



# UNDER 7 PATHWAY MANUAL



The ARU and its Member Unions are pleased to be able to provide you the Under 7 Coaching Manual. Within you will find 16 session plans to help you kick-start this challenging season of coaching, teaching, training and motivating the beginner player.

## What is Under 7 Rugby all about?

Under 7 Rugby is about developing the basic Rugby skills of six and seven year old children. For many, this may be their first experience practicing rugby skills and playing small-sided rugby games.

The games within this manual focus on introducing players to the core rugby skills that will set them up for a life in the game. They include:

- Evasion, Catch and pass, Tag defence, Scrum and Lineout.

All games are by nature - fun, safe and highly active and aim to provide the best environment for children to learn, develop and enjoy the game of Rugby.

## How to coach Under 7 Rugby?

It is most important that you as the coach are seen as fun, and not as the finger waving instructor. You are expected to deliver a safe and enjoyable modified introduction to the great sport of Rugby Union and not a 'technical coaching program'.

The training sessions in this coaching manual each last 40 minutes; anything beyond this amount of time will be difficult for players to handle.

Each session includes four small-sided games, preceded by a warm-up and followed by a cool-down. The games are based on core Rugby skills and focus on providing a **REAL** Rugby experience for all players – which is short form for:

- **Rugby** practice and competition that is an **Enjoyable, Active, Learning** experience

The session guidelines are as follows:

Timings	Games
0 – 4 minutes	Warm-up
5 – 12 minutes	Evasion
13 – 20 minutes	Catch and pass
21 – 28 minutes	Scrum or lineout
29 – 36 minutes	Tag defence
37 – 40 minutes	Cool-down

## How to play Under 7 Rugby

Match day consists of two 15 minute halves of seven-a-side Rugby tag. It is played between both teams on a 1/4 field and managed by a referee.

Under 7 law and game style is designed to increase activity levels and promote attacking play. The focus is on providing players more opportunities to carry the ball, run into space, support team-mates and score tries.

These sessions have been developed with this philosophy in mind and will help your players gain improved skills, a greater sense of achievement and higher levels of enjoyment as a result.

### The Tag Defined

- > A tag MUST be:
  - a two-handed touch, and
  - on the shorts only
- > Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs.
- > The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence.
- > Players' jerseys should be tucked in.
- > Referee will call "TAG" if performed correctly, or "PLAY ON" if not.
- > Once the referee has called "TAG", the coach may then call "TURN AND PASS".
- > Once tagged, players are required to stop as quickly as possible and turn and pass to a team mate. They are not required to return to the mark where they were tagged.
- > There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence.
- > To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team.

Below is a season matrix for coaches to refer to before each session. In your manual you will find 16 sessions that should take you to the end of the season.. The below pathway principles have been developed as part of the ARU national literacy for the pathway age groups.

All games are by nature to be fun, safe and highly active and aim to provide the best environment for your players to learn, develop and experience the game of rugby.

ELEMENT	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 5	SESSION 6	SESSION 7	SESSION 8
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 9	SESSION 10	SESSION 11	SESSION 12
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 13	SESSION 14	SESSION 15	SESSION 16
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Practice of Rugby Skills

**Activity outline. Relays, Practices and Games**

1. Passing Circle Practice
2. Coach's Call Practice
3. Sydney Harbour Bridge Game
4. Rugby Octopus Game

Don't forget	Injuries/other comments	Session evaluation

# SESSION PLAN 1

# Passing Circle Practice

## Overview

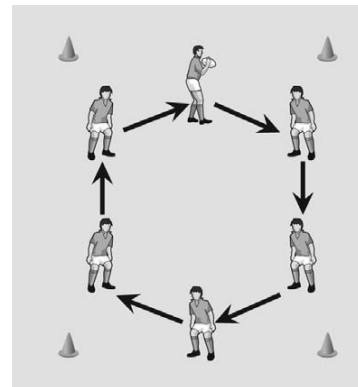
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left. Once the ball is caught the pass is repeated clockwise around the circle for continued for a number of rotations.

## Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

## Equipment

- › 4 markers and 1 ball.



# Coach's Call Practice

## Overview

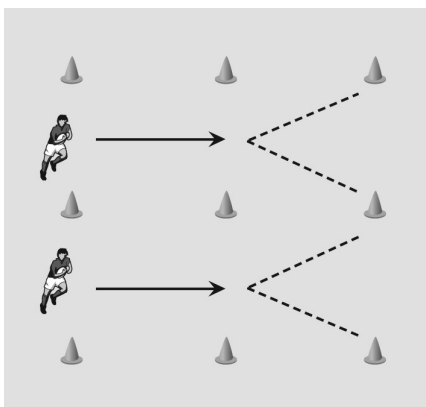
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and as the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). Players score a try at the designated marker and finish by jogging around the outside and return to the end of the line.

## Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.
- › Slow down, before bending down with both hands to place the ball.

## Equipment

- › 9 markers and 4 balls.



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# Sydney Harbour Bridge Game

## Overview

In a 10m x 5m grid, two groups of 4 players align in a line behind a leader at one end. When instructed the first two players stand to face each other, offset to the left, and engage using the scrum engagement sequence. The next two players of the team crawl under the 'Sydney Harbour Bridge' one at a time before completing another scrum engagement. The original engagement breaks up and the process continues until they reach the end of the grid.

## Coaching Points

- › Both players should call the engagement sequence in unison: Crouch, Touch Pause, Engage to Crouch – Bind – Set.
- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Players should bind with the right hand on the midline of their team-mates back.

## Equipment

- › 4 markers.



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# Rugby Octopus Game

## Overview

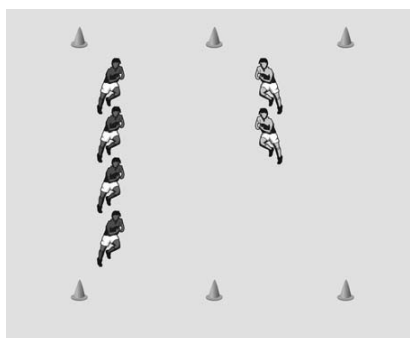
In a 10m x 10m grid runners (fish) begin at one end face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fishes attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with two-hand on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes if they run close enough to them and turn them in to seaweed also. The game finishes when all the fishes have been turned into seaweed.

