

GAME : Mirrored Lines

EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid

SUGGESTED TIME

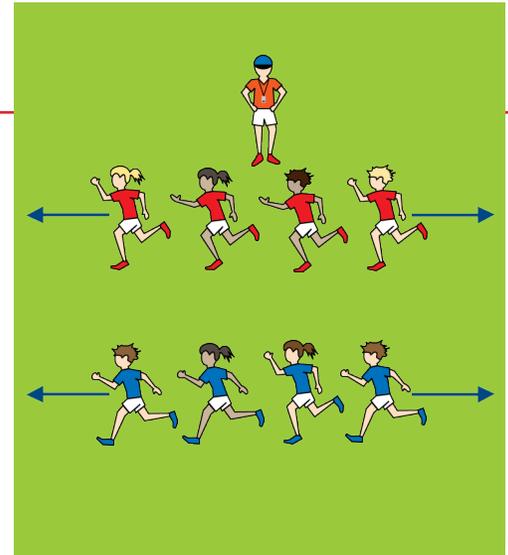
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure Score Points Contest Possession Go Forward
 Support Create Continuity

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 visible to the offensive side.
3. The instructor will signal the offensive line to either move right, left, forward or backwards.
4. The offense will move in the direction that the instructor signals.





GAME CARD

HOW TO PLAY

4. The defensive line must react to their opposite player, and keep the space between them the same distance at all times.
5. 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.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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.

- Defensive Flat Line
- Working as a Team
- Mark Matching Offensive Players

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



GAME : Inside the Eagle's Nest

EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8-12 cones, 5-10 rugby balls

SUGGESTED TIME

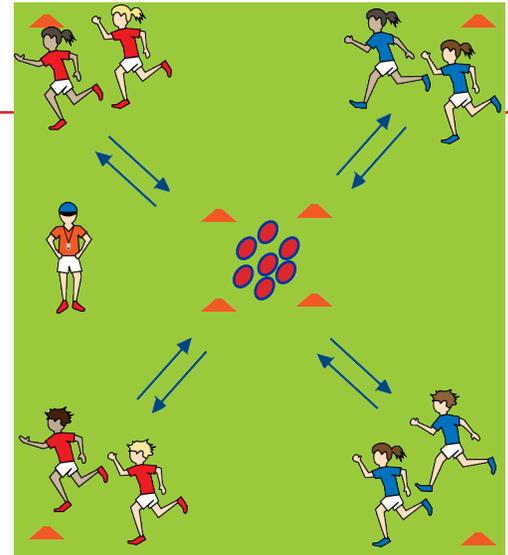
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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.





GAME CARD

HOW TO PLAY

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. The team with the most balls at their cone wins.

COACHING NOTES

GAME PROGRESSIONS

1. Use time limits and allow teams to steal balls from each other once all the 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.

KEY SKILLS

- Teamwork
- Passing and Receiving
- Running with the ball

KEY CONCEPTS

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



GAME : Circle Passing

EQUIPMENT AND SPACE NEEDED:

- 10 x 10 yard grid
- 1 cone and 1-2 rugby balls

SUGGESTED TIME

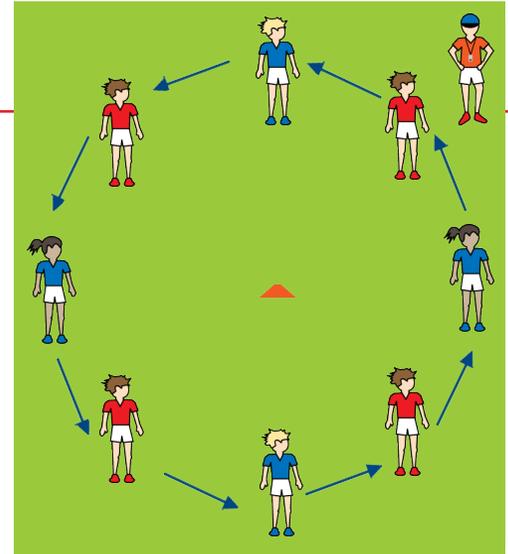
ALLOCATION: 5-10 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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.





GAME CARD

HOW TO PLAY

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:

Choose a tagger to walk around the circle clockwise with a rugby ball playing “Duck, Duck, Goose”.

