

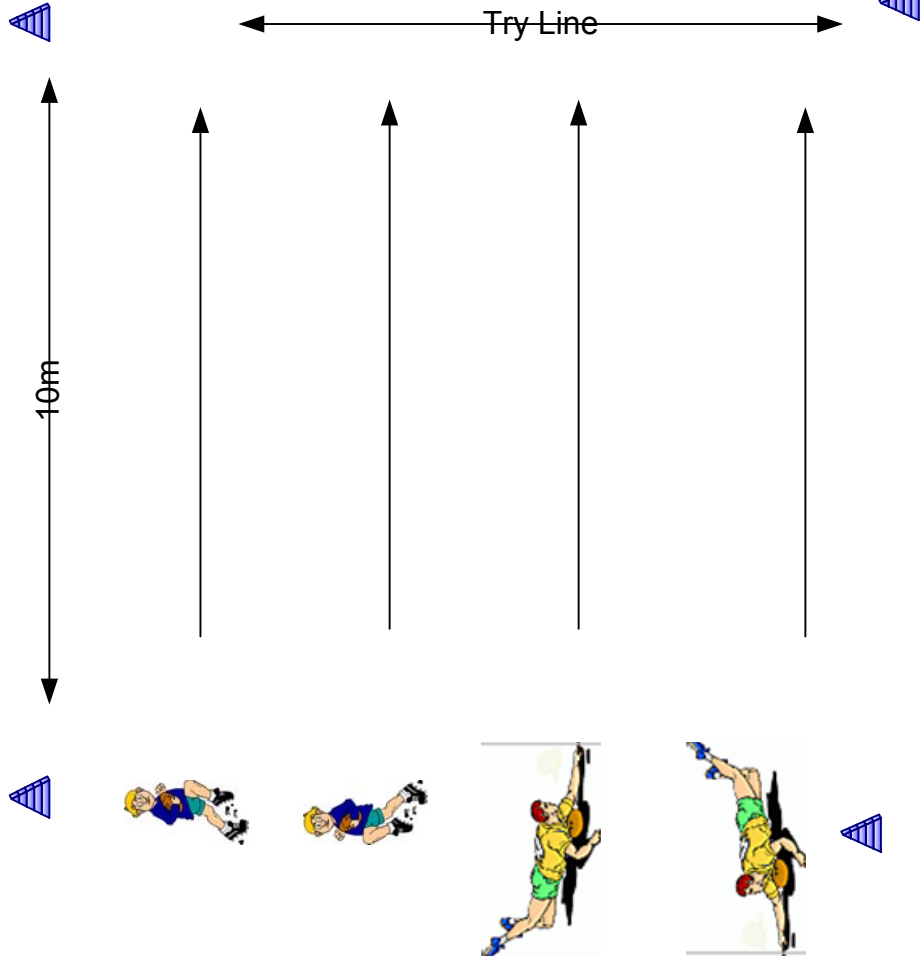
# Try Rugby Activities

## Age 5 – 8

<p><b>Session 1</b></p> <p>Activity 1 Ball in Two Hands Race, Turn, Start on Ground            Activity 2 Captain Ball; Unders &amp; Overs            Activity 3 Apples &amp; Oranges; Stuck in the Mud            Activity 4 Rugby Octopus</p> <p><b>Session 2</b></p> <p>Activity 1 Ball in Hand Relay; Step &amp; Swerve            Activity 2 Circular Handling, Race, Chase the Pass            Activity 3 Tag Ball            Activity 4 Bugs &amp; Spiders</p> <p><b>Session 3</b></p> <p>Activity 1 Paddo's Simple            Activity 2 Partner Score            Activity 3 Stuck in the Mud; Ball Take stuck in the Mud            Activity 4 Rugby End Ball</p>	<p><b>Session 4</b></p> <p>Activity 1 Tactile Pressure Relay, Relay + Activity            Activity 2 Ball in Hand Relay, Relay + Activity            Activity 3 Reds Rush            Activity 4 4 v 2 Invasion Game</p> <p><b>Session 5</b></p> <p>Activity 1 Rats &amp; Rabbits            Activity 2 Rugby Rounders            Activity 3 Apples &amp; Oranges; 51% 1 v 1            Activity 4 EdRugby Invasion Game</p> <p><b>Session 6 Games Night</b></p> <p>Activity 1 Rugby End Ball            Activity 2 EdRugby Invasion Game            Activity 3 Ball Take Walla            Activity 4 Walla</p>
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The activities focus on ball familiarisation, passing & receiving, Evasion & Pursuit and Invasion games each week. Although the age split is 5-8, we will treat 5/6 similar and 7/8 similar. The instructor stays with the group for all 4 activities. This can then aid familiarisation with the group during the session and each week. The complexity of the activities can then be more efficiently adapted as the knowledge of participants will be far greater from the instructors' point of view. Also addressed is the issue of playing the game 'game sense' approach, as each week the participants are taken through a series of activities and skills where they can apply these at the final component of the session each week. Week 6 is the only difference in the format with the focus solely on games. This can allow a greater bridge in Modified Games competitions and also fitting finale to the TryRugby program.

# Ball in two hands race



Session	1
Activity	1
Age Group	5-8



## How to play

**Players commence on one side of the grid with ball in two hands. On the “go” command players run across the grid scoring a try at the opposite side of the grid.**

- Option One** Standing facing forward.
- Option Two** Standing facing away
- Option Three** Lying down facing forward
- Option Four** Lying down facing backward

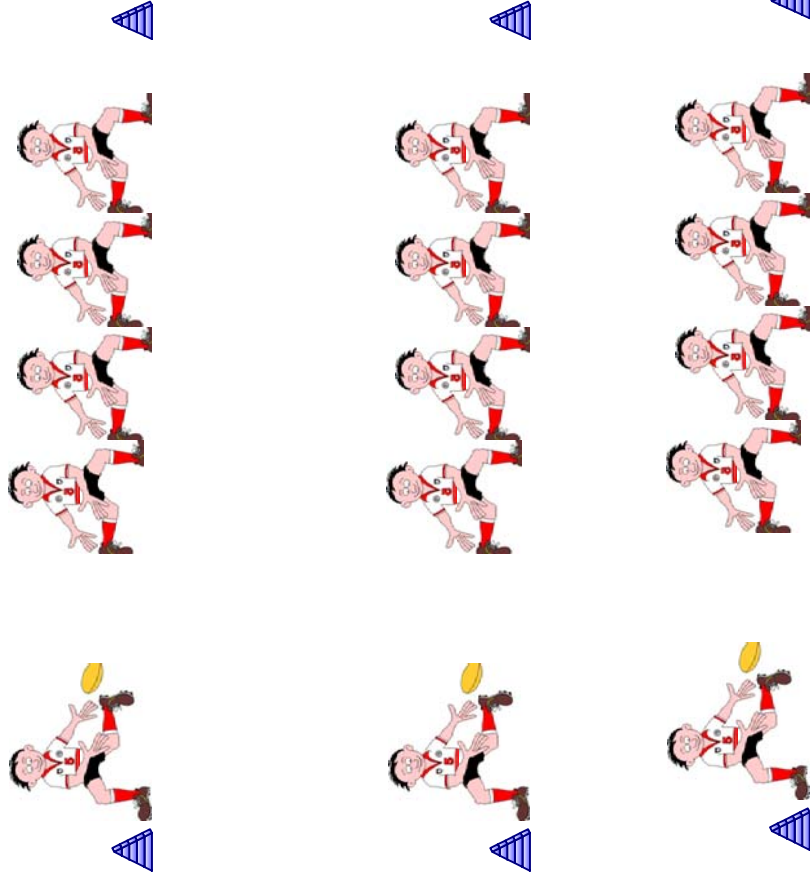
*Key Points - Two hands, finger tip control, soft hands.*

**2/3 players per marker is ideal allowing for recovery.**

# Captain Ball



Session 1  
Activity 2a  
Age Group 5-8



*How to play*

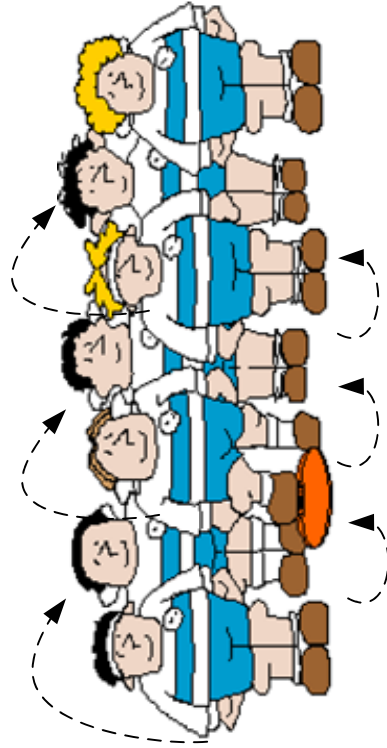
Teams stand in single file 5m away from the “captain”. The captain passes the ball to the first player who returns the pass and sits down. The captain passes to each player in turn. Upon reaching the last player, that person runs to become captain while the previous captain becomes the first in line with all players shuffling back. Repeat until all players have been captain.

*Key Points - Hands up, pass to the hands*

**All passes should be made with players standing side on so the pass is executed correctly. Use lineout throws for older players as a variation.**

# Overs & Unders

Session	1
Activity	2b
Age Group	5-8



## *How to play*

**Begin with equal numbers on each team (4-5 is ideal) Each team has a ball with the players lined up behind each other in single file. The front player in each team passes the ball through his/her legs to the player behind. The second player then transfers to the player behind him by tossing a soft pass over head (overs unders pattern) Repeat until ball gets to the end of the line and back player runs to the front with all players shuffling back.**

*Key Points - Hands out, reach for the ball, soft hands*

**Young players like to chant “over” “under”**

**A progression is to pass the ball by increasing the distance between the players.**



# Apples & Oranges

Session	1
Activity	3a
Age Group	5-8



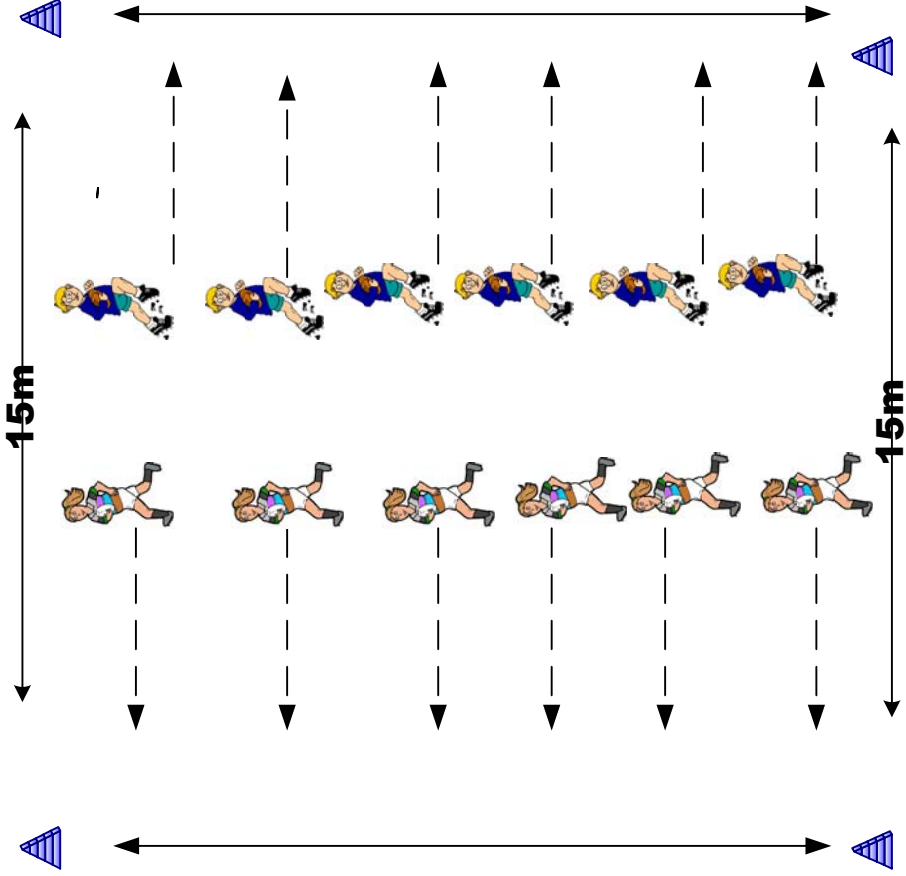
*How to play*

**Teams line up facing each other with one called oranges and the other apples. The coach calls either apples or oranges and that team must try and get “home” without being tagged by the other team.**

*Key Points - Two hands, tagger put your head to the side of the player you are tagging*

**Vary the starting position of the players - start side on and a greater distance apart (2m), turn back to back and close the gap when the players become more accustomed to the activity.**

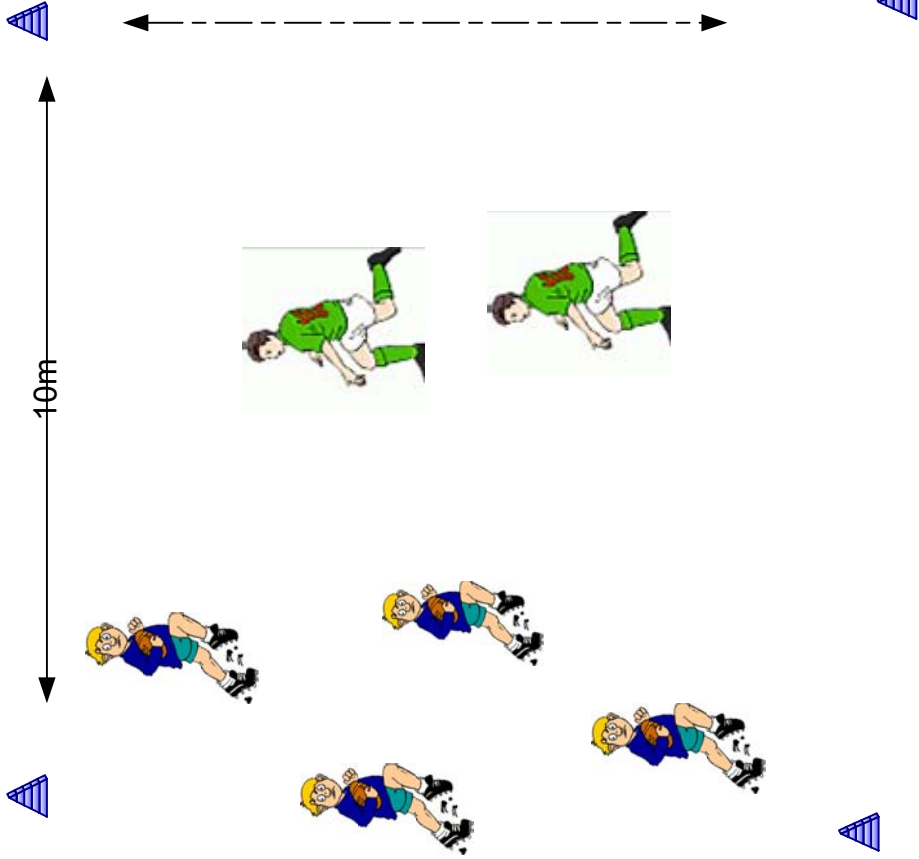
**Note - be careful of getting the players too close to avoid contact with the head.**



# Stuck in the Mud



Session	1
Activity	3b
Age Group	5-8



## How to play

**Six runners will attempt to evade two defenders. They must remain stationary (stuck) with legs astride after being tagged until another player releases them. To release the stuck player a team mate must crawl through the legs. The game continues for a set time or until all ball carriers are stuck then the roles rotate.**

*Key Points - Fast feet, change direction*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

# Rugby

## Octopus

Session	1
Activity	4
Age Group	5-8



### How to play

Players commence on one side of the grid with ball three master taggers in the middle of the grid.

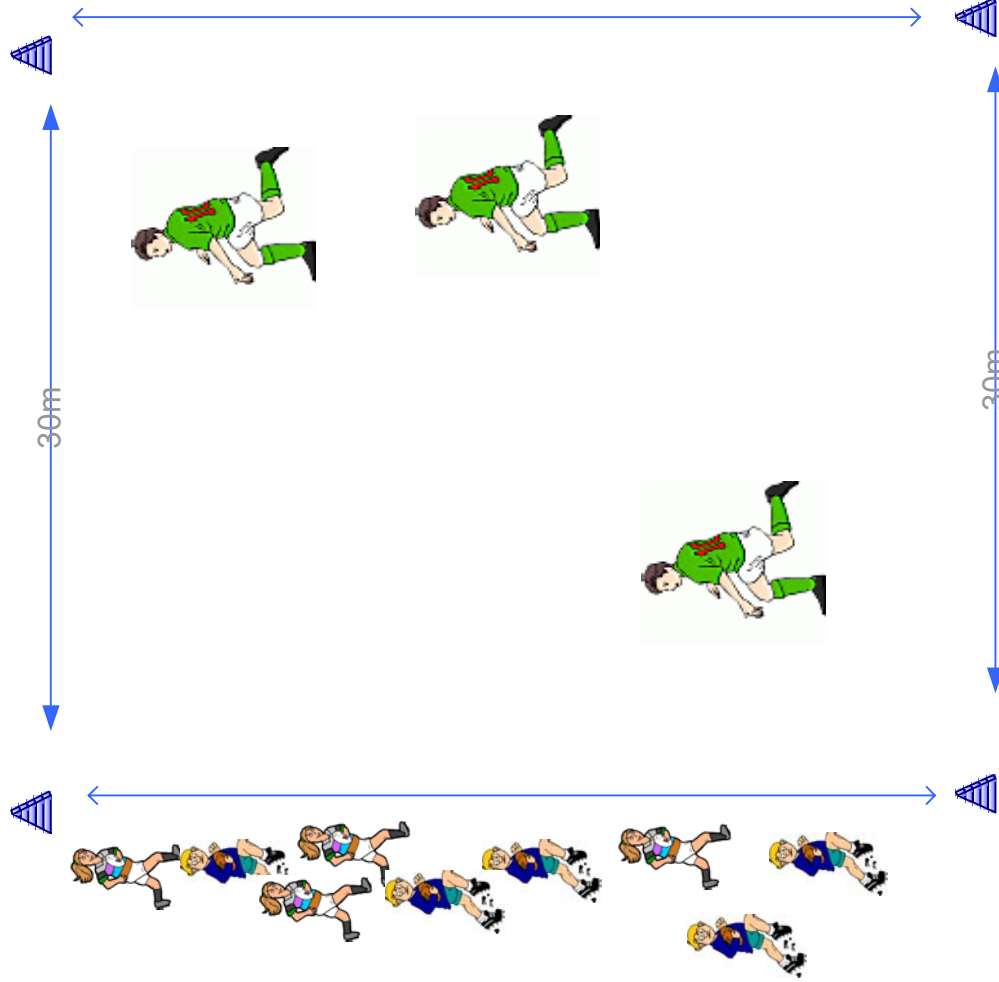
On the coaches call “rugby octopus” the group sets out across the grid in an attempt to get to the other side. The master taggers must try and tag these runners with a ball in two hands. When tagged the runners must drop to their knees and become assistant taggers (or octopi) They cannot move but may tag runners with just one hand.

*Key Points - Go Forward, move to space, change direction*

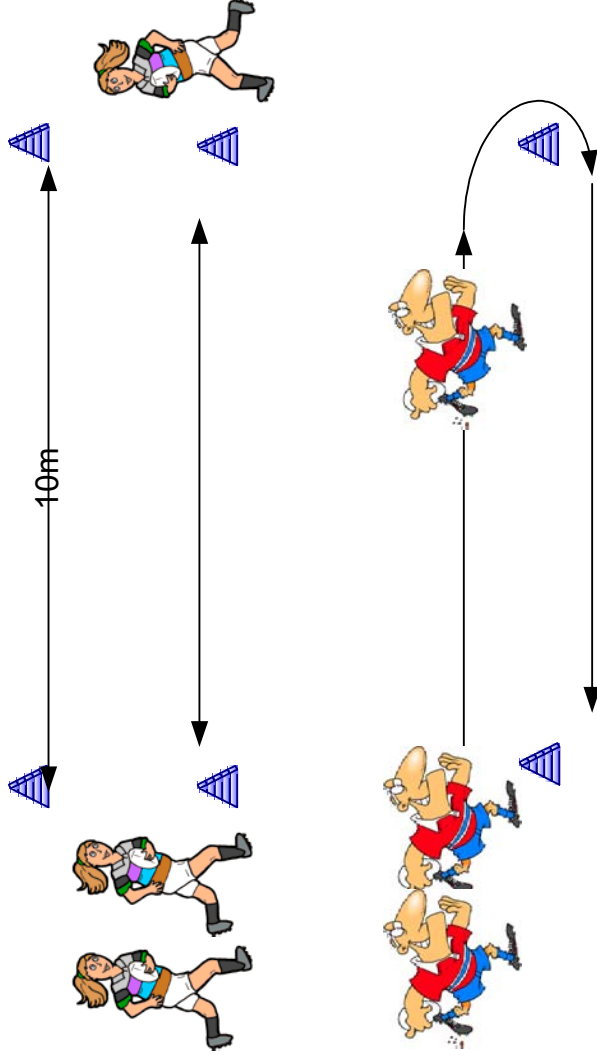
Coaches call to go should be rugby octopus as the password. Try variations to catch players out such as “go” or rugby “octopop”. If players leave on this call they must go down on their knees as if tagged.

