



Section 2 C

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Game Pack Index

There are 15 games in the game pack. Each has a number of variations and progressions. Each game has at least one key rugby concept associated with it. Some games apply to more than one rugby concept. The relevance of each game to a particular concept is highlighted using stars ★ below. For example, Ultimate rugby is used as a game to demonstrate Support and Continuity, Creating Space and Preserving Support Space as primary concepts ★★ and Evasion, Defense and Running to Open Space as secondary concepts★. These are merely suggestions - it is up to you as a teacher and coach what emphasis you wish to put on a specific game as most games are relevant for multiple concepts. Ideally, you will help your students identify the key concepts within each game and have them work out how they can best maximize their skills to enhance effectiveness of each concept.

Game Name	Game #	Support & Continuity	Creating Space	Evasion	Preserving Support Space	Defense	Running to open space
Ultimate Rugby	1	★★	★★	★	★★	★	★
Keep Away	2	★★	★	★	★	★	★
4 v 4 Flag Rugby	3	★★	★	★	★	★	★
Offense Games	4	★★	★	★	★	★	★
Hot Potato	5	★★	★	★	★		★
Just Score	6	★	★★	★	★★	★	★
Side Step & Swerve Relay	7	★	★★	★	★		★
Star Drill	8	★	★★	★	★	★	★
Stuck in the Mud	9	★	★	★★	★	★	★
American Eagles	10	★	★	★★	★	★	★
Wizards, Giants & Gelpplings	11	★	★	★★	★	★	★
Defensive Lines	12	★	★	★	★	★★	★
Pass Defend & Attack	13	★	★	★	★	★★	★
1 on 1, 2 on 2 tag progressions	14	★	★	★	★	★★	★
Group cover tag	15	★	★	★	★	★★	★

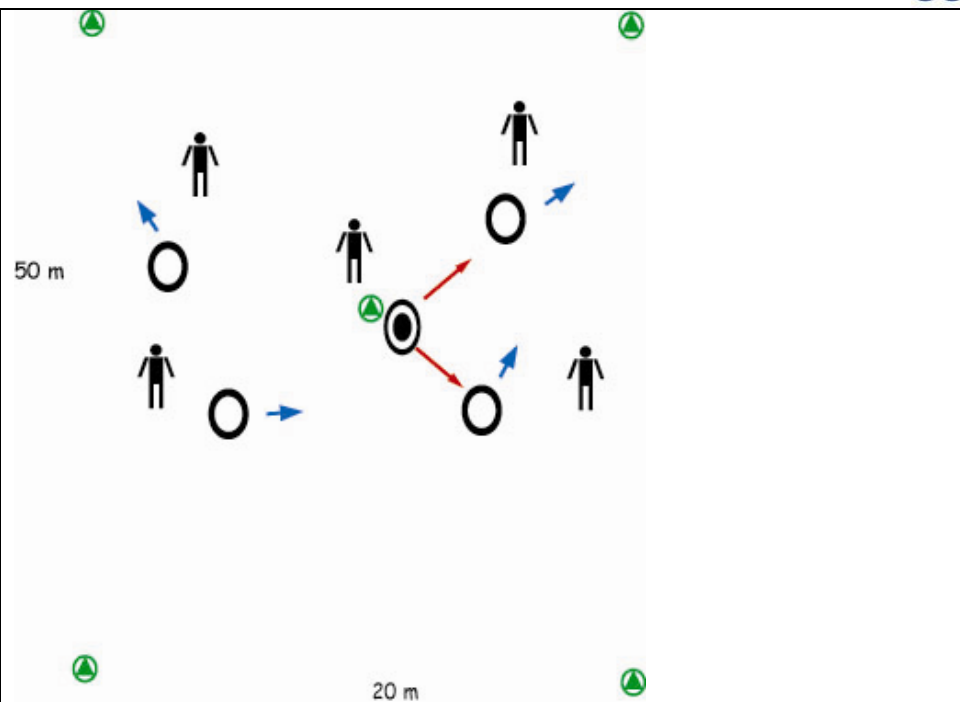




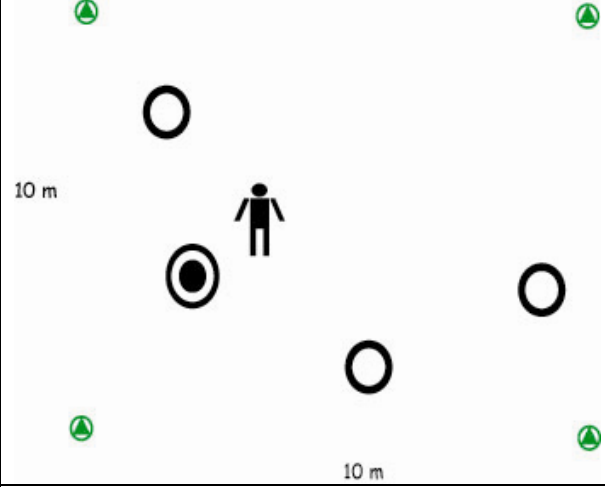
Game 1

Game Name:	ULTIMATE RUGBY
Game Set Up:	5-7 Players per team 20 yard by 50 yard playing area (pitch) 1 ball per game 6 + Cones (to mark goal lines and halfway line) 1 Poly spot to mark the center spot
Game Description:	<p>The game is started with a tap ball (where a player kicks the ball to him/herself before passing the ball) at the center spot on the half-way line. Prior to the tapped ball players must line up on their side of the field (like soccer). This is only done to start the game.</p> <p>After the initial start players can advance the ball by passing it to their teammates or by running the ball. No blocking is permitted. The result of a block is a turnover. The ball may be passed in any direction.</p> <p>If the ball is hits the ground, the team that last touched the ball forfeits possession.</p> <p>If a player in possession of the ball is "tagged" they must pass the ball within 3 steps or within 3 seconds. Otherwise it's a turnover.</p> <p>Tries are scored by passing the ball over the goal line to a player who catches the ball in the in-goal area.</p> <p>Running the ball over the goal line results in a turnover.</p>

