

OBJECTIVE

To improve the defensive reactions of players based on attacking movements.

GAME SETUP

EQUIPMENT: Rugby Balls, Cones

PLAYERS: Any group size

TIME: 10 Minutes

SPACE: 30 x 30 yard grid

PRINCIPLES OF PLAY

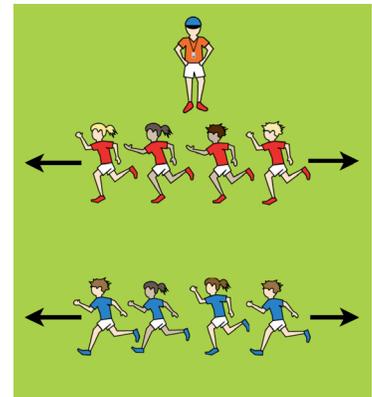
Support

FUNDAMENTAL SKILLS

Agility • Balance • Coordination

HOW TO PLAY

1. Have players pair up and form two lines facing each other 5 yards apart. Designate one line as offense and one as defense.
2. The instructor will stand behind one line, only being visible to the "offensive" side.
3. The instructor will signal the offensive line to either move right, left, forwards or backwards.
4. The offense will move in the direction that the instructor signals.
5. The defensive line must react to their opposite player and keep the space between them the same distance at all times.
6. The goal is for the defense to stay together as a collective unit to avoid creating holes in the line. Begin the game with the defensive players holding hands while moving. Once they are more advanced, have them let go and work to stay together on their own.



GAME PROGRESSIONS

1. If mistakes are made, have players freeze and move to the correct position.
2. Speed up the signals.
3. Add additional signals such as signals to sit down or jump.
4. Let the offensive line switch positions and have the defense communicate to trade the players they are marking.



[VIEW VIDEO](#)

MODIFICATIONS

- If the team is struggling to stay together on defense and maintain space, have them start by holding hands.
- If mistakes are made, have players freeze and move to correct position.

KEY CONCEPTS

- Encourage players to look at the coach, their opposite, and their team to maintain a straight line.
- Make sure players are communicating and helping each other to keep their shape.

OBJECTIVE To encourage teamwork and fitness as players work on running, passing and receiving in a fun, competitive game.

GAME SETUP

EQUIPMENT: 5-10 Rugby Balls, 8-12 Cones

PLAYERS: Any group size (in pairs)

TIME: 10 Minutes

SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

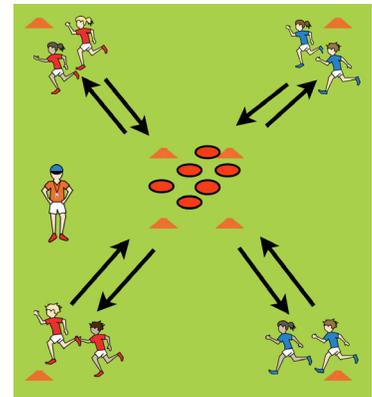
Apply Pressure • Contest Possession

FUNDAMENTAL SKILLS

Running • Passing • Catching

HOW TO PLAY

1. Have players pair up and stand by one of the outside cones.
2. Set a small square grid with cones in the center of the larger grid and put 10-15 rugby balls in it.
3. On the instructor's signal, one player from each team will run to the center grid and grab a ball.
4. The goal for each team is to get the most amount of balls back to their cone.
5. Only one teammate may be moving at a time. Once one player retrieves a ball, they can pass to their teammate waiting at their cone. Once the retrieved ball is placed at their cone the next player can move.
6. Once all the balls are gone from the center the game will end and the team with the most balls at their cone wins.



GAME PROGRESSIONS

1. Use time limits and allow teams to steal balls from each other once all balls from the center are gone.
2. Start with an even number of rugby balls at each of the team cones. Have the players work to get rid of all the balls at their cone the fastest.

MODIFICATIONS

- Shorten the distance to the centre grid for younger players to make sure they are making successful passes.

KEY CONCEPTS

- Encourage players to make efficient passes so that they can move faster.
- Make sure that players are communicating as a team.

OBJECTIVE

To improve proper passing and receiving techniques.

GAME SETUP

EQUIPMENT: 1-2 Rugby Balls, Cones
PLAYERS: Any group size (in pairs)
TIME: 5-10 Minutes
SPACE: 10 x 10 yard grid

PRINCIPLES OF PLAY

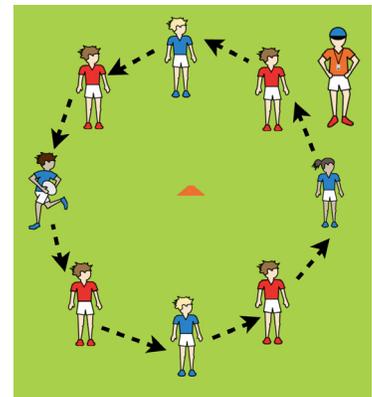
Continuity

FUNDAMENTAL SKILLS

Running • Passing • Catching

HOW TO PLAY

1. Have players form a circle with about 2 yards in between each other.
2. Start by having players attempt to complete passes around the entire circle without dropping the ball.
3. Once players can get around the circle, make the game harder by adding a time limit.
4. After the time limit, play a game of standing "Duck, Duck, Goose" with the circle. Instead of the tagger running away from the "Goose", have the two players switch places and have the "Goose" race a ball being passed around the circle.
5. Choose a tagger to walk around the circle clockwise with a rugby ball playing "Duck, Duck, Goose". Once the tagger choose a "Goose", the "Goose" will start running around the circle while the other players work to pass the ball around the circle. The goal is for the "Goose" to beat the ball around the circle. Have each player take turns.