## Coaching Points

- › When tagging the fish, the head should be positioned safely to the side.
- › Try to trick the fish by calling "Rugby Octagon" or similar. Those that 'jump the gun' can become seaweed.
- › If fish move outside the grid then they become seaweed.

## Equipment

- › 6 markers.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Game

## Activity outline. Relays, Practices and Games

1. Passing Circle Chase Game
2. First In Game
3. Lineout Captain Ball Game
4. Stuck in the Mud Game

Don't forget	Injuries/other comments	Session evaluation

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# Passing Circle Chase Game

## Overview

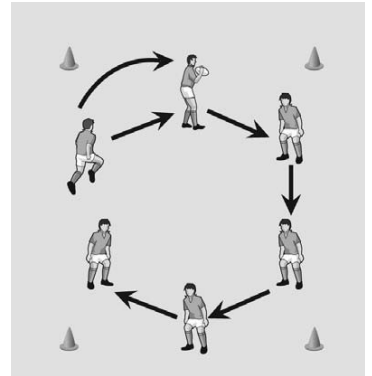
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left, then exiting the circle and running clockwise around it. Once the ball is caught the pass is repeated clockwise around the circle until it is back to the start. The passing circle chase is then repeated for each player.

## Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

## Equipment

- › 4 markers and 1 ball.



# First In Game

## Overview

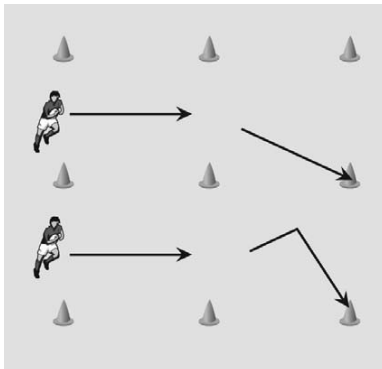
In 10m x 10m adjacent grids, three different colour markers are situated at the far end. Two lines of players begin in the centre at the other end. When the coach calls a particular colour, a player runs down each of the grids and they change direction, either to the left, middle or the right, to get to the required marker first. The player first in scores a try, and then they both jog around the outside and return to the end of the line.

## Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

## Equipment

- › 9 markers and 4 balls.



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# Lineout Captain Ball Game

## Overview

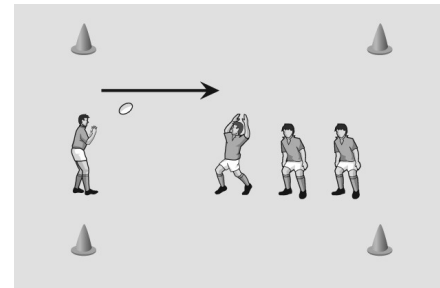
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 1m from the other players who are standing in a line single file. When instructed the ball is thrown to the player first in line, who catches the ball and returns it before sitting down. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

## Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

## Equipment

- › 4 markers and 2 balls.



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# Stuck in the Mud Game

## Overview

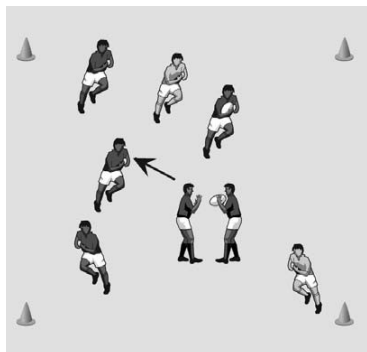
In a 10m x 10m grid runners (with only 2 balls between them) evade one defender. When a runner is tagged with two-hands on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by passing the ball to a free team-mate. The game continues for 2 minutes or until all runners are stuck.

## Coaching Points

- > Players should use small steps to evade each other.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- > Key points when tagged are:
  1. To present the ball, stop and turn to face team-mates adopting a lowered body position. Remember to hold the ball close to the body.
  2. To pass the ball, push with the fingers of both hands to release it to the receiver.

## Equipment

- > 4 markers and 2 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Hand-to-Hand Line Practice
2. Funnel Game
3. Scrum Clusters Game
4. 2v2 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

# Hand-to-Hand Line Practice

## Overview

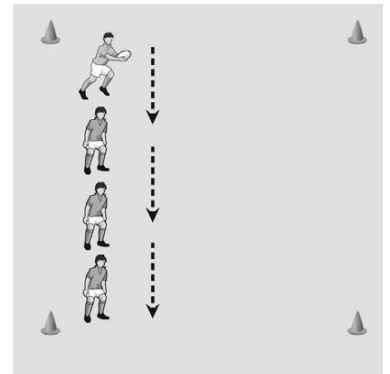
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession twists towards the receiver adjacent to him, reaching with the ball in two hands. The receiver reaches for the ball and takes it from their grasp before hand-to-hand passing it further along the line. When the ball reaches the end player it is returned hand-to-hand back to the starting player.

## Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.

## Equipment

- › 4 markers and 1 ball.



# Funnel Game

## Overview

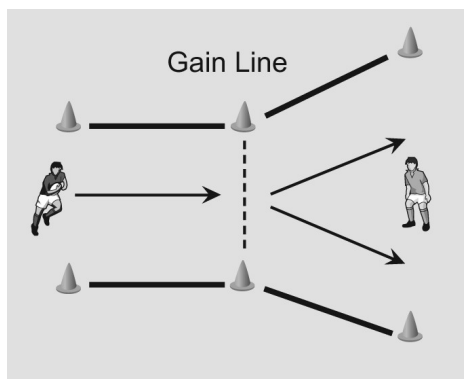
A 5m x 5m grid opens to 10m wide at the end. An attacker begins at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players can mark their greatest territory gain with a coloured marker.

## Coaching Points

- > The attacker should accelerate quickly to 'cross' gain line.
- > The attacker should initially run at the defender attempting to 'fix' them.
- > Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.

