

## OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

## GAMESETUP

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

## LTAD STAGES

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

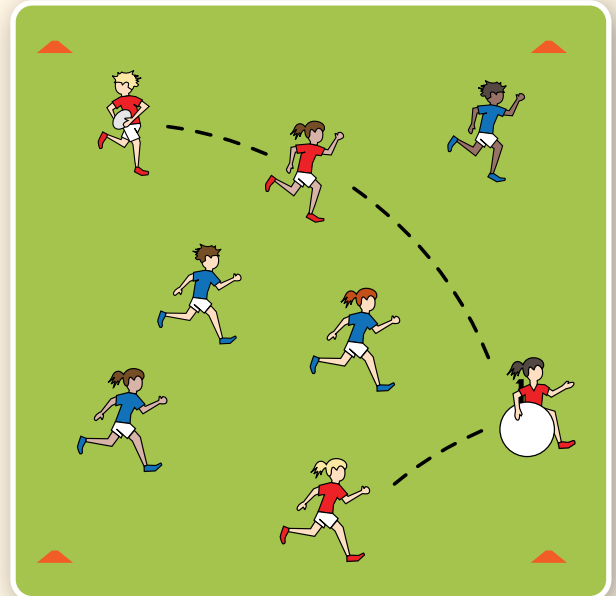
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

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

## HOW TO PLAY

- 1 Split players into two equal teams and begin on opposite sides of the field.
- 2 One team begins with the ball and starts the game with a free pass.
- 3 Players advance the ball by passing in any direction.
- 4 Players cannot move with the ball and may only advance it by passing.
- 5 If a pass is dropped, a turnover occurs.
- 6 Players score by grounding the ball in their try zone.
- 7 Defensive players cannot strip the ball from attacking players and must remain arms-length distance away when defending.
- 8 Defensive players may intercept a pass, but must not swat/deflect a pass. A swatted/deflected pass will not count as a turnover.



## MODIFICATIONS

- 1 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

- 1 Place smaller grids in the try zones to serve as 'scoring zones'. Players can only score points by passing to a teammate in a scoring zone. Defensive players cannot enter these scoring zones.
- 2 Incorporate three steps – players can take three steps after receiving a pass.
- 3 Players only have three seconds to pass.
- 4 Only rugby passes are allowed, no overhead passes (i.e. football pass) can be made.

## CHECK & CORRECT

- 1 Players will find success when they move without the ball. Ensure that players are moving to space when they do not have the ball.
- 2 Shorter passes are more successful in Ultimate Rugby. Encourage players to find space closer to the ball carrier rather than farther away.