Once the tagger chooses 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.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

1. Create two circles and have them compete against each other for time.
2. Use two balls in one circle.
3. Incorporate 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.

- Passing and Receiving

1. Emphasize the “W” formation with their hands when receiving the ball.
2. Work with players to improve their passing skills.



GAME : Great Escape

EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8 cones and flag belts

SUGGESTED TIME

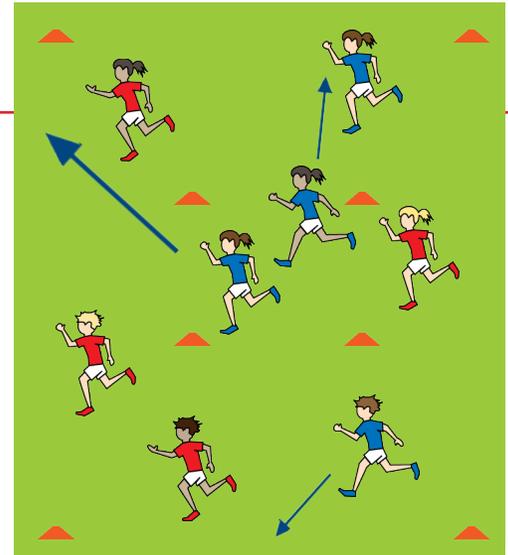
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 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. On the a signal, the offensive players must try and escape outside the larger grid without having their flag removed by the defense.





GAME CARD

HOW TO PLAY

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.

COACHING NOTES

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.

KEY SKILLS

- Evading Defense
- Flag Etiquette

KEY CONCEPTS

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



GAME : Cold and Hot Potato

EQUIPMENT AND SPACE NEEDED:

- 40 x 40 yard grid
- 2 Rugby Balls

SUGGESTED TIME

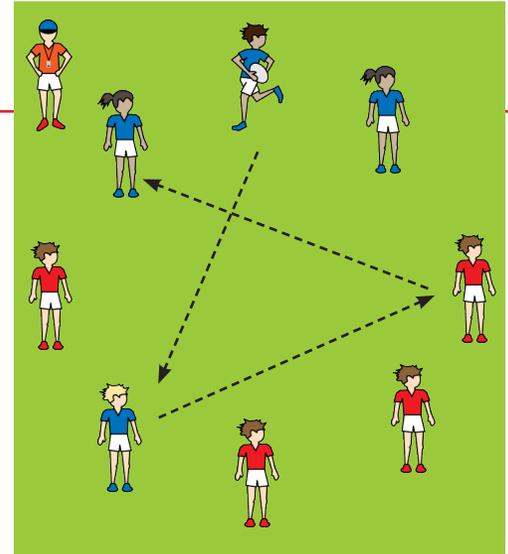
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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





GAME CARD

HOW TO PLAY

should work on quickly passing the ball using the technique showed by coach with the “cold potato”.

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

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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

- Passing
- Receiving

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



GAME : Flag Fury

EQUIPMENT AND SPACE NEEDED:

- 40 x 40 yard grid
- 4 cones and flag belts

SUGGESTED TIME

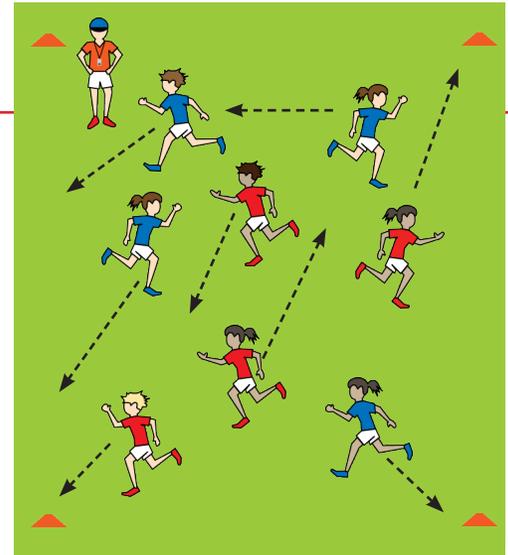
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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.