## Equipment

- > 6 markers



# Scrum Clusters Game

## Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. The coach then assembles a walla scrum as follows:

1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.

## Coaching Points

- > The feet should be shoulder width apart or a touch wider.
- > The knees should be bent at right angles, directly below hips,
- > The back should be in its 'natural' straight position.
- > The shoulders should be pulled back and the chest pushed through towards the ground.
- > The head should be off the chest with the eyes looking forward.
- > Both Props bind around the Hooker's waist.
- > The Hooker binds over both prop's shoulders taking a grip near the armpits.

## Equipment

- > 4 markers



# 2v2 Rugby Tag Game

## Overview

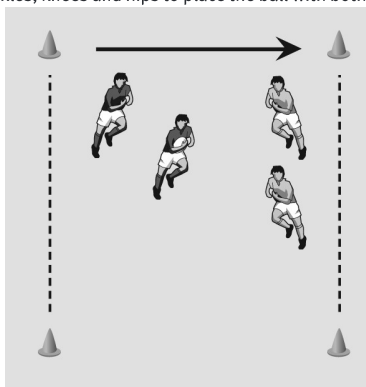
In a 10m x 10m grid, two attackers and two defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

## Coaching Points

- > The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- > Once tagged, coaches should call TAG, TURN AND PASS.
- > Support players should remain close to the ball carrier and also run or position in space as a passing option.
- > When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

## Equipment

- > 8 markers and 2 balls.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Standing Passing Chain Practice
2. Funnel Game
3. Lineout Captain Ball Game
4. 3v3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

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# Standing Passing Chain Practice

## Overview

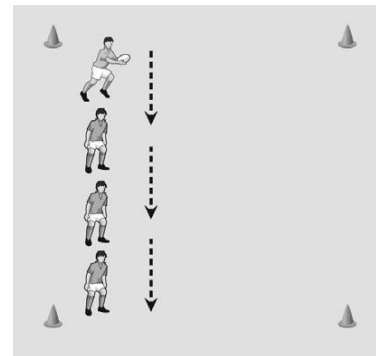
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession twists towards the receiver adjacent to him, and passes them the ball. The receiver reaches for the ball, catches it and passes it further along the line to the next player. When the ball reaches the end player it is passed back to the starting player.

## Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.

## Equipment

- › 4 markers and 1 ball.



# Funnel Game

## Overview

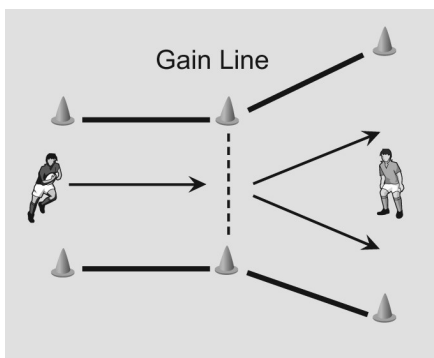
A 5m x 5m grid opens to 10m wide at the end. An attacker begins with a ball at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks with the ball from the same end. If they reach the end before being tagged they score a try.

## Coaching Points

- > The attacker should accelerate quickly to 'cross' gain line.
- > The attacker should initially run at the defender attempting to 'fix' them.
- > Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- > When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

## Equipment

- > 6 markers and 2 balls.



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# Lineout Captain Ball Game

## Overview

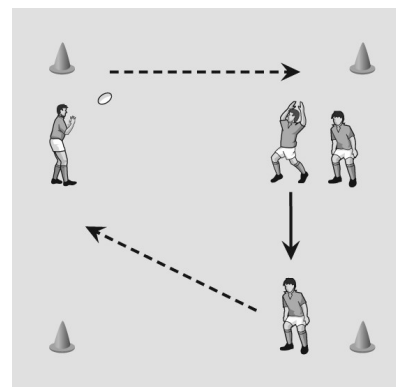
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. Another player stands along side the line of players as the receiver, ready to receive the ball after the throw and catch. When instructed the ball is thrown to the player first in line, who catches the ball and passes it to the receiver. The receiver then passes it back to the thrower. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

## Coaching Points

- > To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- > Stand in a balanced position and step forward with the throw.
- > Underarm throws are often the preferred option.
- > Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

## Equipment

- > 4 markers and 2 balls.



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# 3v3 Rugby Tag Game

## Overview

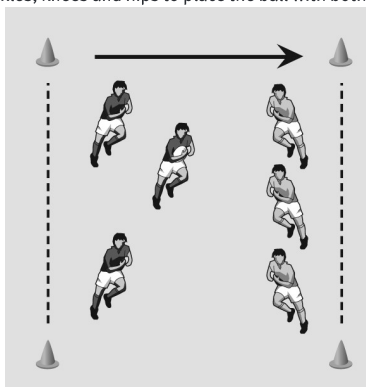
In a 10m x 10m grid, three attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

## Coaching Points

- > The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- > Once tagged, coaches should call TAG, TURN AND PASS.
- > Support players should remain close to the ball carrier and also run or position in space as a passing option.
- > When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Walking Passing Chain Practice
2. 2-v-1 Attack Game
3. Scrum Clusters Game
4. 4-v-3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

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# Walking Passing Chain Practice

## Overview

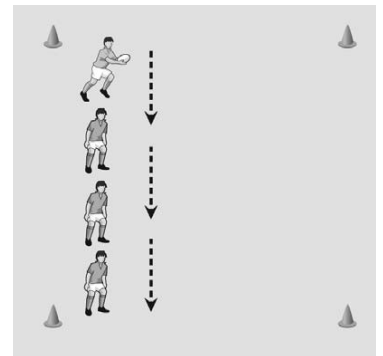
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession walks the line forward and passes the ball adjacent to them to the next player. The receiver reaches for the ball, catches it and passes it further along the line to the next player. When the ball reaches the end, the players stop, turn around and return, passing the ball walking in the other direction back to the starting position.

## Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › Receivers should aim to be a small step behind the passer to ensure the pass travels adjacent to them or backwards.

