

## OBJECTIVE

To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving, etc.

## GAMESETUP

Space Needed 10 x 15 metres  
 Equipment Needed Cones, Rugby Balls (1 Per Relay Line)  
 Sug. Time Allocation 5-10 minutes or 5 different relays  
 Group Size Any Group Size

## LTAD STAGES

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

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

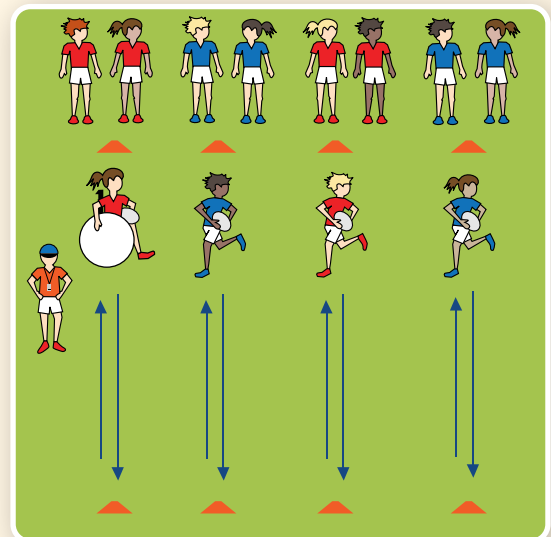
**LT** Ages: 9-12 / Grades: 4-7

## FUNDAMENTAL MOVEMENT SKILLS

- Agility
- Coordination
- Passing
- Catching
- Running

## HOW TO PLAY

- 1 Start by separating players into equal relay teams of two or more players. Have them form lines behind a cone with one rugby ball per line.
- 2 Complete a series of relays to introduce basic skills and promote ball familiarization. Suggested relays include:
  - a. Move towards a cone, score a try and have players yell, "TRY!" before moving back and passing to the next player (Be sure to introduce proper passing technique with passer follow through and receivers making a 'W' target).
  - b. Move towards a cone and pass the ball around your waist before scoring, move back to the start and pass to the next person in line.
  - c. Move while tossing the ball up in the air and catching it multiple times before getting to the far cone. Score a try, move back to the start, and pass.
  - d. Have two players move at the same time, completing a pass between the cones, score a try, move back and complete another pass.
  - e. Have two players move together, completing as many passes as possible between the cones, score a try, repeat on the way back.
  - f. Have players move towards a cone, score a try and perform their best 'Try Dance.' Move back to the start and pass to their teammate.



## MODIFICATIONS

- 1 If you have varying ages and/or abilities, create two cones at the end and have the older or more experienced kids go to the furthest cone.

## EXTENSIONS

- 1 Make the cones further apart each race.
- 2 Add defenders in the middle that players must evade to complete their turn in the race.
- 3 Award the first team to finish a point and make it a competition for teams.
- 4 Incorporate various skills including fitness exercises and other ball familiarization techniques.

## CHECK & CORRECT

- 1 If players are struggling with certain skills, try slowing down the speed of the relay races.
- 2 To keep players active, have the players waiting in line complete fitness exercises like jumping jacks to reduce static standing.