GAME PROGRESSIONS

1. Create two circles and have them compete against each other for time.
2. Use two balls in one circle.
3. Have players use different passing techniques such as a pop pass, a spiral pass or pass backwards.
4. Incorporate fitness including jumping jack feet, shuffling, etc.
5. Pass across circle and replace.



[VIEW VIDEO](#)

MODIFICATIONS

- If players are struggling to race the rugby ball around the circle, have players take a step in towards the middle to make the circle smaller.

KEY CONCEPTS

- Emphasize the "W" formation with their hands when receiving the ball.
- Work with players to improve their passing skills.

OBJECTIVE

To encourage defensive teamwork in order to properly defend a designated space.

GAME SETUP

EQUIPMENT: 8 Cones, Flag Belts

PLAYERS: Any group size

TIME: 10-15 Minutes

SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

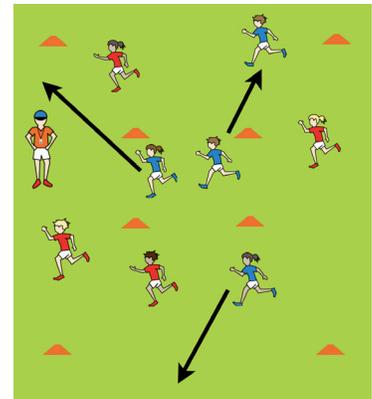
Apply Pressure • Contest Possession

FUNDAMENTAL SKILLS

Agility • Coordination • Pulling

HOW TO PLAY

1. A smaller grid (6 x 6 yards) is centered within a larger grid (20 x 20 yards). Start with 4-8 players inside the smaller grid and 3-6 players outside the smaller grid, but still within the larger grid. Keep more players inside the grid than outside the to start.
2. The smaller grid is a safe zone for the offensive team. The defensive team can only move in the large grid and cannot enter the safe zone.
3. One the instructor's signal, the offensive players must try to escape outside the larger grid without having their flag removed by the defense.
4. If an offensive player escapes to the outside, they return to the center for the next round. If an offensive player gets their flag pulled, they switch roles and become a defender on the next round.
5. The game continues until everyone gets a flag pulled. Repeat the game and have players switch roles.



GAME PROGRESSIONS

1. Coaches can label the sides of the grid and limit the sides that players can escape for each round.
2. Include rugby balls for the offense and have players pass or run with the balls to escape.
3. Change the number of players.

MODIFICATIONS

- Instructors can label the sides of the grid and limit the sides that players can escape to for each round.

KEY CONCEPTS

- Encourage defenders to track offensive players to reduce their options.
- Help offensive players to be aware of open space and focus on evading defenders to move into space.

OBJECTIVE

To improve skills of different types of passes.

GAME SETUP

EQUIPMENT: 2 Rugby Balls

PLAYERS: Any group size

TIME: 10-15 Minutes

SPACE: 40 x 40 yard grid

PRINCIPLES OF PLAY

Create Continuity

FUNDAMENTAL SKILLS

Passing • Receiving

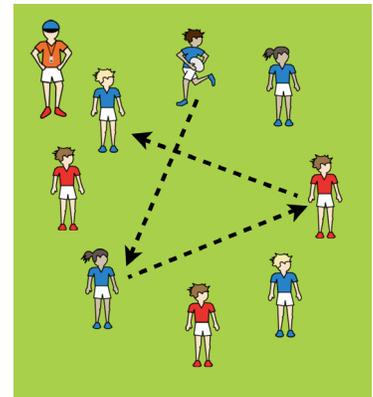
HOW TO PLAY

1. Have players form a circle with one player starting with the rugby ball.
2. Players will start with a "cold potato" rugby ball where they take time to learn a passing skill that the coach chooses by passing the ball around the circle to whoever they choose.

Examples include:

- Pop Pass
- Spin Pass
- One Handed Pass

3. The instructor will then change the ball to a "hot potato" and players should work on quickly passing the ball using the technique showed by coach with the "cold potato".



GAME PROGRESSIONS

1. Have groups of players compete to get the most amount if complete passes in a certain time limit.
2. Incorporate more rugby balls.
3. Have players replace the person they pass to.

MODIFICATIONS

- Incorporate a time limit where players must pass within two seconds in order to increase the speed of the game.

KEY CONCEPTS

- Make sure players continue to use their W's when receiving the ball.
- Help players work to always be in a position to receive the pass.
- Encourage players to count loudly and together every time a successful pass is made.

OBJECTIVE

To improve proper flag pulling technique for all players.