## Equipment

- › 4 markers and 1 ball.



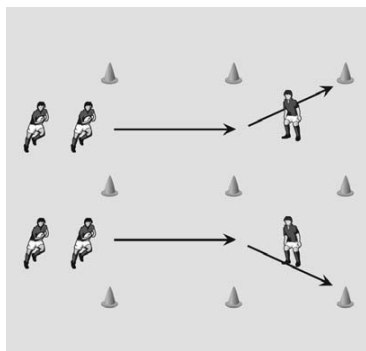
# 2v1 Attack Game

## Overview

A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to evade the defender and score a try. When instructed, the support player leaves 2 seconds after the first and supports his team-mate from depth. If his team-mate is tagged, the coach calls TAG, TURN AND PASS and the pass is made to the support player who catches the ball and scores the try.

## Coaching Points

- > The attacker should accelerate quickly to 'cross' gain line.
- > The attacker should initially run at the defender attempting to 'fix' them.
- > Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tagged on the shorts simultaneously.
- > The support player should remain 2m behind their team-mate ready to receive a pass.



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## Equipment

- > 9 markers and 2 balls.

# Scrum Clusters Game

## Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. They move around randomly until the coach calls CLUSTERS. Upon hearing this, the Hookers (no.2s) take their position, and then the Loosehead Props (no.1s) bind onto their left hand side, followed by the Tighthead Prop (no.3) on their right hand side.

## Coaching Points

1. Hooker (no.2) stands in half-crouch position.
  2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
  3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.
- > The feet should be shoulder width apart or a touch wider.
  - > The knees should be bent at right angles, directly below hips,
  - > The back should be in its 'natural' straight position.
  - > The shoulders should be pulled back and the chest pushed through towards the ground.
  - > The head should be off the chest with the eyes looking forward.
  - > Both Props bind around the Hooker's waist.
  - > The Hooker binds over both prop's shoulders taking a grip near the armpits.

## Equipment

- > 4 markers.



35

# 4v3 Rugby Tag Game

## Overview

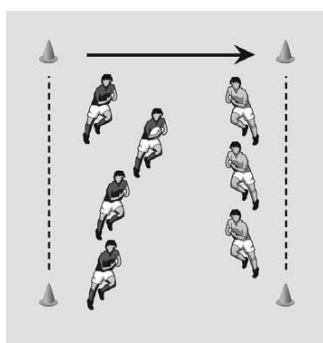
In a 10m x 10m grid, four attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

## Coaching Points

- > The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- > Once tagged, coaches should call TAG, TURN AND PASS.
- > Support players should remain close to the ball carrier and also run or position in space as a passing option.
- > When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Jogging Passing Chain Practice
2. 2v1 Attack Game
3. Lineout Leader Ball Game
4. 4v4 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

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# Jogging Passing Chain Practice

## Overview

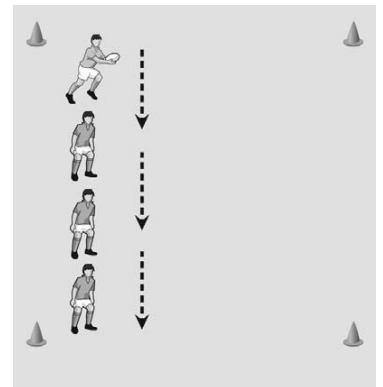
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession jogs the line forward and passes the player adjacent to them the ball. The receiver reaches for the ball, catches it and passes it further along the line to the next player. When the ball reaches the end, the players stop, turn around and return passing the ball jogging in the other direction back to the starting position.

## Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › Receivers should aim to be a small step behind the passer to ensure the pass travels adjacent to them or backwards.

## Equipment

- › 4 markers and 1 ball.



# 2v1 Attack Game

## Overview

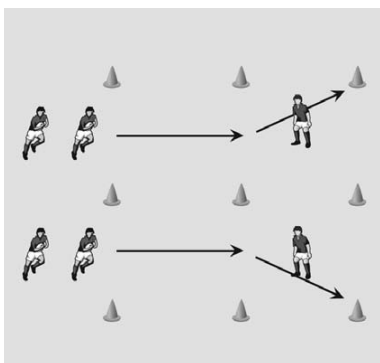
A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to commit the defender and pass to their support player. The support player leaves 1 second after the first to ensure he supports his team-mate from depth. If a successful pass is made to the support player they catch the ball run forward and score a try.

## Coaching Points

- > The attacker should accelerate quickly to 'cross' gain line.
- > The attacker should initially run at the defender attempting to 'fix' them.
- > Once the defender is committed (fixed) they should turn their head and shoulders and pass the ball to their support player.
- > The support player should remain 1m behind and to the side of their team-mate ready to receive a pass.

## Equipment

- > 9 markers and 2 balls.



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# Lineout Leader Ball Game

## Overview

In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. When instructed the leader throws the ball to the first player in line who catches it and runs around the back of the line of players, forward around the leader, and back to their original position. The ball is then thrown back to the leader who throws to the next person in line.

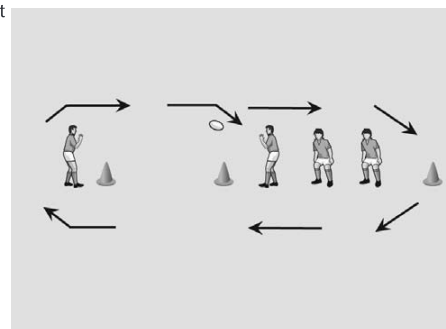
This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

## Coaching Points

- > To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- > Stand in a balanced position and step forward with the throw.
- > Underarm throws are often the preferred option.
- > Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

## Equipment

- > 6 markers and 2 balls.