GAME CARD

HOW TO PLAY

5. The game ends when 2-3 players are left with flags still attached.

COACHING NOTES

GAME PROGRESSIONS

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

KEY SKILLS

- Flag Etiquette
- Evasion

KEY CONCEPTS

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



GAME : Stars v Stripes

EQUIPMENT AND SPACE NEEDED:

- 30 x 15 yard grid
- 8 cones

SUGGESTED TIME

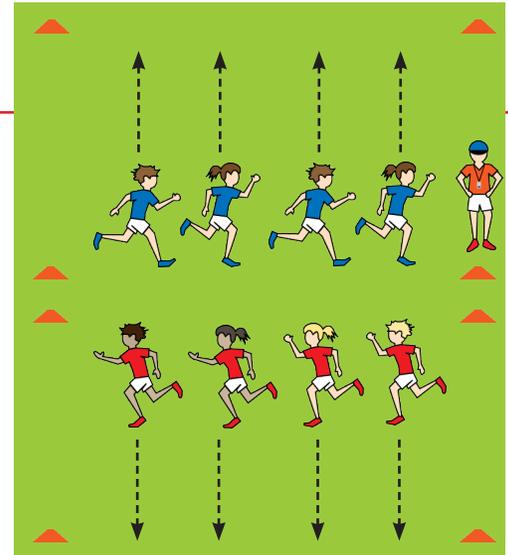
ALLOCATION: 10-15 minutes or
10 minute rounds

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 being called tries to get to their safe zone before getting tagged by the other team.





GAME CARD

HOW TO PLAY

4. The team that is not called reacts to become taggers. They attempt to tag the opposition before they cross into their respective “safe zone”.
5. Repeat various rounds, allowing players to quickly switch from offense to defense with quick reactions.

COACHING NOTES

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.

KEY SKILLS

- Evading
- Tagging

KEY CONCEPTS

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



GAME : USA Eagles

EQUIPMENT AND SPACE NEEDED:

- 10 x 20 yard grid
- 4 cones

SUGGESTED TIME

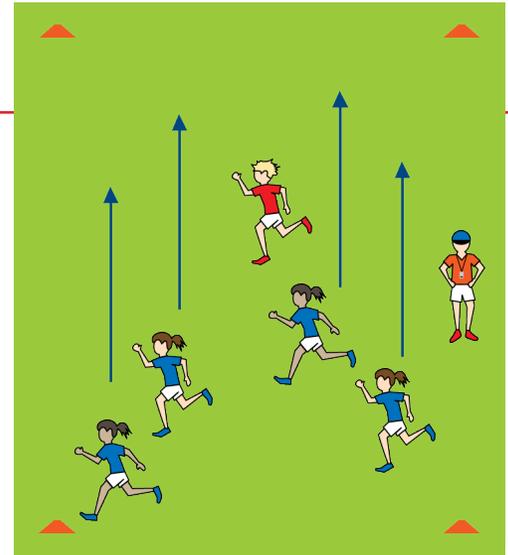
ALLOCATION: 10-15 minutes or 3 rounds

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

HOW TO PLAY:

1. This game is similar to the classic Sharks and Minnows. 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 other side, they stop and wait for a restart.
3. To start the game, have the defensive player shout, "USA!!!" and then the offensive players lined up will respond with, "EAGLES!!!" After





GAME CARD

HOW TO PLAY

shouting, “EAGLES!!!”, 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.

COACHING NOTES

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.

KEY SKILLS

- Flat Line Defense
- Evasion
- Swerve and Side Step

KEY CONCEPTS

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



GAME : USA Eagles II

EQUIPMENT AND SPACE NEEDED:

- 10 x 20 yard grid
- 6 cones and flag belts

SUGGESTED TIME

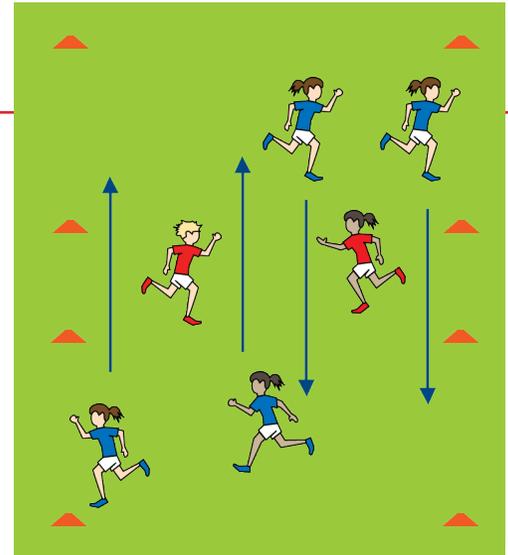
ALLOCATION: 10-15 minutes or
3 rounds

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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, have the defensive player shout, "USA!!!" and then the offensive players lined up will respond with, "EAGLES!!!" After





GAME CARD

HOW TO PLAY

shouting, “EAGLES!!!”, the offensive players will attempt to run across the middle 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.

