

OBJECTIVE

To help advance players to playing flag rugby by introducing one new rule at a time.

GAMESETUP

Space Needed 30 x 40 metres
 Equipment Needed Cones, Rugby Balls, Flag Belts
 Sug. Time Allocation 10-20 minutes
 Group Size Two Teams of 5-7 Players

LTAD STAGES

FU Ages: 6-8 / Grades: 2-3

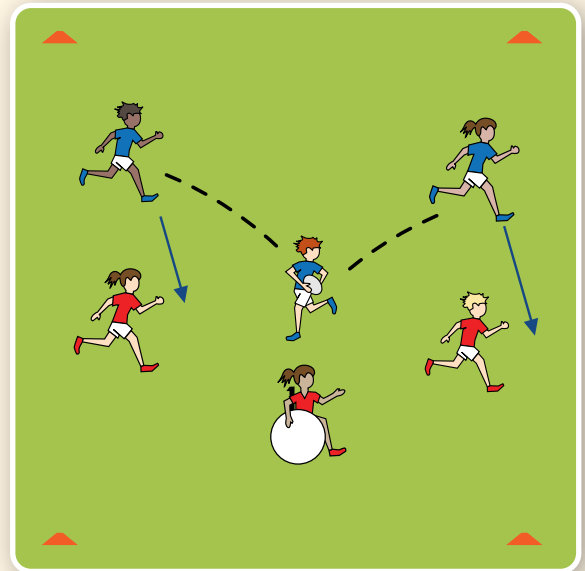
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Balance
- Passing
- Coordination
- Catching
- Pulling
- Running

HOW TO PLAY

- Split players into two equal teams and begin on opposite sides of the field.
- Have players prepare by wearing flag belts and two flags.
- Start from Ultimate Rugby and follow these progressions:
 - Pass in any direction - 3 steps/3 seconds (Flag belts at this stage are used to indicate different teams. No flag pulling is used.)
 - Move with the ball - incorporate flag pulling - pass in any direction.
 - Move with the ball - incorporate one lateral/backwards pass after each flag pull. Open play will allow passes in any direction.
 - Incorporate two lateral/backwards passes with flag pulls. (Older and more advanced players may be able to bypass this step.)
 - Advance to all lateral/backwards passes with flag pulls. (Refer to the Flag Rugby game card for further instruction.)



MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

EXTENSIONS

- If players are grasping the rules quickly, feel free to add in advanced Rookie Rugby skills/techniques such as Knock-ons, Scrums, and Lineouts. Refer to the Rookie Rugby Guidebook for more information on these things.

CHECK & CORRECT

- If players are not understanding the game or fail to execute various skills, incorporate a Whole-Part-Whole coaching method. Play a bit of the transition game and then move players into an organized activity focused on specific skills. Follow this up by returning to the transition game where they can apply new learnings. Refer to the Rookie Rugby Guidebook for more information on Whole-Part-Whole.