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# 4v4 Rugby Tag Game

## Overview

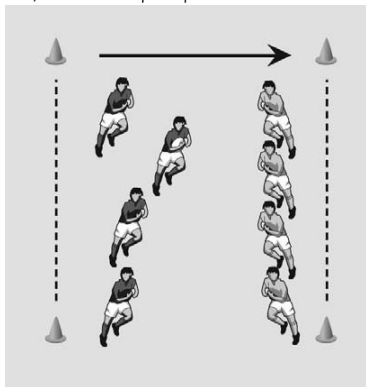
In a 20m x 20m grid, four attackers and four defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

## Coaching Points

- > The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- > When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- > Once tagged, coaches should call TAG, TURN AND PASS.
- > Support players should remain close to the ball carrier and also run or position in space as a passing option.
- > When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

## Equipment

- > 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Invasion Game.
2. 3v3 Rugby Tag.
3. Lineout Throw Turn and Catch.
4. Tag Modified Rugby.

Don't forget	Injuries/other comments	Session evaluation

# Invasion Game

## Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard tag field.

The game is played as a game of touch with all tags resulting in a pass restart.

The defence must return to an on-side position at each tag. The attack is allowed a maximum of 6 tags before possession rotates.

## Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.

## Equipment

- › 4 markers and 1 ball.





# 3 v 3 Rugby Tag

## Overview

In a 10m x 10m grid 3 attackers and 3 defenders oppose each other as in a game of tag. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders.

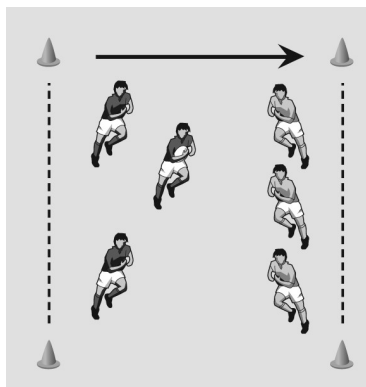
Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

## Coaching Points

- > The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- > After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- > Support players should remain close to the ball carrier and also run or position in space as a passing option.
- > The defenders should nominate the attacker they are tracking.
- > They should then track them from one side to limit their attacking options.

## Equipment

- > 4 markers and 1 ball.



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# Lineout Throw and Catch

## Overview

Players are positioned in their own space within a grid. When instructed the player throws the ball in the air. While the ball is in the air the player performs a 180-degree rotation before catching the ball.

Players can jump in the air to catch the ball before landing with back straight and knees bent on landing to soften the force

### Variations:

- > 270-degrees rotation.
- > 360-degrees rotation.

## Coaching Points

- > The accuracy of throw should be developed before the force of the throw.
- > Only the pads of the fingers and thumbs should touch the ball.
- > There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- > Seek to 'minimise' rather than 'maximise' the forces on the ball.

## Equipment

- > 4 markers and 1 ball.



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# Tag Modified Rugby

## Overview

Two teams of between 4–7 players oppose each other on a field no larger than a standard Tag field. The standard laws of Tag Rugby apply with the variation that all Tags that result in a territory loss will result in a turn over of possession.

Players pass the ball across the line before coach blows the whistle for them to attack.

## Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.
- › When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.

## Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Start on Ground Race.
2. Grip and Carry Race.
3. Lineout Captain Ball.
4. 5 v 5 Tag Rugby.

Don't forget	Injuries/other comments	Session evaluation

# Start on Ground Race

## Overview

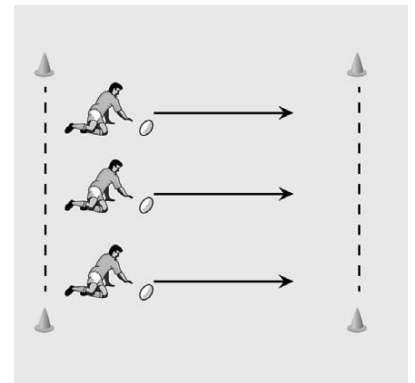
In a 10m x 10m grid all players commence lying on the ground on one side of the grid. When instructed players get to their feet, pick up the ball and run across the grid. Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

## Coaching Points

- › Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Carry the ball in 2 hands.
- › Place the ball with 2 hands.

## Equipment

- › 4 markers and 1 ball.



# Grip and Carry Race

## Overview

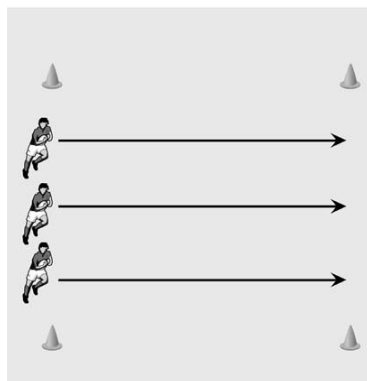
In a 10m x 10m grid all players commence on one side of the grid. Players run on the spot with small, fast steps (pitter-patter). When instructed players run across the grid. They finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

## Coaching Points

- > Initiate running speed with short, quick steps.
- > Lean forward when running.
- > Carry the ball in 2 hands.
- > Place the ball with 2 hands.

## Equipment

- > 4 markers and 1 ball.



# Lineout Captain Ball Game

## Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

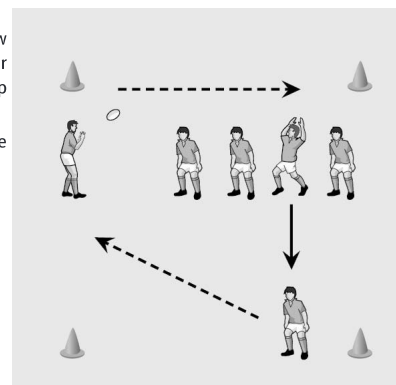
Positions can then be rotated. This activity works best as a race among teams.

## Coaching Points

- > Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- > Stand in a balanced position.
- > Holding the ball in 2 hands allows for greater power and control with younger players.
- > Underarm throws are often the preferred option.
- > Step forward with the throw.
- > The thrower should follow through at the target with their arms. They should also step forward after the throw.
- > Catchers should jump to receive the ball early.

## Equipment

- > 4 markers and 1 ball.



