



VIRTUAL SCHOOL GAMES INTRA SCHOOL COMPETITION PROGRAMME

RUGBY

@MCRSCHOOLSPE

#MANCHESTERVIRTUALSCHOOLGAMES





STATION 1: BALL HANDLING

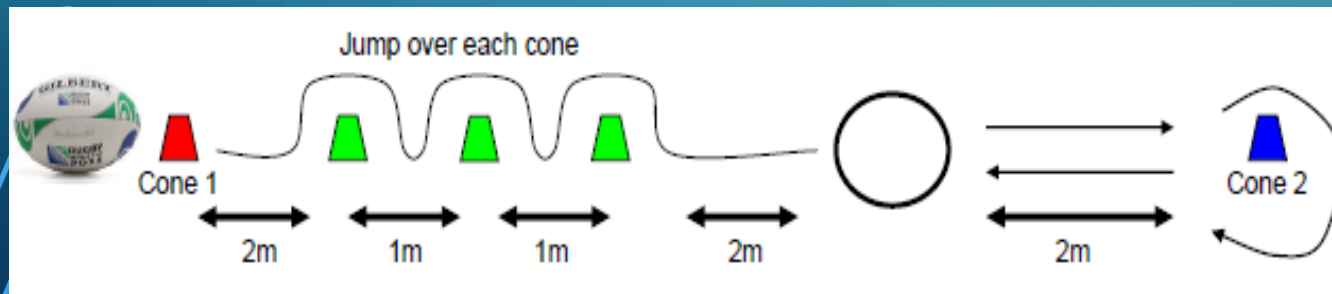


Equipment & Set Up

- Team Challenge (Teams of 6)
- Set up as per diagram
- Equipment: Ball, marker cones, hoop, stopwatch
- Sports Leader, teacher or TA to time and record



Scoring: Calculate the total number of completed shuttles (there & back) in 5 minutes. Discount any where the ball is dropped when placing it in the hoop



How to Organise

- Players line up in a straight line behind cone 1
- First player runs with the ball jumping over the cones and places the ball in the hoop (to score a Try)
- They continue running without the ball around cone 2 and pick up the ball on the way back jumping over the cones before passing the ball onto the next player waiting
- The team completes as many shuttles as they can in 5 minutes

- Test of speed & co-ordination
- Hold ball in 2 hands
- Place, don't drop, the ball in the hoop



STATION 2: AGILITY RUN



Equipment & Set Up

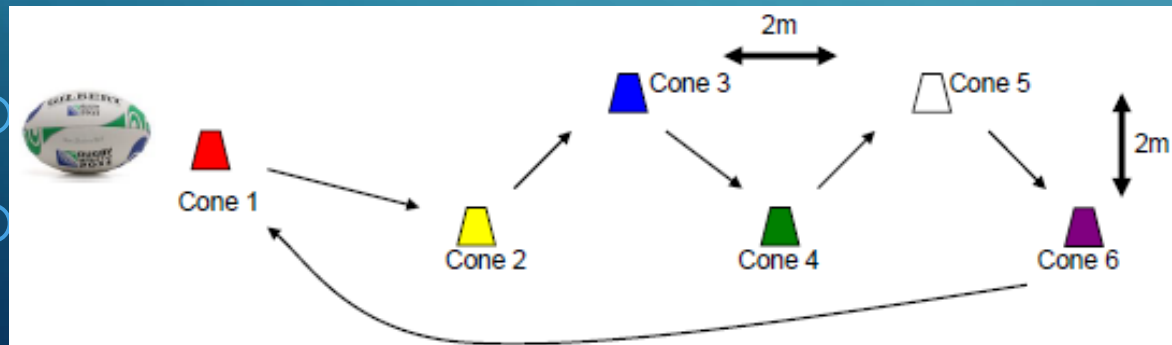
- Team Challenge (Teams of 6)
- Set up as per diagram
- Equipment: Ball, marker cones, stopwatch
- Sports Leader, teacher or TA to time and record



Scoring: Calculate the total number of completed agility runs in 5 minutes. Discount any where the ball is dropped onto the cones

How to Organise

- Players line up in a straight line behind cone 1
- First player runs with the ball to touch cone 2 with the ball before zig zagging their way doing the same to cones 3-6
- After touching cone 6 they run straight back to cone 1 and pass the ball onto the next player waiting
- The team completes as many agility runs as they can in 5 minutes



