



GAME CARD

DEPTH RUNNING

LEVEL: INTERMEDIATE



OBJECTIVE

To help players build depth and space into their attacking lines and shape.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones
PLAYERS: Any group size (Groups of 4)
TIME: 10-15 Minutes
SPACE: 20 x 20 yard grid

PRINCIPLES OF PLAY

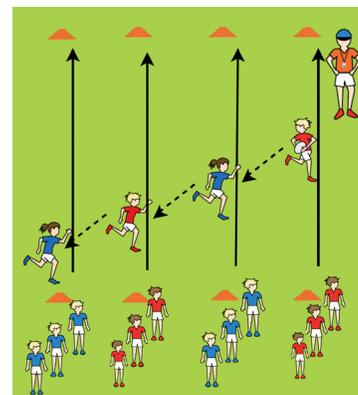
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Balance • Coordination
Running • Passing • Catching

HOW TO PLAY

1. Set up four cones two yards apart and have players line up behind each cone.
2. The first player in each line will be working together to form a rugby passing line.
 - The first line will start standing with the ball.
 - The second line will start on their knees.
 - The third line will start on their stomachs.
 - The fourth line will start on their backs.
3. On the coach's signal, the first player in each line gets up at the same time and start running forward. The player with the ball should run about 5 yards before passing the ball to the teammate next in line.
4. The players catch and pass the ball down a diagonal line, with the final person at the end of the line scoring a try. Be sure passes are all laterally and/or backwards.
5. Players should rotate through the game by joining a different line after every turn.



GAME PROGRESSIONS

1. Pass the ball from the right and left sides.
2. Increase the distance between cones.
3. Time each set of passes to see if players can improve their pace.
4. Advance to incorporate the wiggle skill and flag belts.

MODIFICATIONS

- Have the players perform the activity at a slower pace.
- If players are struggling to maintain depth, stagger the starting cones to help create the depth in the beginning

KEY CONCEPTS

- Receivers should keep their hands up and out at chest height, with their hands and fingers making a "W".
- Encourage players to use proper passing form including both hands on the ball and follow through, pointing their arms at the target.