# 5 v 5 Rugby Tag Game

## Overview

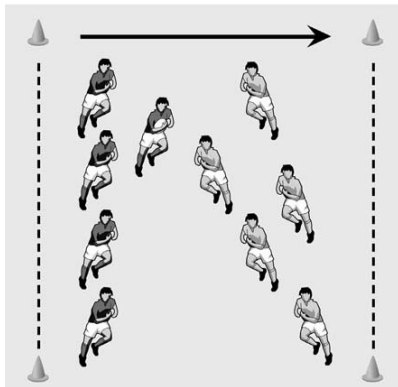
In a 10m x 10m grid 5 attackers and 5 defenders oppose each other. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders. Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

## Coaching Points

- > The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- > After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- > Support players should remain close to the ball carrier and also run or position in space as a passing option.
- > The defenders should nominate the attacker they are tracking.
- > They should then track them from one side to limit their attacking options.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Start on the Ground 1v1.
2. One Step Pass.
3. Scrum Clusters.
4. 1 v 1 Tag Evasion.

Don't forget	Injuries/other comments	Session evaluation

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# Start on the Ground 1v1

## Overview

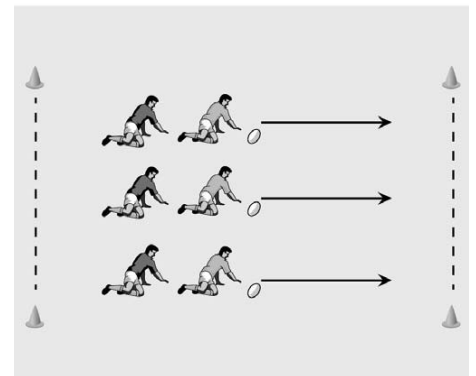
In a 10m x 10m grid all players commence lying on the ground on one side of the grid. When instructed players get to their feet, pick up the ball and run across the grid. The second player is situated behind the ball runner who aims to tag the player before they cross the line. Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

## Coaching Points

- › Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Carry the ball in 2 hands.
- › Place the ball with 2 hands.

## Equipment

- › 4 markers and 1 ball.



# One Step Pass

## Overview

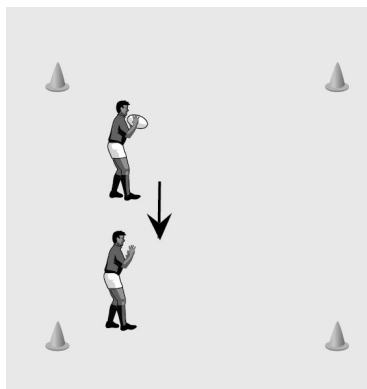
Two players line up facing the same way 1m apart- with one ball the players must perform a short pass to his partner. Players must take one step forward when passing the ball. Ball carrier aims to keep hips square, point to target, follow through and fire wrist.

## Coaching Points

- > Eyes to target
- > Hips square and eyes up
- > Fire wrists- Hands above elbows point and shoot
- > Players can progress running down the field passing in pairs
- > Start with a short pass and vary the width when consistent correct technique is shown

## Equipment

- > 4 markers and 1 ball.



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# Scrum Clusters

## Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. The coach then assemble a scrum as follows:

1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.

## Coaching Points

- > The feet should be shoulder width apart or a touch wider.
- > The knees should be bent at right angles, directly below hips,
- > The back should be in its 'natural' straight position.
- > The shoulders should be pulled back and the chest pushed through towards the ground.
- > The head should be off the chest with the eyes looking forward.
- > Both Props bind around the Hooker's waist.
- > The Hooker binds over both prop's shoulders taking a grip near the armpits.

## Equipment

- > 4 markers.



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# 1 v 1 Tag Evasion

## Overview

In a 10m x 10m grid an attacker begins on one side and a defender begins on the opposite side of the grid. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Attempts where the tag was made from the front do not count.

### Coach to question players:

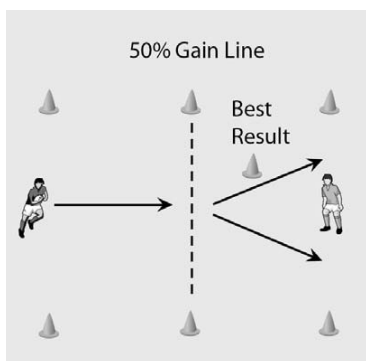
- > 'What are you trying to do?'
- > 'What did you do?'
- > 'What was the result?'

## Coaching Points

- > The attacker should accelerate quickly to 'cross' gain line.
- > The attacker should initially run at the defender attempting to 'fix' them.
- > Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- > Carrying the ball in 2 hands will improve evasion.
- > Questioning the players on their choice of tactics will develop decision-making.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Opposed Direction Change.
2. Two Player Passing Chain.
3. Unders and Overs.
4. Tag Rush 4 v 2.

Don't forget	Injuries/other comments	Session evaluation

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# Opposed Direction Change

## Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. An opposing player is fixed in the centre of the final grid section.

When instructed players run down the grid length. At the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

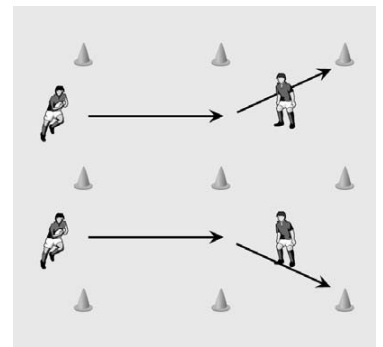
Attacking players must avoid the tag of the fixed defender. Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

## Coaching Points

- > Initiate running speed with short, quick steps.
- > Lean forward when running.
- > Maintain foot speed when changing direction by shortening strides.
- > Carry the ball in 2 hands.
- > Bend at the ankles, knees and hips to place the ball with 2 hands.

## Equipment

- > 4 markers and 1 ball.



# Two Player Passing Chain

## Overview

In a 10m x 10m grid with 2 players align on one side with a ball. The ball carrier passes and trails as primary support. The receiving player runs at pace then places the ball. The primary supporter reacts by changing their running line to pick up the ball and continue running.

