



GAME CARD

COLD AND HOT POTATO

LEVEL: BEGINNER



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

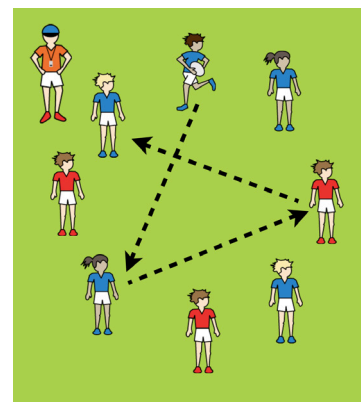
HOW TO PLAY

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.