

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

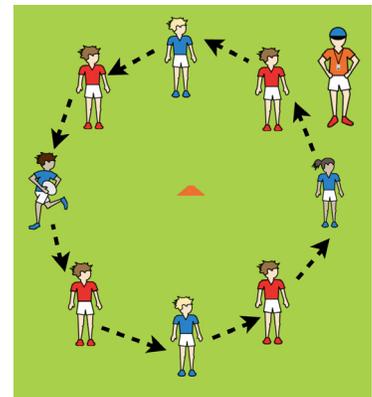
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FUNDAMENTAL SKILLS

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.



[VIEW VIDEO](#)

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.

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.