

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

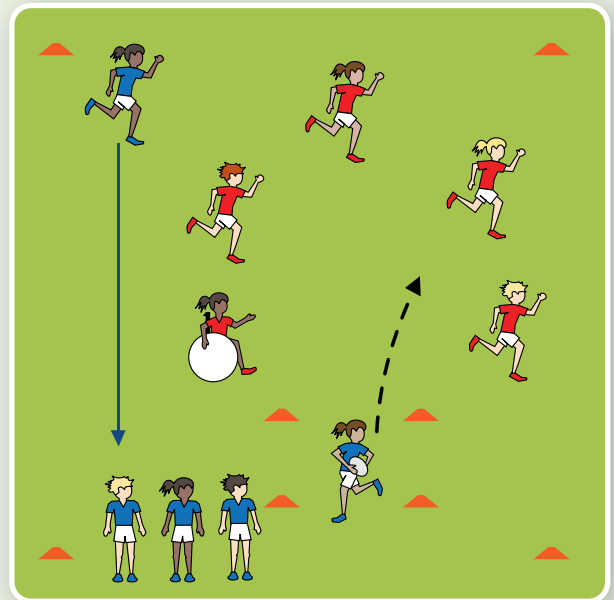
LT Ages: 9-12 / Grades: 4-7

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.