

GAME: RUGBY PRIME

This is a Touch Rugby format of the game used to develop continuity and go forward play. Works on Evasion, Vision, Catch/Pass and Communication skills and encourages support play.



HOW TO PLAY

- * Pitch size - vary depending on the number of players on each team.
- * Defending team must allocate one player as a sweeper to provide space for the Attack.
- * The Sweeper comes into play when an Attacker breaks through the defensive line. They must then return to the Sweeper role for each stop and pass/restart.
- * The Ball carrier must try to score without being touched, if touched once they can continue to run but cannot score (look to offload to support players). * If touched a second time by a different defender then they must stop and pass
- * 5 Touches = turn over. Allow to score on the last play.

GAME CONSTRAINTS

- * Options after being touched/tagged twice:
 - Ball carrier can Stop and Pass.
 - Roll the ball back between their legs.
 - Go to ground and present.
 - Pop and pass off the deck.
- * Carry ball in two hands, if not turnover
- * No lateral running, running across the pitch turnover. Use it to help encourage running forward using evasive footwork to beat the defender.
- * Arriving player must pass at the breakdown
- * Two-handed touch on the hips
- * Turnover after 2 touches

COACHING CUES

- * Carry the ball in 2 hands.
- * Identify and attack the space.
- * The Sharks must communicate to each other.
- * The Fishes use speed and footwork.

COACHING REVIEW

Stop – Start – Continue

1. What worked well in this game?
2. What didn't work so well?
3. What will I do differently next time?