ROOKIE RUGBY
OBSTACLES

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OBJECTIVE	To practice and test various fundamental movement skills and rugby basics.

GAME SETUP

Space Needed	10 x 10 metres
Equipment Needed	Cones, Rugby Balls, Hula Hoops, Flag Belts
Sug. Time Allocation	10 minutes
Group Size	Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

FUNDAMENTAL MOVEMENT SKILLS

• Agility
• Balance
• Coordination

HOW TO PLAY

1. Create an obstacle course of various skills and movements for players to practice and test their abilities. The following are examples of stations you can set up:

   a. Passing - Have players perform an effective pass through a hula hoop at a short distance.

   b. Running/Movement - Place various cones in a relay line and have players move through a serpentine of cones, score a try in a hula hoop at the end, and return to the start.

   c. Jumping - In a similar relay format, place small hurdles for players to jump over while they complete their running line.

   d. Catching - Create a Passing Gauntlet and have players move through the middle, receiving passes on the left and making passes on the right. Have players come back through, receiving passes on the right and making passes on the left.

   e. Pulling - Create a mini 'Flag Fury' area and make one player the only 'tagger'. Test their flag pulling skills within a short time frame (i.e. 30 seconds). Rotate each player through to test their pulling skills.

PASSING OBSTACLE | RUNNING OBSTACLE | JUMPING OBSTACLE
FLAG FURY OBSTACLE | RECEIVING OBSTACLE
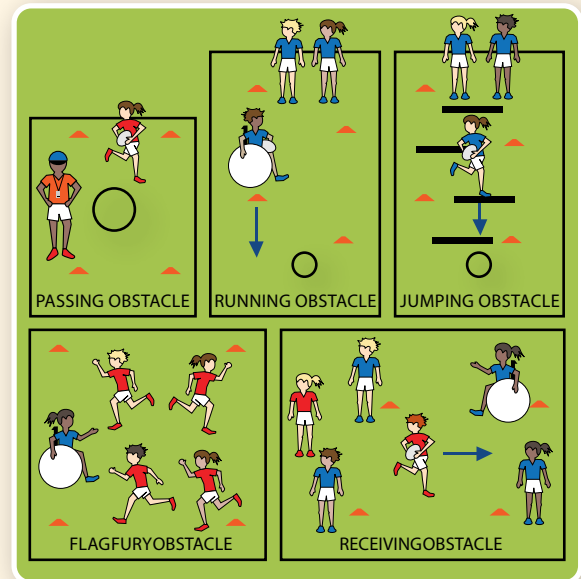
MODIFICATIONS

1. Modify each obstacle to fit your players' abilities and needs.

EXTENSIONS

1. Add more obstacles to test advanced skills.
2. Create time limits on obstacles to see how many skills are completed within a certain time (i.e. 1 minute).

CHECK & CORRECT

1. Help players perform each skill properly by reviewing proper skill execution before each obstacle.

TIGER'S TAIL RELAY

OBJECTIVE

A variation on Rookie Rugby relays to help players have fun with a rugby ball.

GAME SETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Rugby Balls, Flag Belts
Sug. Time Allocation	5 minutes
Group Size	Any Group Size

LTAD STAGES

AS Ages: 5-6 / Grades: K-1

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

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

FUNDAMENTAL MOVEMENT SKILLS

• Balance
• Coordination
• Running

HOW TO PLAY

1. Create relay lines with equal numbers in each line. The first person in the line starts with the rugby ball.

2. The first person in line moves to their cone at the end of the grid and scores a try with the rugby ball. They move back to the starting point.

3. Once the first player returns, the second player links on to the first player by grabbing onto the first player's flag belt. If not wearing flag belts, players can link by grabbing the first player's shirt/hips/shoulders. This player becomes the Tiger's Tail. They now work as a team to continue down the field to score a try at their cone and return to the starting point.

4. Each time a player or a group of players returns to the starting point, a new player joins them, making their tiger tail longer.

5. The first team to add all players to the tiger's tail and complete the relay wins.
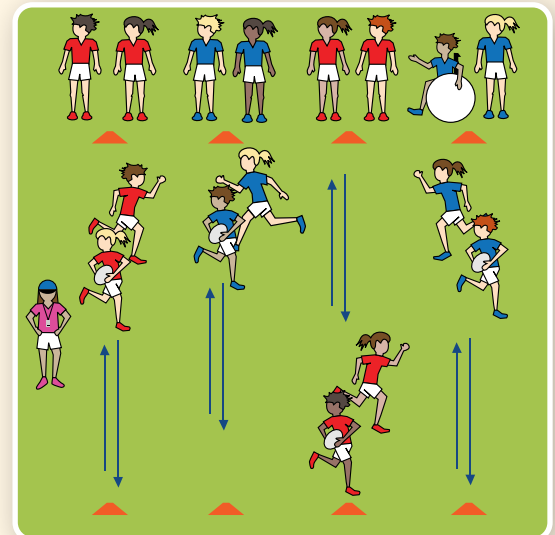
MODIFICATIONS

1. If players are unable to physically link to each other, have players complete the relay together without physically linking. For example, players can move alongside each other and become a pack of tigers rather than a tail.

EXTENSIONS

1. Vary the skill that players complete at the end of the relay, requiring all players to complete it before returning to the starting point.
2. Create an obstacle course of rugby skills to complete, making it more challenging for players to complete the relay.

CHECK & CORRECT

1. The purpose of this relay is for players to have fun while performing a variety of rugby skills. Check the form of each player to ensure that they are performing each skill correctly.