COACHING NOTES

GAME PROGRESSIONS

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

KEY SKILLS

- Flat Line Defense
- Evasion
- Swerve and Side Step

KEY CONCEPTS

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



GAME : Rugby Freeze Tag

EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 4 cones and 8 rugby balls

SUGGESTED TIME

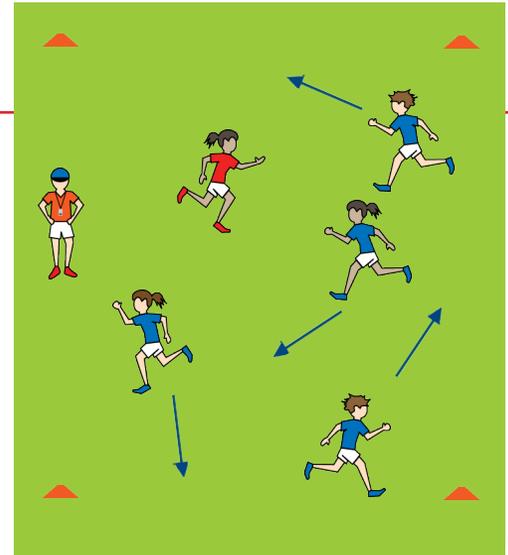
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 must 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





GAME CARD

HOW TO PLAY

either run for a set time or until all evading players are “frozen.”

5. Players crossing over the boundary lines and stepping outside the grid become automatically frozen.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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

- Evading
- Moving to Space
- Ball Familiarization
- Tagging

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



GAME : Relay Races

EQUIPMENT AND SPACE NEEDED:

- 10 x 25 yard grid

SUGGESTED TIME

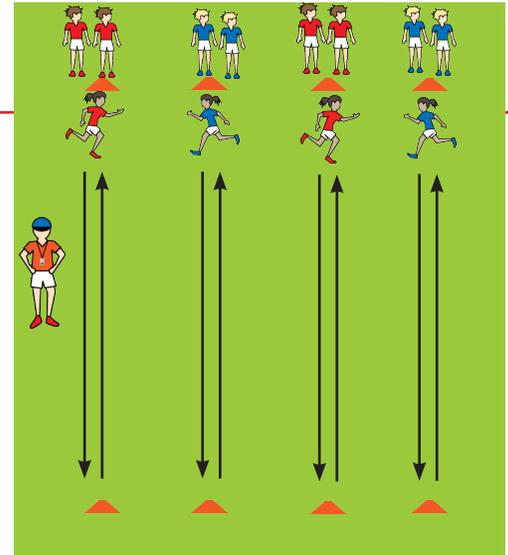
ALLOCATION: 5-10 minutes or four different relays

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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.





GAME CARD

HOW TO PLAY

5. Last, let players have fun by celebrating a “try dance” at the furthest cone before running back to pass to their teammate.

COACHING NOTES

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.

KEY SKILLS

- Passing
- Moving Forward
- Grounding
- Ball Familiarization

KEY CONCEPTS

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



GAME : 3 v 2

EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid
- 8 cones, rugby balls and flag belts

SUGGESTED TIME

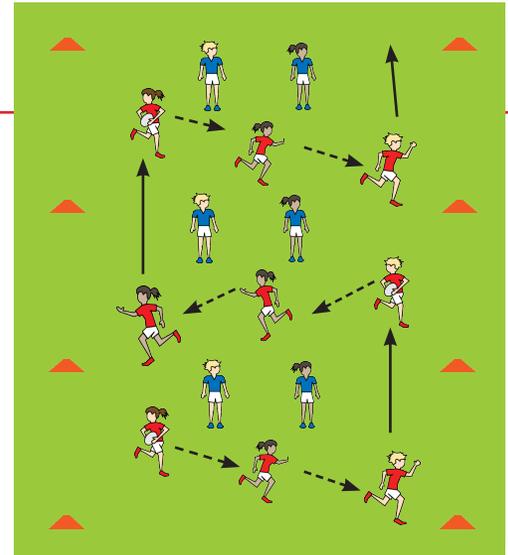
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 form 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.