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**



# Ball in two hands relay



Session	2
Activity	1a
Age Group	5-8

## How to play

**Players commence on one side of the grid with ball in two hands . On the “go” command players run across the grid handing the ball off to a team mate on the other side of the grid.**  
**Player can also run across, around marker and back before handing the ball off to a team mate.**

**Players can perform extra skills before moving across the grid (eg throw catch then take off)**  
**Players may also skip, hop, travel across the grid.**

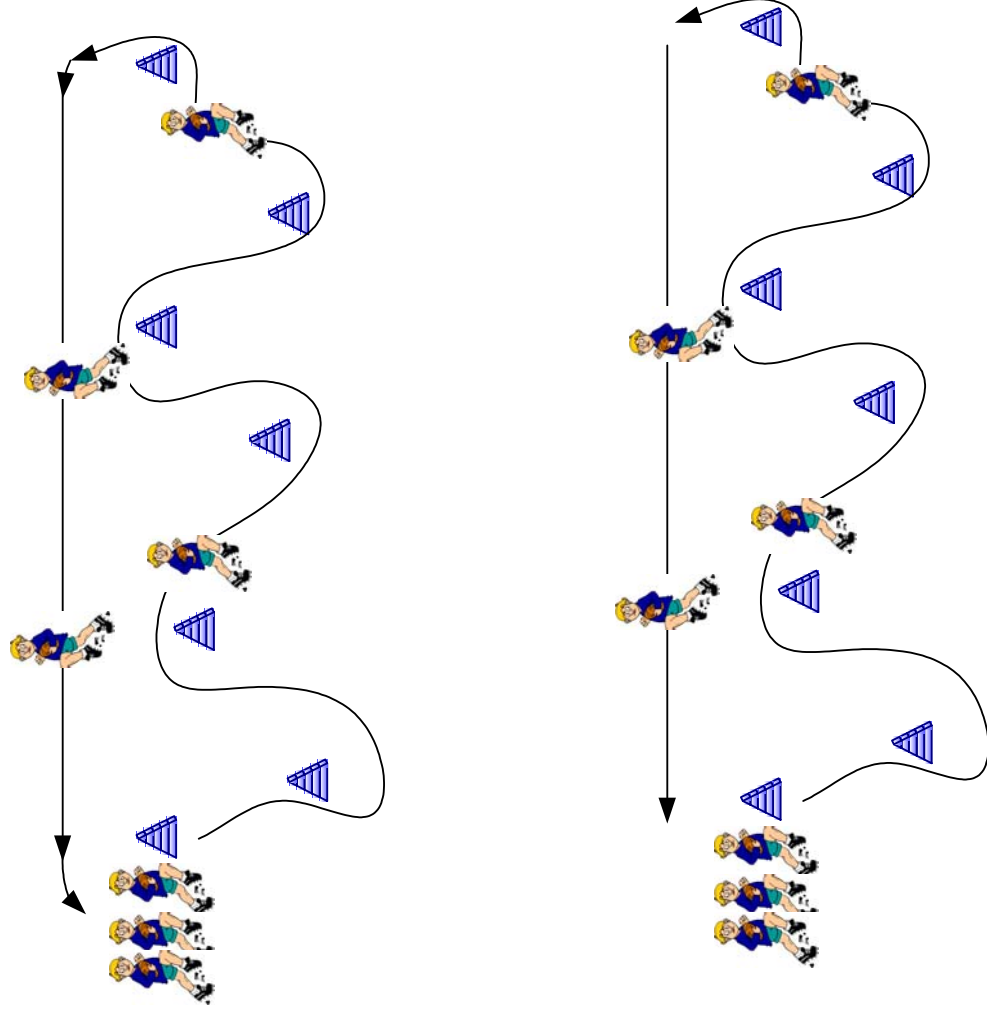
*Key Points - Two Hands, reach for the ball, finger tip control, soft hands*

**3 /4 players per marker is ideal allowing for recovery.**  
**Introduce competition elements with team races.**



# Step & Swerve

Session	2
Activity	1b
Age Group	5-8



*How to play*

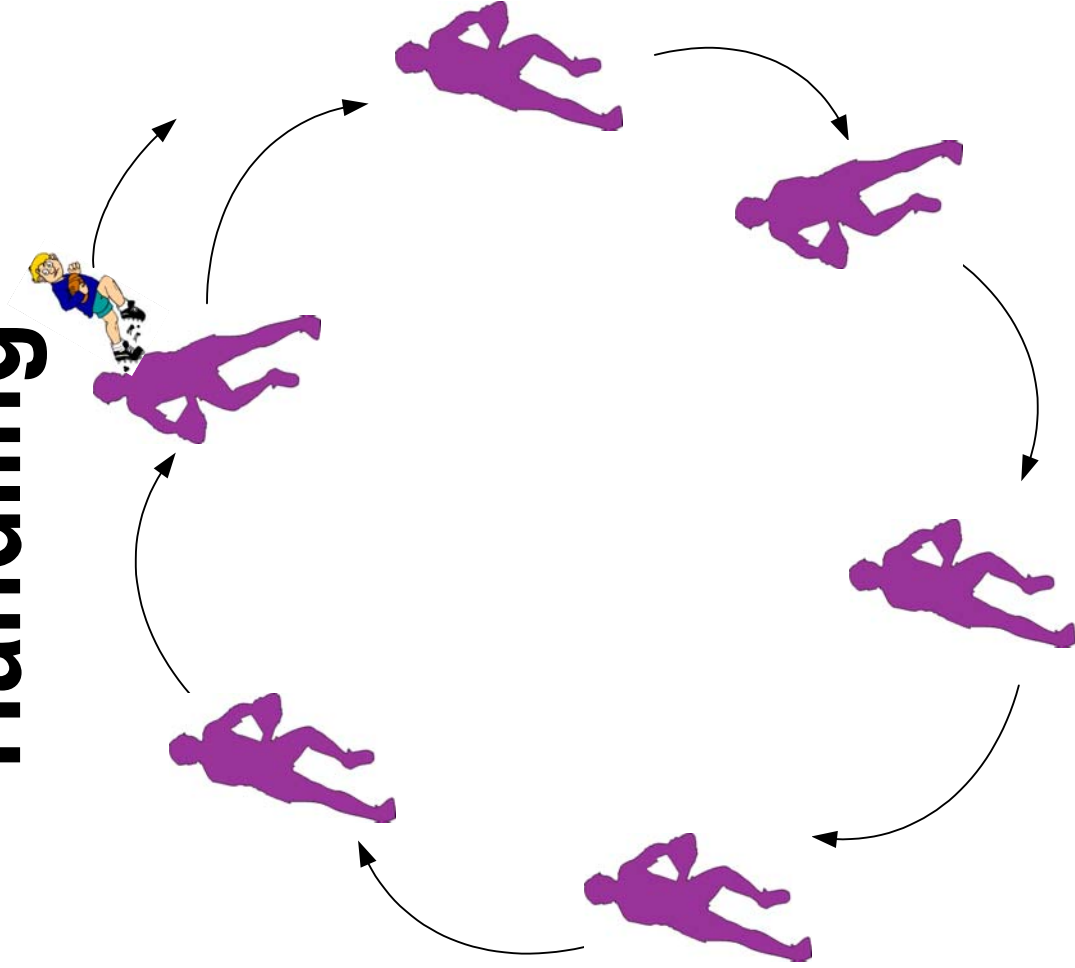
**Divide your group into two or more even teams and lay cones out in a random pattern (see diagram).**

**The first player in each team does a sprint with the ball in two hands around the obstacle course with a straight sprint back to home, transferring the ball to the next player who repeats.**

*Key Points - Two hands, finger tip control, soft hands*

**Keep group sizes small  
Introduce variations such as roll ball, around body etc as player negotiate obstacle course.**

# Circle Handling



Session	2
Activity	2
Age Group	5-8



## How to play

**Five to seven players stand in a circle spaced more than one metre apart with one ball. When instructed the players in possession passes the ball in the direction specified.**

*Key Points - Two hands, reach for the ball, finger tip control, look where you are passing*

**Younger players point in the direction they are to pass. Hand the ball between players in the initial stages.**

**Number Passes; Count the number of passes in a certain time; number of times around the circle etc.**

**Change direction; on verbal command “change” switch the direction of the ball.**

**Circle Race; Race one circle against another.**

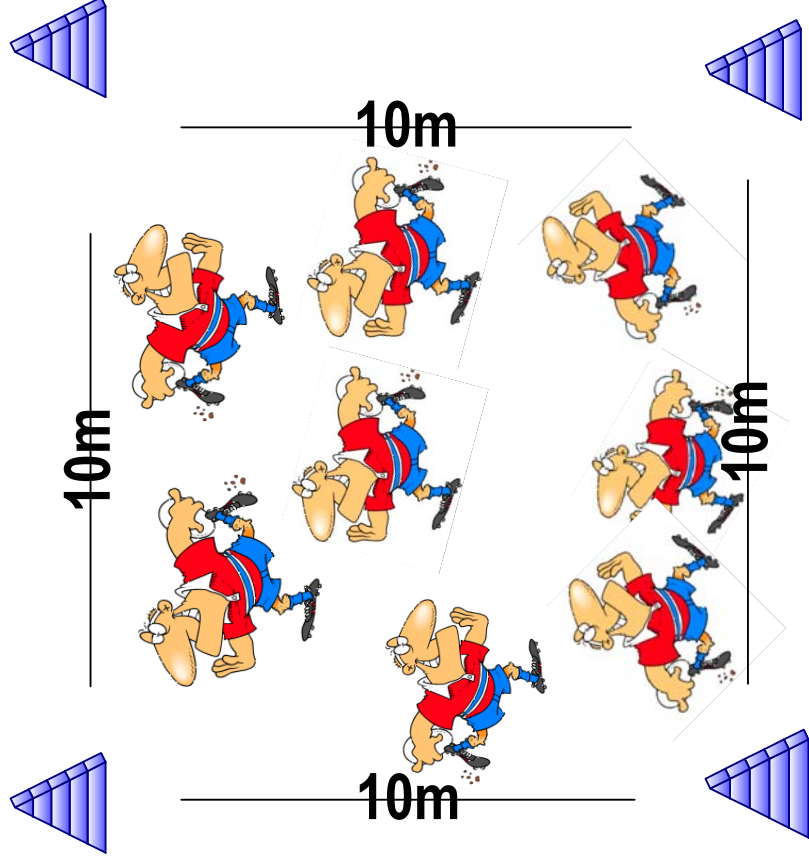
**Keep it up; See how many balls can be kept “alive” at once.**

**Beat the Ball; Send a runner round the circle to as the ball is passed to beat the ball home.**

# Tag Ball



Session	2
Activity	3
Age Group	5-8



## How to play

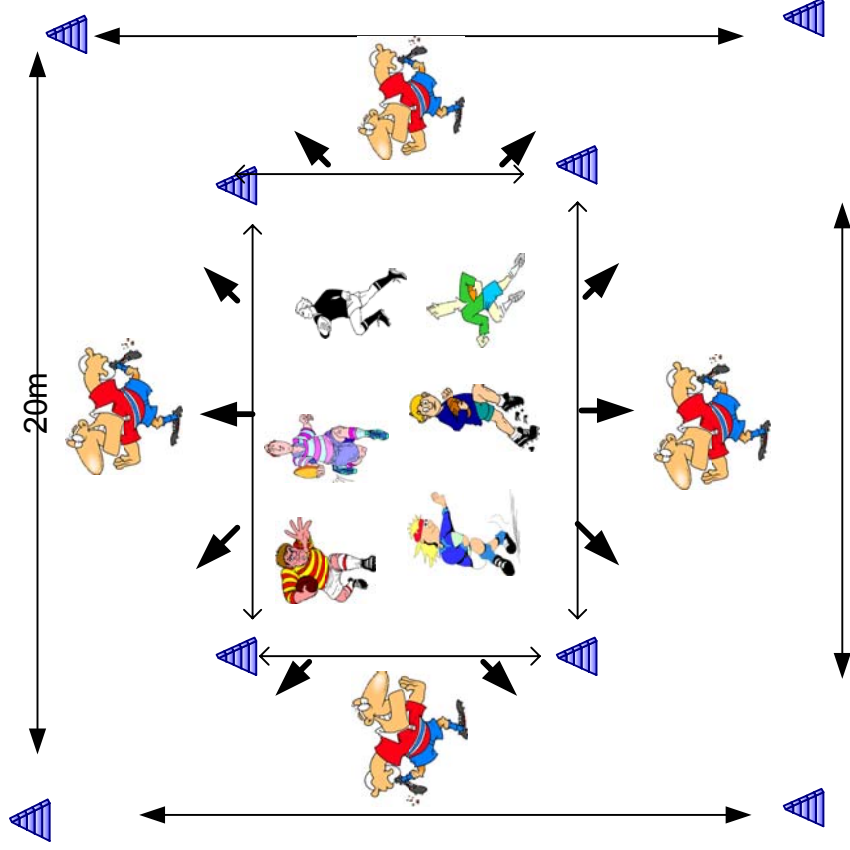
**One tagger per four players is chosen and they carry a football. The taggers attempt to tag as many runners in a set time period (1 min) with the most number of tags being the winner. Taggers are rotated after the time has expired with an overall winner being crowned when everyone has had a turn as tagger. Get the taggers to shout out the number of tags as they complete each tag.**

*Key Points - change direction, fast feet*

**The head should be positioned safely to the side or behind the player to be tagged.  
Taggers should carry the ball in two hands.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

# Bugs and Spiders

Session	2
Activity	4
Age Group	5-8



## How to play

**A smaller grid is centred one third the size of the larger grid.**

**The centre grid is a “safe” grid for one team (bugs). Another group of players (spiders) begin in the outer grid space.**

**When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, with those who make it to the outside grid returning to the safe inner grid and the game continues until all have been tagged.**

*Key Points - Fast feet, change direction, move to space, close down space*

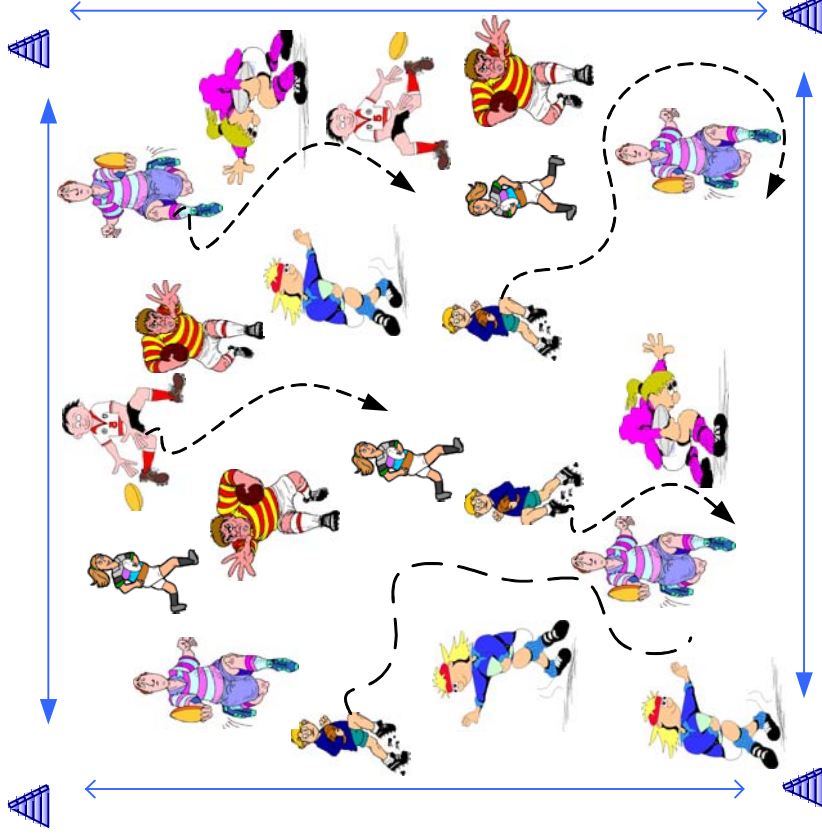
**Two handed Walla tag from the spiders.**

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged. The arms should reach in front to make the tag.**

**Head up watching for oncoming players.**

# Paddo's Simple

Session	3
Activity	1
Age Group	5-8



## *How to play*

**The basic activity is designed for each player to have a ball, and perform various skills within the grid on the coaches call. Throw and catch, roll and pick up, ball around the body etc**

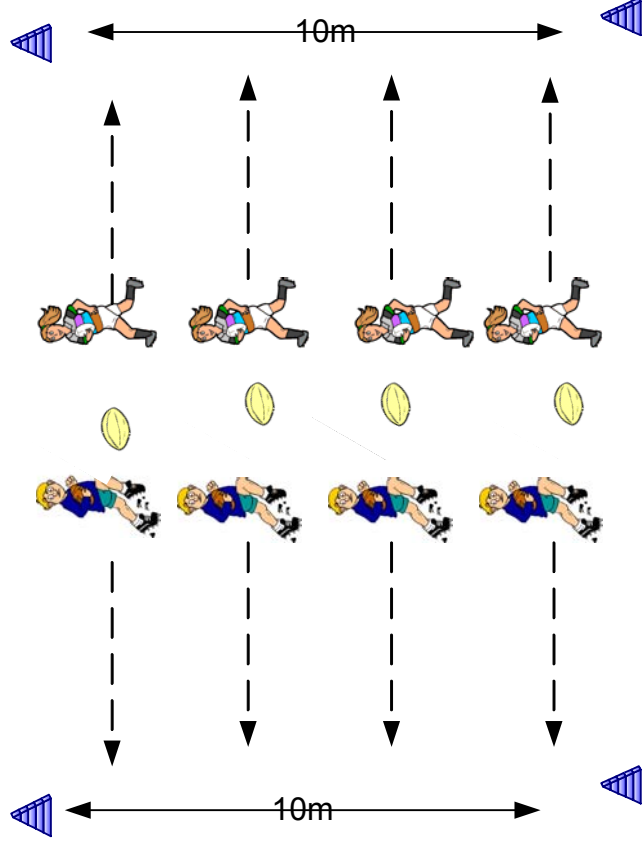
**Key Points - Two hands, finger tip control, soft hands**

**Size of the grid is important with players operating in close proximity without compromising safety.**

**Player can pair up and perform skills with one ball.**

# Partner Score

Session	3
Activity	2
Age Group	5-8



*How to play*

**Player perform skills in pairs (pass, catch, roll, high pass etc) until “go” command from instructor.**

**The player who has the ball on the command must run to the try line behind them and score a try.**

*Key Points - Hands up, finger tip control, reach for the ball, soft hands*

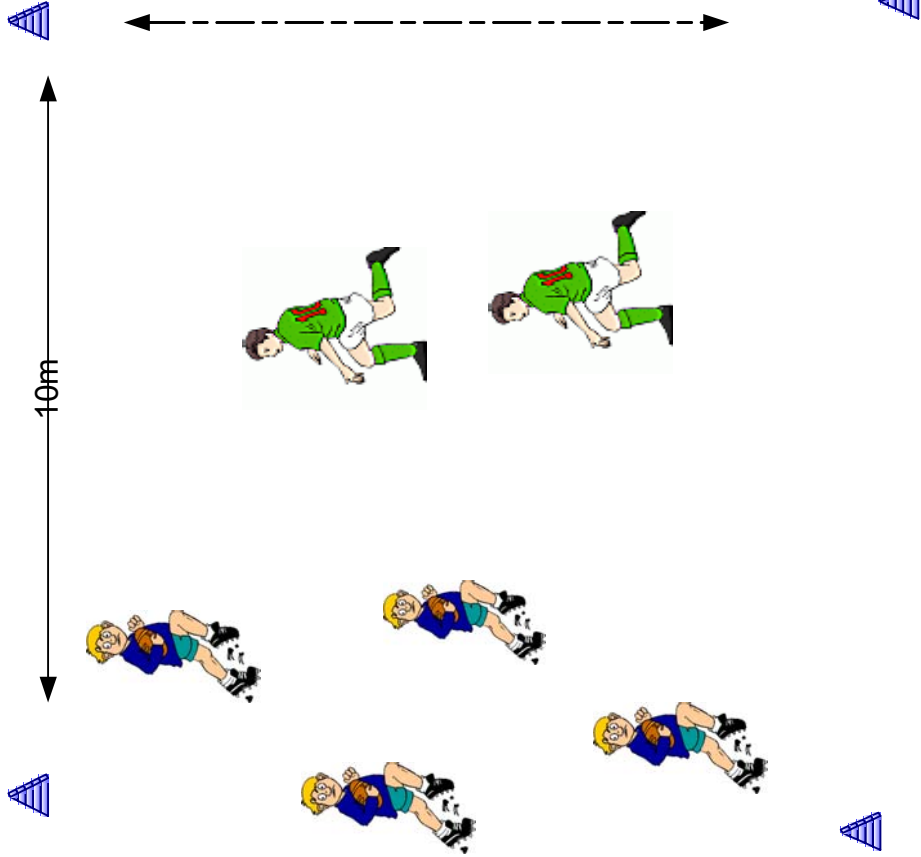
**Use a variety of passes varying the height of pass and the distance between the players as they become more proficient.**

**Two balls can be used with individual skills (see Paddo’s Simple) being performed with both scoring tries on the “go” command.**

# Stuck in the Mud



Session	3
Activity	3a
Age Group	5-8



## How to play

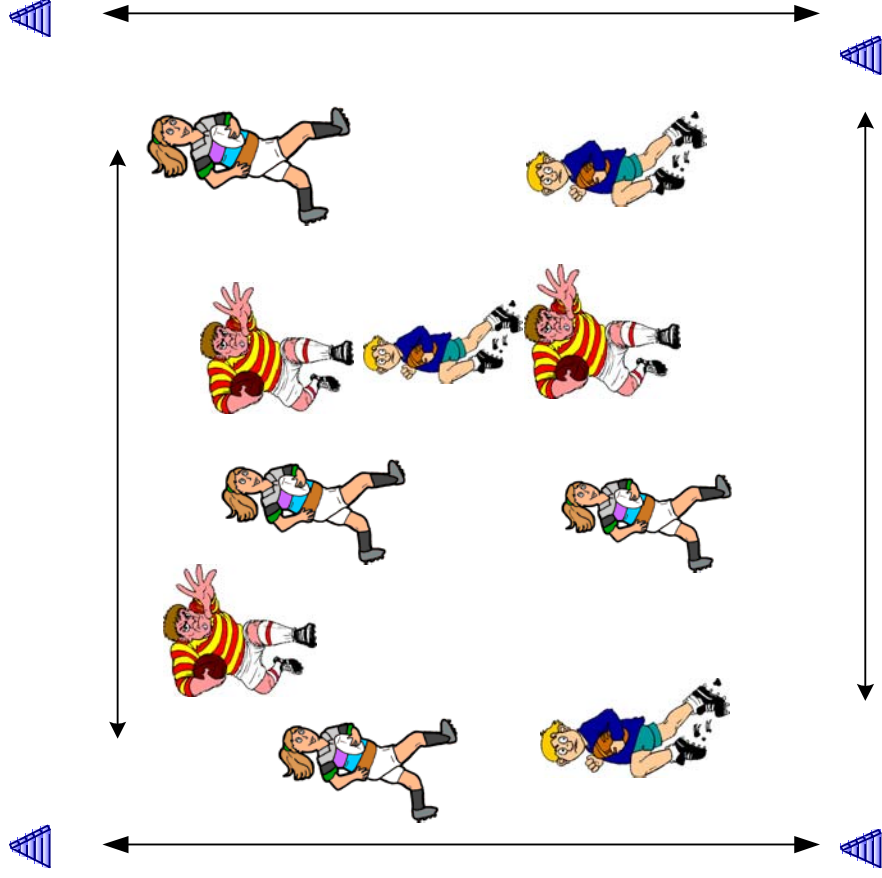
**Six runners will attempt to evade two defenders. They must remain stationary (stuck) with legs astride after being tagged until another player releases them. To release the stuck player a team mate must crawl through the legs. The game continues for a set time or until all ball carriers are stuck then the roles rotate.**

*Key Points - Fast feet, change direction*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

# Ball take stuck in the mud

Session	3
Activity	3b
Age Group	5-8



## How to play

Six runners with two balls attempt to evade two defenders. They must remain stationary (stuck) after being tagged until another player performing a ball take can release stuck players. To complete a ball take;

1. Turn to face your supporting players
2. Hold the ball out from the body at chest height
3. Don't release the ball until a support player has a two handed grip on the ball
4. Supporting players taking the ball must pass to another player

The game continues for set time or until all ball carriers are stuck then the roles rotate.