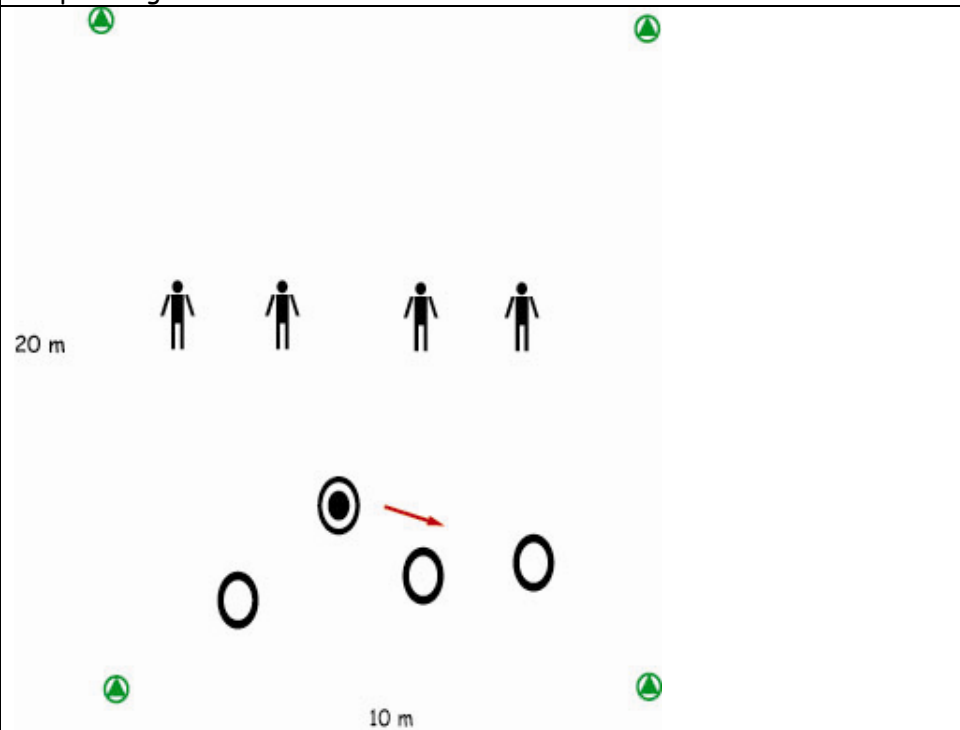


<p>Game Diagram:</p>	
<p>Game Progressions:</p>	<p>Progressions: 5v5, 6v6, 7v7 Increase field dimensions to 30 yd x 70 yd Limit one player on each team to only playing in the offensive $\frac{1}{2}$. This gives a numerical advantage to the attacking team. Walking, jumping, etc.,</p>