GAME CARD

HOW TO PLAY

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 while holding the ball, the offensive team must go to the back of the line and try again.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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

- Passing and Receiving
- Evading
- Flag Pulling
- Defensive Thinking

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



GAME: 2 v 1

EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid
- 8 cones, rugby balls and flag belts

SUGGESTED TIME

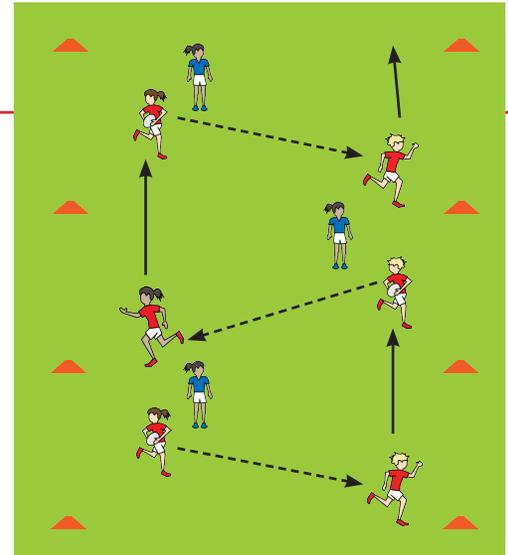
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 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.





GAME CARD

HOW TO PLAY

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.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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.

- Passing and Receiving
- Evading
- Flag Pulling
- Defensive Thinking

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



GAME : Rugby Baseball

EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 4 cones and 2 rugby balls

SUGGESTED TIME

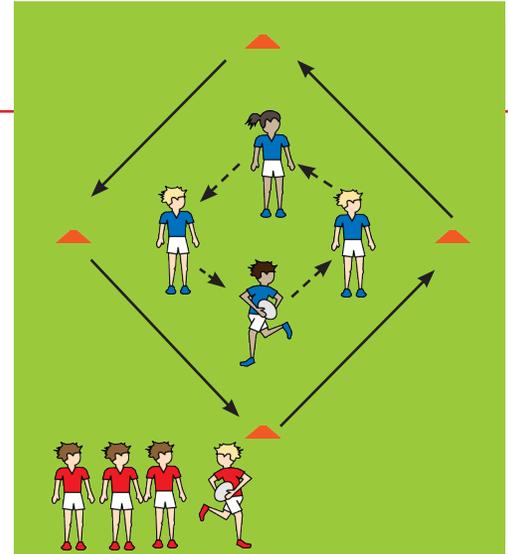
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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





GAME CARD

HOW TO PLAY

- 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.

COACHING NOTES

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 the bases.
5. Have the center circle shuffle or perform jumping jacks to make players more dynamic.

KEY SKILLS

- Passing
- Receiving
- Moving Forward

KEY CONCEPTS

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



GAME : Recycle Run

EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8 cones and rugby balls

SUGGESTED TIME

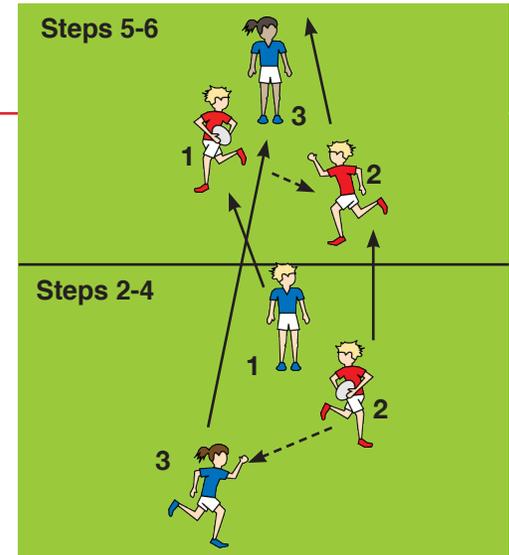
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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.





GAME CARD

HOW TO PLAY

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.

COACHING NOTES

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.

