



# GAME CARD

## INSIDE THE EAGLE'S NEST

### LEVEL: ADVANCED



**OBJECTIVE** To encourage teamwork and fitness as players work on running, passing and receiving in a fun, competitive game.

#### GAME SETUP

**EQUIPMENT:** 5-10 Rugby Balls, 8-12 Cones

**PLAYERS:** Any group size (in pairs)

**TIME:** 10 Minutes

**SPACE:** 20 x 20 yard grid

#### PRINCIPLES OF PLAY

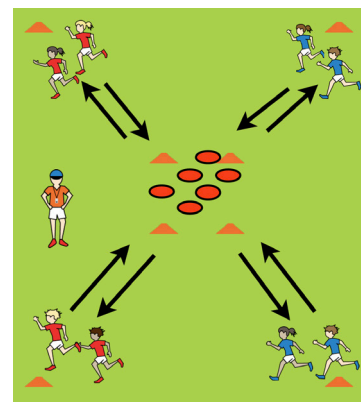
Apply Pressure • Contest Possession

#### FUNDAMENTAL SKILLS

Running • Passing • Catching

#### HOW TO PLAY

1. Have players pair up and stand by one of the outside cones.
2. Set a small square grid with cones in the center of the larger grid and put 10-15 rugby balls in it.
3. On the instructor's signal, one player from each team will run to the center grid and grab a ball.
4. The goal for each team is to get the most amount of balls back to their cone.
5. Only one teammate may be moving at a time. Once one player retrieves a ball, they can pass to their teammate waiting at their cone. Once the retrieved ball is placed at their cone the next player can move.
6. Once all the balls are gone from the center the game will end and the team with the most balls at their cone wins.



#### GAME PROGRESSIONS

1. Use time limits and allow teams to steal balls from each other once all balls from the center are gone.
2. Start with an even number of rugby balls at each of the team cones. Have the players work to get rid of all the balls at their cone the fastest.

#### MODIFICATIONS

- Shorten the distance to the centre grid for younger players to make sure they are making successful passes.

#### KEY CONCEPTS

- Encourage players to make efficient passes so that they can move faster.
- Make sure that players are communicating as a team.