*Key Points - Change direction, fast feet, two hands, reach for the ball*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**



# Rugby End Ball



Session	3
Activity	4
Age Group	5-8

## How to play

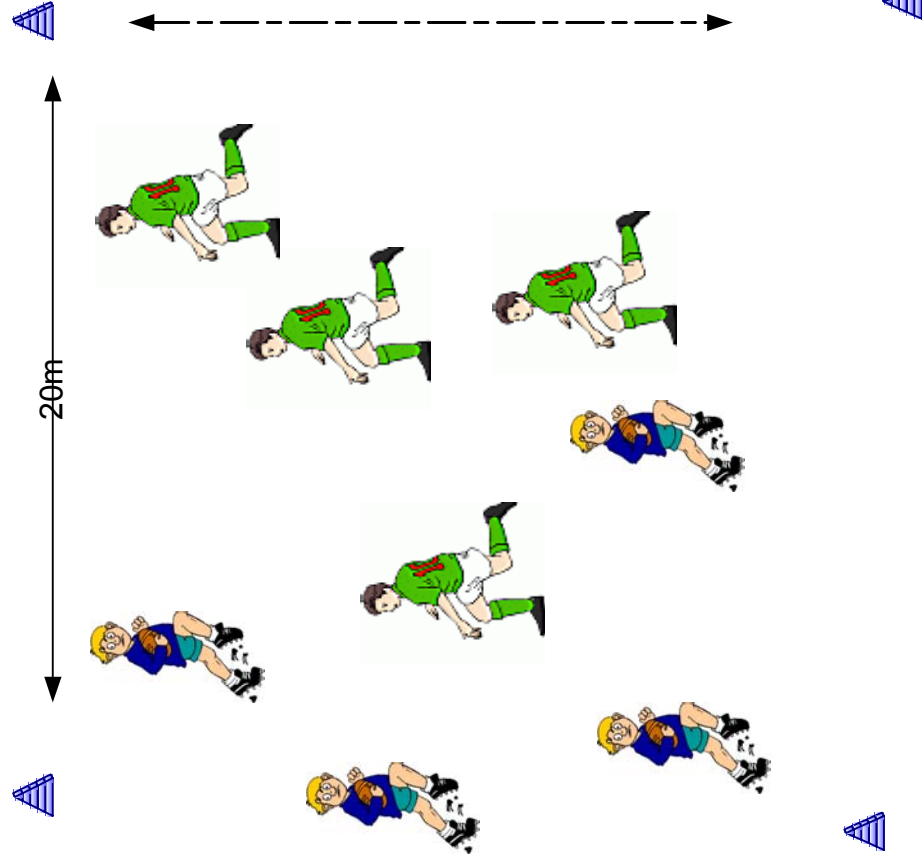
**Equal numbered teams with attackers attempting to score by passing the ball to a team mate over the end line . Players in possession cannot run but can pass in any direction, with defenders not allowed to contact attackers. Possession changes when the ball is dropped, intercepted or after a score.**

**A progression is to allow ball carriers to run and change over possession after being tagged.**

*Key Points- Go forward, move to space, close down space*

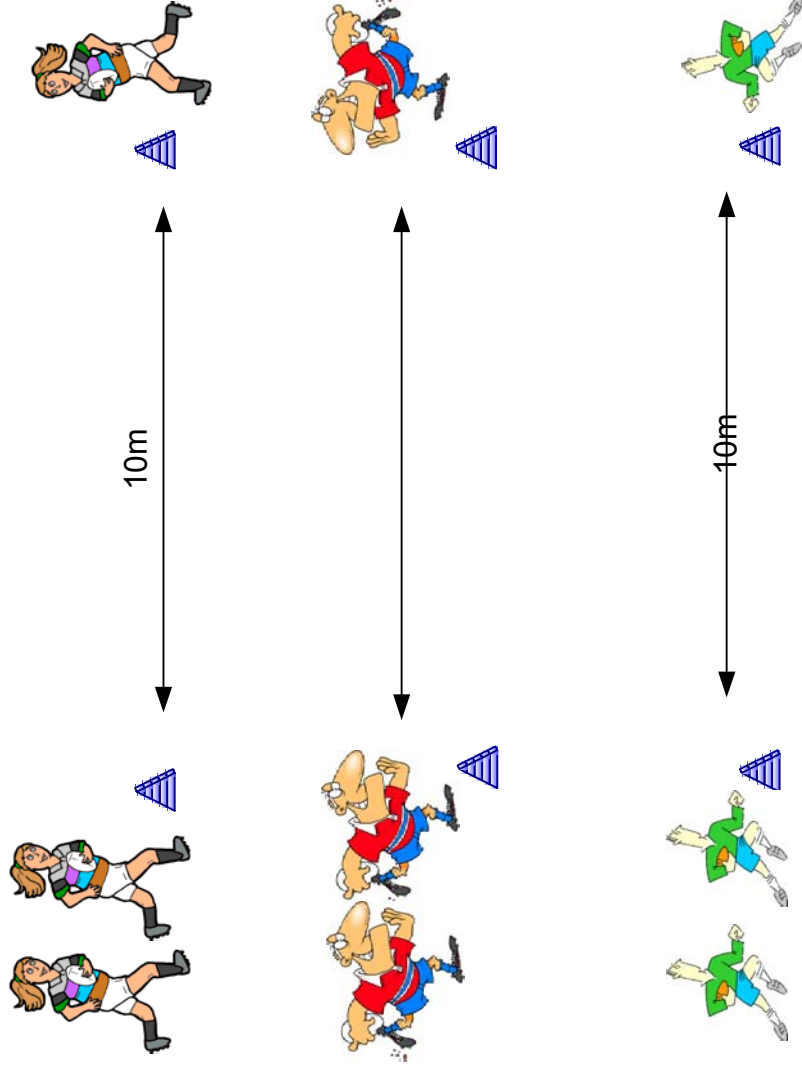
**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**



# Tactile Pressure Relay

Session	4
Activity	1
Age Group	5-8



## How to play

**Two players commence on one side of the grid with one player on the other side . On the “go” command the first player performs an activity for a set number of repetitions. The player then runs across the grid handing the ball over to the next runner.**

## Skills

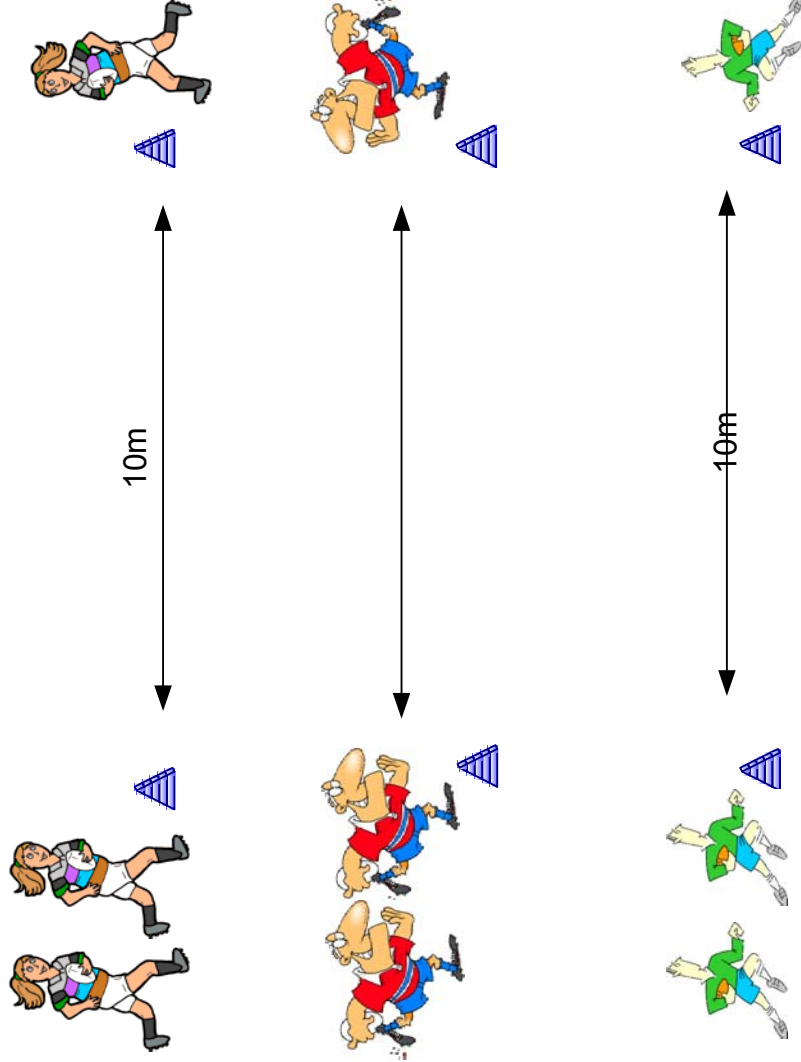
- Around the head**
- Around the ankles**
- Figure 8 between legs**
- Combination of the above**

*Key Points - Two hands on the ball, finger tip control, soft hands*

**Introduce competitive relays once players become familiar with the skills.**

# Ball in Hand Relay

Session	4
Activity	2
Age Group	5-8



## How to play

Two players commence on one side of the grid with one player on the other side . On the “go” command the first player performs an activity for a set number of repetitions. The player then runs across the grid handing the ball over.

## Skills

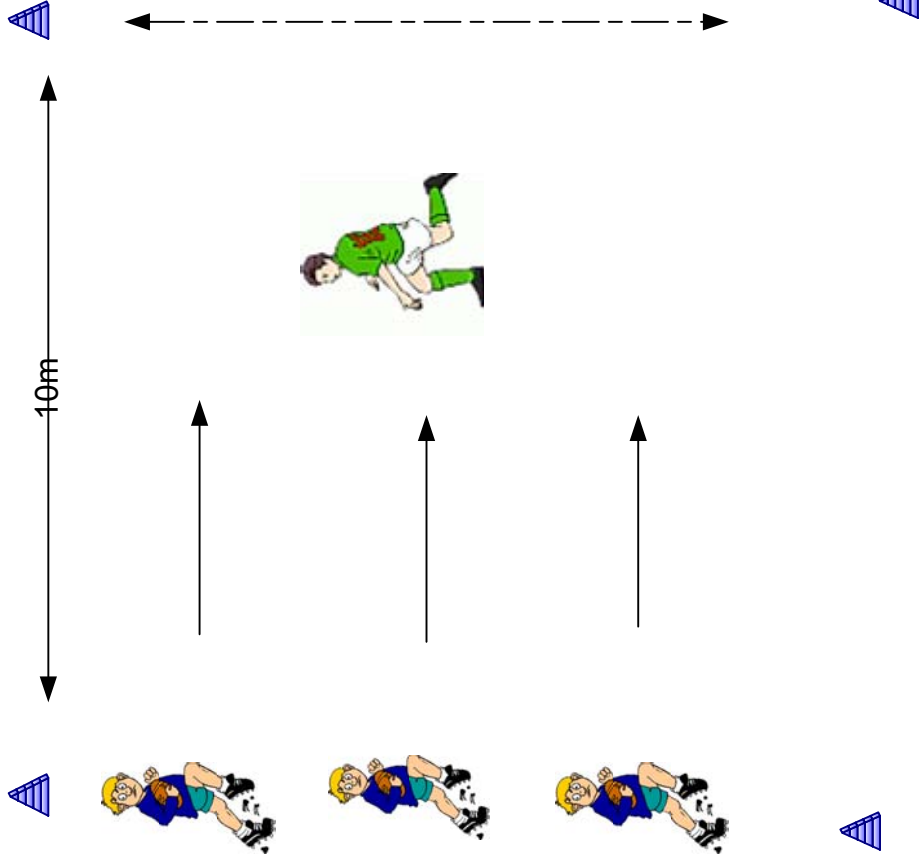
- Throw and catch
- Pat between hands
- Throw turn and catch
- Throw clap and catch
- Combination of the above

Key Points- Two hands, reach for the ball, finger tip control, soft hands

**Introduce competitive relays once players become familiar with the skills.**

# Reds Rush

## 3v1



### *How to play*

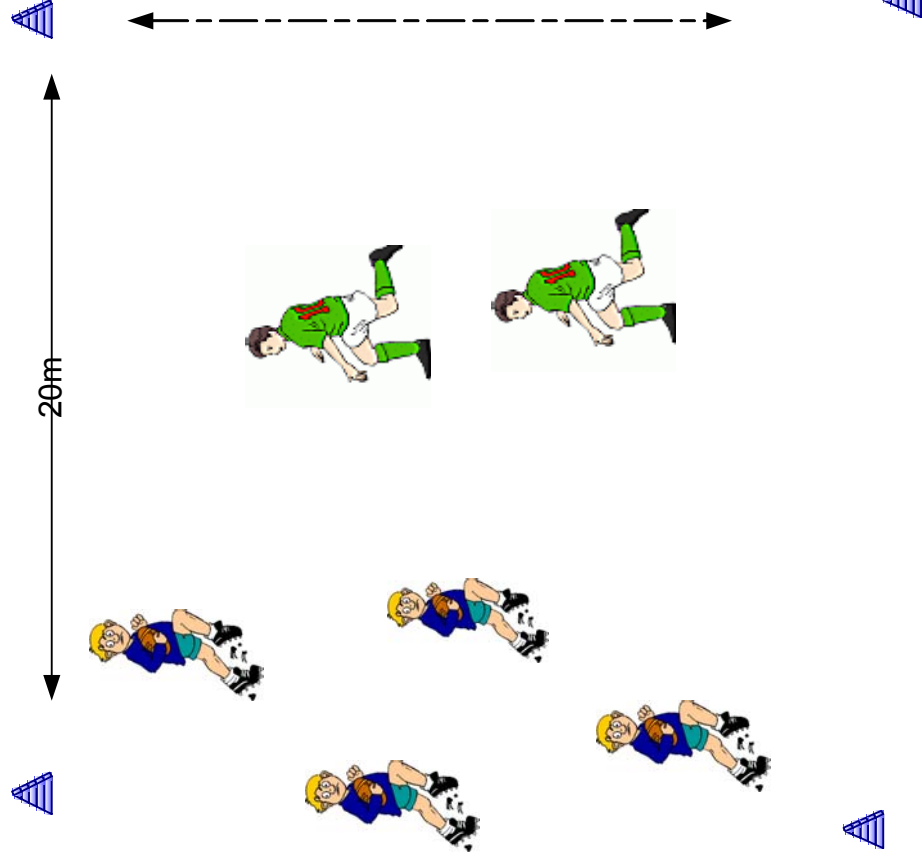
**Three runners start on one side of the grid opposing one defender. When instructed the runners (carrying a ball each) attempt to cross the grid without being tagged. Tagged players join the defensive team.**

*Key Points - Change direction, fast feet*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

Session	4
Activity	3
Age Group	5-8

# 4 v 2 Invasion Game



Session	4
Activity	4
Age Group	5-8



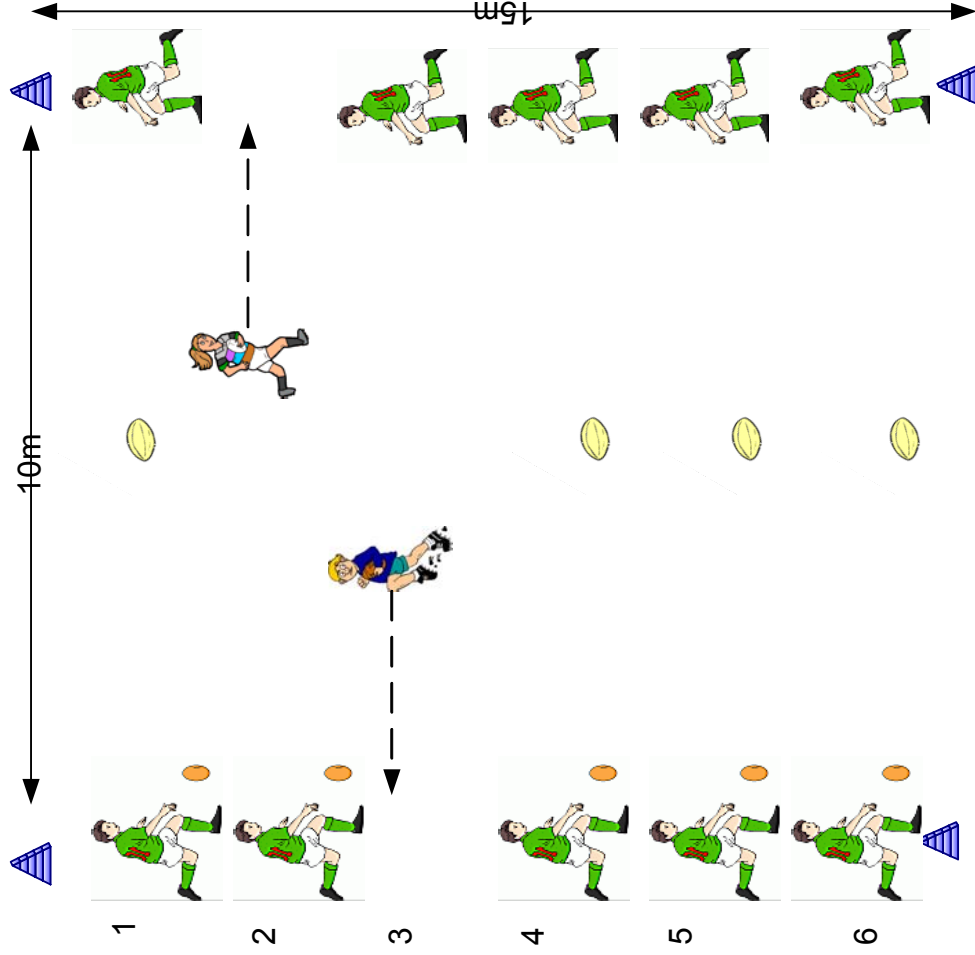
## How to play

**Four attackers with one ball must attempt to beat two defenders and score a try over the end-line. Players in possession cannot run but can pass in any direction. The defender attempts to tag attacking players in possession. When a tag is made play resumes with the new attacker making a pass. When a try is scored, swap roles, go back and start again.**

**Key Points-** Go forward, move to space, close down space

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

# Rats & Rabbits



## How to play

**The Players are split into two groups and numbered consecutively. They are then lined up facing each other (same numbers opposite). Balls are placed in the middle of the grid (one ball per pair). When the players number is called they must run out and retrieve a ball. Once they do so they return to their own teams line and score a try. Instructors should communicate which line number is called out first (4, 3).**

**Key Points-***Two hands, finger tip control, soft hands, fast feet, carry the ball in two hands*

**As the participants become more proficient, the same number can be called out (4, 4). Another progression can see two sets of pairs (4's & 6's) can be called out with 4 players then chasing balls.**