GAME SETUP

EQUIPMENT: 4 Cones, Flag Belts

PLAYERS: Any group size

TIME: 10-15 Minutes

SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

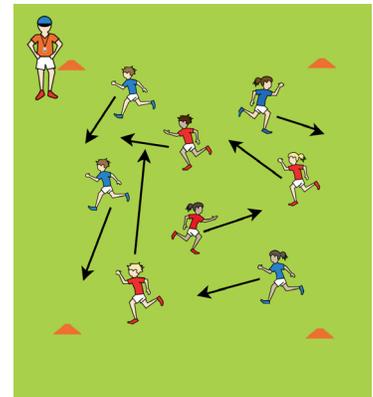
Apply Pressure • Contest Possession

FUNDAMENTAL SKILLS

Agility • Coordination • Running • Pulling

HOW TO PLAY

1. Start the game with every player spread out in a large grid.
2. When the instructor yells, "Go!" each player will attempt to capture as many flags as they can without having their own flags taken.
3. When both flags have been removed from a player's belt they should leave the grid and let the other players continue.
4. Designate a captured flag area during play, where flags may be placed. A progression can be to allow only players with flags left to recapture their team's flags and bring eliminated players back in the game.
5. The game ends when 2-3 players are left with flags still attached.



GAME PROGRESSIONS

1. Create teams based on color of flag belts.
2. See how many of the opposite team's flags can be capture.
3. Create a competition based on the number of flags captured.



[VIEW VIDEO](#)

MODIFICATIONS

- If players are struggling to grab flags, slow down the speed of the game and have players walk. This allows them to improve the skill before speeding it up.

KEY CONCEPTS

- Encourage players to work on their evasion skills to avoid contact.
- Encourage players to yell, "Flag!" when they remove another's flag.
- Encourage players to work together to be successful.

OBJECTIVE

To improve player reaction time when switching from offence to defense.

GAME SETUP

EQUIPMENT: 6 Cones, Flag Belts
PLAYERS: Any group size (in pairs)
TIME: 10-15 Minutes or 5 Rounds
SPACE: 30 x 15 yard grid

PRINCIPLES OF PLAY

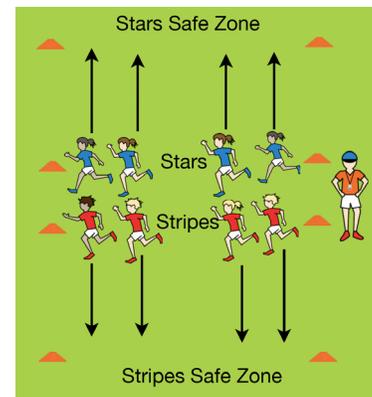
Apply Pressure • Go Forward

FUNDAMENTAL SKILLS

Agility • Coordination • Pulling

HOW TO PLAY

1. Each player finds one partner and together they designate one partner "stars" and one partner "stripes".
2. One team (stars) lines up along the center line, facing the "star's safe zone". The other team (stripes) lines up next to their partner, arms length apart, facing the "stripe's safe zone".
3. The instructor calls either "Stars!" or "Stripes!" The team called tries to get to their safe zone before getting tagged by the other team.
4. The team that is not called reacts to become taggers. They attempt to tag the opposition before they cross into their respective "safe zones".
5. Repeat various rounds, allowing players to quickly switch from offense to defense with quick reactions.



GAME PROGRESSIONS

1. Give points every time a tag is made. Have players compete to get the most points.
2. Vary the starting position of the players: sitting down, kneeling, or lying down.
3. Incorporate fitness activities such as jumping jacks, jump squats, etc. before calling a team.
4. Incorporate flags.



[VIEW VIDEO](#)

MODIFICATIONS

- Shorten the distance to the safety zone for players who may struggle to reach the safety zone in time.
- Reduce the speed of the game to a fast walk or walking pace to build success.
- Rotate players through the line so they can practice with various partners to find one that is more evenly matched.

KEY CONCEPTS

- Remind players to go through the proper steps when making a tag.
- Players should work on their offensive moves to avoid getting tagged.
- Quick reaction –switching from offense to defense.

OBJECTIVE

To effectively build a defensive line against an attacking team.

GAME SETUP

EQUIPMENT: 4 Cones, Flag Belts

PLAYERS: Any group size

TIME: 10-15 Minutes or 3-5 Rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

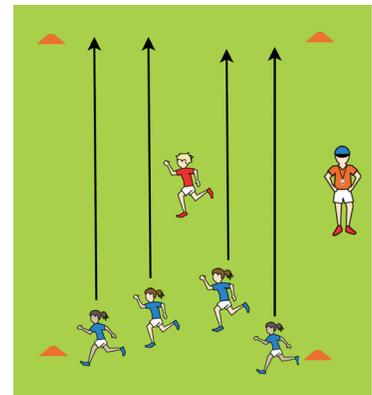
Apply Pressure • Contest Possession

FUNDAMENTAL SKILLS

Agility • Running • Pulling

HOW TO PLAY

1. One player starts in the middle, facing the remaining players lined up along one edge of the grid.
2. Players must attempt to run from one side of the grid to the other without being tagged. When they arrive at the other side, they stop and wait for a restart.
3. To start the game, the instructor yells "Go!" and the offensive players will attempt to run to the other side of the grid without getting tagged. Players must remain within the boundaries of the grid during the game.
4. If tagged, the tagged player joins in with the center tagging group and attempts to tag others on the next round.



