

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

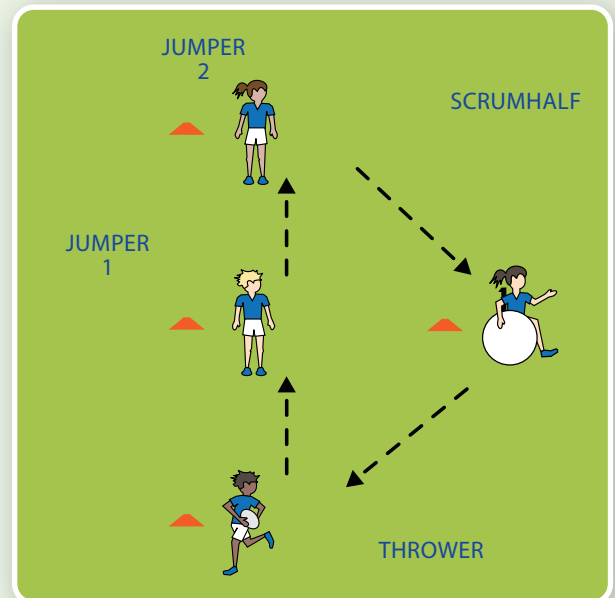
LT Ages: 9-12 / Grades: 4-7

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.