

## OBJECTIVE

To become familiar with the rugby ball and work on communication and teamwork.

## GAMESETUP

Space Needed 20 x 20 metres  
 Equipment Needed Cones, Rugby Balls (1 Per Relay Line)  
 Sug. Time Allocation 5 minutes  
 Group Size Any Group Size

## LTAD STAGES

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

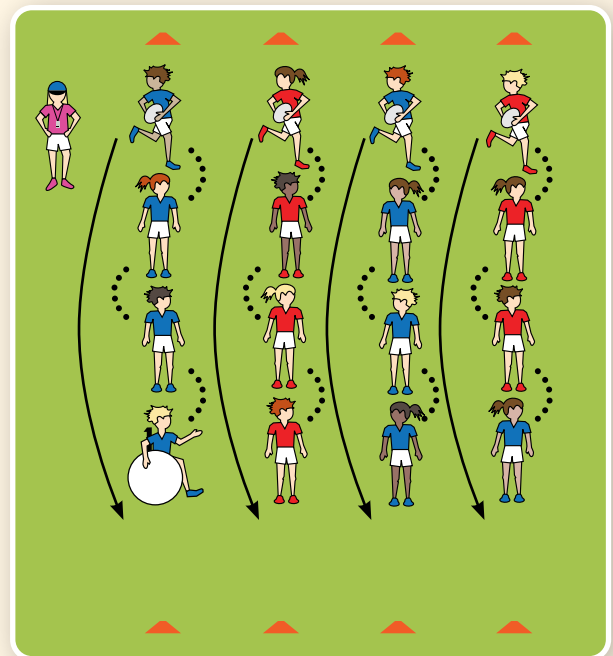
**FU** Ages: 6-8 / Grades: 2-3

## FUNDAMENTAL MOVEMENT SKILLS

- Coordination
- Passing
- Catching

## HOW TO PLAY

- 1 Create teams of even numbers and have them line up with one rugby ball for each line. Have players start facing away from the grid.
- 2 The first person in line has the rugby ball. When the instructor yells, "GO!" the first player passes the ball above their head to the next player and then returns to the end of the line.
- 3 The next player passes the ball under through their legs. They then recycle to the end of the line.
- 4 Players continue alternating passes over and under and recycling to the end of the line until they reach the other side of the grid.
- 5 Have the teams race, reset and race on the way back.



## MODIFICATIONS

- 1 For younger groups, try forming one or two larger lines to give players more time to recycle to the end of the line.
- 2 Vary the movement to passing LEFT and RIGHT rather than over and under.

## EXTENSIONS

- 1 Incorporate fitness activities into the relay by requiring a fitness move before a pass is made. For example, perform a jump squat followed by passing the ball overhead. The next player performs a jump squat followed by passing the ball under their legs.

## CHECK & CORRECT

- 1 This activity is great for a warm-up activity, ball familiarization, or for fitness. Focus on players having fun and working together on their communication and teamwork to complete the task.
- 2 Players should hold the ball in two hands at all times.