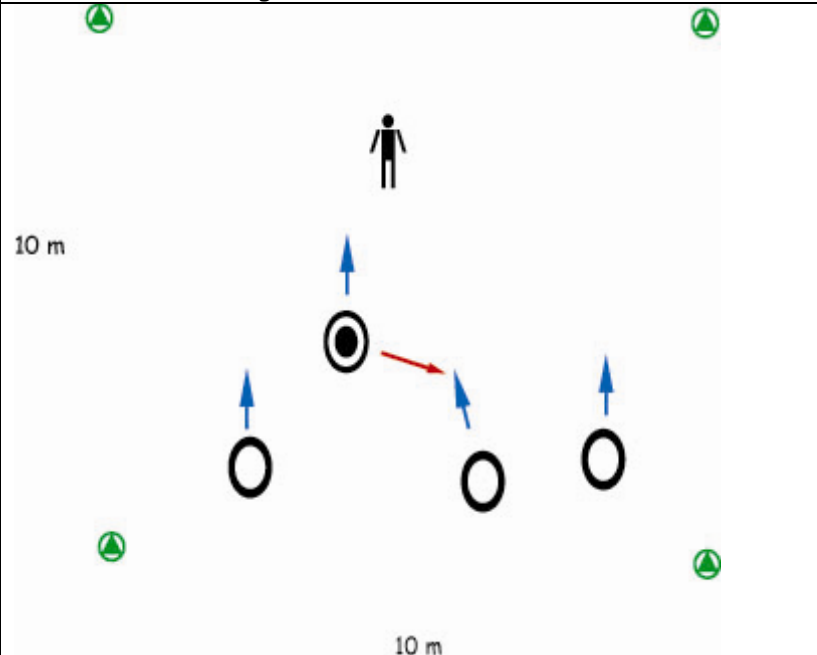
Game 2

Game Name:	KEEP AWAY/TAG BALL
Game Set Up:	4 offense v 1 defender 10 yard square grids 1 ball per grid Cones to mark the grid
Game Description:	<p>Four offensive players vs one defender (IT).</p> <p>Keep Away: The offensive players pass the ball around the grid in any direction.</p> <p>The ball cannot be passed over the head of the defender. All passes must be basic lateral rugby passes. The purpose of the game is for the defender (IT) to pull the flag of a player in possession of the ball, to intercept the ball or cause a dropped ball in the time allotted.</p> <p>The defender scores one point for each of the above. Defenders remain on defense until the whistle is blown.</p> <p>Tag Ball: One of the players is nominated as IT. The rest of the group try to tag IT.</p> <p>A tag can only be made whilst holding the ball. Once in possession of the ball players CANNOT run with it.</p> <p>Tags are made by reaching out to touch the IT player. Tags are only good from thigh up, excluding head and chest area.</p>
Game Diagram:	 <p>The diagram illustrates a 10m x 10m square grid. A central stick figure represents the defender (IT). Four circles represent offensive players, positioned at approximately the top-left, top-right, bottom-left, and bottom-right corners of the grid. Green triangles mark the four corners of the grid. The grid dimensions are labeled as 10 m on both sides.</p>
Game Progressions:	Progressions: 4 v 1, 3 v 1, 4 v 2, 3 v 2. Increase grid size to 15 yd by 15 yd.

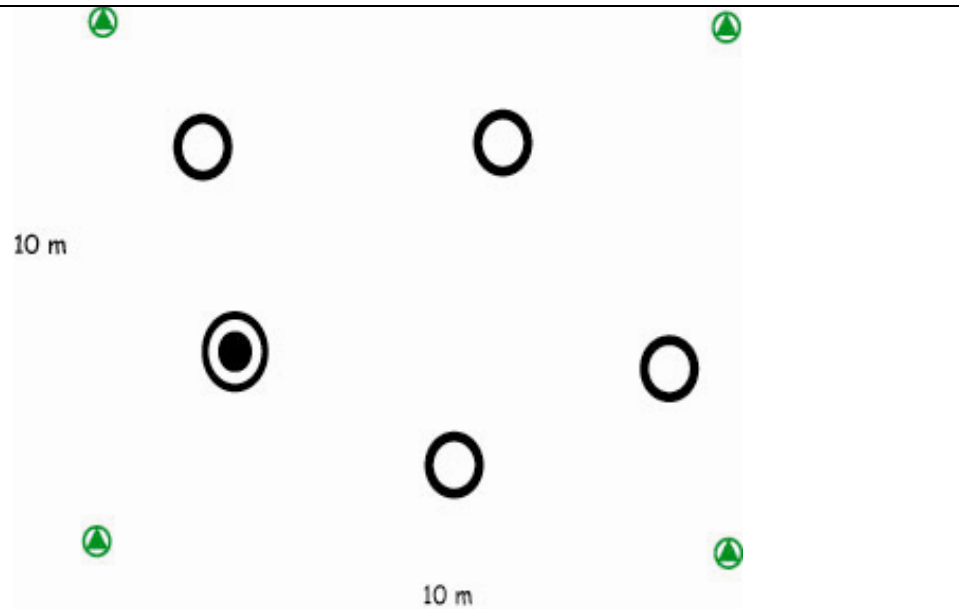
Game 3

Game Name:	4 v 4 FLAG RUGBY
Game Set Up:	20 x 10m grids 4 players on each team defending opposite ends 1 ball per grid
Game Description:	A reduced numbers, controlled game of flag rugby (see Micro Tag rules) Keep each game to 5 minutes
Game Diagram:	
Game Progressions:	<p>Compulsory (see rules / glossary): Tag Transaction, No Contact, No blocking, Advantage.</p> <p>Optional: Lateral (proper rugby passing) depending on students experience and ability. For instance, for beginners - first pass after a tag must be backwards as a starting point, then progress to 2 passes and all passes. For more experienced players, they can't score until X number of passes have been made, or until all players have touched the ball.</p> <p>Rotate teams through a couple of grids</p> <p>Winner stays on</p> <p>Championship</p>

Game 4

Game Name:	OFFENSE GAMES
Game Set Up:	10 x 10m grids 3 or 4 offense v 1 defender Cones mark grids
Game Description:	<p>Objective: to practice small sided offensive and passing skills</p> <p>3 groups are designated as attackers, the 4th group as defenders.</p> <p>Attackers start at one end of the grid, with defenders at the other.</p> <p>Upon the teachers signal the attackers run and pass attacking the opposite line, attempting to avoid being tagged by the defender.</p> <p>The defender advances forwards and can only tag the person in possession of the ball.</p> <p>Each attacking team advances through the grid in turn, until all defenders on the defending team have defended at least once.</p> <p>Teams rotate through attack and defense.</p>
Game Diagram:	
Game Progressions:	<p>Vary number of attackers (e.g. 4 v 2 then 3 v 2)</p> <p>Vary type of passes - i.e. progress to lateral rugby pass. More advanced teams may attempt short, long, cut and miss passes for instance.</p>