GAME PROGRESSIONS

1. Call on one player to cross at a time. If caught, they join the middle.
2. Incorporate a rugby ball and have players pass the ball while avoiding the tag.
3. Players leave in waves; include a ball.
4. Incorporate flag belts.

MODIFICATIONS

- If defensive players are struggling to capture flags, try increasing the number of defensive players to start.

KEY CONCEPTS

- Work together on defense to hold back the runners.
- The offense should look for holes in the defense to run through.
- Flat line defense.

OBJECTIVE

To effectively build a defensive line against an attacking team.

GAME SETUP

EQUIPMENT: 6 Cones, Flag Belts

PLAYERS: Any group size

TIME: 10-15 Minutes or 3 Rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

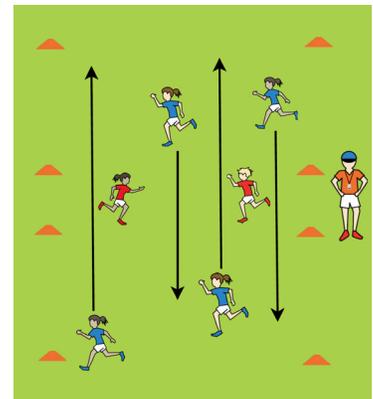
Apply Pressure • Contest Possession

FUNDAMENTAL SKILLS

Agility • Running • Pulling

HOW TO PLAY

1. Set up a grid that includes two safe zones at either end and one middle zone where the defenders are positioned.
2. Players must attempt to run from one side of the grid to the other without having their flag pulled. The defensive players must remain in the middle zone at all times.
3. The goal is to see how many times you can cross before getting tagged.
4. To start the game, the instructor yells "Go!" and the offensive players will attempt to run across the middles without getting tagged.
5. If tagged, the tagged player joins in with the center tagging group and attempts to tag others as the game goes on.



GAME PROGRESSIONS

1. Increase the width of the center zone.
2. Establish a time limit for players staying in the safe zone.
3. Include a rugby ball and teams must complete a pass within the middle zone before running to safety.
4. Incorporate flag belts.

MODIFICATIONS

- To increase fitness activity, have the defender and runner stop and do push ups / sit ups / jumping jacks when a tag occurs.

KEY CONCEPTS

- Work together on defense to hold back the runners.
- The offense should look for holes in the defense to run through.
- Flat line defense.

OBJECTIVE

To become familiar with spatial awareness as it relates to evading the defensive attack.

GAME SETUP

EQUIPMENT: 8 Rugby Balls, 4 Cones

PLAYERS: Any group size

TIME: 10-15 Minutes or 5 Rounds

SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

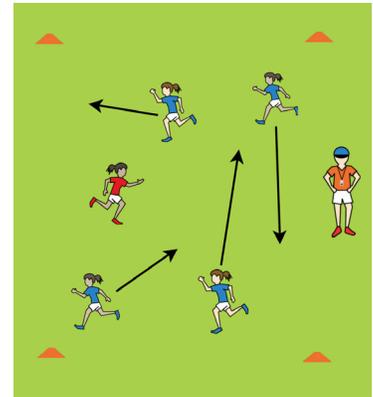
Create Continuity

FUNDAMENTAL SKILLS

Agility • Coordination • Running

HOW TO PLAY

- 1-3 players are picked as taggers. Taggers are given a ball to use for tagging or use two hand touch when necessary.
- All non-taggers evade any taggers by moving into space within the grid.
- When a player is tagged with the rugby ball they remain stationary or "frozen".
- "Frozen" players can be released when their teammates perform a set skill. We suggest giving a high five to un-freeze a player. The game can either run for a set time or until all evading players are "frozen".
- Players crossing over the boundary lines and stepping outside the grid become automatically frozen.



GAME PROGRESSIONS

- Crawl between the legs of a "frozen" player to unfreeze them.
- Incorporate passing so that "frozen" players can only become un-frozen by receiving a pass.
- Roll a ball between the legs of a "frozen" player.
- Incorporate flags.

MODIFICATIONS

- Vary the movement/skill for unfreezing frozen players. This will allow players of all abilities to have success.

KEY CONCEPTS

- Make sure players are focused on teamwork to keep their teammates un-frozen.
- Have the taggers call their tags, by yelling "tag!"
- Emphasize communication by having players call for help when they are frozen.

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

GAME SETUP

EQUIPMENT: 5 Rugby Balls, 10 Cones
PLAYERS: Any group size
TIME: 10-15 Minutes
SPACE: 10 x 25 yard grid

PRINCIPLES OF PLAY

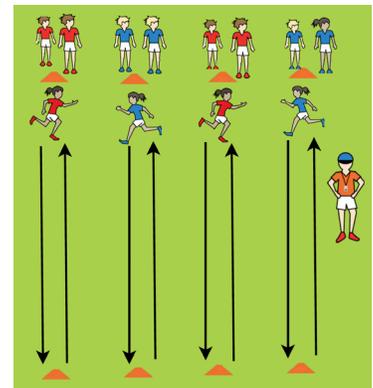
Go Forward

FUNDAMENTAL SKILLS

Agility • Coordination • Passing • Catching • Running

HOW TO PLAY

1. Start by separating players into equal relay teams of two or more and have them stand in line behind a cone.
2. Make the first race a simple down and back with a rugby ball in hand, passing to the next player in line on the way back. Be sure to instruct on proper passing and catching techniques prior.
3. Next, have players ground the ball and yell "Try!" when they get to the far cone. Have them run back and pass to the next player in line.
4. The next race should have two players from a team race down and back, completing three passes in between each cone, scoring at each end.
5. Last, let players have fun by celebrating a "try dance" at the furthest cone before running back to pass to their teammates.