- Test of speed, agility & co-ordination
- Hold ball in 2 hands
- Touch the cones with the ball - don't drop the ball onto them




STATION 3: CATCHING CIRCLE

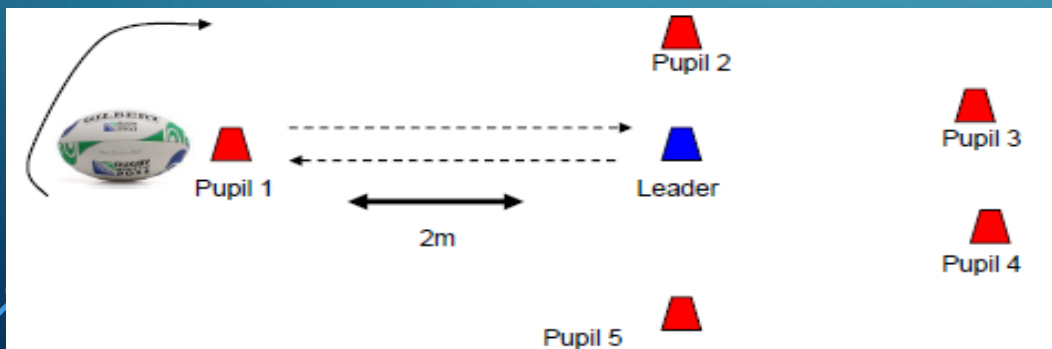


Equipment & Set Up

- Team Challenge (Teams of 6)
- Set up as per diagram
- Equipment: Ball, marker cones, stopwatch
- Sports Leader, teacher or TA to time and record

 **Scoring:** Calculate the total number of completed (caught) passes in 5 minutes

MODIFY: Alternate so that the activity is one rotation of return passes to the leader and one rotation of players passing the ball around the circle i.e. 1-2-3-4-5-Leader



How to Organise

- Players line up behind a cone set as a circle around the Leader / Passer
- The Leader rugby passes the ball to Player 1 who catches and passes it back to the leader
- The leader then repeats with player 2 and so until they have gone round all the players
- This is repeated as many times as possible in 5 minutes.

- Good ready position to receive the ball
- Hands ready in 'W' shape, eye on the ball
- Accurate pass into players hands




STATION 4: KICKING



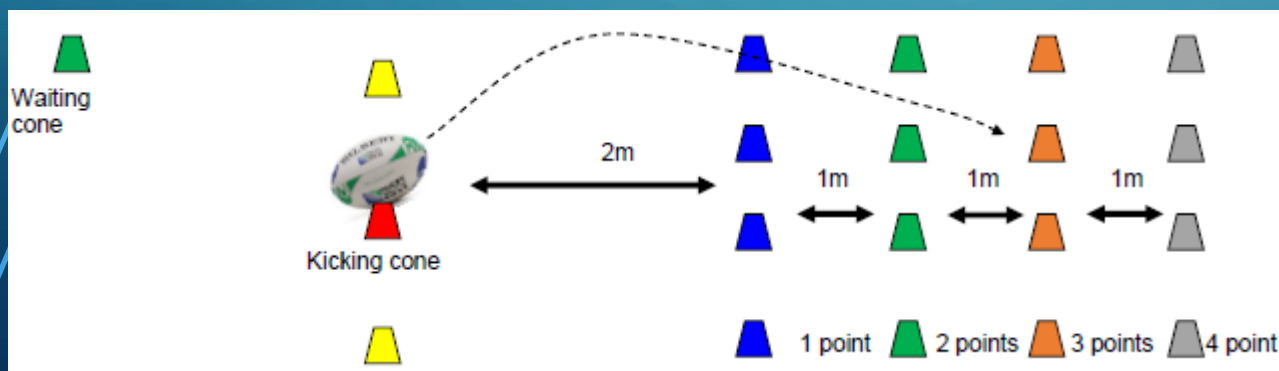
Equipment & Set Up

- Team Challenge (Teams of 6)
- Set up as per diagram
- Equipment: Balls, marker cones, stopwatch, kicking tee or disc cone
- If no tee or suitable disc cone players can kick out of their hands
- Sports Leader, teacher or TA to time and record