Game 5

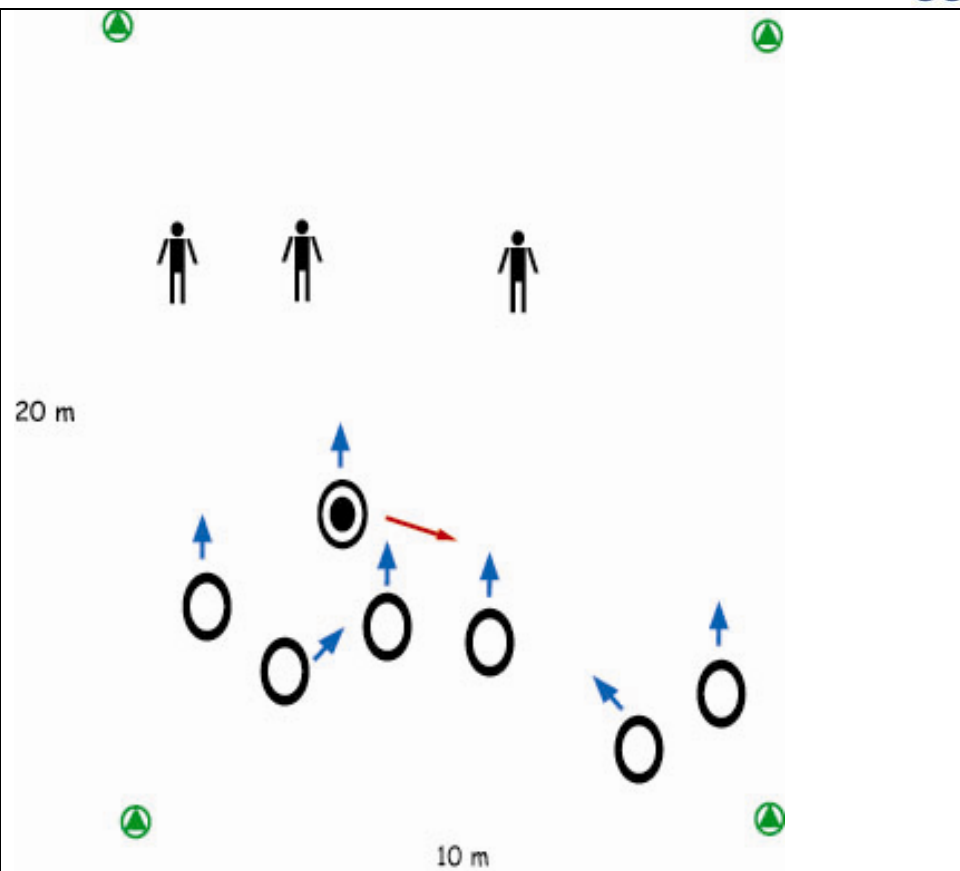
Game Name:	HOT POTATO
Game Set Up:	5 players per grid (1 group) 10 yard square grids 1 ball per grid Cones to mark the grid
Game Description:	Players run around the grid in any direction. The aim of the game is to complete as many passes as possible in 30, 45, or 60 seconds. Game is repeated a couple of times. Player can only pass the ball to players other than the one that passed it to them.
Game Diagram:	
Game Progressions:	Silent game?? One group per grid Two groups per grid (each group has it's own rugby ball) Four groups per grid (each with it's own rugby ball)



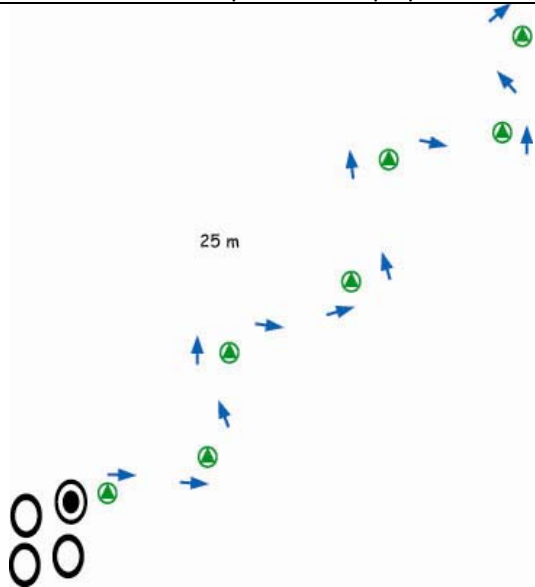
Game 6

Game Name:	JUST SCORE!
Game Set Up:	20m x 10m grids 10 players in each 7 players on attack with one ball 3 players on defense.
Game Description:	<p>Objective: for the attacking team to score as many points as possible in a set period of time.</p> <p>The attacking team starts with the ball behind their try line, and the defense behind their try line.</p> <p>Attacks are made, advancing the ball forward through using passes in any direction, and running. Blocking is not allowed.</p> <p>If a player is tagged whilst they are in possession of the ball, they must look to pass the ball immediately to one of their team members.</p> <p>A successful try results in the attackers to reverse their direction of attack, back towards their original starting point.</p> <p>Should the ball be dropped, the attacking team returns to their try line. Once all members of the attacking team have reached the line, another attack may commence.</p> <p>After a set time period, the roles are changed, with a new attacking team attempting to better the score of other teams.</p>



<p>Game Diagram:</p>	
<p>Game Progressions:</p>	<p>Passes must be lateral or backwards (a forward pass is now treated as an error, with the team retreating to attack). Coaches may limit the number of tags allowed before the team must retreat to their try line. Further variations can be made through adjusting the ratio of attacking and defending students, grid size and time limits.</p>

Game 7

Game Name:	SWERVE AND SIDE STEP RELAY
Game Set Up:	4-5 students per team 10 yard x 25 yard channel 10 balls, 40 cones (preferably different colors) 6 Cones are set up in a slalom course
Game Description:	<p><u>Swerve:</u> Students run to the right of the first cone, left of 2nd cone, right of third cone etc.,</p> <p>On reaching the 6th cone (which is in line with the 1st cone) the student turns for home. On crossing the line a try is scored and then the next player repeats the process. How many tries scored in 1 minute?</p> <p><u>Side Step:</u> The length of the slalom course is reduced in half. This is achieved by collecting the 3 farthest cones and placing them in between cones 1 and 2, 2 and 3 and one cone is placed a similar distance past cone 3.</p> <p>Students side step on the way up and run back.</p>
Game Diagram:	
Game Progressions:	<p>Jogging, Running.</p> <p>Divide groups in half. Students run one direction (performing swerve or side-step) then hand off the ball to teammate who runs the other direction evading the cones by swerving or side-stepping.</p> <p>Variations: How long does it take to score 10 tries? How many tries scored in X minutes. Can be incorporated as warm-ups</p>