GAME PROGRESSIONS

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 tossing the ball, kick and chase, low positioning, etc.



[VIEW VIDEO](#)

MODIFICATIONS

- 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.

KEY CONCEPTS

- Players should work on mastering each skill they perform while playing.
- Make sure players are encouraging each other as they race.

OBJECTIVE To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defense.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Any group size (groups of 6)

TIME: 10-15 Minutes

SPACE: 30 x 30 yard grid

PRINCIPLES OF PLAY

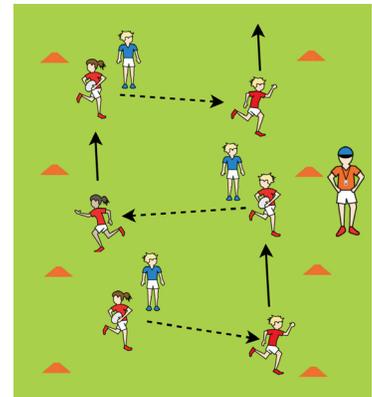
Apply Pressure • Contest Possession
Go Forward • Provide Support

FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

HOW TO PLAY

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have one defensive player stand in between two cones at each 10 yard mark, totaling three defensive players.
3. Have the offensive players form two lines at the beginning of the grid facing the defensive players.
4. Two offensive players will start by running through the grid and attempting to draw the defender towards them. They will then time their pass or run to continue onto the next defender.
5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.



GAME PROGRESSIONS

1. Make the rule that the defense can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

MODIFICATIONS

- If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

KEY CONCEPTS

- Encourage defenders to work on reading the ball carrier's actions.
- Make sure the offensive players without the ball are always in a supporting position.
- Make sure players are communicating clearly when calling for a pass.

OBJECTIVE To apply all skills to a mini game-like situation where the offence can effectively execute an overload on the defence.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Any group size (groups of 9)

TIME: 10-15 Minutes

SPACE: 30 x 30 yard grid

PRINCIPLES OF PLAY

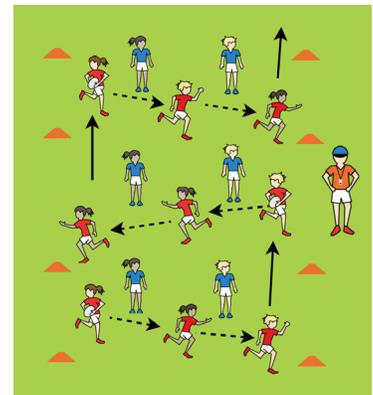
Apply Pressure • Contest Possession
 Go Forward • Provide Support

FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

HOW TO PLAY

1. Start by setting a grid of three squares, 10 x 10 in size.
2. Have three pairs of defensive players stand in between two cones at each 10 yard mark.
3. Have offensive players from three lines at the beginning of the grid facing the defensive players.
4. Three offensive players will start by running through the grid and attempting to draw the defender towards them. They will time their pass or run to continue onto the next defensive set.
5. Defensive players can only play within their own square and must try and pull the ball carrier's flag.
6. There are no forward passes allowed. If one of their flags are pulled, the offensive team must go to the back of the line and try again.



GAME PROGRESSIONS

1. Make the rule that the defense can only move laterally.
2. Have offensive players only pass or only evade on each turn.
3. Add more squares to the grid making offensive teams work through more defenders.

MODIFICATIONS

- If players are struggling to successfully beat the defence, limit the defence in their movements such as only allowing them to move laterally or sticking to certain channels.

KEY CONCEPTS

- Encourage defenders to work on reading the ball carrier's actions.
- Make sure the offensive players without the ball are always in a supporting position.
- Make sure players are communicating clearly when calling for a pass.

OBJECTIVE

To increase passing skills in a fun, competitive environment.

GAME SETUP

EQUIPMENT: 2 Rugby Balls, 4 Cones

PLAYERS: Any group size

TIME: 10-15 Minutes

SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

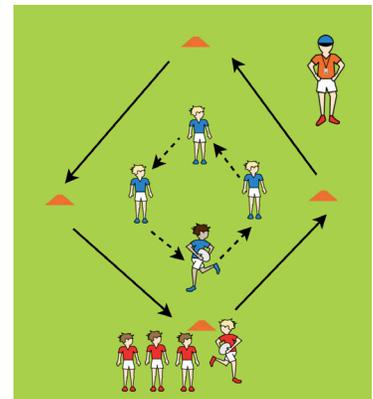
Create Continuity

FUNDAMENTAL SKILLS

Coordination • Running • Passing • Catching

HOW TO PLAY

1. The offensive team forms a circle inside of the diamond grid.
2. The defensive team forms a relay line behind the "Home Base" cone.
3. On the instructor's signal, the offensive team will start passing a rugby ball around the circle to perform as many passes as possible. At the same time the defensive team will send their first runner (rugby ball in hand) around each of the bases.
4. The defensive team will have each team member run the bases once, handing off the rugby ball to their next teammate in line once they return home.
5. The offensive team will try and get as many passes as possible completed in their circle before the defense finishes their relay. Each pass counts as one point.
6. After completing the relay, the teams will switch to determine a winner for the game.