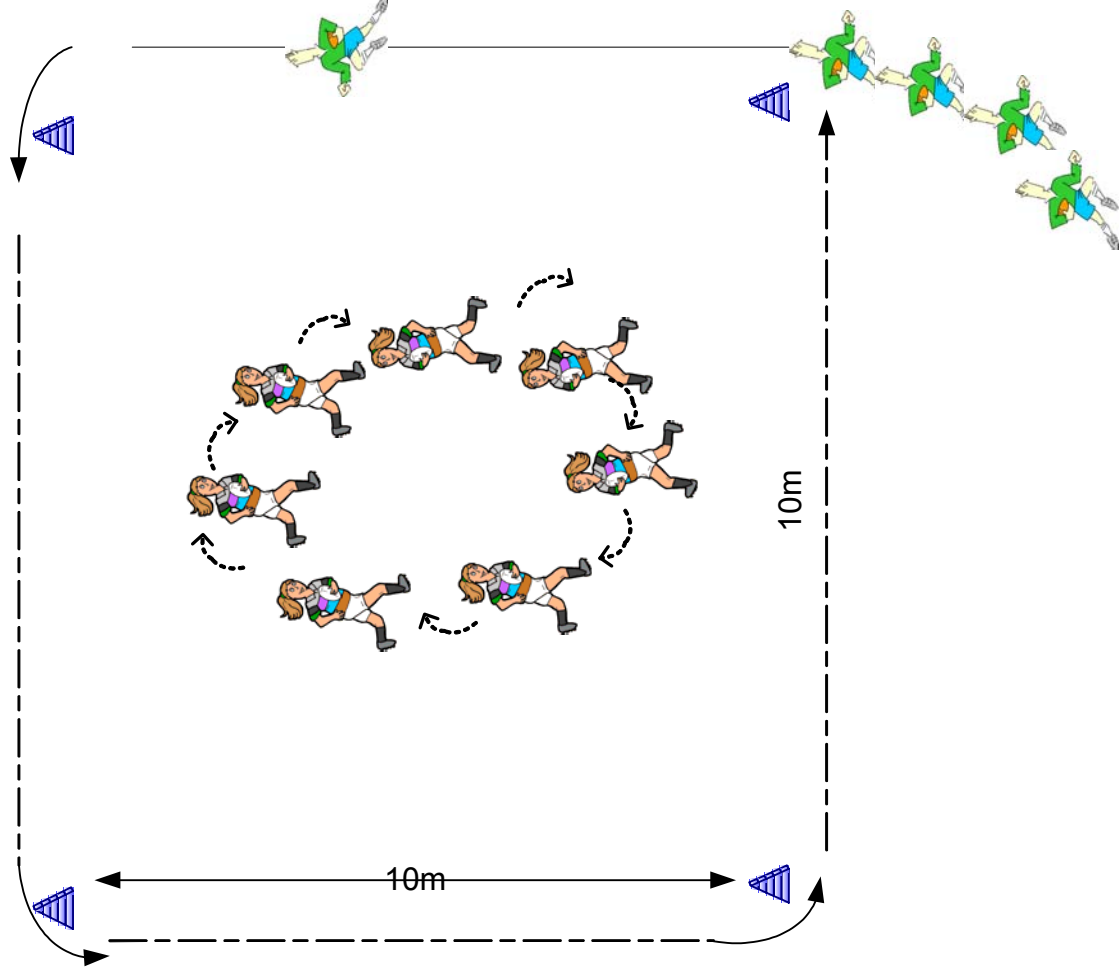
**Individual skills can be performed before returning to their line (Throw and catch etc).**

**Note - If two players go for the same ball the one who is closer 'commands' the ball and the opposition should go to the next available ball.**

Session	5
Activity	1
Age Group	5-8

# Rugby Rounders

Session	5
Activity	2
Age Group	5-8



## *How to play*

**Using two 10m grids two teams of 5-7 players, with one team in a circle the other in a line. Each team has a ball. When instructed the players in the circle pass around the circle, with each pass counting as a score.**

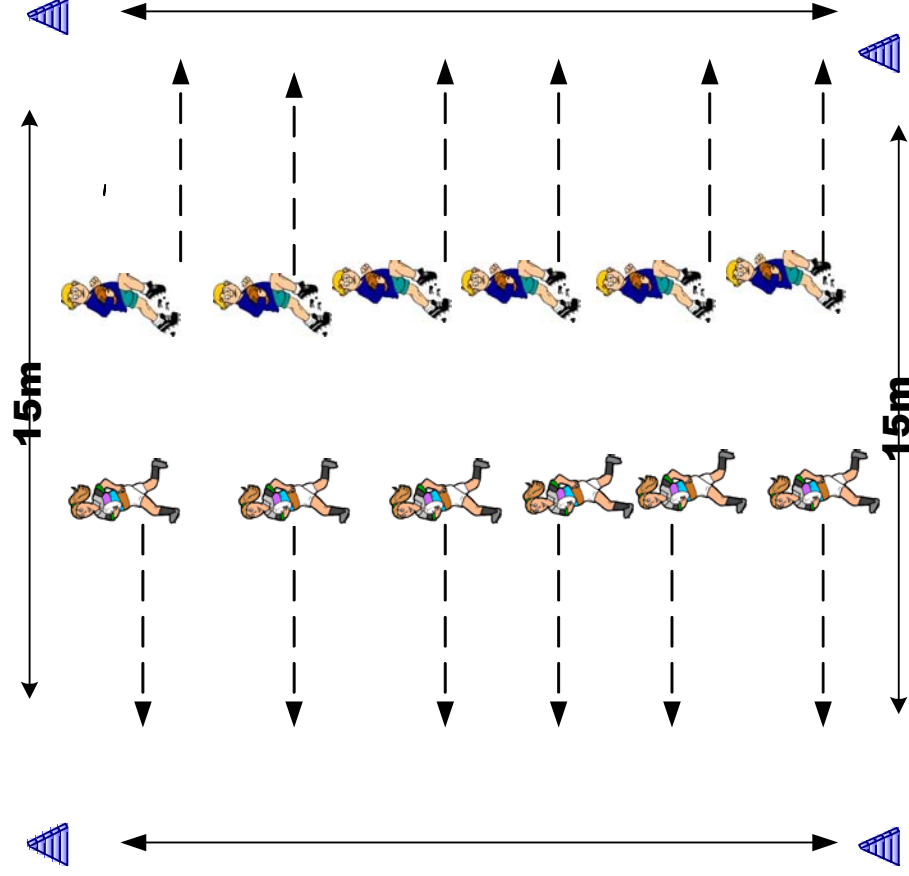
**At the same time the opposition run a relay around the grid markers with the ball. After the last player completes their relay run the team shouts stop and the activity ceases. Team roles are swapped and scores compared.**

*Key Points- Two hands, reach for the ball*

**Ensure the circle size is the same for each team and the running team hand the ball over at each change of runner.**

# Apples & Oranges

Session	5
Activity	3a
Age Group	5-8



*How to play*

**Teams line up facing each other with one called oranges and the other apples. The coach calls either apples or oranges and that team must try and get “home” without being tagged by the other team.**

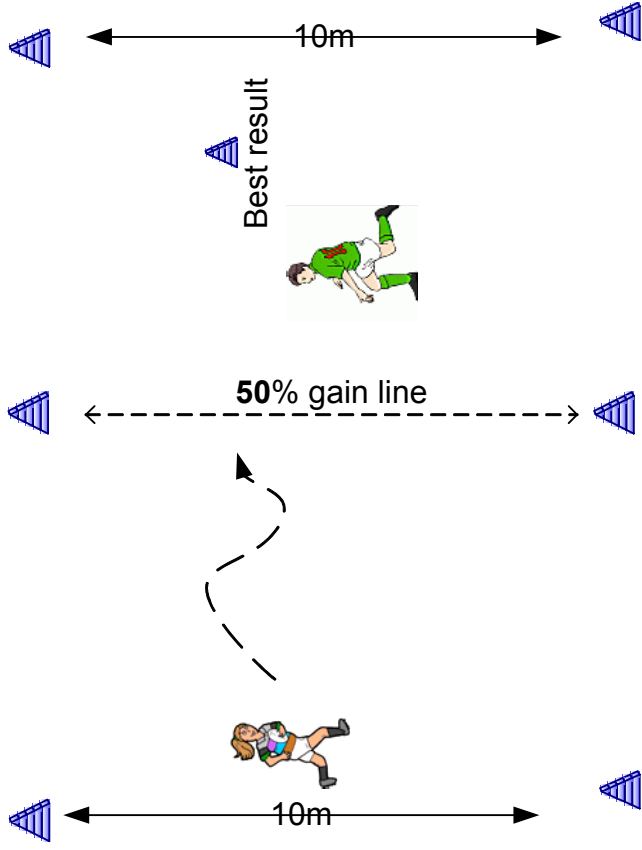
*Key Points - Two hands, tagger put your head to the side of the player you are tagging*

**Vary the starting position of the players - start side on and a greater distance apart (2m), turn back to back and close the gap when the players become more accustomed to the activity.  
Note - be careful of getting the players too close to avoid contact with the head.**



# 51% 1v1

Session	5
Activity	3b
Age Group	5-8



## How to play

**An attacker with the ball begins at one end of the grid, and a defender begins at the opposite end. The attacker attempt to beat the defender (place a coloured marker at their best result i.e. most distance gained).**

**Key Points - Change direction, fast feet, fix the defender**

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged. The arms should reach in front to make the tag.**

**Head up watching for oncoming players.**

**Instructor questions;**

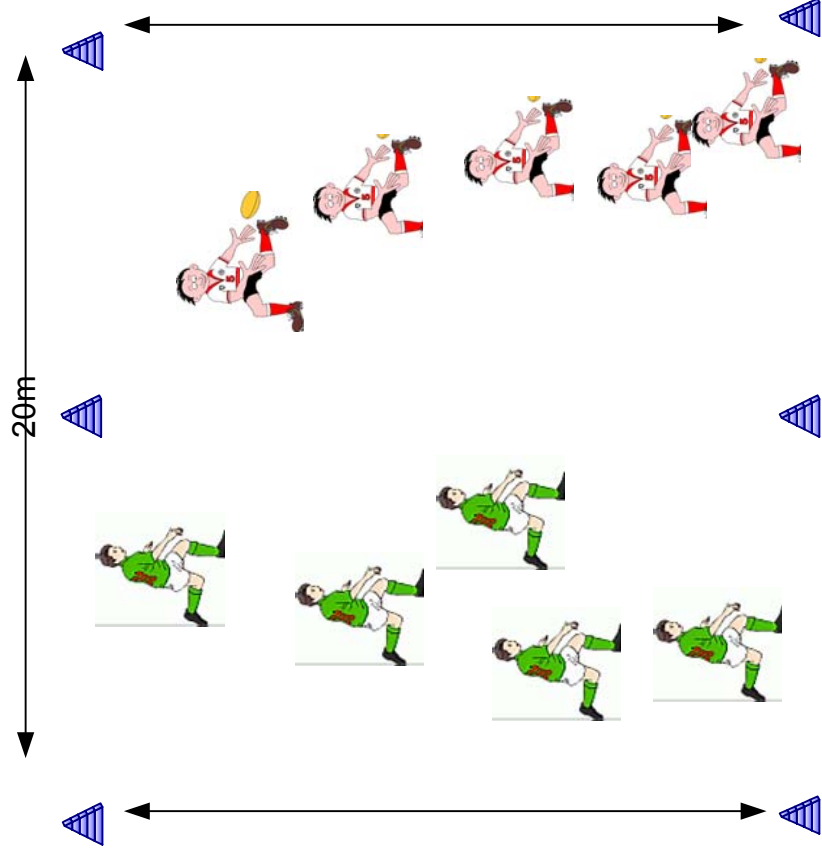
**“ What are you trying to do”**

**“ What did you do”**

**“ What was the result”**

**Attacker should get across the halfway (gain line).**

# EdRugby Invasion Game



Session	5
Activity	4
Age Group	5-8



## How to play

**Two teams with 4-7 players per team. The game is played as a game of touch with all Walla Tags resulting in a pass restart. The defence must return to an on-side position at each tag (3 steps back). Possession changes when the ball is dropped, intercepted or after a score. The attack is allowed a max of 6 tags before they hand over the ball.**

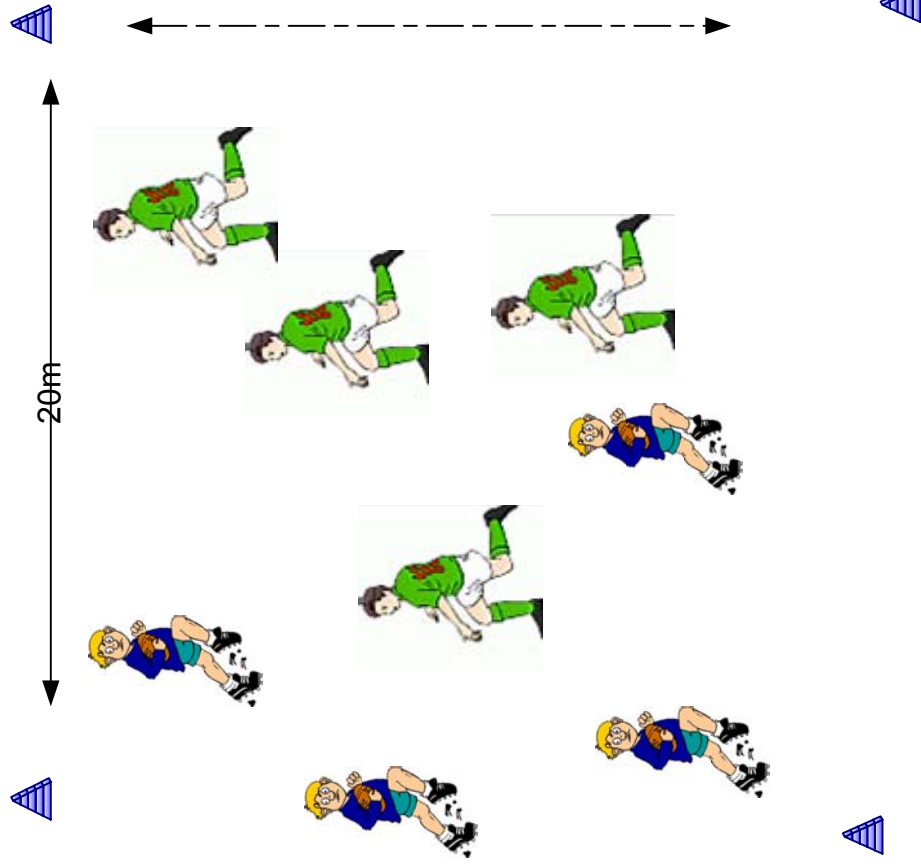
**Key Points-** *Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

# Rugby End Ball



Session	6
Activity	1
Age Group	5-8



## *How to play*

**Equal numbered teams with attackers attempting to score by passing the ball to a team mate over the end line . Players in possession cannot run but can pass in any direction, with defenders not allowed to contact attackers. Possession changes when the ball is dropped, intercepted or after a score.**

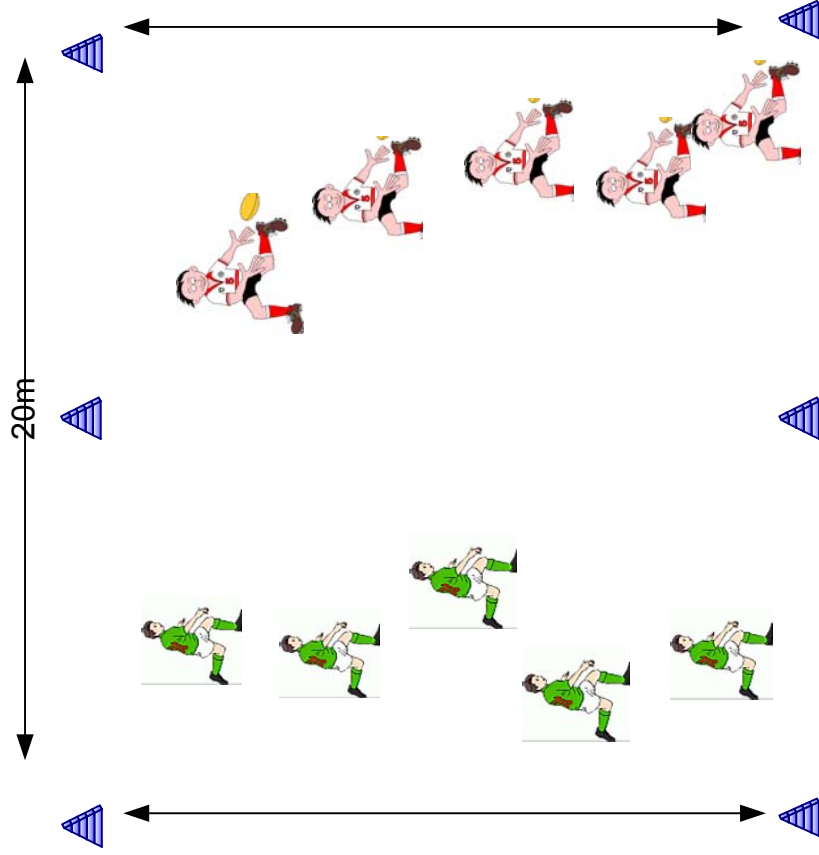
**A progression is to allow ball carriers to run and change over possession after being tagged.**

*Key Points- Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**

# EdRugby Invasion Game



Session	6
Activity	2
Age Group	5-8



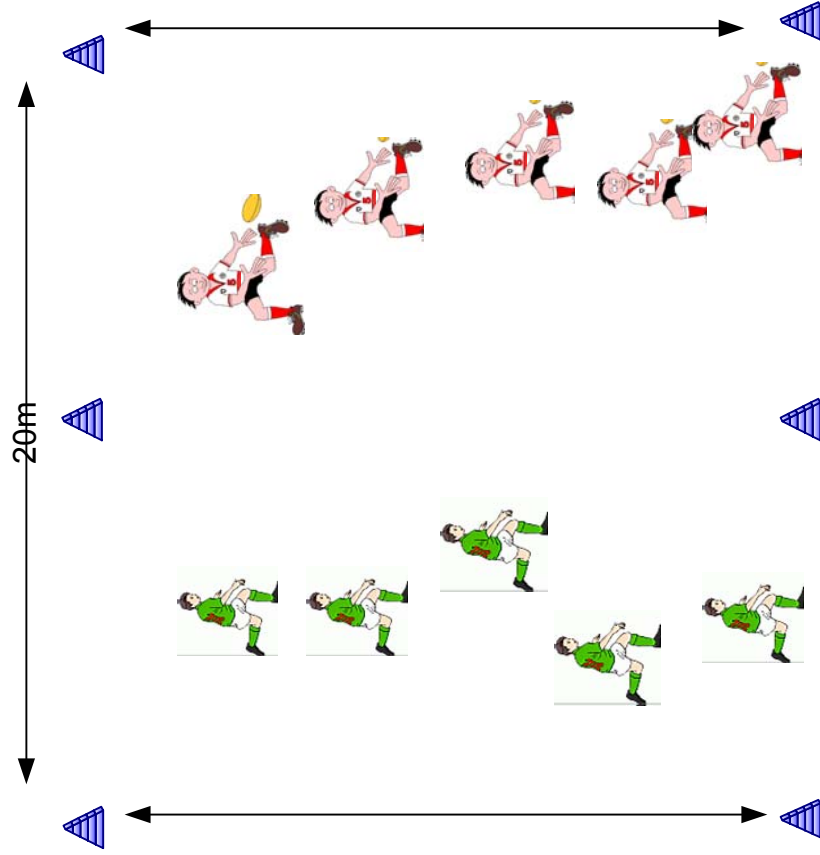
## How to play

**Two teams with 4-7 players per team. The game is played as a game of touch with all Walla Tags resulting in a pass restart. The defence must return to an on-side position at each tag (3 steps back). Possession changes when the ball is dropped, intercepted or after a score. The attack is allowed a max of 6 tags before they hand over the ball.**

**Key Points-** *Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged. The arms should reach in front to make the tag. Head up watching for oncoming players.**

# Ball Take Walla



Session	6
Activity	3
Age Group	5-8



## How to play

Two teams with 4-7 players per team.

The game is played as a game of Walla with all Walla Tags resulting in an immediate and compulsory ball take. To complete a ball take;

1. Turn to face your supporting players
2. Hold the ball out from the body at chest height
3. Don't release the ball until a support player has a two handed grip on the ball
4. Supporting players taking the ball must pass to another player

The defence must return to an on-side position at each tag (3 steps back). Possession changes when the ball is dropped, intercepted or after a score.

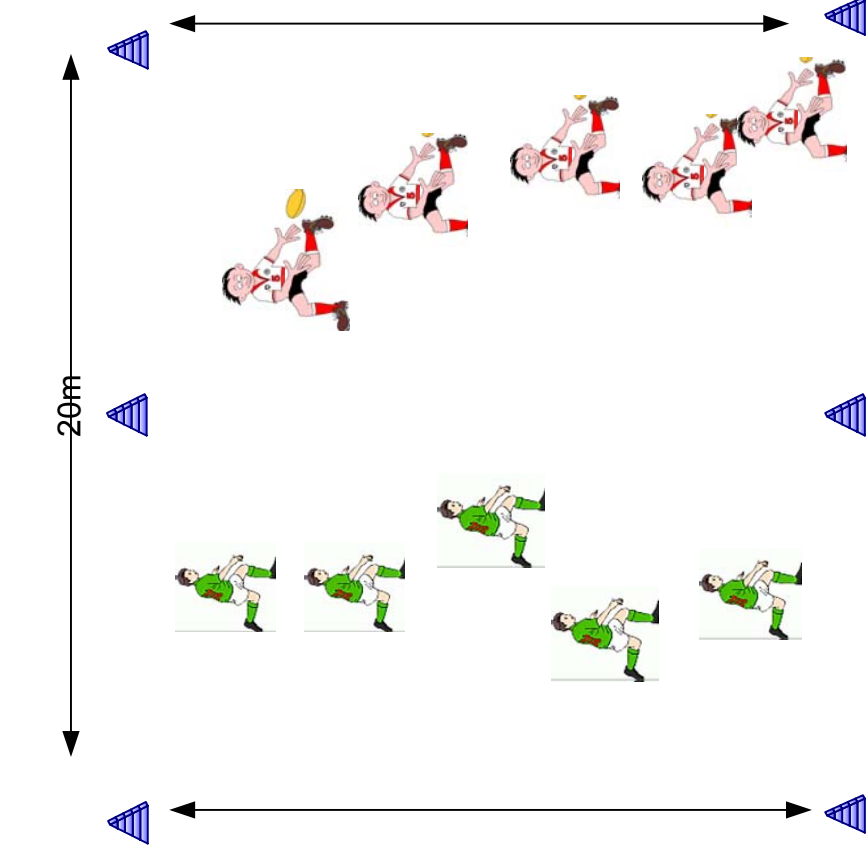
*Key Points- Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**

# Walla

Session	6
Activity	4
Age Group	5-8



## How to play

Two teams with 4-7 players per team.

The game is played as a game of touch with all Walla Tags resulting in a pass or a ball take. Once a player is tagged the referee calls “tag, pass, pass, pass”. The tagged player must set up a ball take if they have not passed the ball during this call (refer to Ball Take Walla). The referee can alter the speed of this call to allow for differing skill levels. The tagger must remain in contact with the player they have tagged . The support player must then pass the ball to continue play. The defence must return to an on-side position at each ball take.