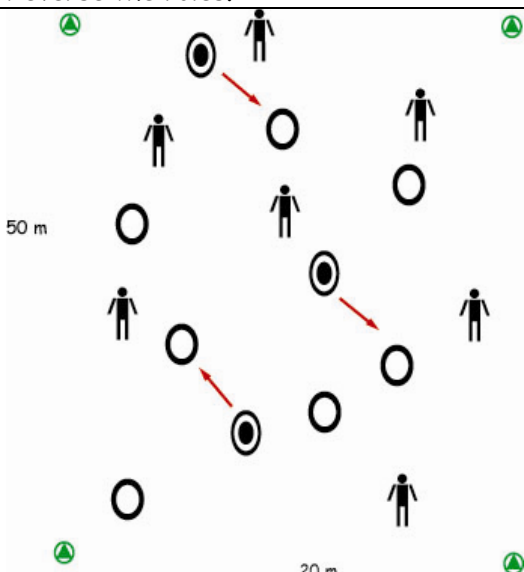


Game 8

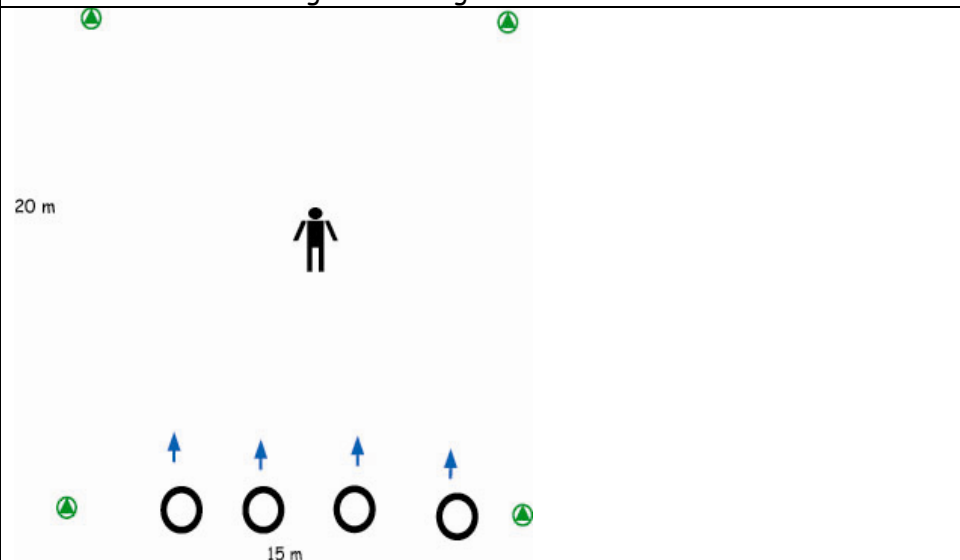
Game Name:	STAR DRILL & STAR DRILL (Reverse)
Game Set Up:	12-20 players per grid (STAR DRILL) 6-10 players per grid (Reverse option) 4 Cones per grid 2-4 Balls
Game Description:	<p>STAR DRILL: For one grid. 4 Students per cone. Students are grouped around cones ABCD (4-5/cone). Students at cone A and B have a ball. They run diagonally across grid to opposite cone. On reaching the other cone they pop pass/give the ball to the next runner. Run the same direction i.e. to the right</p> <p>STAR DRILL (Reverse) [Only 1 ball in play]: For a group of 10 students, 3 students will be located at cones A, and B while 2 students will be waiting at cones C and D. The student at cone B will start with the ball and run diagonally across the grid towards cone C, at the same time the student at cone A will run diagonally across the grid towards cone D, but will make sure that they lag a little behind the ball carrier. At the mid point of the grid student B will cross in front of student A and will pass the ball on a reverse to student A. Student A will run the ball to cone D and pass to the next student who repeats the procedure going the other direction. Groups go for 2 minutes.</p>
Game Progressions:	Walking, Jogging, Running, other locomotor movements For STAR DRILL: Increase the # of balls in play from 2 to 4. Note: Can be incorporated as a warm up.



Game 9

Game Name:	STUCK IN THE MUD
Game Set Up:	20m grid 20 players Two teams are formed with a 4:1 ratio evaders to taggers (defenders). Balls (optional) for evaders
Game Description:	When a student is tagged they must remain stationary or 'stuck in the mud', with their legs astride and arms out horizontally. [Tag belts are optional]. 'Stuck' students can be released through their team members assisting them, and performing a set skill, such as rolling a ball between their legs [see progressions below]. The game continues for a set time, or until all evading students are 'stuck'. Reverse the roles.
Game Diagram:	 <p>50 m</p> <p>20 m</p>
Game Progressions:	<p>Team members crawl between the legs of their 'stuck' student.</p> <p>Team members pass a ball to a 'stuck' student.</p> <p>Team members roll a rugby ball between the legs of their 'stuck' student.</p> <p>Team members crawl between the legs of their 'stuck' student, with a rugby ball.</p> <p>A rugby ball must be passed around, whilst trying to free 'stuck' students'. How many passes can be made by clusters of players before they get tagged?</p>