 **Scoring:** Calculate the total number of kicking points scored in 5 minutes

How to Organise

- Players take it in turns to take their kick with non kickers waiting their turn
- Players aim to kick the ball to land in one of the scoring zones
- This is a test of kicking accuracy. Points are scored from where the ball first lands
- Players take it in turns to kick and have as many goes as possible in 5 minutes. TIP – have approx. 3 balls for this activity
- Players should kick off a tee or disc cone. The activity can however be played with players kicking from hand (this should be consistent for all teams)



- Test of accuracy before power
- Place non striking foot next to ball and take a couple of steps back
- Approach and kick with a smooth action following 'through the ball'

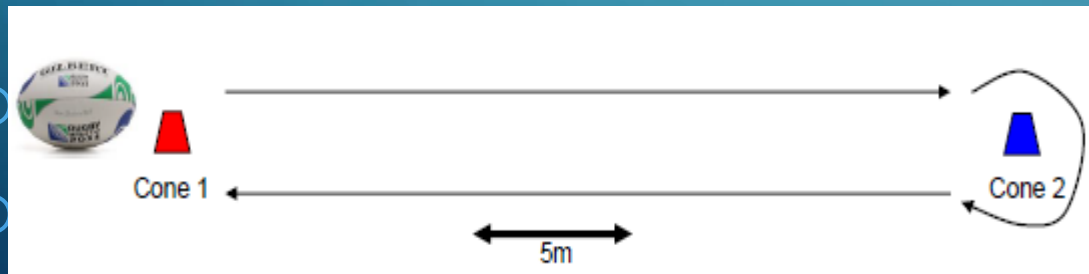


STATION 5: WING SPEED



Equipment & Set Up

- Team Challenge (Teams of 6)
- Set up as per diagram
- Equipment: Ball, marker cones, stopwatch
- Sports Leader, teacher or TA to time and record
- **Scoring:** Calculate the total number of completed shuttles (there & back) in 5 minutes



How to Organise

- Players line up behind cone 1 and wait their turn
- Player 1 runs with the ball to cone 2 and back as fast as they can before handing (not passing) the ball to the next player
- Player 2 then repeats and so on until all players have had a go
- This is then repeated to see how many shuttles the team can complete in 5 minutes

- Test of speed, stamina and power
- Run with the ball in 2 hands in front of you
- Tight turn around cone 2



STATION 6: RUN AND CATCH



Equipment & Set Up

- Team Challenge (Teams of 6)
- Set up as per diagram
- Equipment: Ball, marker cones, hoop, stopwatch
- Sports Leader, teacher or TA to time and record



Scoring: Calculate the total number of completed relay runs in 5 minutes. Discount any where the ball is dropped.

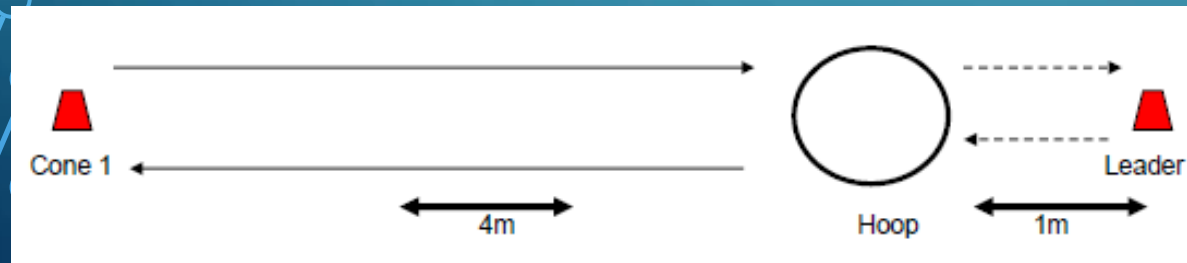
How to Organise

- Players line up in a straight line behind cone 1
- First player runs with the ball to the hoop (or similar floor marker), rugby passes it to the leader and waits for a return pass
- After catching the return pass the player runs back to cone 1 and passes the ball onto the next player waiting
- This continues until every player has had a go with the team then completing as many relay runs as they can in 5 minutes

● Test of speed, co-ordination & concentration

● Hold the ball in 2 hands

● Quality of changeover passes





SCORE SHEET



SCHOOL:

YEAR GROUP:

ACTIVITY	TEAM SCORE
Ball Handling	
Agility Run	
Catching Circle	
Kicking	
Wing Speed	
Run and Catch	
TOTAL TEAM SCORE	