

OBJECTIVE

To help players practice following directions and work on various rugby skills.

GAMESETUP

Space Needed	20 x 20 metres
Equipment Needed	Cones, Rugby Balls
Sug. Time Allocation	10 minutes
Group Size	Any Group Size

LTAD STAGES

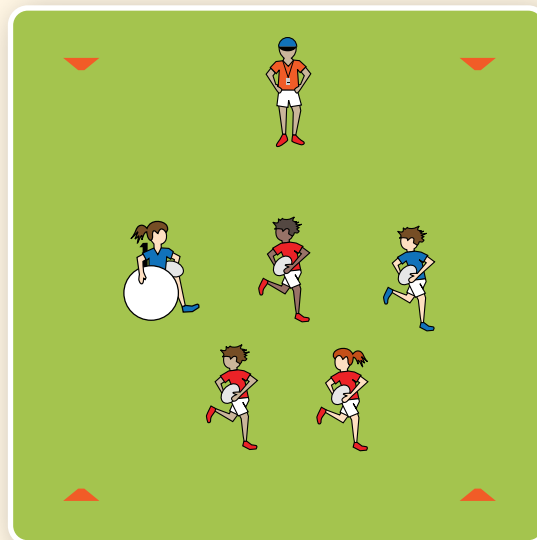
AS Ages: 5-6 / Grades: K-1

FUNDAMENTAL MOVEMENT SKILLS

- Balance
- Coordination

HOW TO PLAY

- 1 A leader positions in front of the group. All players have a rugby ball and are spread out in the grid.
- 2 The leader starts by saying, "Rugby says..." and inserts an action. The group then performs the action. Actions should include movements with the rugby ball such as basic fundamental movement skills and basic rugby skills such as scoring a try or moving the ball around the body.
- 3 If the leader says an action without saying, "Rugby says..." and a player performs an action, they receive a point.
- 4 Continue for a period of time while players add up points. The player with the least amount of points at the end will get to be the next leader.



MODIFICATIONS

- 1 The instructor can serve as the leader if younger players struggle coming up with movements for the group.

EXTENSIONS

- 1 Have players pair up and participate together. Movements and actions should then include both partners (i.e. passing)

CHECK & CORRECT

- 1 This is a great game to help players work on their form for various skills. Ensure players are holding the ball with two hands at all times and are performing each skill correctly.