Game 10

Game Name:	AMERICAN EAGLES
Game Set Up:	20m x 15m grid One student is chosen to be the initial tagger Balls are optional (1 between 4 or 5 students)
Game Description:	One student starts in the middle of the grid, facing the remaining students (Eagles) who are lined up along one edge of the grid. On the coach's signal, the eagles must attempt to get from one side of the grid, to the other, without having either of their flags removed (tackled). Any tackled student joins the student in the centre. Continue until all the eagles are caught.
Game Diagram:	 <p>The diagram shows a 20m x 15m grid. A central figure represents the tagger. Four circles with blue arrows pointing up represent the eagles lined up along one edge. Two green triangles represent flags at the corners of the grid.</p>
Game Progressions:	The student in the middle, call's out just one eagle. If the eagle gets through to the other side without being tackled, all of the remaining eagles now make a simultaneous attempt. If the eagle is caught, they then join the student in the middle. Safely transport / pass the ball to the end for additional points (different passing options available -see below) Students leave in groups or waves to simulate a rugby situation. Include a ball to make it even more challenging. Tagged students sit out. No passing - forward passing - lateral passing progressions.

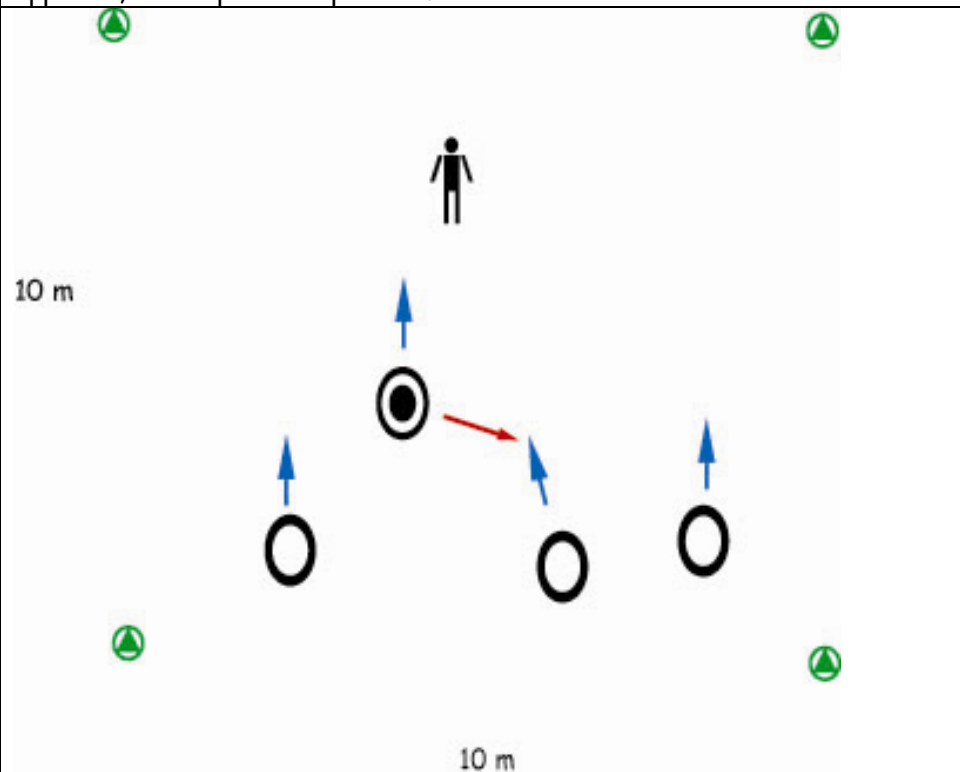
Game 11

Game Name:	WIZARDS, GELPHLINGS AND GIANTS
Game Set Up:	<p>One large grid is set up depending on group size (e.g. 20 players, 20m x 20m)</p> <p>Two teams are formed and start on opposite sides of the grid - their "Safety Zone".</p>
Game Description:	<p>A basic adventure game requiring evasion skills.</p> <p>Before being given a "go" signal by their coach, each team decides whether they want to be "Wizards, Gelphlings or Giants".</p> <p>Upon the "Go" signal each team advances towards the halfway line. Upon getting close to the line, each team announces what character they have chosen to be.</p> <p>Wizards scare Giants Giants scare Gelphlings Gelphlings scare Wizards.</p> <p>The "scared" team must escape to their Safety Zone before being tagged by the opposition.</p>
Game Progressions:	<p>Coach shouts out character name as teams advance to the line. The character name given must retreat to their line before being caught by the opposition</p> <p>Change area of safety zone</p> <p>Alter grid size</p> <p>Incorporate rugby balls by "scared" players attempting to score a try before being tagged.</p>

Game 12

Game Name:	DEFENSIVE LINES
Game Set Up:	<p>Students form groups of equal numbers up to 6 per team, depending on space available.</p> <p>Players should be spaced about 2 - 3 meters apart in a horizontal line.</p> <p>Each team lines up one behind the other facing in the same direction</p> <p>Objective: To improve players understanding of defensive lines, increase communication between players and improve defensive teamwork</p>
Game Description:	<p>The teacher gives different commands to the players as they advance down the field / gym, who must react and communicate within their group to maintain a flat defensive line.</p> <p>Players should be encouraged to identify the adaptations required to maintain the most effective defensive alignment for each command. Generally, a defensive line will remain horizontal/flat with equal spacing between players.</p> <p>Good communication between team mates should be encouraged.</p> <p>The commands are as follows: Up = Run Forward Left = shuffle left Right = shuffle right Freeze = freeze in position Back = retreat (backpedal i.e. still facing forwards)</p>
Game Progressions:	<p>Replace commands with numbers, or colors, e.g. Up = 1, Left = 2, etc.</p> <p>Replace commands with hand or ball signals, e.g. ball pointing left = left, ball down = freeze, etc.</p> <p>Students come up with their own commands.</p>

