



## General rugby-related games

### General game 1: Ruck touch 2

<b>Equipment</b> <ul style="list-style-type: none"> <li>• Cones for grids</li> <li>• 1 ball per grid</li> </ul>	<b>Space and players needed</b> <ul style="list-style-type: none"> <li>• Grids 30 x 20 m (5 players a side)</li> <li>• Grids 50 x 40 m (7 players a side)</li> </ul>	<b>Time</b> <ul style="list-style-type: none"> <li>• 10-15 minutes</li> </ul>
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<b>What to do</b> <ul style="list-style-type: none"> <li>• Play two-hands touch rugby.</li> <li>• Attacking team goes forward and attacks space between two defenders.</li> <li>• Defenders 5 m away from penalty mark.</li> <li>• Ball carrier falls when touched, rolls once and places the ball.</li> <li>• Touched player presents ball as far backwards as possible.</li> <li>• Player who passed to touched player becomes first supporter.</li> <li>• Defending player leaves the field after touch, runs to cone on furthest touch line and rejoins defence.</li> <li>• When try is scored, attacking team has 5 seconds to run across their try line, or else try is disallowed.</li> <li>• Attacking team continues to attack until they make a handling error.</li> <li>• Focus on ball control.</li> </ul>
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#### Key factors

**Protecting the ball** Hold the ball around one end, while covering other end with inside of elbow and holding arm against body. Press ball tightly against body.



**Falling**  
After breaking fall, put both hands on the ball and roll.

**Presenting the ball**  
Present ball as far backwards (away from try line) as possible, and in front of head.



Running in between two defenders

<b>Progression</b> <ul style="list-style-type: none"> <li>• Fall, roll and pop the ball to passer (first supporter).</li> <li>• After touch, defending player goes to ground, pushes up and then contests the ball.</li> </ul>
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### General game 2: Offload in contact

<b>Equipment</b> <ul style="list-style-type: none"> <li>• Ball, cones</li> </ul>	<b>Space and players needed</b> <ul style="list-style-type: none"> <li>• Grid 60 m x 50 m (across breadth of field in one half)</li> <li>• 5 v 5 to 15 v 15</li> </ul>	<b>Time</b> <ul style="list-style-type: none"> <li>• 10-15 minutes</li> </ul>
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<b>What to do</b> <ul style="list-style-type: none"> <li>• Make two teams.</li> <li>• Start the game with tap and pass.</li> <li>• Attacking team moves ball into space and attacks space.</li> <li>• Defenders grab attackers by their shorts or around hips with both hands.</li> <li>• Attackers work through contact and offload the ball to a support player.</li> <li>• Attackers keep possession until they make a handling error. Turnover happens only when there is a knock-on or the ball is intercepted.</li> <li>• When try is scored, attacking team has 5 seconds to run across their try line, or else try is disallowed.</li> <li>• After try is scored, game changes direction – defenders become attackers and attack opposite try line.</li> <li>• Defenders stand 10m away from penalty mark.</li> </ul>
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## Key factors

### Attacking skills

- Pass the ball before or in contact.
- Identify space and attack it. Avoid contact, or run in between two defenders.
- Work through contact. Get behind the defending line.
- Communicate.
- Support play (working towards the ball) is critical.

### Defence skills

- Work on defence lines.
- Line speed.
- Communication.
- Learn to fall back 10 m.

Identifying and attacking the space between defenders.



Defenders grab attackers by their shorts.



Defenders grab attacker around hips with both hands.



### Progression

Counter-attack game. See Game 3 below.

## General game 3: Counter-attack game

### Equipment

- Balls

### Space needed

- Full pitch

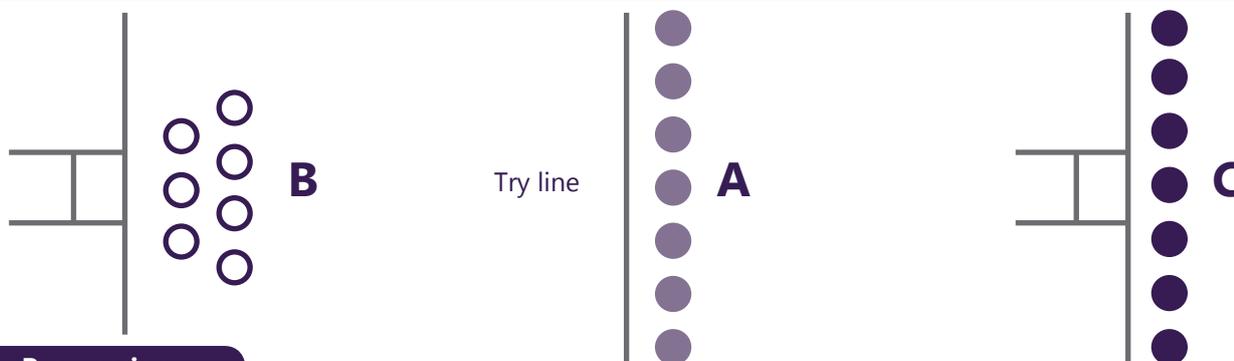
### Time

- 20-30 minutes

### What to do

Follow rules from "Offload in contact" (Game 2 above) with following variation:

- Make three teams (7, 10, 15).
- Team C rests behind Team A's post.
- Team A kicks the ball to Team B from half-way line.
- Team A tries to prevent Team B from scoring try on half-way line.
- When Team B scores, Team A leaves field and Team C comes on.
- Team B now kicks off to Team C.



### Progression

- 7 v 7 (3 forwards, 4 backs).
- 10 v 10 (5 forwards, 5 backs).
- 15 v 15 (8 forwards, 7 backs).