*Key Points- Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**

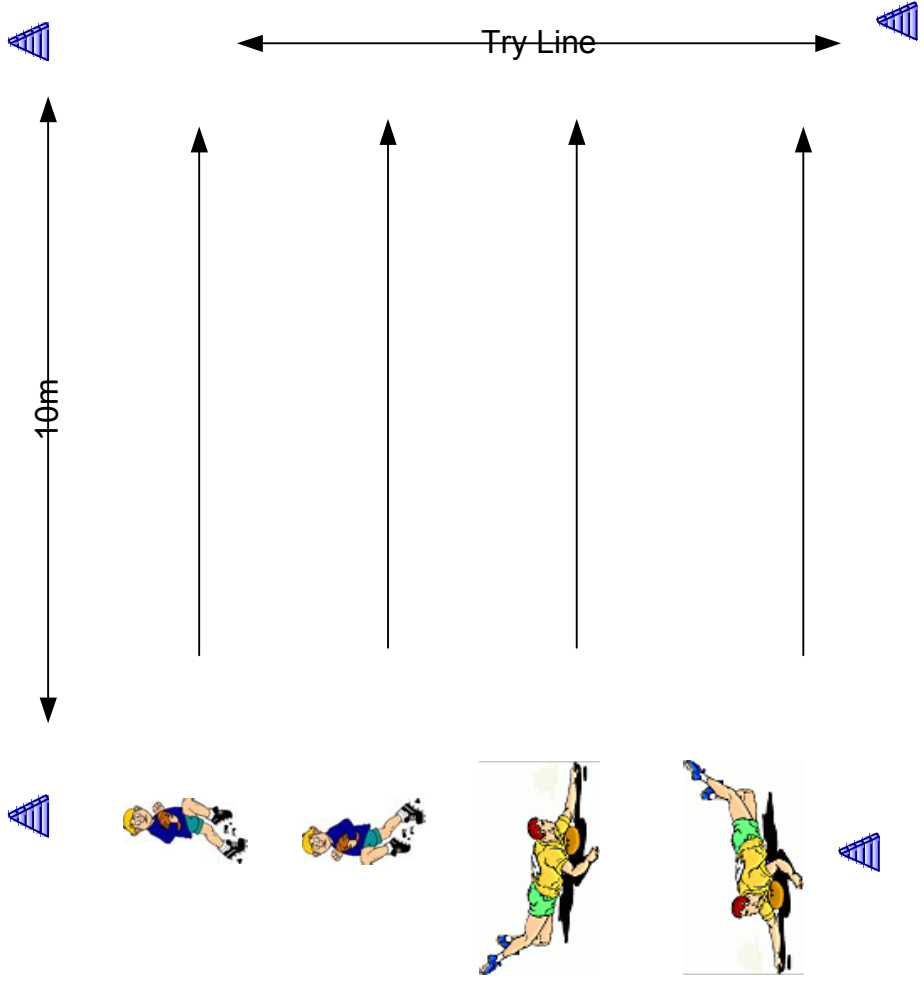
# Try Rugby Activities

## Age 9 – 12

<p><b>Session 1</b></p> <p>Activity 1 Ball in Two Hands Race, Turn, Start on Ground</p> <p>Activity 2 Unders &amp; Overs; Rugby Rounders</p> <p>Activity 3 Stuck in the Mud; Ball Take stuck in the Mud</p> <p>Activity 4 Rugby Octopus</p> <p><b>Session 2</b></p> <p>Activity 1 Step &amp; Swerve; Pick &amp; Place Relay</p> <p>Activity 2 Ball in Hand Relay, Relay with Activity</p> <p>Activity 3 Bugs &amp; Spiders</p> <p>Activity 4 4 v 2 Invasion Game</p> <p><b>Session 3</b></p> <p>Activity 1 Paddo's Complex</p> <p>Activity 2 Lineout Leader ball; Lineout Captain Ball</p> <p>Activity 3 51% Funnel</p> <p>Activity 4 Rugby End ball</p>	<p><b>Session 4</b></p> <p>Activity 1 Tactile Pressure Relay, with Activity</p> <p>Activity 2 Passing Chain, Standing, Walking, Jogging</p> <p>Activity 3 Working the Man</p> <p>Activity 4 EdRugby Invasion Game</p> <p><b>Session 5</b></p> <p>Activity 1 Individual skills</p> <p>Activity 2 Diagonal Passing</p> <p>Activity 3 Tag Ball</p> <p>Activity 4 Ball Take Walla</p> <p><b>Session 6 Walla Games Night</b></p> <p>Activity 1 50% Walla</p> <p>Activity 2 Push Tagging</p> <p>Activity 3 Ruck Walla</p> <p>Activity 4 2 Pass Ruck Walla</p>
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The activities focus on ball familiarisation, passing & receiving, Evasion & Pursuit and Invasion games each week. Although the age split is 9 -12, we will treat 9/10 similar and 11/12 similar. The Instructor stays with the group for all 4 activities. This can then aid familiarisation with the group during the session and each week. The complexity of the activities can then be more efficiently adapted as the knowledge of participants will be far greater from the instructors' point of view. Also addressed is the issue of playing the game 'game sense' approach, as each week the participants are taken through a series of activities and skills where they can apply these at the final component of the session each week. Week 6 is the only difference in the format with the focus solely on games. This can allow a greater bridge in Modified Games competitions and also fitting finale to the TryRugby program.

# Ball in two hands race



Session	1
Activity	1
Age Group	9-12



## How to play

**Players commence on one side of the grid with ball in two hands. On the “go” command players run across the grid scoring a try at the opposite side of the grid.**

- Option One** Standing facing forward.
- Option Two** Standing facing away
- Option Three** Lying down facing forward
- Option Four** Lying down facing backward

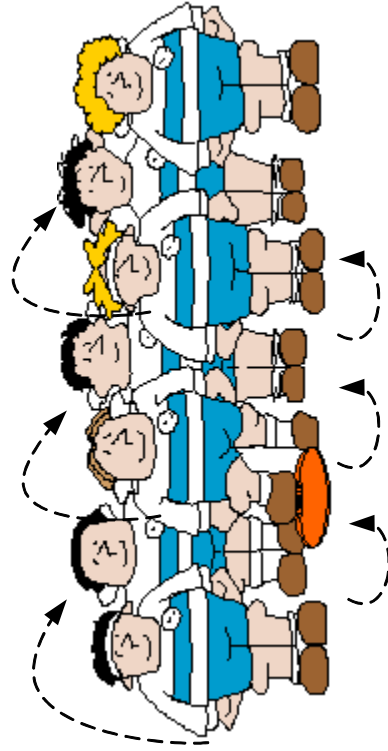
*Key Points - Two hands, finger tip control, soft hands.*

**2/3 players per marker is ideal allowing for recovery.**



# Overs & Unders

Session	1
Activity	2
Age Group	9-12



## *How to play*

**Begin with equal numbers on each team (4-5 is ideal) Each team has a ball with the players lined up behind each other in single file. The front player in each team passes the ball through his/her legs to the player behind. The second player then transfers to the player behind him by tossing a soft pass over head (overs unders pattern) Repeat until ball gets to the end of the line and back player runs to the front with all players shuffling back**

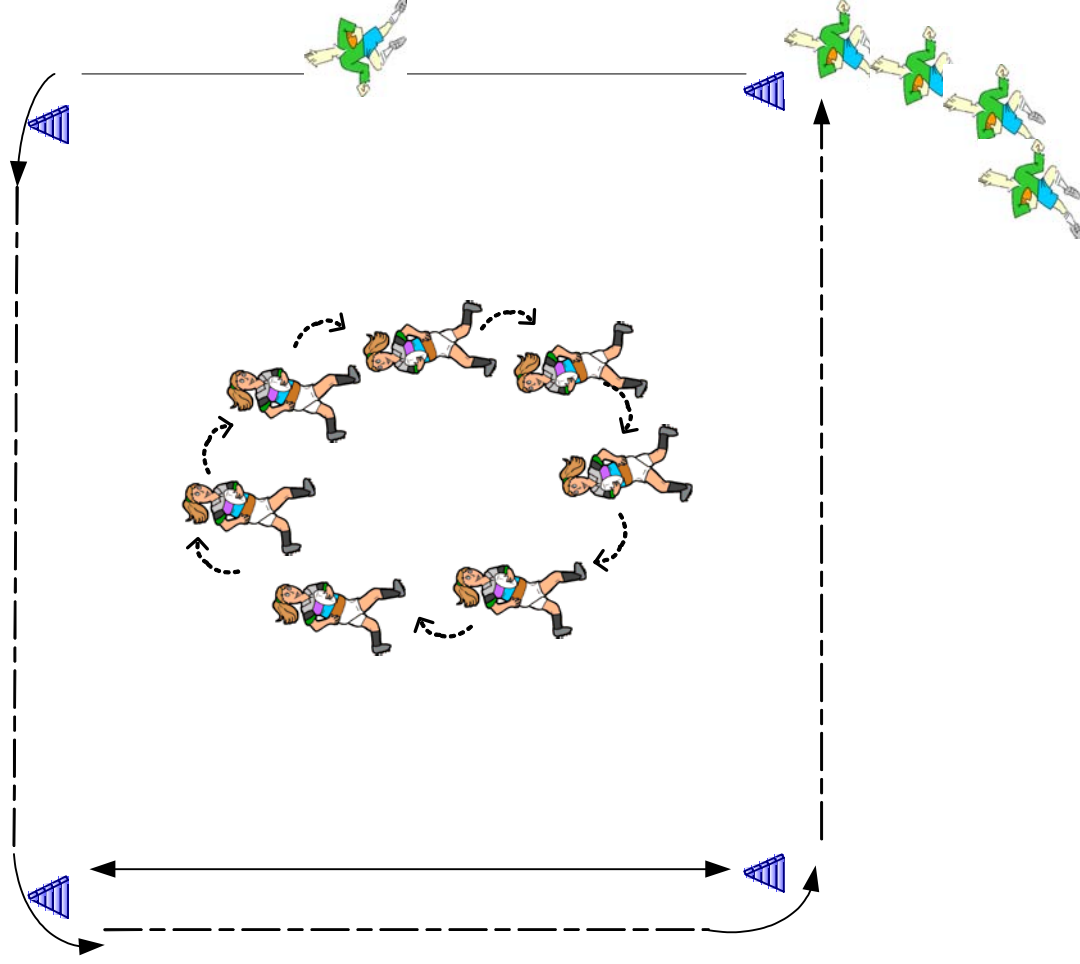
*Key Points - Hands out, reach for the ball, soft hands*

**Young players like to chant “over” “under”**

**A progression is to pass the ball by increasing the distance between the players.**

# Rugby Rounders

Session	1
Activity	2
Age Group	9-12



## *How to play*

**Using two 10m grids two teams of 5-7 players, with one team in a circle the other in a line. Each team has a ball. When instructed the players in the circle pass around the circle, with each pass counting as a score.**

**At the same time the opposition run a relay around the grid markers with the ball. After the last player completes their relay run the team shouts stop and the activity ceases. Team roles are swapped and scores compared.**

*Key Points- Two hands, reach for the ball*

**Ensure the circle size is the same for each team and the running team hand the ball over at each change of runner.**

# Stuck in the Mud



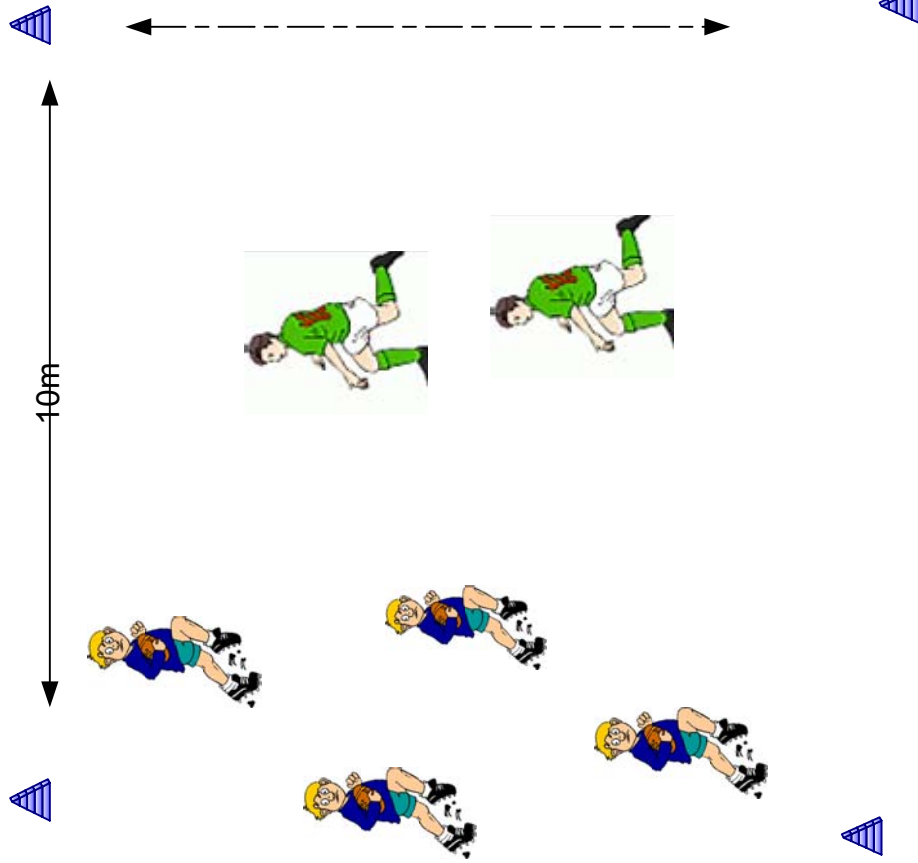
Session	1
Activity	3a
Age Group	9-12

## How to play

**Six runners will attempt to evade two defenders. They must remain stationary (stuck) with legs astride after being tagged until another player releases them. To release the stuck player a team mate must crawl through the legs. The game continues for a set time or until all ball carriers are stuck then the roles rotate.**

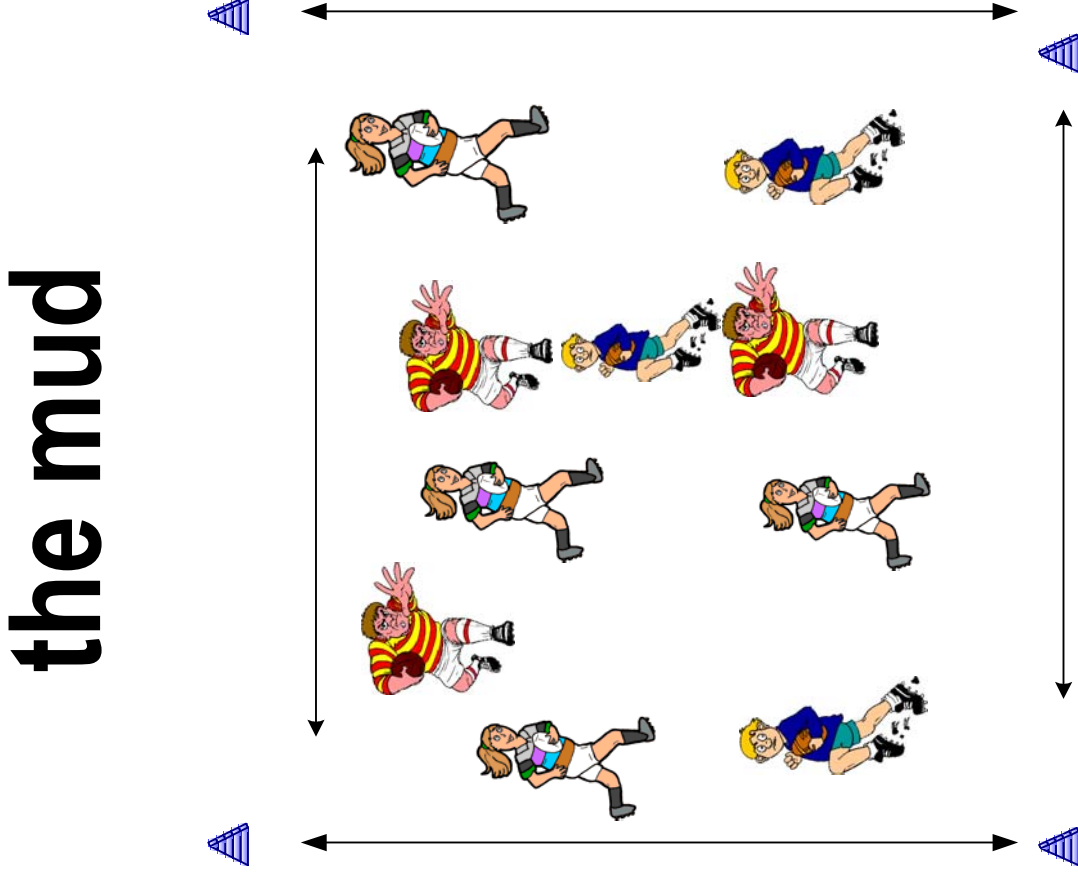
*Key Points - Fast feet, change direction*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**



# Ball take stuck in the mud

Session 1  
Activity 3b  
Age Group 9-12



## *How to play*

Six runners with two balls attempt to evade two defenders. They must remain stationary (stuck) after being tagged until another player performing a ball take can release stuck players. To complete a ball take;

1. Turn to face your supporting players
2. Hold the ball out from the body at chest height
3. Don't release the ball until a support player has a two handed grip on the ball
4. Supporting players taking the ball must pass to another player

The game continues for set time or until all ball carriers are stuck then the roles rotate.

*Key Points - Change direction, fast feet, two hands, reach for the ball*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

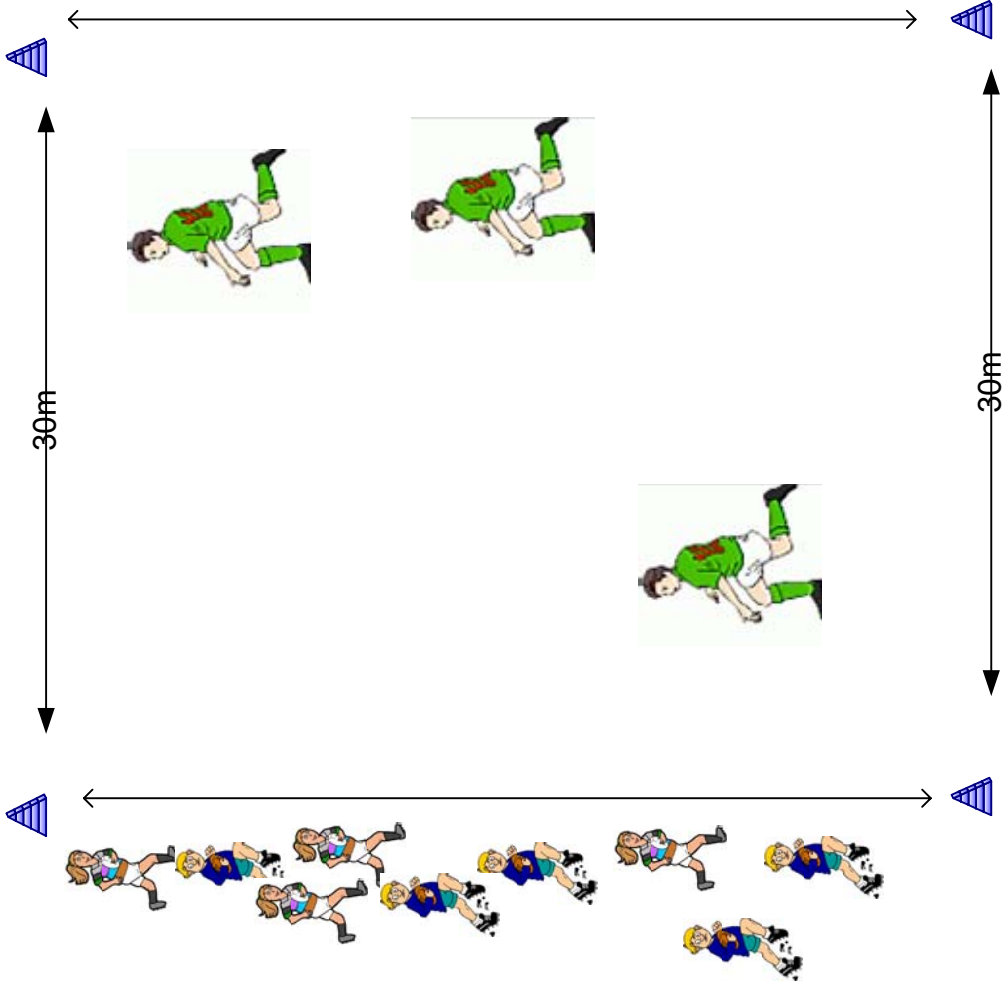
**The arms should reach in front to make the tag. Head up watching for oncoming players.**

# Rugby

## Octopus



Session	1
Activity	4
Age Group	9-12



### How to play

Players commence on one side of the grid with ball three master taggers in the middle of the grid.

On the coaches call “rugby octopus” the group sets out across the grid in an attempt to get to the other side. The master taggers must try and tag these runners with a ball in two hands. When tagged the runners must drop to their knees and become assistant taggers (or octopi) They cannot move but may tag runners with just one hand.

