



GAME CARD

JUST SCORE II

LEVEL: INTERMEDIATE



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

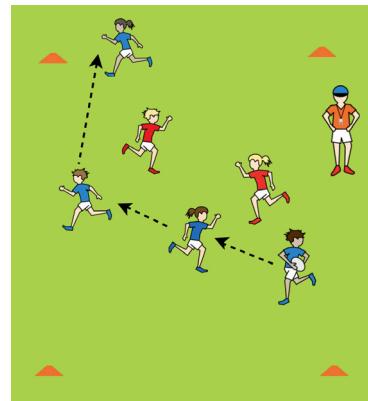
Apply Pressure • Score Points • Contest Possession
Go Forward • Provide Support • Create Continuity

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.