



# GAME CARD

## JUST SCORE

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

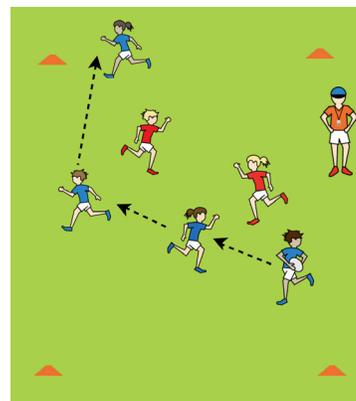
Apply Pressure • Score Points • Contest Possession  
Go Forward • Provide Support • Create Continuity

#### FUNDAMENTAL SKILLS

Agility • Running • Passing • Catching

### HOW TO PLAY

1. One team of four players start behind the try line. Two defenders start in the middle of the grid.
2. The object is for the offense to get the ball from one end of the grid to the other to score as many try's as possible.
3. The defensive players can only gain possession by intercepting the ball.
4. Running the ball is not allowed, and support players should be encouraged to look for space to be in a position to receive the ball. The ball can be passed in any direction.
5. The offense reverses the direction of attack after a try is scored.
6. A drop ball results in a re-start at the try line.
7. Defensive players change with offensive players to allow everyone a turn.



### GAME PROGRESSIONS

1. Passes can only be lateral or backwards.
2. Adjust the ratio of offense / defense, grid size and time limits.

#### 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 defenders to communicate and call out who they are defending.
- Encourage players to keep moving forward, always attempting to score.