

## OBJECTIVE

To improve skills of different types of passes.

### GAME SETUP

**EQUIPMENT:** 2 Rugby Balls

**PLAYERS:** Any group size

**TIME:** 10-15 Minutes

**SPACE:** 40 x 40 yard grid

### PRINCIPLES OF PLAY

Create Continuity

### FUNDAMENTAL SKILLS

Passing • Receiving

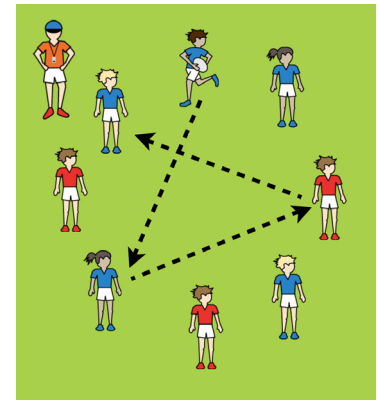
## HOW TO PLAY

1. Have players form a circle with one player starting with the rugby ball.
2. Players will start with a "cold potato" rugby ball where they take time to learn a passing skill that the coach chooses by passing the ball around the circle to whoever they choose.

**Examples include:**

- Pop Pass
- Spin Pass
- One Handed Pass

3. The instructor will then change the ball to a "hot potato" and players should work on quickly passing the ball using the technique showed by coach with the "cold potato".



## GAME PROGRESSIONS

1. Have groups of players compete to get the most amount if complete passes in a certain time limit.
2. Incorporate more rugby balls.
3. Have players replace the person they pass to.

### MODIFICATIONS

- Incorporate a time limit where players must pass within two seconds in order to increase the speed of the game.

### KEY CONCEPTS

- Make sure players continue to use their W's when receiving the ball.
- Help players work to always be in a position to receive the pass.
- Encourage players to count loudly and together every time a successful pass is made.