GAME PROGRESSIONS

1. Play multiple innings for the game.
2. Change the direction of passing every 20 passes.
3. Have runners go in pairs and pass a ball between bases.
4. Include evasion skills between bases.
5. Have the center circle shuffle or perform jumping jacks to make players more dynamic.

MODIFICATIONS

- For newer or younger players, make the grid smaller or slow down the speed of play.

KEY CONCEPTS

- Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
- Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.

OBJECTIVE

To effectively perform the draw and pass skill in a continuous 2v1 scenario.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones
PLAYERS: Any group size (Groups of 3)
TIME: 10-15 Minutes
SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

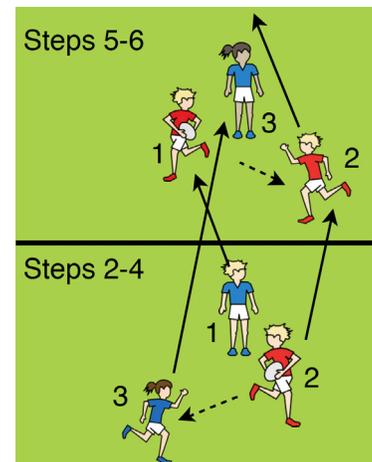
Go Forward • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Coordination
 Running • Passing • Catching

HOW TO PLAY

1. Split players into groups of three.
2. The first player runs out five yards and places the ball on the ground and runs five yards further, turning around and becoming a defender.
3. The next two players run in a straight line towards the ball. The first player picks up the ball and performs a draw and pass skill.
4. They draw the defense in one direction and pass to the next player running behind them in support.
5. The player who now has the ball places the ball and becomes a new defender.
6. The player on defense and the ball carrier from the first phase recycle to the end of the line.
7. Have the group perform 3-4 phases down the field and 3-4 phases returning back to the beginning.
8. Players should remain in a straight line while moving down the field. This encourages moving forward in games.



GAME PROGRESSIONS

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Advance to incorporate the wiggle skill and flag belts.

MODIFICATIONS

- Slow down to a walking pace to ensure players are performing the skill correctly.
- Have players work off of marked field/court lines to further emphasize staying in one straight line and creating space for support.

KEY CONCEPTS

- Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
- Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.

OBJECTIVE

To help players build depth and space into their attacking lines and shape.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones
PLAYERS: Any group size (Groups of 4)
TIME: 10-15 Minutes
SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

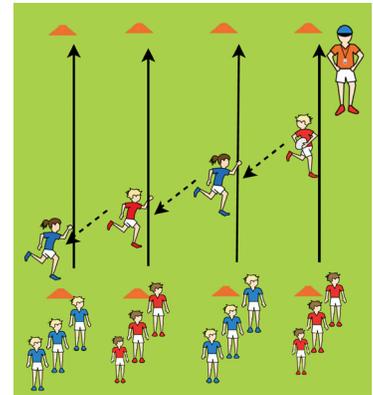
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Balance • Coordination
 Running • Passing • Catching

HOW TO PLAY

1. Set up four cones two yards apart and have players line up behind each cone.
2. The first player in each line will be working together to form a rugby passing line.
 - The first line will start standing with the ball.
 - The second line will start on their knees.
 - The third line will start on their stomachs.
 - The fourth line will start on their backs.
3. On the coach's signal, the first player in each line gets up at the same time and start running forward. The player with the ball should run about 5 yards before passing the ball to the teammate next in line.
4. The players catch and pass the ball down a diagonal line, with the final person at the end of the line scoring a try. Be sure passes are all laterally and/or backwards.
5. Players should rotate through the game by joining a different line after every turn.



GAME PROGRESSIONS

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Advance to incorporate the wiggle skill and flag belts.

MODIFICATIONS

- Have the players perform the activity at a slower pace.
- If players are struggling to maintain depth, stagger the starting cones to help create the depth in the beginning

KEY CONCEPTS

- Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
- Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.

OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

GAME SETUP

EQUIPMENT: Rugby Balls, 4 Cones

PLAYERS: Teams of 5-7 players

TIME: 10-20 Minutes

SPACE: 20 x 30 yard grid

PRINCIPLES OF PLAY

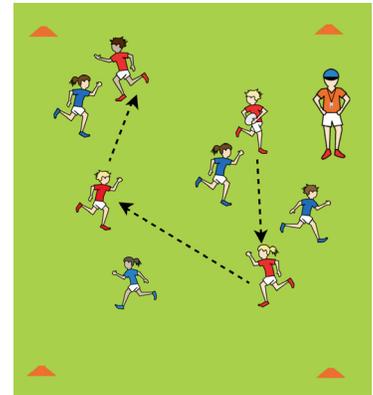
Contest Possession • Go Forward
 Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination
 Catching • Pulling • Running

HOW TO PLAY

1. Split players into two equal teams, lining up on opposite end of the field.
2. One team begins with the ball and starts the game with a free pass.
3. Players advance the ball by passing in any direction.
4. Players cannot run with the ball and may only advance it by passing.
5. If a pass is dropped, a turnover occurs.
6. Players score by grounding the ball in their try zone.
7. Defensive players cannot strip the ball from the offensive players and must remain arms-length distance when defending.



