ROOKIE RUGBY

INSIDE THE RAVEN'S NEST

OBJECTIVE
To encourage teamwork and fitness as players work on running, passing, and receiving in a fun, competitive game.

GAME SETUP

Space Needed	10 x 20 metres
Equipment Needed	Cones, 15+ Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Any Group Size (Working in Pairs)

LTAD STAGES

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

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

FUNDAMENTAL MOVEMENT SKILLS

• Running
• Passing
• Catching

HOW TO PLAY

1. Have players pair up and station at one of the outside cones.

2. Set up a small square grid with cones in the centre of the larger grid and put all of the rugby balls in it.

3. On the instructor's signal, one player from each team will move to the centre grid and grab a ball.

4. The goal for each team is to get the most amount of balls back to their cone.

5. Only one teammate may be moving at a time. Once one player retrieves a ball, they can pass to their teammate waiting at their cone. Once the retrieved ball is placed at their cone, the next player can move.

6. Once all the balls are gone from the centre, the game will end and the team with the most balls at their cone wins.
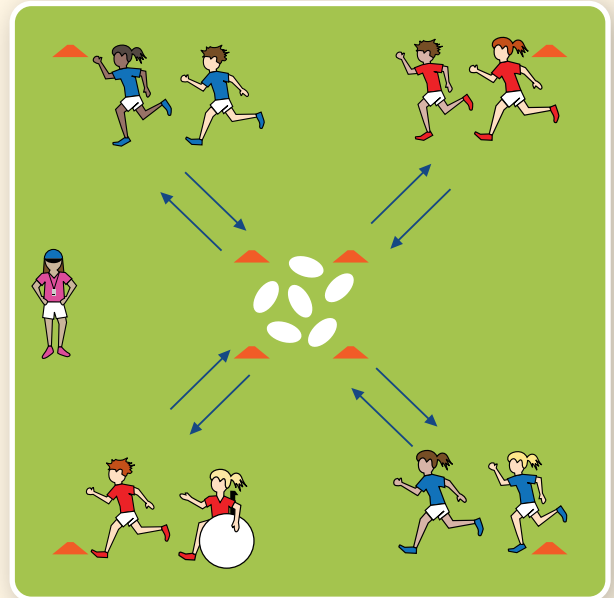
MODIFICATIONS

1. Shorten the distance to the centre grid for younger players to make sure they are making successful passes.

EXTENSIONS

1. Use time limits and allow teams to steal balls from each other once all the balls from the centre are gone.

2. Start with an even number of rugby balls at each of the teams' cones. Have players work to get rid of all the balls at their cone by taking balls from their cone and putting them at other teams' cones within a set time limit.

3. Have players waiting at the cones perform fitness moves to stay active until it is their turn.

CHECK & CORRECT

1. Encourage players to work together, not only as pairs, but with the other groups as well.

2. Proper passing and receiving should be emphasized to ensure efficiency.