

OBJECTIVE

To increase the chance of scoring by taking advantage of open space.

GAMESETUP

Space Needed 20 x 10 metres
Equipment Needed Cones, Rugby Balls
Sug. Time Allocation 10-15 minutes or 5 full rounds
Group Size Groups of 6

LTAD STAGES

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

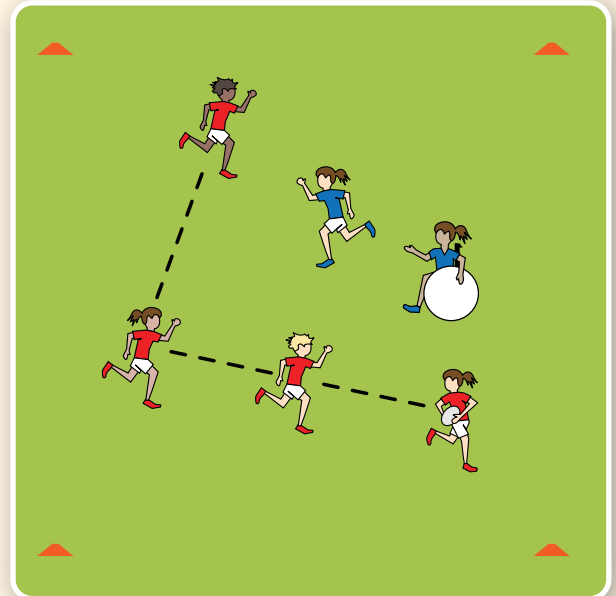
LT Ages: 9-12 / Grades: 4-7

FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Running
- Passing
- Catching

HOW TO PLAY

- 1 One team of four players start behind the try line. Two defenders start in the middle of the grid.
- 2 The object is for the offence to get the ball from one end of the grid to the other to score as many tries as possible. The offence has 5 phases/attacks to score. A flag pull, interception, or dropped pass ends a phase/attack.
- 3 Moving with the ball is not allowed and support players should be encouraged to look for space to be in a position to receive the ball.
- 4 The ball can be passed in any direction.
- 5 The offence stays in possession after scoring. They reverse the direction of attack after a try is scored and have 5 new phases/attacks to score in the opposite direction.
- 6 Defensive players change with the offence to allow everyone a turn.



MODIFICATIONS

- 1 Modify the rules to increase full team participation such as time limits for the ball carrier to speed up play or full team scoring where each player must receive a pass before the team can score.

EXTENSIONS

- 1 Create equal-sized teams and whenever a defensive tag is made, that defensive player joins the offence. This creates an overload on the offence, which increases scoring opportunities.
- 2 Adjust the ratio of offence/defence, grid size, and time limits.

CHECK & CORRECT

- 1 Help players identify where the open spaces are by encouraging teammates to communicate and move without the ball.