GAME PROGRESSIONS

1. Incorporate three steps -players can take three steps after receiving a pass.
2. Players only have three seconds to pass.
3. Only rugby passes are allowed, no overhead or overhand passes.



[VIEW VIDEO](#)

MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

KEY CONCEPTS

- Encourage players to look for space when possessing the ball.
- Help players be prepared to pass quickly.
- Encourage players to be in a position to receive the ball from your teammate.

OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

GAME SETUP

EQUIPMENT: Rugby Balls, 12 Cones

PLAYERS: Teams of 4-6 players

TIME: 10-20 Minutes

SPACE: 30 x 30 yard grid

PRINCIPLES OF PLAY

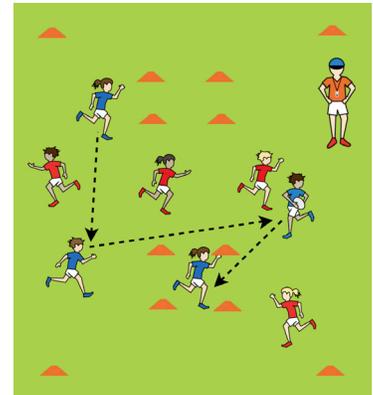
Contest Possession • Go Forward
 Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination
 Catching • Pulling • Running

HOW TO PLAY

1. Two teams of four players each start inside a 40 x 40 space.
2. The team with the ball works around the grid by passing the ball in any direction. The goal on offense is to score by passing to a player on their team who runs inside of either of the scoring boxes.
3. No running with the ball is allowed.
4. A turnover will occur if the ball hits the ground, or if the ball is intercepted.
5. Only offensive players are allowed inside the scoring boxes.
6. Defensive players cannot strip the ball from offensive players and must remain arms-length distance when defending.



GAME PROGRESSIONS

1. Allow ball carriers to take three steps.
2. Have players only pass underhand.
3. Require all players on a team to receive a pass before they can score.

MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

KEY CONCEPTS

- Encourage players to look for space when possessing the ball.
- Help players be prepared to pass quickly.
- Encourage players to be in a position to receive the ball from your teammate.

OBJECTIVE

To help advance players to playing flag rugby by introducing one new rule at a time.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Two teams of 5-7 players

TIME: 10-30 Minutes

SPACE: 20 x 30 yard grid

PRINCIPLES OF PLAY

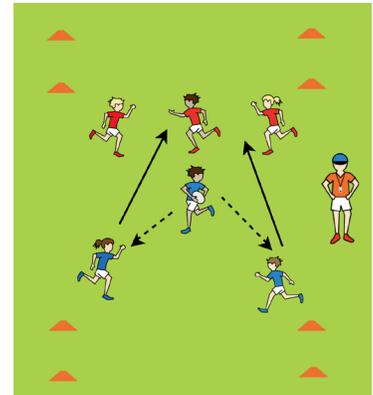
Apply Pressure • Score Points • Contest Possession
 Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination
 Catching • Pulling • Running

HOW TO PLAY

1. Split players into two equal teams, lining up on opposite ends of the field.
2. Have players prepare by wearing flag belts and two flags.
 Start from Ultimate Rugby II and follow these progressions:
 - Pass in any direction –3 steps / 3 seconds
 - Run with the ball –incorporate flag pulling and pass in any direction.
 - Run with the ball –incorporate one lateral / backwards pass after flag pull. Open play will allow passes in any direction.
 - Incorporate two lateral / backwards passing with flag pulls.
 - Advance to all lateral / backwards passing with flag pulls.



GAME PROGRESSIONS

1. Incorporate rules to challenge players. For example, all players must receive a pass before scoring.
2. Incorporate different rugby skills like offensive shape to help players be successful.



[VIEW VIDEO](#)

MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

KEY CONCEPTS

- Make sure players are mastering skills and game concepts before advancing.

OBJECTIVE

To incorporate all rugby skills into one competitive game of flag rugby.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Two teams of 5-7 players

TIME: 14-20 mins (7-10 min halves)

SPACE: 20 x 30 yard grid

PRINCIPLES OF PLAY

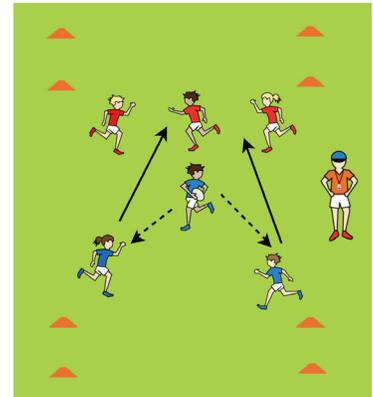
Apply Pressure • Score Points • Contest Possession
 Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination
 Catching • Pulling • Running

HOW TO PLAY

1. Split players into two equal teams and begin on opposite sides of the field.
2. Have players prepare by wearing flag belts and two flags.
3. Incorporate all lateral/backwards passing.
4. All stoppage in play restarts with a free pass, laterally or backwards.
5. Have players work on all concepts such as offense and defense.



