



GAME CARD

JUST SCORE III

LEVEL: INTERMEDIATE



OBJECTIVE

To increase the chance of scoring by taking advantage of open space.

GAME SETUP

EQUIPMENT: 1 Rugby Ball, 4 Cones

PLAYERS: Groups of 6

TIME: 10 - 15 Minutes, 5 rounds

SPACE: 10 x 20 yard grid

PRINCIPLES OF PLAY

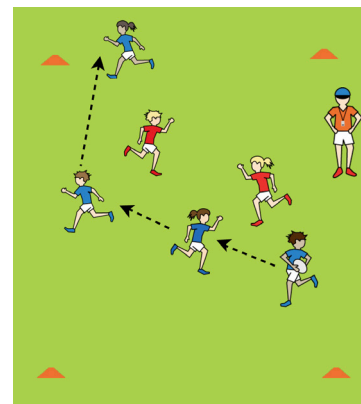
Apply Pressure • Score Points • Contest Possession
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

HOW TO PLAY

1. Two teams of four players start behind opposite try lines.
2. The offensive team starts by passing the ball in any direction.
3. If the offensive team gets tagged before they score, they must set the ball on the ground, return to their try line, and then return back to play and become the defending team.
4. The offense reverses the direction of attack is a try is scored.
5. A dropped ball results in a turnover to the other team.
6. The first team to get a set number of try's will win the round.



GAME PROGRESSIONS

1. Passes can only be lateral or backwards.
2. Adjust the number of players, grid size and score totals.
3. Limit the number of passes a team has before they must score.
4. Use flags instead of tagging.

MODIFICATIONS

- Modify the rules to increase full team participation such as time limits for the ball carrier to speed up play or full team scoring where each player must receive a pass before the team can score.

KEY CONCEPTS

- Encourage players to work together on offense to create space.
- Encourage communication on defense.
- Encourage players to keep moving forward, always attempting to score.