

# TAG RUGBY SKILLS PRACTICE

## STEAL THE BALL

- Participants start in their own zones, with the rugby balls in the middle of the area
- On the whistle, the children run out, pick up one ball at a time and take it back to their area. They can only go 1 at a time
- Once all the balls have been collected, the teams count the number of rugby balls they have collected
- Progression - once the above has been done 2 times, we now introduce the "interception". The teams go through the same process as above, but once there are no rugby balls left in the middle, the teams must steal the rugby balls from the other teams. It finishes when the coach blows their whistle

## ROCK PAPER SCISSORS CAT AND MOUSE

- Players work in pairs
- They play rock paper scissors, the loser runs away and the winner has to chase their partner and steal their tags before they get to their cone.
- The aim is for the loser to get to the cone safely without their tag being stolen
- PROGRESSIONS
  - Face to face
  - Back to back
  - Facing each other, eyes shut on rock paper scissors, eyes open when they show what they have gone with
  - All of the above but the loser chasers the winner

## INVADE THE SPACE

- Defenders must stay in the middle of the area
- Attackers start in the the 4 corners of the play area
- The attackers must get to a different corner
- The defenders must stop the attackers getting to the corners by stealing their tags

## HOT POTATO

- Stood in a circle, the team must get as many consecutive passes as possible
- PROGRESSIONS
  - 1 rugby ball
  - 2 rugby balls
  - Random changes of direction (directed by the coach)