GAME PROGRESSIONS

1. Add scrums.
2. Add lineouts.
3. Add kicking.

MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

KEY CONCEPTS

- Make sure players are mastering skills and game concepts before advancing.

OBJECTIVE

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

GAME SETUP

EQUIPMENT: 1 Rugby Ball, 4 Cones

PLAYERS: Groups of 6

TIME: 10 - 15 Minutes, 5 rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

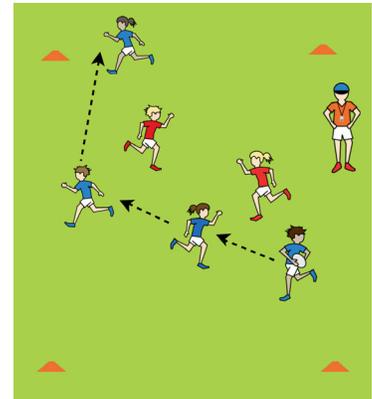
Apply Pressure • Score Points • Contest Possession
 Go Forward • Provide Support • Create Continuity

FUNDAMENTAL 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 offense to get the ball from one end of the grid to the other to score as many try's as possible.
3. The defensive players can only gain possession by intercepting the ball.
4. Running the ball is not allowed, and support players should be encouraged to look for space to be in a position to receive the ball. The ball can be passed in any direction.
5. The offense reverses the direction of attack after a try is scored.
6. A drop ball results in a re-start at the try line.
7. Defensive players change with offensive players to allow everyone a turn.



GAME PROGRESSIONS

1. Passes can only be lateral or backwards.
2. Adjust the ratio of offense / defense, grid size and time limits.

MODIFICATIONS

- 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.

KEY CONCEPTS

- Encourage players to work together on offense to create space.
- Encourage defenders to communicate and call out who they are defending.
- Encourage players to keep moving forward, always attempting to score.

OBJECTIVE

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

GAME SETUP

EQUIPMENT: 1 Rugby Ball, 4 Cones

PLAYERS: Groups of 6

TIME: 10 - 15 Minutes, 5 rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

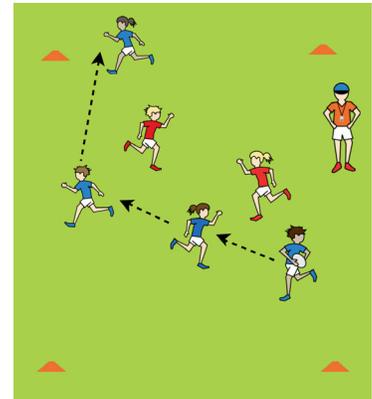
Apply Pressure • Score Points • Contest Possession
 Go Forward • Provide Support • Create Continuity

FUNDAMENTAL 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 offensive team starts by passing the ball in any direction.
3. The object is for the offense to get the ball from one end of the grid to the other to score as many try's as possible. Players can pass the ball in any direction.
4. If tagged by a defender, the offensive player must look to pass the ball immediately.
5. The offense reverses the direction of attack after a try is scored.
6. A drop ball results in a re-start at the try line.
7. Defensive players change with offensive players to allow everyone a turn.



GAME PROGRESSIONS

1. Passes can only be lateral or backwards.
2. Adjust the number of players, grid size and score totals.
3. Adjust the ratio of offense / defense, grid size and time limits.
4. Use flags.

MODIFICATIONS

- 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.

KEY CONCEPTS

- Encourage players to work together on offense to create space.
- Encourage defenders to communicate and call out who they are defending.
- Encourage players to keep moving forward, always attempting to score.

OBJECTIVE

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

GAME SETUP

EQUIPMENT: 1 Rugby Ball, 4 Cones

PLAYERS: Groups of 6

TIME: 10 - 15 Minutes, 5 rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

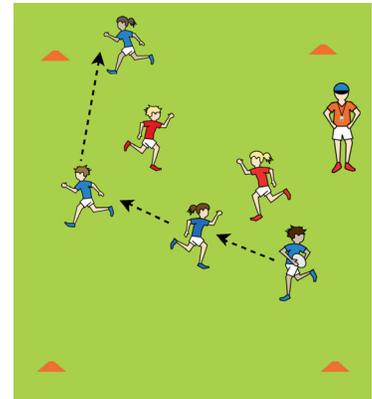
Apply Pressure • Score Points • Contest Possession
 Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

HOW TO PLAY

1. Two teams of four players start behind opposite try lines.
2. The offensive team starts by passing the ball in any direction.
3. If the offensive team gets tagged before they score, they must set the ball on the ground, return to their try line, and then return back to play and become the defending team.
4. The offense reverses the direction of attack is a try is scored.
5. A dropped ball results in a turnover to the other team.
6. The first team to get a set number of try's will win the round.



GAME PROGRESSIONS

1. Passes can only be lateral or backwards.
2. Adjust the number of players, grid size and score totals.
3. Limit the number of passes a team has before they must score.
4. Use flags instead of tagging.

MODIFICATIONS

- 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.

KEY CONCEPTS

- Encourage players to work together on offense to create space.
- Encourage communication on defense.
- Encourage players to keep moving forward, always attempting to score.