

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

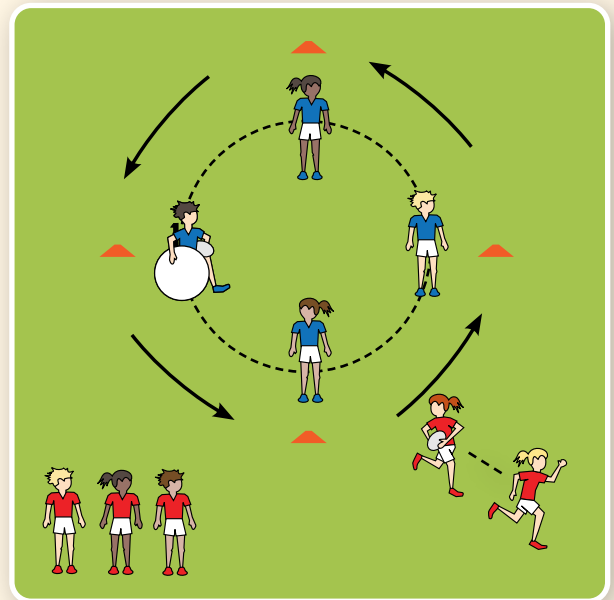
LT Ages: 9-12 / Grades: 4-7

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.