

# SUPER TROOPERS

with



## Rugby Activities

With all this time to spend in your back garden or an outside space, it's a great time practise your rugby skills. Here are some simple activities to get your family started. Head outside with a rugby ball or alternatively whatever ball (football or other) that you have access to at home.

### Pick Up and Drop Relay Race

Play this game with two team To prepare:

- › You will need two balls for this game
- › Mark out a start and finish line
- › Leave a ball for each team half way down their running course
- › To play:
- › Run to the ball, pick it up and continue with the ball to the end line
- › On your way back to the start line, place the ball down where you picked it up
- › Continue until each team player has had a turn at racing down to drop and pick up the ball

### Switch Pass

- › All players stand, spreading out in a circle
- › One player is the caller
- › Play begins with one player passing the ball to the right around the circle
- › Whenever the caller shouts "Switch", the ball must be passed back in the opposite direction around the circleWhenever the caller shouts "Offload", the player with the ball must pass the ball to anyone in the circle but not the person on either side
- › Continue passing around the circle
- › Players can take turns being the Caller



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### Pass Back Walk

Passing backwards is a key skill in rugby. Try this fun activity to practise passing backwards with your family.

- › Players stand in a diagonal line, about one step sideways and two steps behind one another other
- › The first player, at the top of the line, has the ball
- › The first player passes to the person on their left and runs to the end of the diagonal line
- › The second player now with the ball passes to the player on their left
- › Continue passing like this until the ball reaches the end of the line
- › When the ball gets to the end of the line, the last person (who now has the ball) must run to the top of the line and begin passing backwards again
- › The line should always keep moving forwards
- › Add a second ball to make this even trickier

### Tip me if you can

- › Mark out a square for the playing zone
- › Two players enter the zone - The Defender and the Tipper
- › The Defender must race from one side of zone to the other, carrying the ball and trying to avoid being caught by the Tipper
- › The Tipper must try to tip the Defender on their shoulder as they run across the zone
- › Players do this a few times and then switch roles
- › Each tip is one point
- › How many times did the Defender get tipped or avoid getting tipped?