KEY SKILLS

- Moving Forward
- Running in Support
- Draw and Pass
- The Wiggle

KEY CONCEPTS

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



GAME : Depth Running

EQUIPMENT AND SPACE NEEDED:

- 20 x 20 yard grid
- 8 cones and rugby balls

SUGGESTED TIME

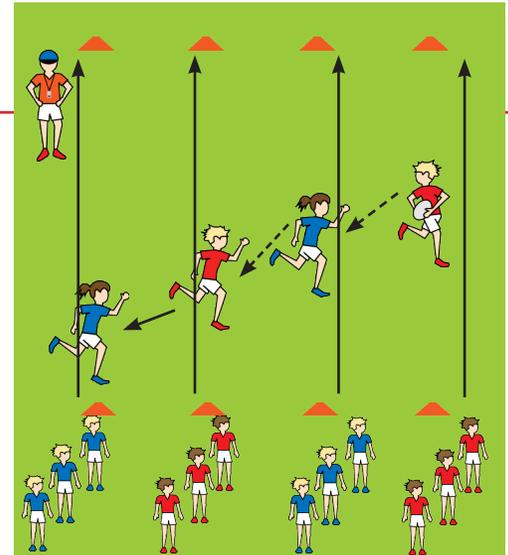
ALLOCATION: 10-15 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 rug by 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





GAME CARD

HOW TO PLAY

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.

5. 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.
6. Players should rotate through the game by joining a different line after every turn.

COACHING NOTES

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. Have all players start standing but make sure they are still running behind each other.

KEY SKILLS

- Passing
- Receiving
- Moving Forward
- Communication

KEY CONCEPTS

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



GAME : Flag Rugby

EQUIPMENT AND SPACE NEEDED:

- 20 x 30 yard grid
- 8 cones and rugby balls

SUGGESTED TIME

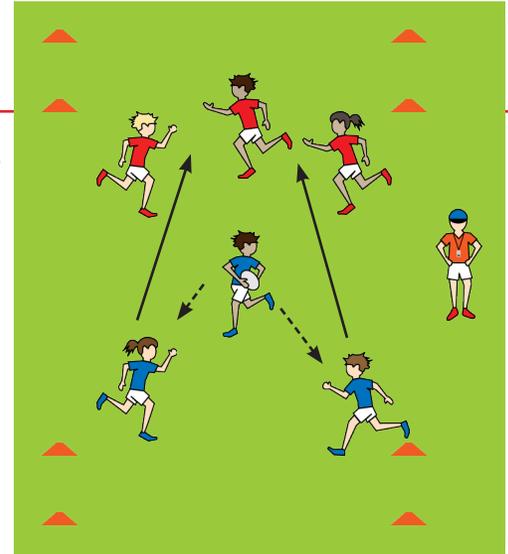
ALLOCATION: 10-30 minutes

PRINCIPLES OF PLAY:

- ✓ Apply Pressure
- ✓ Score Points
- ✓ Contest Possession
- ✓ Go Forward
- ✓ Support
- ✓ Create Continuity

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.





GAME CARD

HOW TO PLAY

5. Have players work on all concepts such as offense and defense.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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

- Incorporate all skills into the game

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



GAME : Ultimate Rugby II

EQUIPMENT AND SPACE NEEDED:

- 30 x 30 yard grid
- 12 cones and rugby balls

SUGGESTED TIME

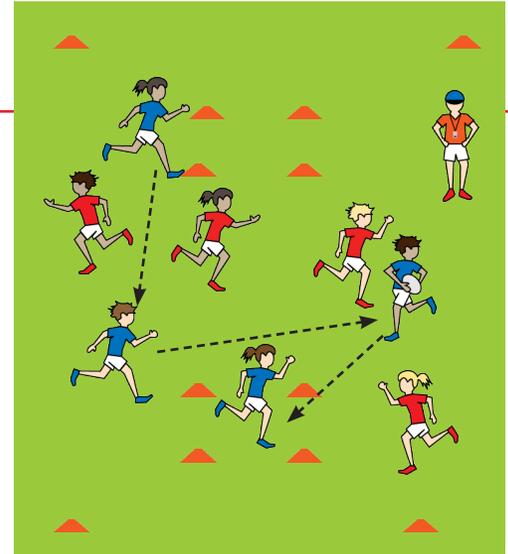
ALLOCATION: 10-20 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

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 a ball is intercepted.





GAME CARD

HOW TO PLAY

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.

COACHING NOTES

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.