### Variations:

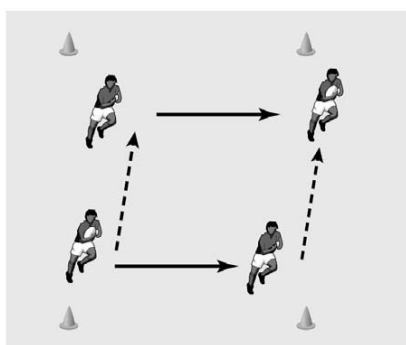
- › Convert the activity to a relay.

## Coaching Points

- › Only pass to players that can take the ball forward therefore placing the passer in an on-side position.
- › The primary supporter should remain on the inside and in depth of the player they passed the ball to.
- › A rough guide is to remain 1 pass inside and about 2 or 3 metres back.
- › This position should only change as a reaction to the ball becoming available.
- › The primary supporter should accelerate in reaction to the ball

## Equipment

- › 4 markers and 1 ball.



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# Unders and Overs

## Overview

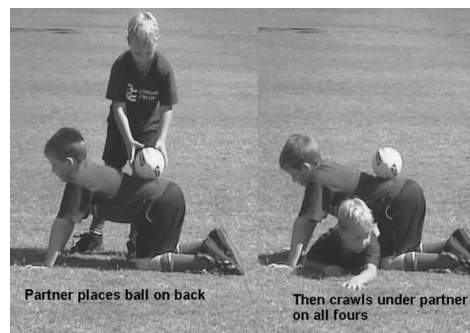
In a 10m x 10m grid, groups of players align behind a leader at one end, 1 ball per team. When directed the first player assumes a scrum position on all fours. The next player places the ball on the lower back. They then crawl under the player followed by other player. The ball must be maintained on the back. Roles are then rotated for a new race.

## Coaching Points

- › The head should be in a fully extended position with no rotation.
- › The back should be in its 'natural' straight position.
- › Shoulders and chest should be square.
- › The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- › The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- › The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- › The feet should be shoulder width plus 15 cm apart.

## Equipment

- › 4 markers and 1 ball.



65

# Tag Rush 4 v 2

## Overview

In a 10m x 10m grid 3 runners start on one side of the grid opposing 1 defender. When instructed the runners attempt to cross the grid without being tagged. Tagged players to sit out. The last player left becomes the next defender.

### Variations:

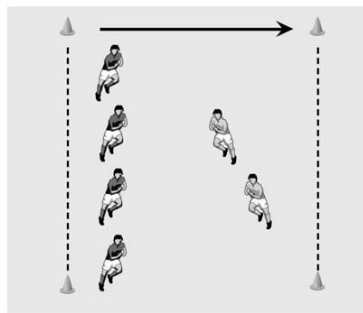
Tagged players become additional defenders.

## Coaching Points

- > Taggers should track evaders from one side to reduce their options.
- > Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- > The head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the tag.
- > The player should aim for 2 handed contact simultaneously on shorts.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Rugby Rounders
2. Two Player Passing Chain
3. Wallaby Bridge
4. Tag Rush 6 v 4

Don't forget	Injuries/other comments	Session evaluation

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# Rugby Rounders

## Overview

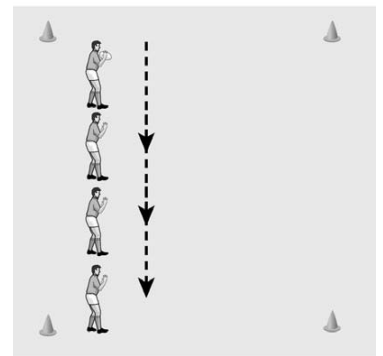
In a 10m x 10m grid 4 players stand in a line double arms distance between players, one player with a ball. When instructed, the player in possession reaches with the ball in 2 hands towards the next player on the left. This player reaches and takes the ball from the grasp of the player. This action is continued to the left end, and then continued to the right. The measure is the number

## Coaching Points

- › Turn the shoulders towards the target.
- › Both arms provide the force for the pass equally as they swing or push towards the target.
- › The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- › The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- › The hands and arms should follow through pointing at the target.
- › The receiver should reach to catch the ball before it reaches their body.

## Equipment

- › 4 markers and 1 ball.



# Two person Passing Shuttle

## Overview

In a 10m x 10m grid 3 attackers attempt to score against 2 defenders. Defenders tag the player in possession, who then turns for a ball take.

The defender marks the ball take by placing their hands on the ball carrier's shoulders.

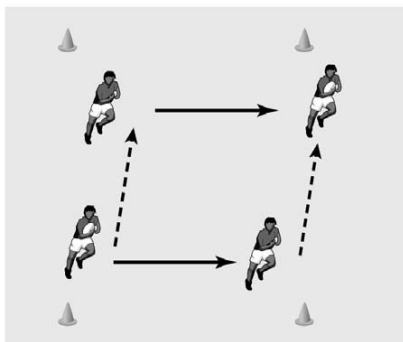
One supporting player completes the ball take and passes to the other who continues the attack.

## Coaching Points

- › Tagged players should turn inside towards their support to increase the speed of the ball take.
- › Hold the ball out from the body at chest height.
- › Do not release the ball until a support player has a 2 handed grip of the ball.
- › Supporting players taking the ball must pass it to another player.
- › Attacking players should seek to continue the attack in the direction where space exists.

## Equipment

- › 4 markers and 1 ball.



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# Wallaby Bridge

## Overview

At one edge of a 10m x 10m grid teams of 4 players form a single file line.

When instructed the first 2 players move forward and complete a scrum engagement.

The other members of the team crawl under the engagement before completing another scrum engagement. The original engagement breaks up and the process continues.

## Coaching Points

- › All players should maintain a strong body position.
- › The head should be in a fully extended position with no rotation.
- › The back should be in its 'natural' straight position.
- › Shoulders and chest should be square.
- › The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- › The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- › The left prop (loosehead) binds on the hooker first.
- › Both props bind around the hooker's waist.
- › Both players should call the engagement sequence in unison: **Crouch Touch Set.**

## Equipment

- › 4 markers and 1 ball.



