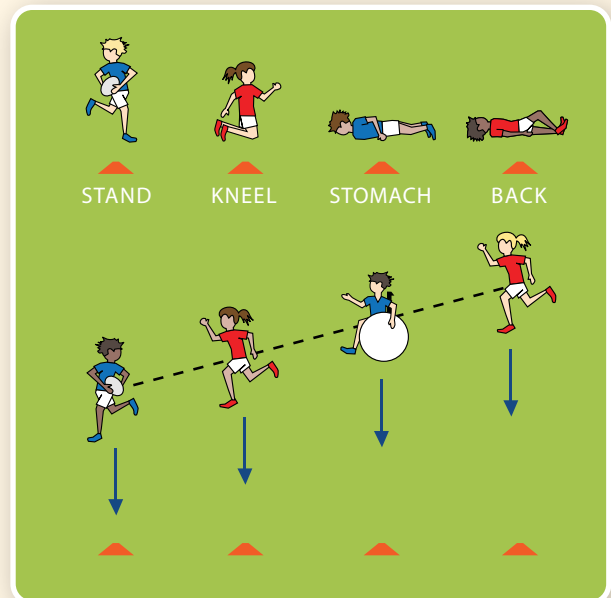
**LT** Ages: 9-12 / Grades: 4-7

## 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.