KEY SKILLS

- Offensive Support
- Moving the Ball Forward

KEY CONCEPTS

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



GAME : Ultimate Rugby

EQUIPMENT AND SPACE NEEDED:

- 20 x 30 yard grid
- 4 cones and rugby balls

SUGGESTED TIME

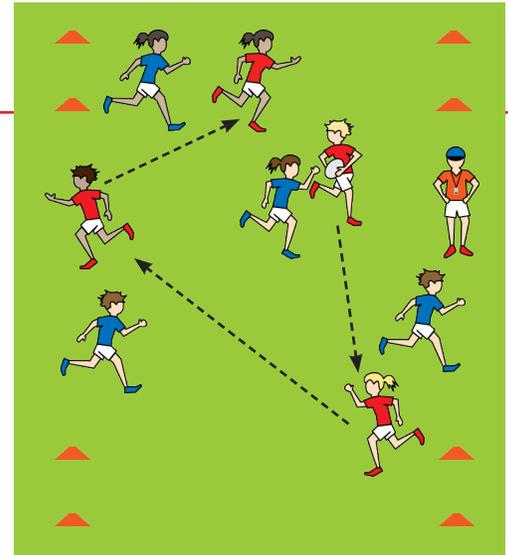
ALLOCATION: 10-20 minutes

PRINCIPLES OF PLAY:

- Apply Pressure
- Score Points
- Contest Possession
- Go Forward
- Support
- Create Continuity

HOW TO PLAY:

1. Split players into two equal teams, lining up on opposite ends 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.





GAME CARD

HOW TO PLAY

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 offensive players and must remain arms-length distance when defending.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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.

- Offensive Support
- Communication
- Moving the Ball Forward

1. Encourage players to look for space when possessing the ball.
2. Help players to be prepared to pass the ball quickly.
3. Encourage players to be in a position to receive the ball from their teammate.



USA RUGBY

GAME : Transition from Ultimate to Flag

EQUIPMENT AND SPACE NEEDED:

- 20 x 30 yard grid
- 8 cones and rugby balls

SUGGESTED TIME

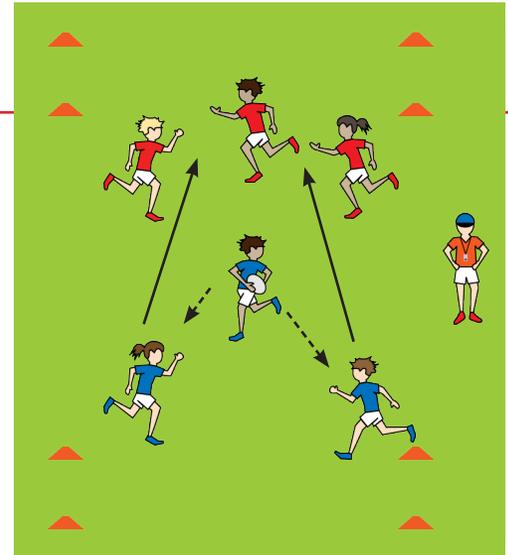
ALLOCATION: 10-30 minutes

PRINCIPLES OF PLAY:

- ✓ Apply Pressure
- ✓ Score Points
- ✓ Contest Possession
- ✓ Go Forward
- ✓ Support
- ✓ Create Continuity

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. Start from Ultimate Rugby (I or 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.





GAME CARD

HOW TO PLAY

- 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.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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.

- Incorporating all skills into the game.

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



GAME : Just Score

EQUIPMENT AND SPACE NEEDED:

- 20 x 10 yard grid
- 4 cones and rugby balls

SUGGESTED TIME

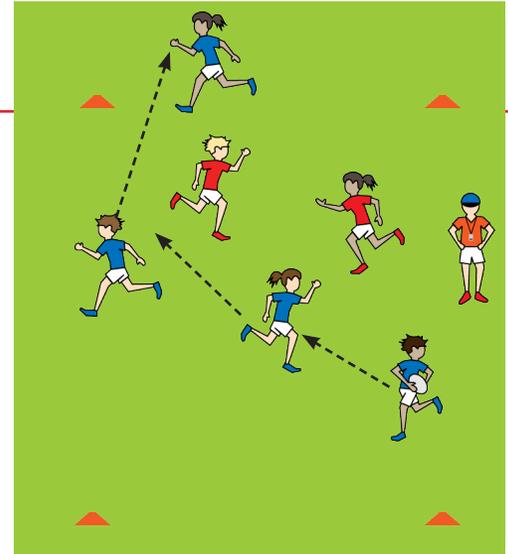
ALLOCATION: 10-15 minutes
or 5 full rounds