*Key Points - Go Forward, move to space, change direction*

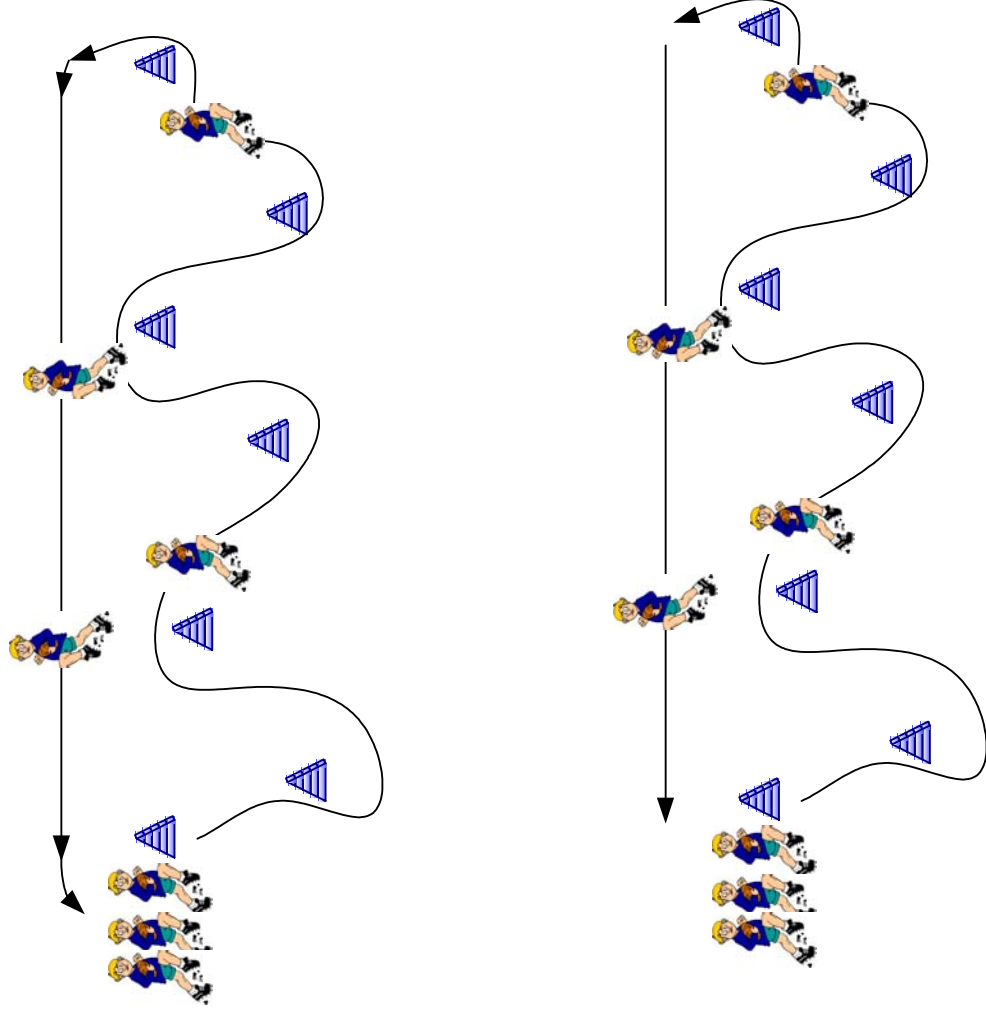
Coaches call to go should be rugby octopus as the password. Try variations to catch players out such as “go” or rugby “octopop”. If players leave on this call they must go down on their knees as if tagged.

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**

# Step & Swerve

Session	2
Activity	1a
Age Group	9-12



## *How to play*

**Divide your group into two or more even teams and lay cones out in a random pattern (see diagram).**

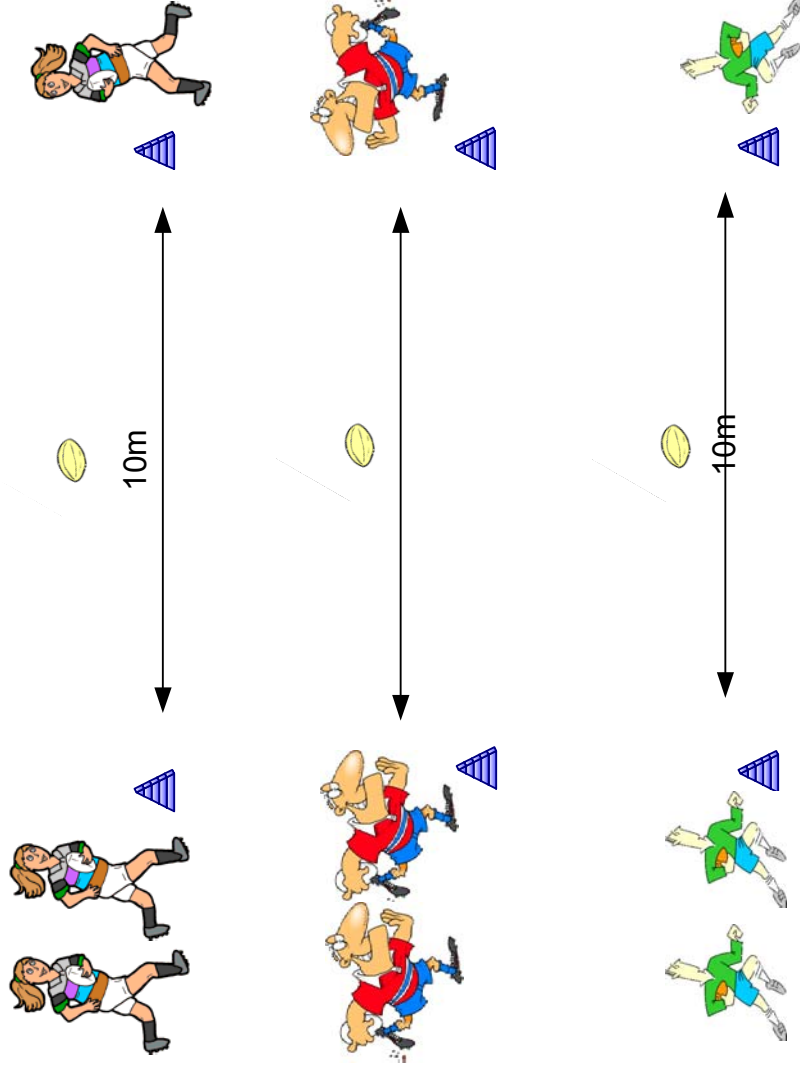
**The first player in each team does a sprint with the ball in two hands around the obstacle course with a straight sprint back to home, transferring the ball to the next player who repeats.**

*Key Points - Two hands, finger tip control, soft hands*

**Keep group sizes small  
Introduce variations such as roll ball, around body etc as player negotiate obstacle course.**

# Pick & Place Relay

Session	2
Activity	1b
Age Group	9-12



*How to play*

**Two players commence on one side of the grid with one player on the other side . On the “go” command the first player runs across the grid carrying the ball. When the player gets halfway across they place the ball on the ground. Upon reaching the other side of the grid the next players runs across picks up the ball and hands it over to the next runner.**

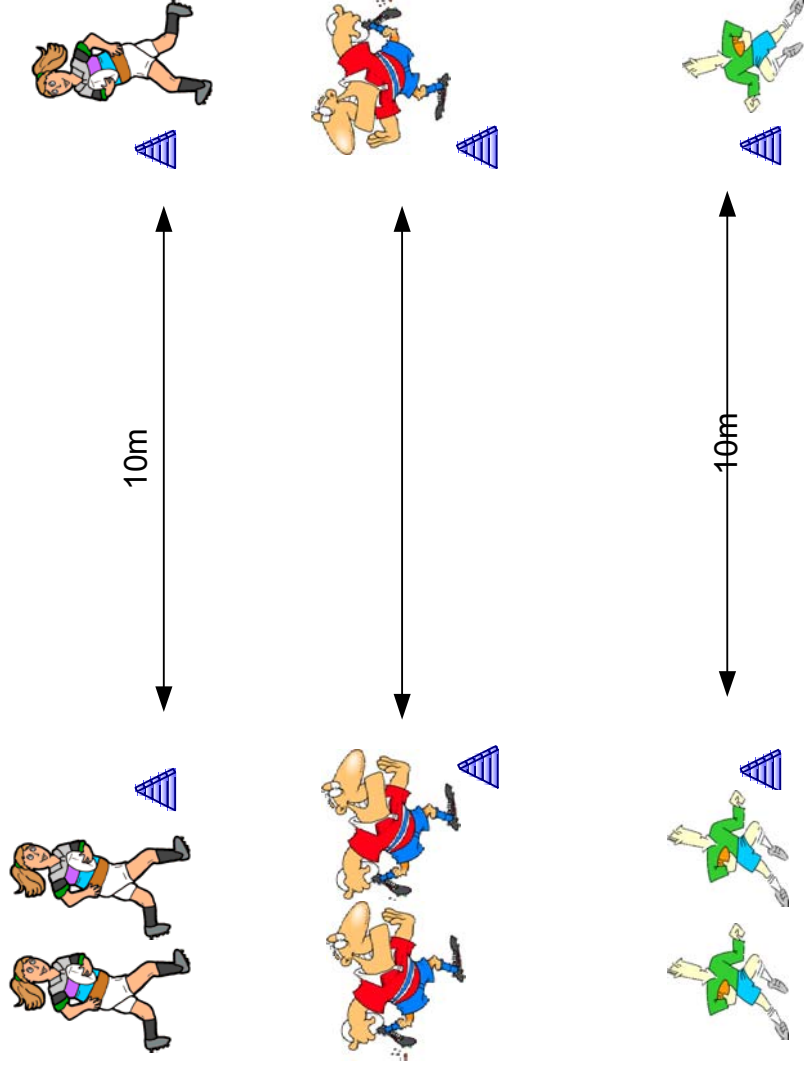
*Key Points - Two hands on the ball, pick the ball up from the side, finger tip control, soft hands*

**Introduce competitive relays once players become familiar with the skills.**

**Also additional skills can be performed when the runner has the ball e.g. Pat between hands, throw and catch, around the head, around the waist.**

# Ball Handling Relay

Session	2
Activity	2
Age Group	9-12



## How to play

Two players commence on one side of the grid with one player on the other side . On the “go” command the first player runs across the grid performing an activity for the duration of the run. The player then hands the ball over to the next runner.

## Skills

- Throw and catch
- Pat between hands
- Throw turn and catch
- Throw clap and catch
- Combination

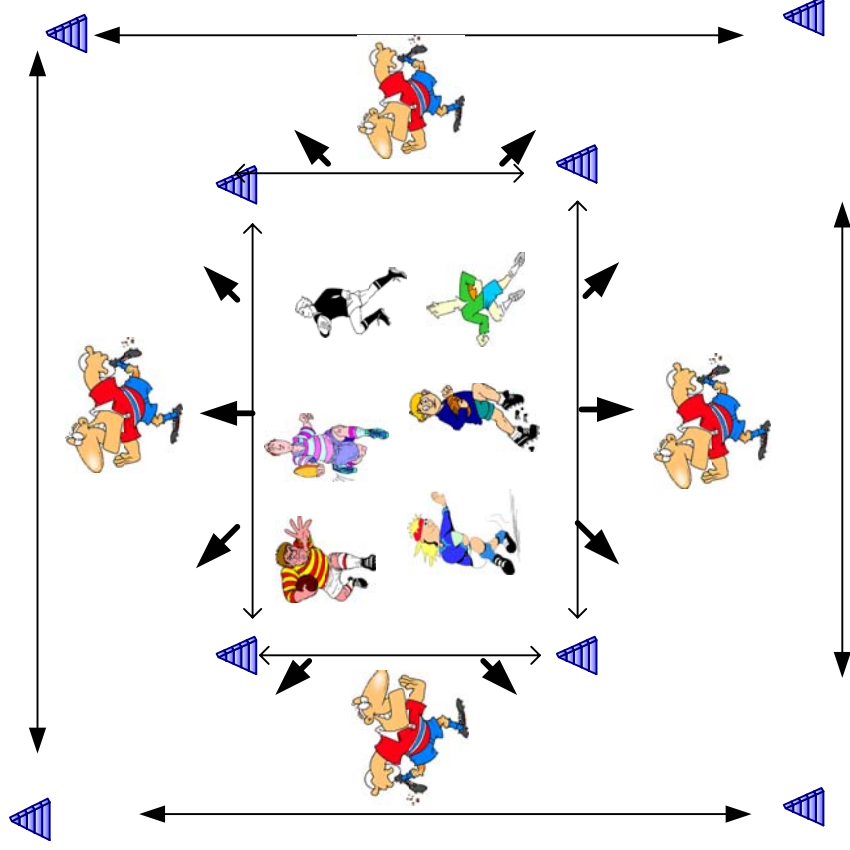
*Key Points - Two hands on the ball, finger tip control, soft hands*

**Introduce competitive relays once players become familiar with the skills.**



# Bugs and Spiders

Session	2
Activity	3
Age Group	9-12



## How to play

**A smaller grid is centred one third the size of the larger grid.**

**The centre grid is a “safe” grid for one team (bugs). Another group of players (spiders) begin in the outer grid space.**

**When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, with those who make it to the outside grid returning to the safe inner grid and the game continues until all have been tagged.**

*Key Points - Fast feet, change direction, move to space, close down space*

**Two handed Walla tag from the spiders.**

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

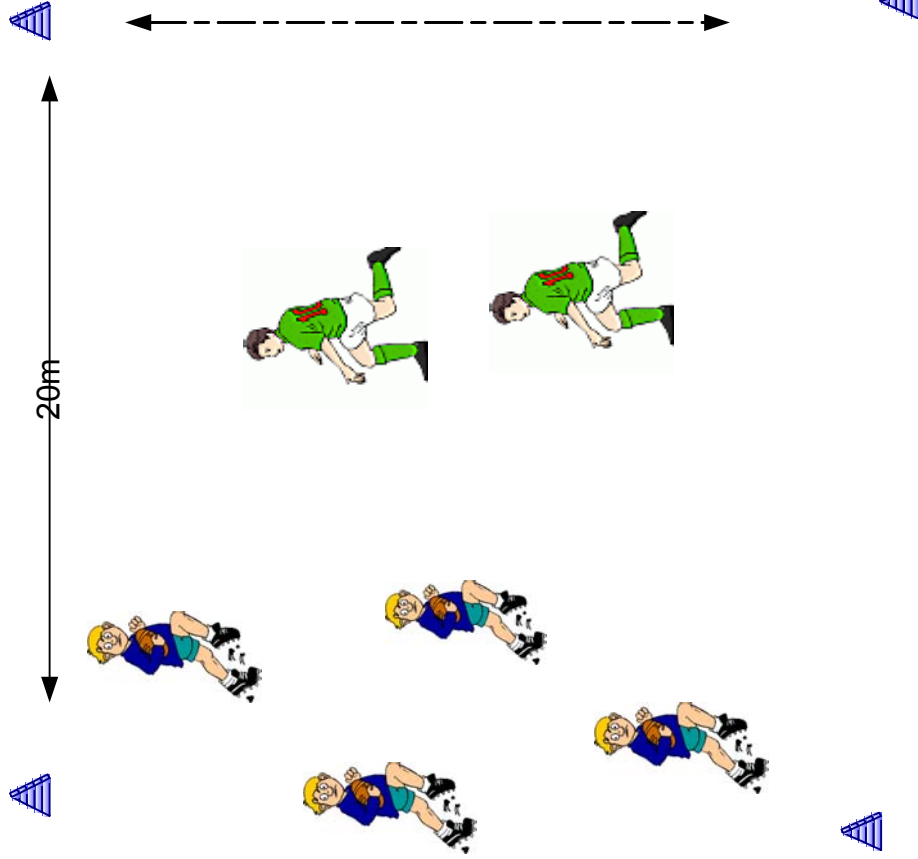
**The arms should reach in front to make the tag. Head up watching for oncoming players.**

# 4 v 2 Invasion



Session	2
Activity	4
Age Group	9-12

## Game



### *How to play*

**Four attackers with one ball must attempt to beat two defenders and score a try over the end-line. Players in possession cannot run but can pass in any direction. The defender attempts to tag attacking players in possession. When a tag is made play resumes with the new attacker making a pass. When a try is scored, swap roles, go back and start again.**

**Key Points-** *Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**

# Paddo's Complex

Session	3
Activity	1
Age Group	9-12



## How to play

**The basis of the activity is the group reacting to a series of commands relating to specific skills to be performed by the group (2-3 players).**

**Groups should be moving around the circle with one ball per group.**

**Suggested skills;  
Place & Pick Up**

**One player places the ball in a random spot within the grid, the next player picks up the ball and places it somewhere else.**

**Circle ball**

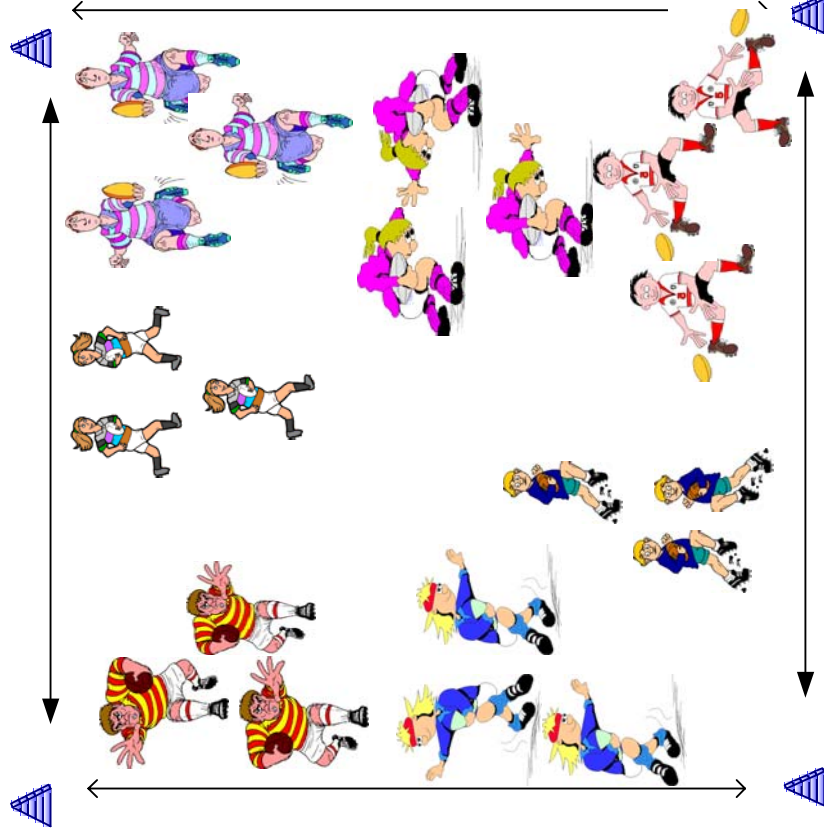
**Circle Ball around body and pass to partner while jogging.**

**Tag Ball**

**Player must attempt to tag their team mates with the ball. When they do they must place the ball on the ground, with the tagged player picking up the ball and tagging someone else.**

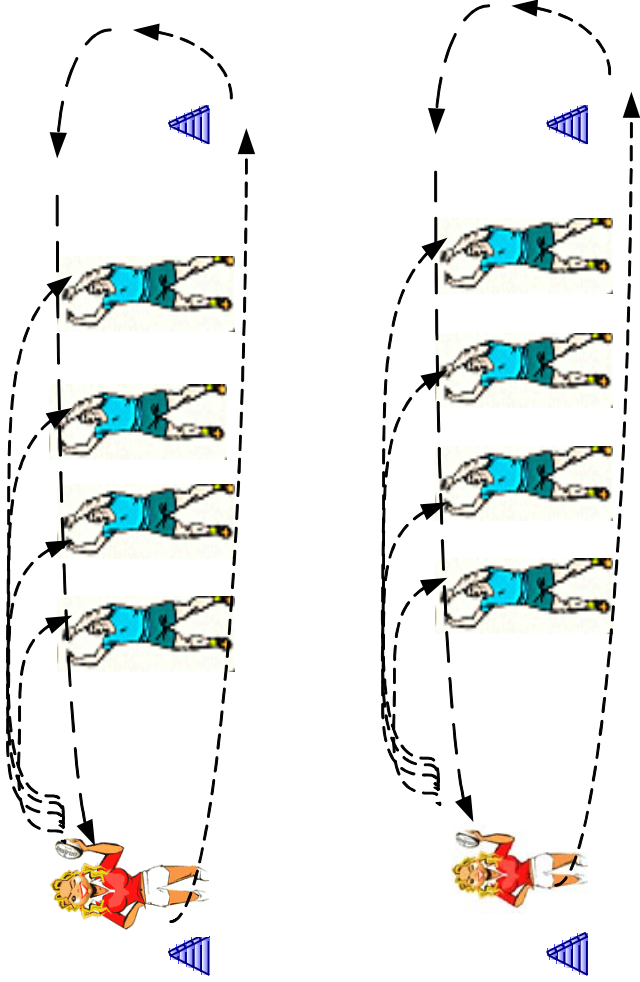
**Key Points- *Ball on finger tips, soft hands, two hands***

**The activity must be “sold” to the players by providing active enthusiastic demonstration of each skill. Show the first two then let the players practice these, then introduce others.  
Let players suggest their own.**



# Lineout Leader Ball

Session	3
Activity	2a
Age Group	9-12



## *How to play*

Teams stand in single file 3m away from the "captain". The captain line out throws the ball to the first player who catches it; After throwing the ball the captain sets off and runs around the marker behind the line out and back to the front. The ball is thrown from the receiver back to the captain who then throws to the next person in the line with the captain running around the team again. Each player has a turn as captain.