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# Tag Rush 6 v 4

## Overview

In a 10m x 10m grid 6 runners start on one side of the grid opposing 4 defenders. When instructed the runners attempt to cross the grid without being tagged. Tagged players to sit out. The last player left becomes the next defender.

### Variations:

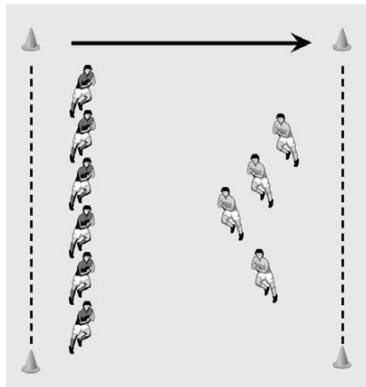
Tagged players become additional defenders.

## Coaching Points

- > Taggers should track evaders from one side to reduce their options.
- > Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- > The head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the tag.
- > The player should aim for 2 handed contact simultaneously on shorts.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. Bugs and Spiders.
2. 2 v 1 Lateral Support.
3. Lineout Leader Ball.
4. 4 v 2 invasion tag.

Don't forget	Injuries/other comments	Session evaluation

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# Bugs and Spiders

## Overview

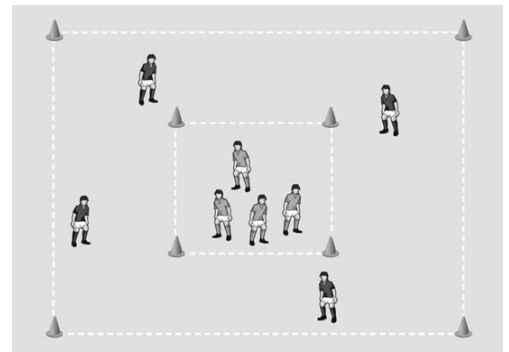
A smaller grid is centred within a larger grid at a ratio of 1:3. The centre grid is a 'safe' grid for one team of players (bugs). Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid and continue until all bugs are tagged.

## Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.

## Equipment

- › 4 markers and 1 ball.



# 2 v 1 Lateral Support

## Overview

In a 10m x 10m grid. 2 attackers commencing on one side of the grid attacking 1 defender. They must score without being touched or making an error. If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

### Question:

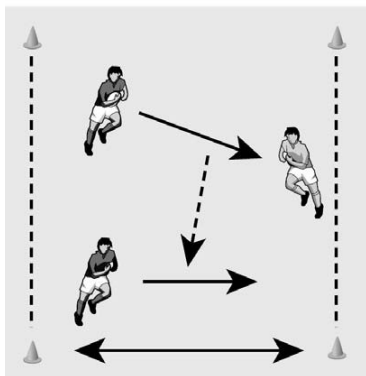
- › What did you see? (face or space)

## Coaching Points

- › The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- › The support player should run at 'space' but should run close enough that only a short pass is required from the ball carrier.
- › If the defender commits to tag the ball carrier, then the ball carrier should pass.
- › If the defender tries to remain on the outside shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with the option of a pass behind.
- › If the defender drifts towards the support player then the ball carrier is in space and should continue to run through it.

## Equipment

- › 4 markers and 1 ball.



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# Lineout Leader Ball

## Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

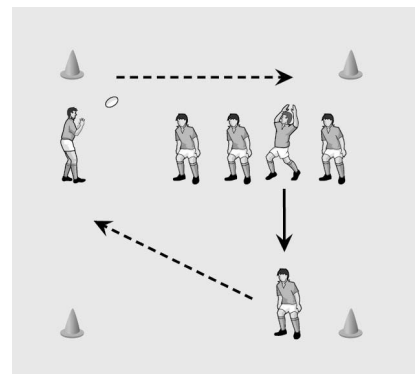
Positions can then be rotated. This activity works best as a race among teams.

## Coaching Points

- › Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- › Stand in a balanced position.
- › Holding the ball in 2 hands allows for greater power and control with younger players.
- › Underarm throws are often the preferred option.
- › Step forward with the throw.
- › The thrower should follow through at the target with their arms. They should also step forward after the throw.
- › Catchers should jump to receive the ball early.

## Equipment

- › 4 markers and 1 ball.



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# 4 v 2 invasion tag

## Overview

In a 10m x 10m grid 4 attackers in possession commence at one grid end against 2 defenders at the other. A score is made when an attacking player gains possession beyond the end line. Players in possession can not run but can pass in any direction.

### Variations:

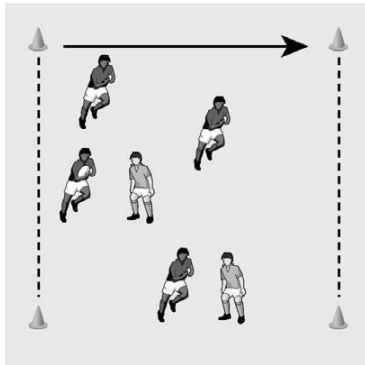
- > Possession and roles turns over when a player is tagged
- > Players can run in possession

## Coaching Points

- > Taggers should track evaders from one side to reduce their options.
- > Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- > The head should be positioned safely to the side or behind the player to be tagged.
- > The arms should reach in front to make the tag.
- > The player should aim for 2 handed contact simultaneously on shorts.

## Equipment

- > 4 markers and 1 ball.



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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

## Activity outline. Relays, Practices and Games

1. 4 v 2 Stuck in the Mud
2. 3 v 1 Lateral Support
3. Lineout Captain Ball
4. 5 v 3 invasion tag

Don't forget	Injuries/other comments	Session evaluation

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# 4 v 2 Stuck in the Mud

## Overview

In a 10m x 10m confinement grid 4 runners evade 2 defenders. When a runner is tagged they must remain stationary (stuck) with legs astride. Stuck players can be released by another runner crawling between their legs. The game continues for 2 minutes or until all runners are stuck then roles rotate.

## Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.
- › The player should aim for 2 handed contact simultaneously on shorts.

## Equipment

- › 4 markers and 1 ball.

