

## 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

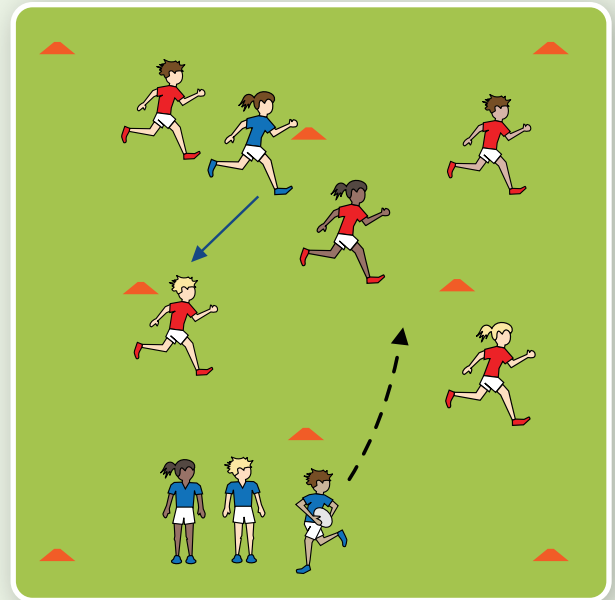
LT Ages: 9-12 / Grades: 4-7

## 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.