Game 13

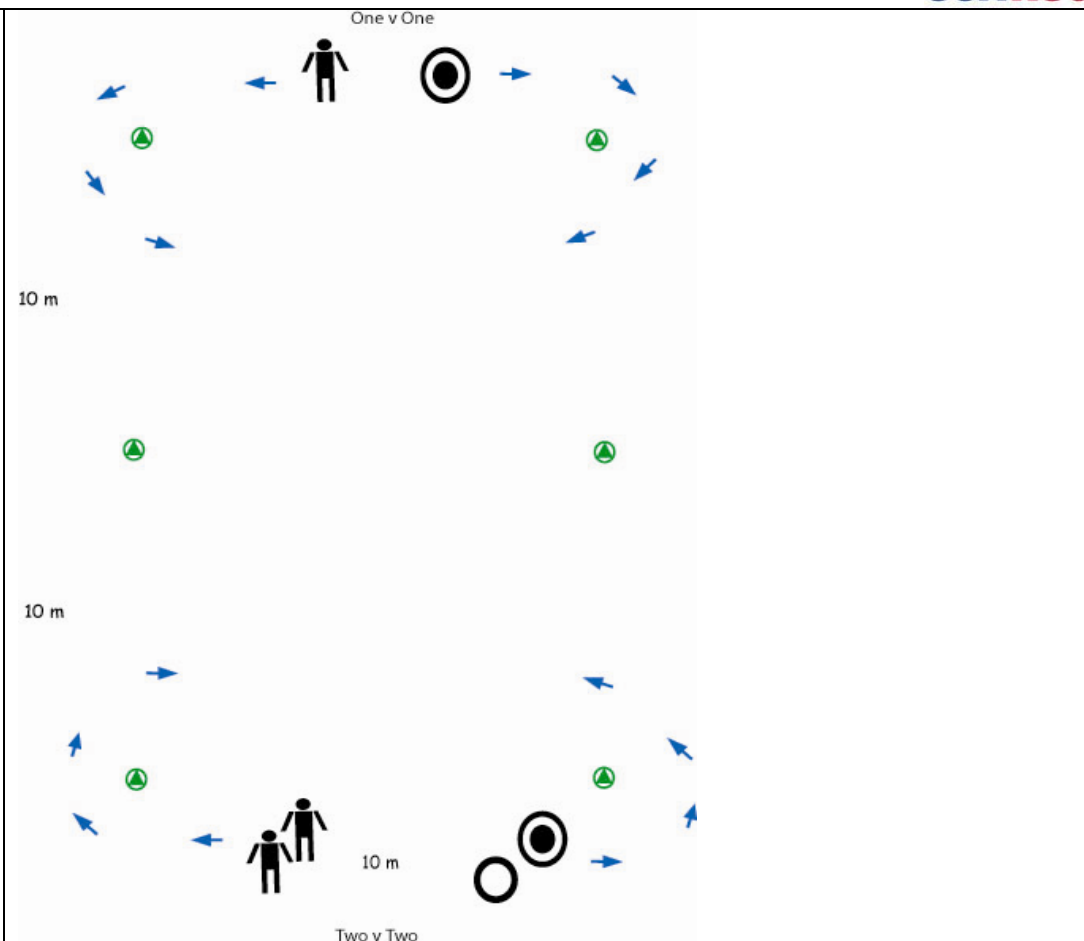
Game Name:	PASS, DEFEND AND ATTACK
Game Set Up:	<p>Students split into groups of 5.</p> <p>2 groups of 5 are horizontally spaced across one end of a 20 x 10m grid, another 2 groups occupy the opposite end of the grid</p>
Game Description:	<p>The ball carrier from the first group of 5 passes the ball to another player on their team and then runs towards the mid point of the grid</p> <p>Upon reaching half way, the player turns around to become a defender against his/her own group. The group attack with the ball, making rugby passes to commit and beat the defender without being tagged with the ball.</p> <p>The attacking group run through and pass the ball to the first group of 5 opposite, who repeat the process.</p>
Game Diagram:	
Game Progressions:	<p>Limit movement of the defender - side to side / forwards / back / diagonal</p> <p>Increase number of attackers / defenders</p> <p>Alter size of grid to amend spacing between attackers</p>



Game 14

Game Name:	1v1 & 2v2 TAG
Game Set Up:	4-8 players per 10 x 10 grid. 1 ball per 2 players (10-20 balls). A flag for each player 4 cones/grid or 40 cones
Game Description:	<p>This is a progression of the offensive games, as attackers and defenders have less time to react to what the other is doing.</p> <p>A line of defenders and a line of attackers are formed to the left and right side of the grid (outside the grid itself). Students pair up with a partner in their respective line (for 2 v 2 game).</p> <p>On the whistle the both the attackers and defenders run around cones on opposite ends of the grid (i.e. attackers run around cone on right, defenders run around cone to their left).</p> <p>On rounding the cone attackers run & pass as required to beat the defense.</p> <p>The defenders attempt to pull the attacking player's flag before they cross the defender's goal-line.</p>