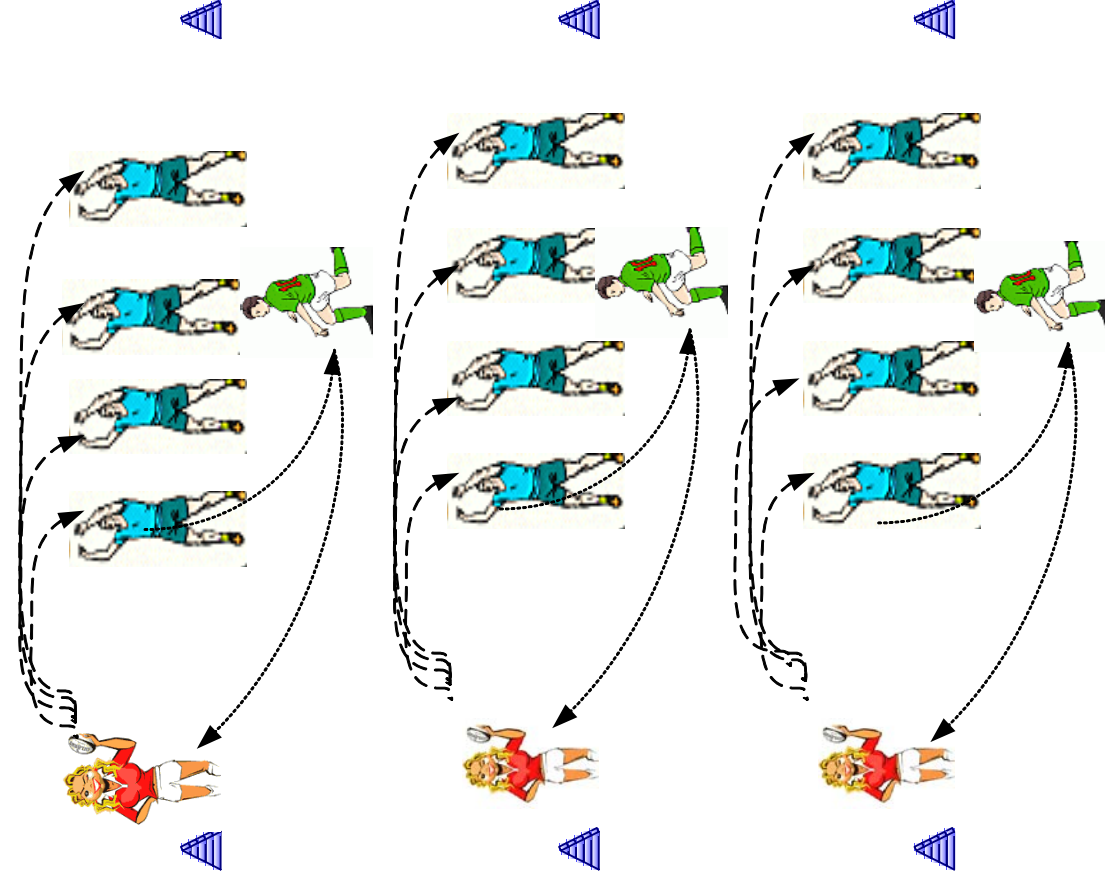
*Key Points- Hands up, pass to the target*

**Practice line-out throws in pairs before game commences. Two hands on diagonally opposite ends of the ball. Underarm throw/pass may be more appropriate if not proficient at over arm throw.**

**Progress by getting the players to catch the ball above their heads, then jumping to catch the ball above their heads.**

# Lineout Captain Ball

Session	3
Activity	2b
Age Group	9-12



## How to play

Teams stand in single file 3m away from the “captain”. Another player stands along side the line acting as scrum half. The captain throws the ball to the first player who catches it and then passes to the scrum half who in turn passes back to captain. The process is repeated in order for all players in line.

## Key Points- Hands up, pass to the target

Positions can be rotated. This activity works best as a race among teams.

Practice line-out throws in pairs before game commences. Two hands on diagonally opposite ends of the ball. Underarm throw/pass may be more appropriate if not proficient at over arm throw.

Progress by getting the players to catch the ball above their heads, then jumping to catch before passing to the scrum half. The scrum half can also practice their pass to the thrower.

# 51% Funnel



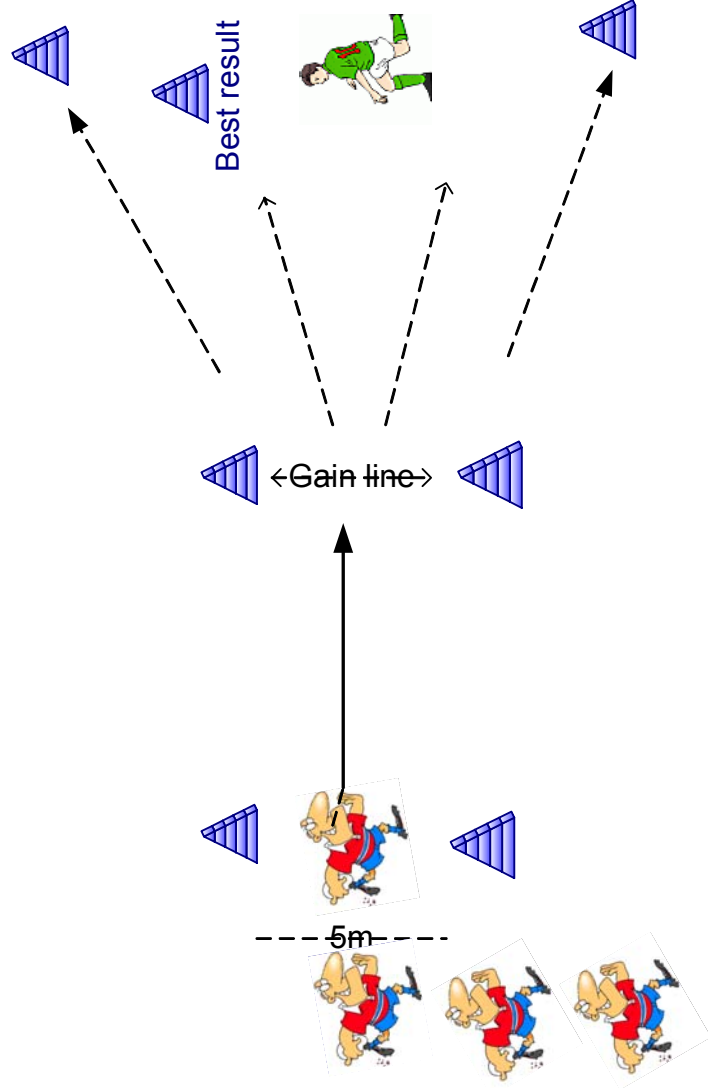
Session	3
Activity	3
Age Group	9-12

## How to play

**Split your group into a number of smaller groups (4 people) and run the activity in separate grids.**  
**An attacking player begins at the narrow end of a funnel (5m) and a defender at the wide end of the grid (10m). Players attack from the same end trying to gain as much distance as possible (best result marked by a cone). After each attacker has had a go, swap the roles.**

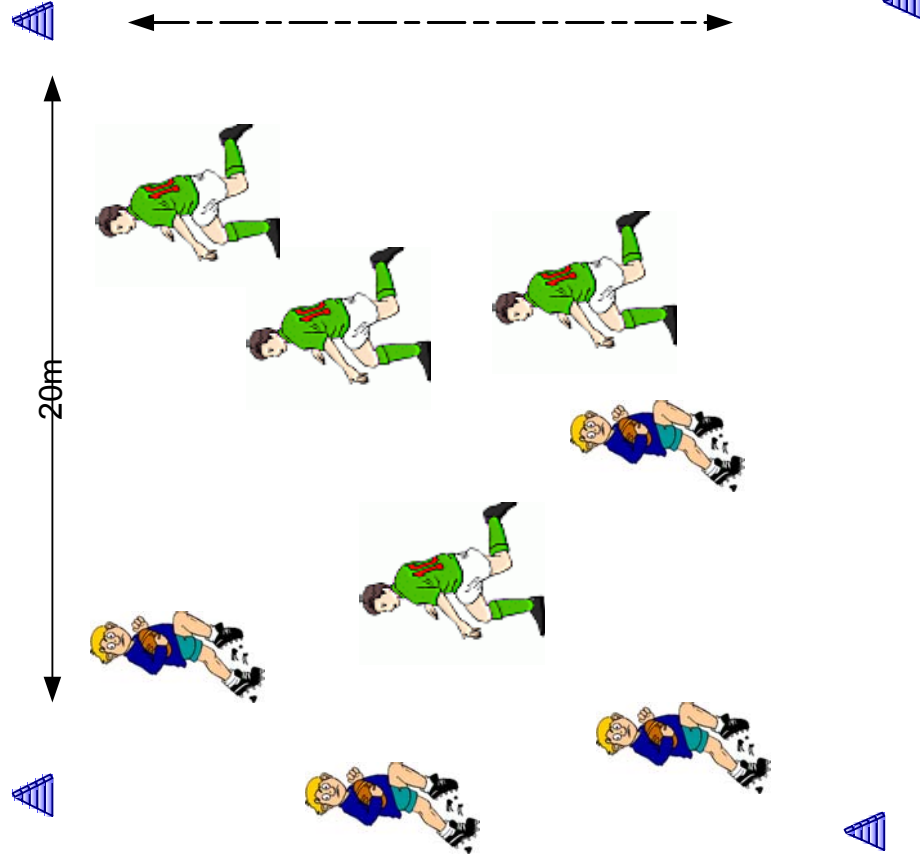
**Key Points-** Go forward, fix the defender (face), run at space

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**  
**The arms should reach in front to make the tag. Head up watching for oncoming players.**  
**The player reaching the gain line first will have a space advantage.**



# Rugby End Ball

Session	3
Activity	4
Age Group	9-12



## *How to play*

**Equal numbered teams with attackers attempting to score by passing the ball to a team mate over the end line . Players in possession cannot run but can pass in any direction, with defenders not allowed to contact attackers. Possession changes when the ball is dropped, intercepted or after a score.**

**A progression is to allow ball carriers to run and change over possession after being tagged.**

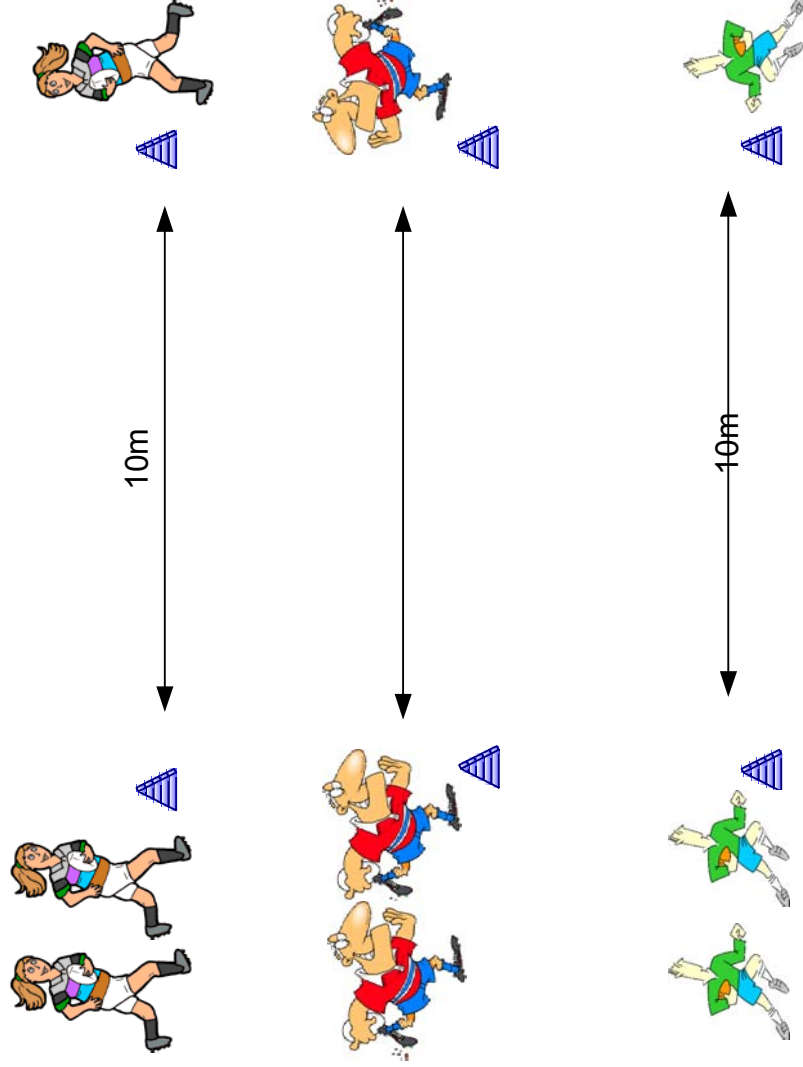
*Key Points- Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**

# Tactile Pressure Relay

Session	4
Activity	1
Age Group	9-12



## How to play

**Two players commence on one side of the grid with one player on the other side . On the “go” command the first player runs across the grid performing an activity for the duration of the run. The player then hands the ball over to the next runner.**

## Skills

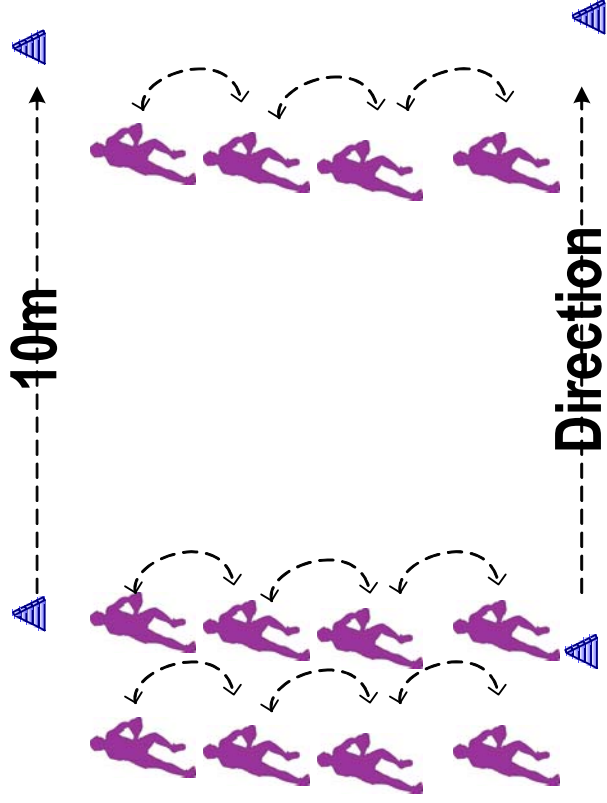
- Around the head**
- Around the ankles**
- Figure 8 between legs**
- Combination**

**Key Points - Two hands, finger tip control, soft hands**  
**Introduce competitive relays once players become familiar with the skills.**



# Passing Chain

Session	4
Activity	2
Age Group	9-12



## How to play

**Four players in a line spaced more than 1m apart facing across the grid, with one ball.**

**Player with the ball hands to the left and down the line till the ball reaches the end of the line. Repeat back to the right.**

**Progression is to spread the players out and pass down the line. Multiple lines can race against each other, with a set number of rotations (i.e. “when the ball gets back to the start that counts as one and we are going to do it twice, hold the ball above head to show you are finished”).**

**Key Points-** *Hands up, give a target, two hands*

**Progression from stationary, walking, jogging to running. Ensure that one group follows another with sufficient time distance between them.**

**Groups line up on the opposite side of the grid until all groups are across before returning.**

**Swing hands and arms towards the target**

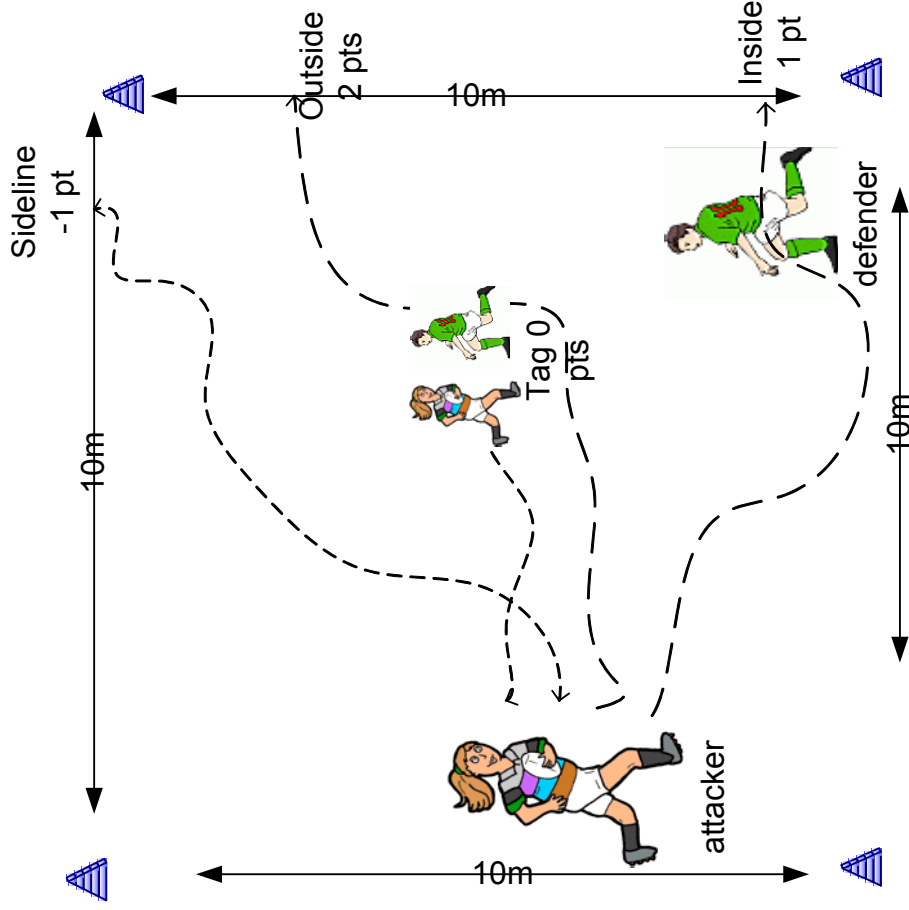
**Receiver reach for the ball**

**Commence jogging on the spot**

**Then move off in slow jog.**

# Working the Man

Session	4
Activity	3
Age Group	9-12



## How to play

**An attacker with the ball begins at one end of the grid, and a defender begins at the opposite end in the corner of the grid. The attacker must attempt to score. The defender must two hand tag the attacker or cause them to cross the sideline. Points are accumulated or lost depending on the result of a tackle or try.**

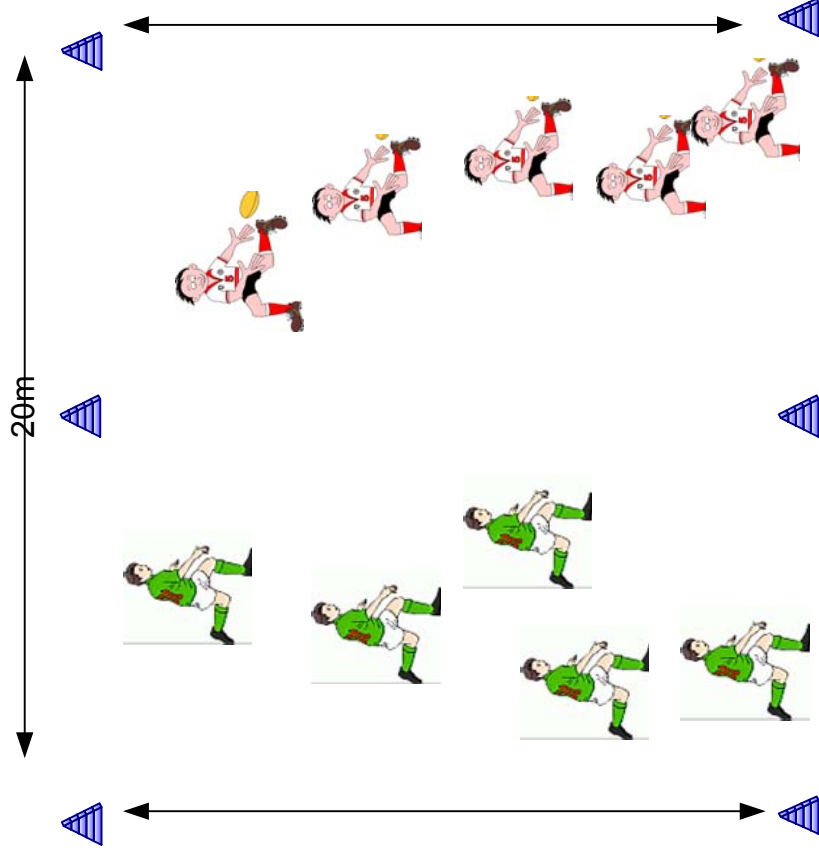
**The attacker gets:**

- 1 points for a try scored between on the outside of the defender**
- 2 point scored on the inside of the defender**
- 1 point for going out over the sideline**
- 0 points for being tagged in play**

**Key Points- Go forward, fix the defender**

**Encourage players to have a go on the outside, and run at full pace. Defenders must track the attacker staying on the inside directing them across and out.**

# EdRugby Invasion Game



Session	4
Activity	4
Age Group	9-12



## *How to play*

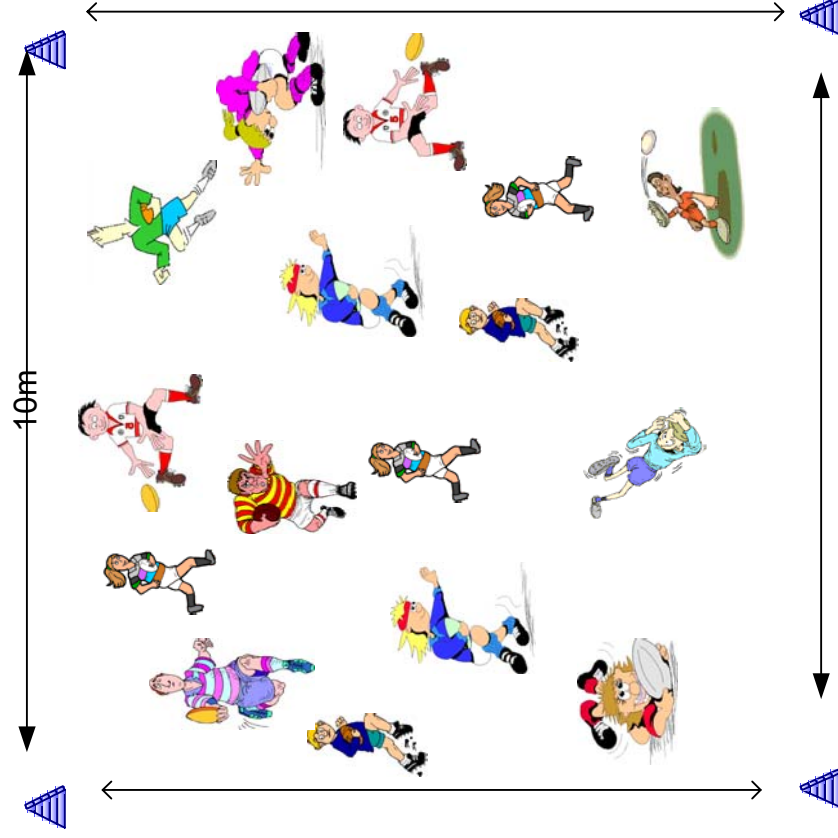
**Two teams with 4-7 players per team. The game is played as a game of touch with all Walla Tags resulting in a pass restart. The defence must return to an on-side position at each tag (3 steps back). Possession changes when the ball is dropped, intercepted or after a score. The attack is allowed a max of 6 tags before they hand over the ball.**