PRINCIPLES OF PLAY:

- ✓ Apply Pressure
- ✓ Score Points
- ✓ Contest Possession
- ✓ Go Forward
- ✓ Support
- ✓ Create Continuity

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





GAME CARD

HOW TO PLAY

- 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 offense players to allow everyone a turn.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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

- Scoring a Try
- Evading
- Passing
- Receiving
- Creating Space

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



GAME : Just Score II

EQUIPMENT AND SPACE NEEDED:

- 20 x 10 yard grid
- 4 cones and rugby balls

SUGGESTED TIME

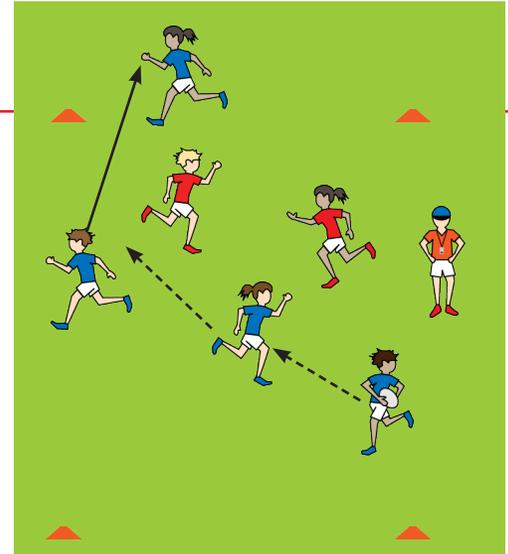
ALLOCATION: 10-20 minutes
or 5 full rounds

PRINCIPLES OF PLAY:

- ✓ Apply Pressure
- ✓ Score Points
- ✓ Contest Possession
- ✓ Go Forward
- ✓ Support
- ✓ Create Continuity

HOW TO PLAY:

1. One team of four players start behind a 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.





GAME CARD

HOW TO PLAY

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 offense players to allow everyone a turn.

COACHING NOTES

GAME PROGRESSIONS

KEY SKILLS

KEY CONCEPTS

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

- Scoring a Try
- Evading
- Passing
- Receiving
- Creating Space

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



GAME : Just Score II

EQUIPMENT AND SPACE NEEDED:

- 20 x 10 yard grid
- 4 cones and rugby balls

SUGGESTED TIME

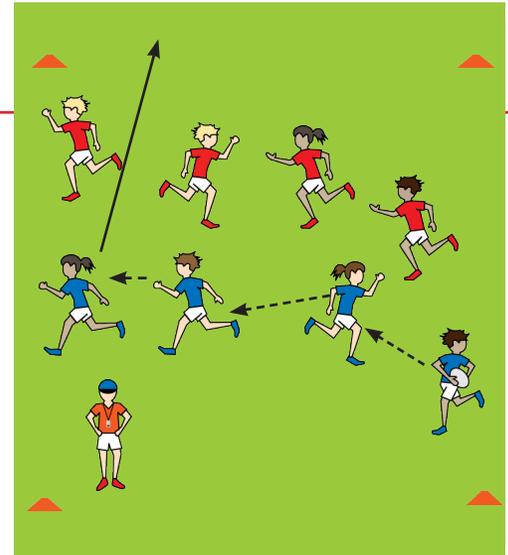
ALLOCATION: 10-20 minutes
or 5 full rounds

PRINCIPLES OF PLAY:

- ✔ Apply Pressure
- ✔ Score Points
- ✔ Contest Possession
- ✔ Go Forward
- ✔ Support
- ✔ Create Continuity

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, then return back to play and become the defending team.
4. The offense reverses the direction of attack if a try is scored.





GAME CARD

HOW TO PLAY

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.

COACHING NOTES

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.

KEY SKILLS

- Scoring a Try
- Evading
- Passing
- Receiving
- Creating Space

KEY CONCEPTS

1. Encourage players to work together on offense to create space.
2. Encourage communication on defense.
3. Help players to keep moving forward, always attempting to score.