<p>Game Diagram:</p>	 <p style="text-align: center;">One v One</p> <p style="text-align: center;">10 m</p> <p style="text-align: center;">10 m</p> <p style="text-align: center;">10 m</p> <p style="text-align: center;">Two v Two</p>
<p>Game Progressions:</p>	<p>Defenders can only run laterally from half way "line" of grid.</p> <p>Defenders are free to run anywhere in grid (as above)</p> <p>2 attackers v 1 defender</p> <p>1 attacker v 2 defenders</p> <p>2 attackers v 2 defenders (Static then Dynamic).</p> <p>3 attackers v 2 defenders (increase grid dimension 15x15)</p> <p>3 attackers v 1 defender</p> <p>4 attackers v 2 defenders (5 v 3, 6 v 4) etc.,</p> <p>(options) defenders have to hold on to a 6 foot cloth jump rope to maintain organization and structure of defense</p>



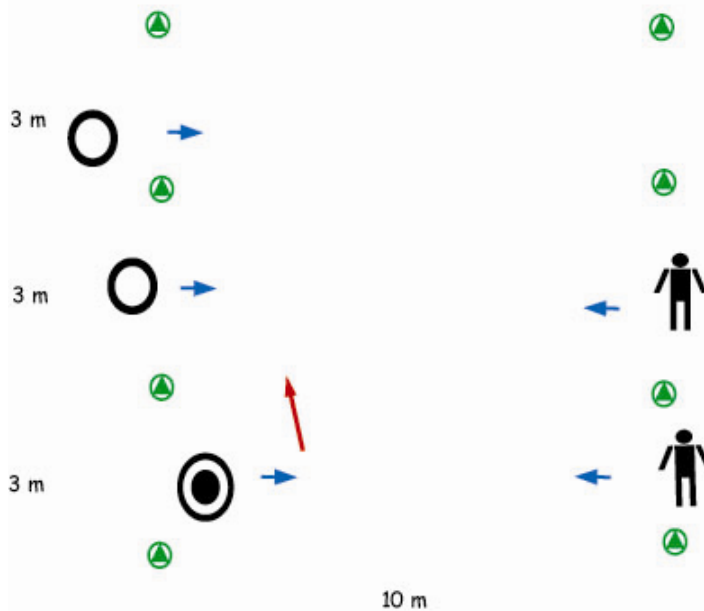
Game 15

Game Name:	GROUP COVER TAG
Game Set Up:	5 Students (3 attackers and 2 defenders), Grid is divided up into 3 channels (channel 1, 2, & 3). Attackers must stay in their channel. 1 ball per group 4 grids 3 x 10
Game Description:	<p>For a 3 v 2 game, attackers are lined up on their end line (goal line) in their channels facing the defenders who are standing on their goal line. On the whistle attackers move towards the defender's goal-line.</p> <p>Cover Defense option: Defender A can only defend in Channel 1 and Channel 3, Defender B must stay in middle Channel (2). Thus, after attackers pass the ball out of Channel 1, Defender A would cover across straight to Channel 3.</p> <p>Slide Defense option: Defender A can only defend in Channels 1 and 2, whereas Defender B can only defend in Channels 2 and 3. Thus, after attackers pass the ball out of Channel 1, Defender A slides into Channel 2 and Defender B into channel 3.</p> <p>5 points scored by a) the attacking team scoring a try or b) the defending team preventing a try from being scored. 7 points scored if defending team gains possession and scores a try.</p>

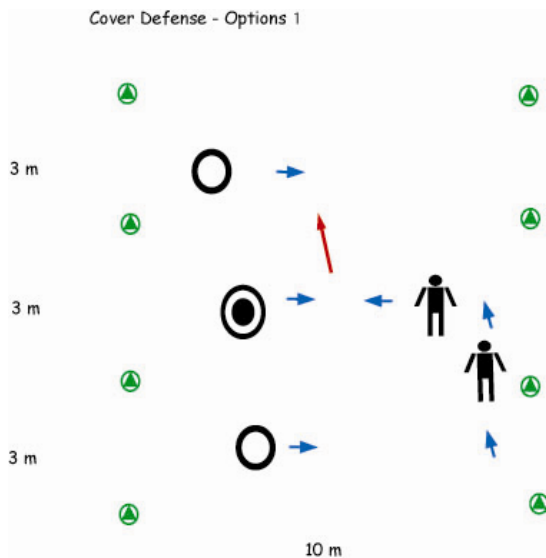


Game Diagram:

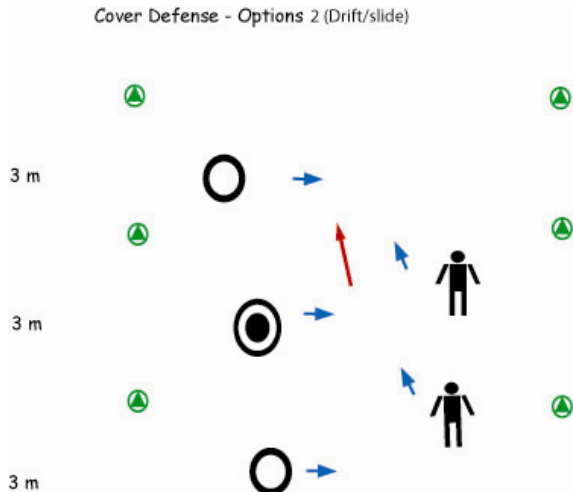
Cover Defense - Starting Position



Cover Defense - Options 1



Cover Defense - Options 2 (Drift/slide)





Game	3 v 2 Tag game
Progressions:	4 v 2 Tag game (4 channels) Defenders must maintain relative position (i.e. left side defender must stay to the left of her right side defender). 5 v 3 5 v 2