**Key Points-** *Go forward, move to space, close down space*

**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged. The arms should reach in front to make the tag. Head up watching for oncoming players.**

# Individual Skills

Session	5
Activity	1
Age Group	9-12



## How to play

**The basic activity is designed for each player to have a ball, and perform various skills within the grid on the coaches call.**

### Skills;

**Throw, turn and catch; 90, 180 degree turn 360 turn.**

**Ball between legs figure 8**

**Spiral pass; straight up, try and catch without moving feet.**

**Front and back ball; start with ball in front of knees in crouched position, Flick ball between legs and catch behind knees.**

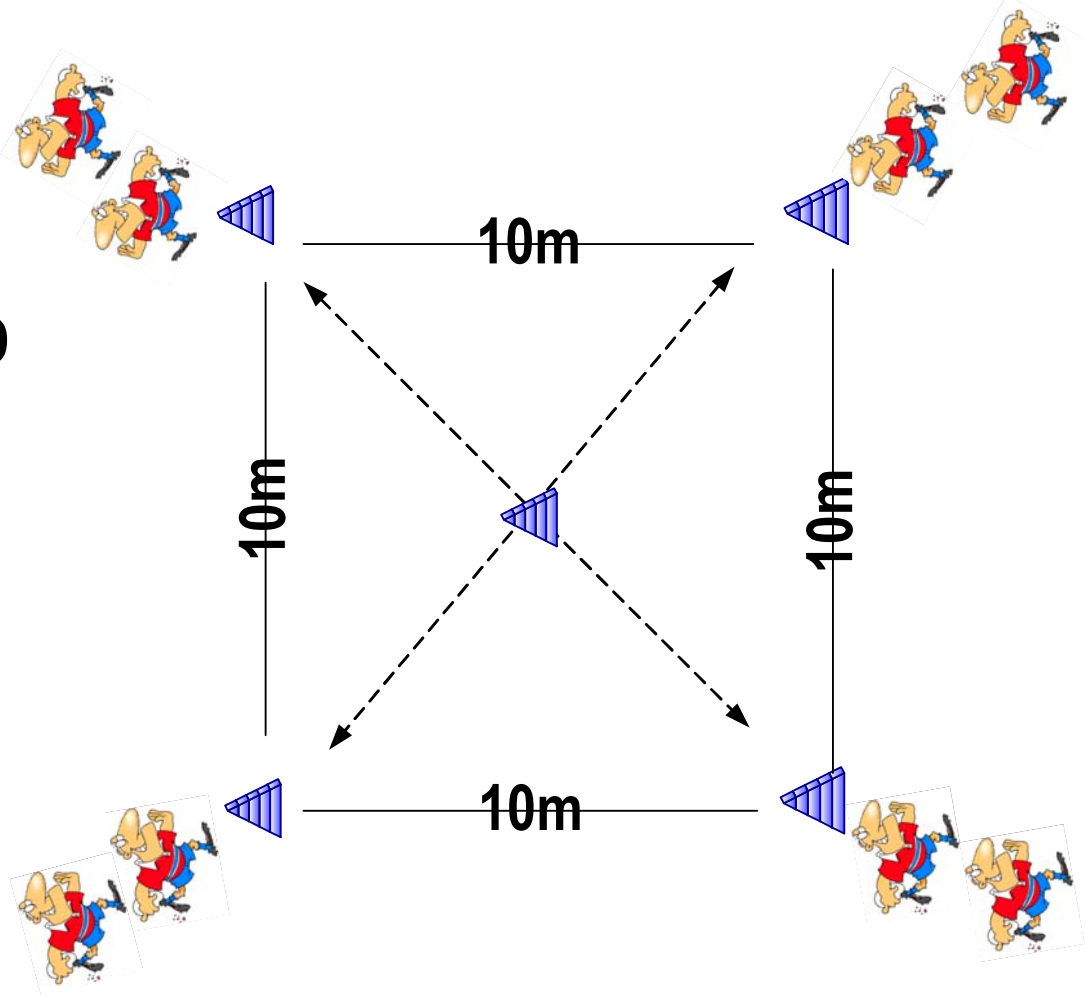
**Pat the ball; above the head, below the knees, circling, eyes closed.**

***Key Points- Finger tip control, soft hands, two hands***

**Players can work on a variety of skills and complexities at one time.**

# Diagonal Passing

Session	5
Activity	2
Age Group	9-12



## How to play

Two players are on each corner of the grid. One ball per corner. The first player with the ball sets off diagonally across the grid and hands off to the waiting player. Start with only two balls in play and progress to four. One on each corner.

*Key Points- Hands up, give a target, two hands*

Players must keep head up and watch for on-coming players as they pass the centre. Place a marker in the middle (flat, flexible dome) which the instructor can use as a prompt. (i.e. run to centre marker flat out, slow down and roll ball to partner.)

Introduce a variety of skill practices to add variety e.g. Pat between hands, throw and catch, around the head, around the waist.

# Tag Ball

Session	5
Activity	3
Age Group	9-12



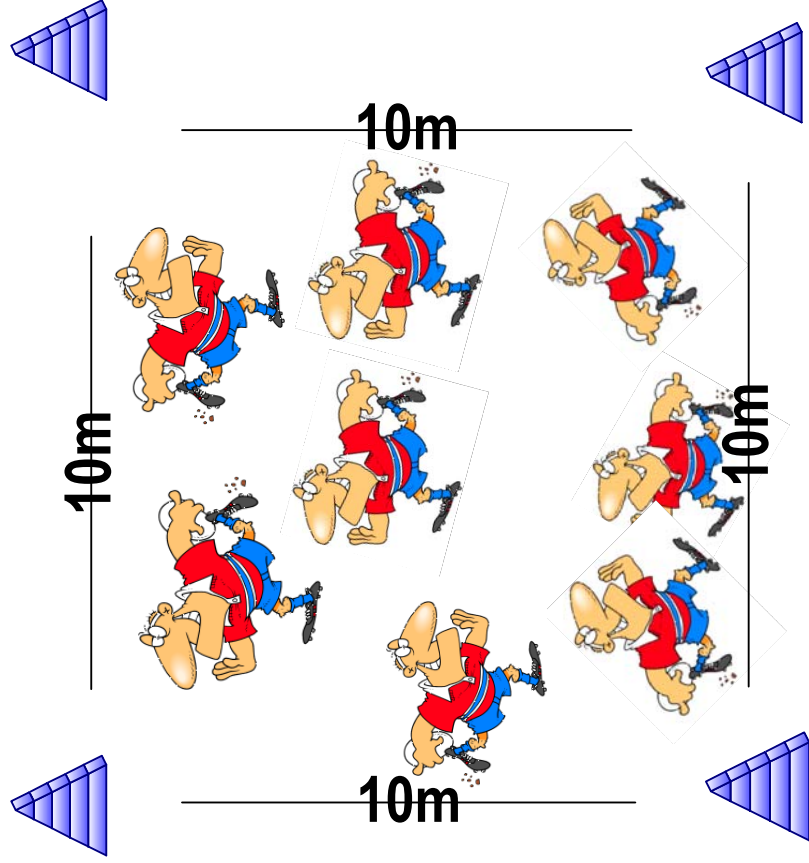
## How to play

**One tagger per four players is chosen and they carry a football. The taggers attempt to tag as many runners in a set time period (1 min) with the most number of tags being the winner.**

**Taggers are rotated after the time has expired with an overall winner being crowned when everyone has had a turn as tagger. Get the taggers to shout out the number of tags as they complete each tag. Increase the difficulty by having the taggers with one ball. The taggers cannot move when they have the ball, hence they have to work as a team passing the ball amongst themselves attempting to tag runners.**

*Key Points - change direction, fast feet*

**The head should be positioned safely to the side or behind the player to be tagged. Taggers should carry the ball in two hands.  
The arms should reach in front to make the tag.  
Head up watching for oncoming players.**



# Ball Take Walla

Session	5
Activity	4
Age Group	9-12



## How to play

Two teams with 4-7 players per team.

The game is played as a game of Walla with all Walla Tags resulting in an immediate and compulsory ball take. To complete a ball take;

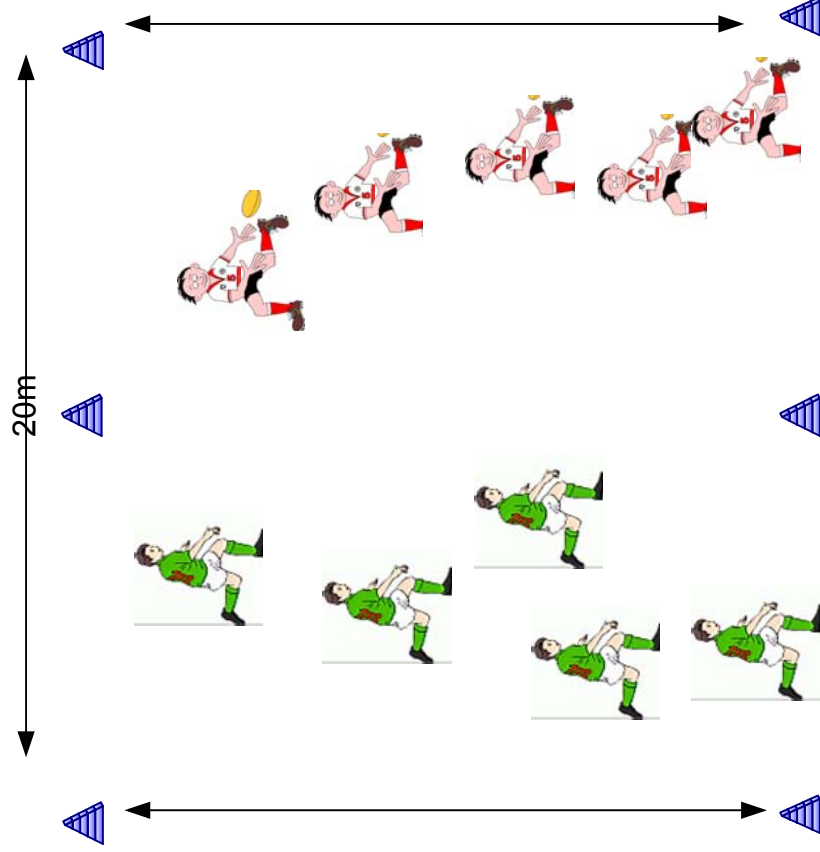
1. Turn to face your supporting players
2. Hold the ball out from the body at chest height
3. Don't release the ball until a support player has a two handed grip on the ball
4. Supporting players taking the ball must pass to another player

The defence must return to an on-side position at each tag (3 steps back). Possession changes when the ball is dropped, intercepted or after a score.

*Key Points- Go forward, move to space, close down space*

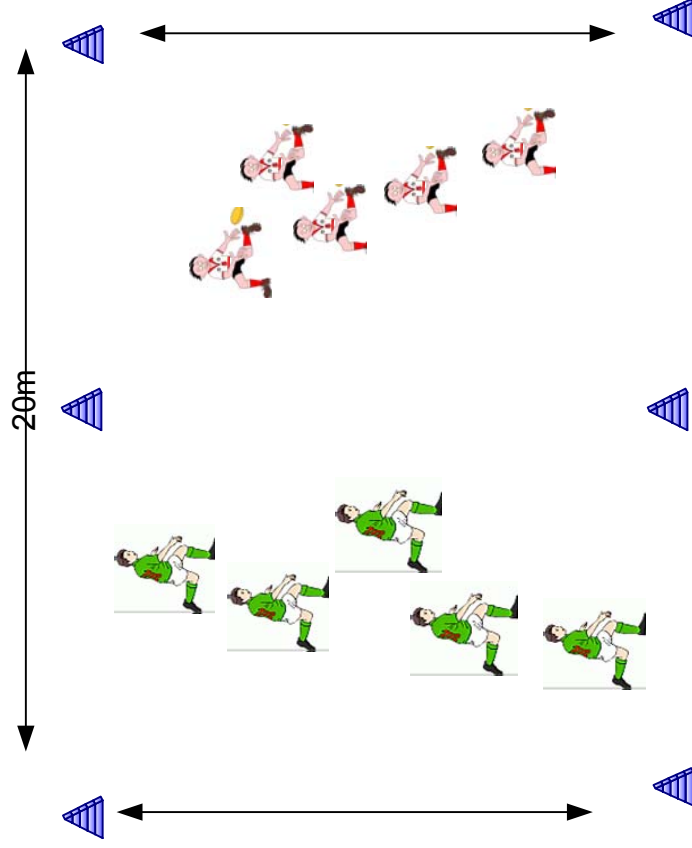
**Note - the head of the tagger should be positioned safely to the side or behind the player to be tagged.**

**The arms should reach in front to make the tag. Head up watching for oncoming players.**



# 50% Walla

Session	6
Activity	1
Age Group	9-12



## How to play

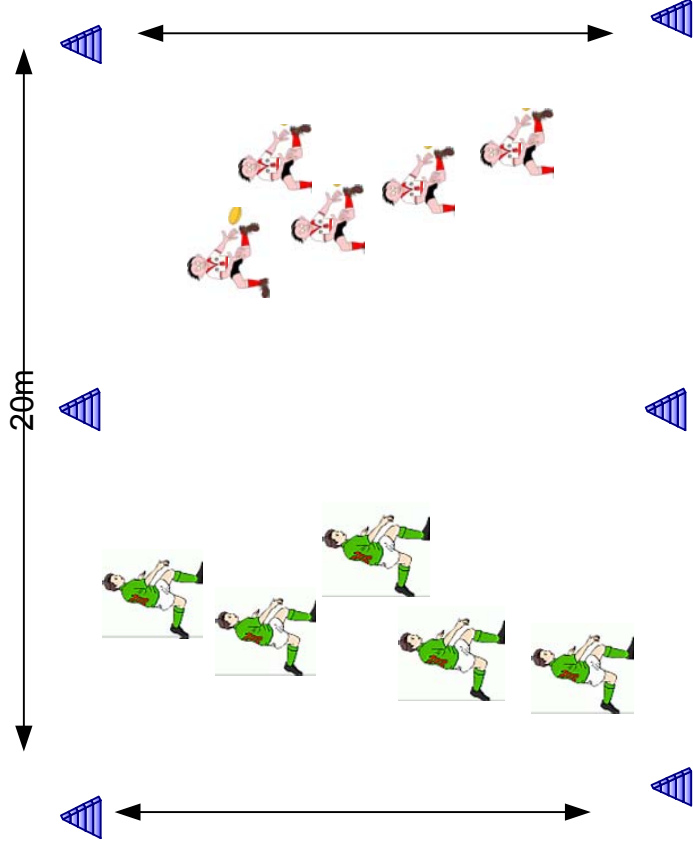
Two teams with 4-7 players per team. Normal Walla laws apply with the variation being that all Walla tags that result in a territory loss will result in a turnover of possession. Once a player is tagged the referee calls “tag, pass, pass, pass”. The tagged player must set up a ball take if they have not passed the ball during this call. The referee can alter the speed of this call to allow for differing skill levels. The tagger must remain in contact with the player they have tagged .The defence must return to an on-side position at each ball take (3 steps back). Possession changes when the ball is dropped, intercepted or after a score.

*Key Points- Go forward, move to space, change your angle of run, close down space*

**Players should run to the space not at a face. Attackers accelerate to go forward past the player that passed them the ball.**



# Push Tagging



Session	6
Activity	2
Age Group	9-12



## *How to play*

**Two teams with 4-7 players per team. Normal Walla laws apply with the variation being that all Walla tags must be a 2 handed push that attempts to move the player. Play continues if a player is able to continue forward at the push, however a turnover occurs if the ball carrier is pushed back towards their goal line. Possession changes when the ball is dropped, intercepted or after a score.**

*Key Points- Go forward, move to space,, change your angle of run, close down space*

**Players should run to the space not at a face. Attackers accelerate to go forward pass the player that passed them the ball. Increasing foot speed and lowering the body height when contact is imminent will reduce the effectiveness of the push. The defender should push with a wide foot base with a lead foot close to the ball carrier.**

# Ruck Walla

Session	6
Activity	3
Age Group	9-12



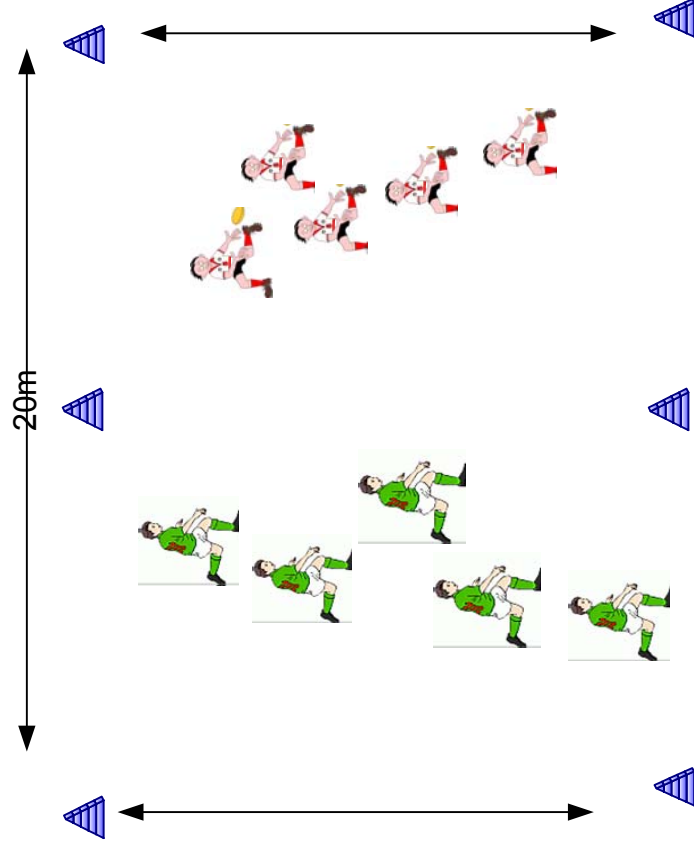
## How to play

Two teams with 4-7 players per team.

Normal Walla laws apply with the variation being that all Walla tags result in the player going to ground and presenting the ball for a pick up. Possession changes when the ball is dropped, intercepted or after a score.

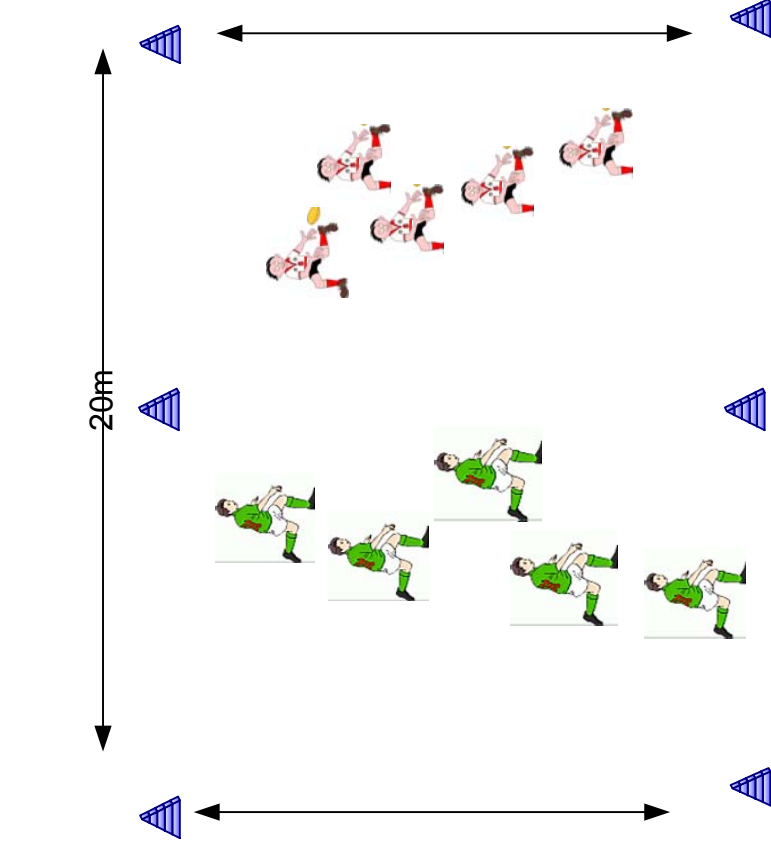
*Key Points- Go forward, move to space, change your angle of run, close down space*

**Note - It is best to teach the skill of going to ground and presenting the ball before engaging in the game. Arms should not be extended to break the fall, initial ground contact should be made with the broad surfaces e.g. knees, hips, back & shoulders. Rolling away will gradually break the fall. The “tackled player” should play the ball immediately they have completed ground contact then roll away and get to their feet. Players should run to the space not at a face. Attackers accelerate to go forward past the player that passed them the ball.**



# 2 Pass Ruck Walla

Session	6
Activity	4
Age Group	9-12



## How to play

Two teams with 4-7 players per team.

Normal Walla laws apply with the variation being that all Walla tags result in the player going to ground and presenting the ball for a pick up and all phases must include two passes - including the clearing pass. A turnover is the penalty. Possession changes when the ball is dropped, intercepted or after a score.

*Key Points- Go forward,, change your angle of run, close down space*

**Note - It is best to teach the skill of going to ground and presenting the ball before engaging in the game. Arms should not be extended to break the fall, initial ground contact should be made with the broad surfaces e.g. knees, hips, back & shoulders. Rolling away will gradually break the fall. The “tackled player” should play the ball immediately they have completed ground contact then roll away and get to their feet. Players should run to the space not at a face. Attackers accelerate to go forward past the player that passed them the ball.**