RELAY RACES
LEVEL: BEGINNER

OBJECTIVE To become familiar with the rugby ball and various rugby skills such as scoring a try, passing and receiving.

GAME SETUP

EQUIPMENT: 5 Rugby Balls, 10 Cones
PLAYERS: Any group size
TIME: 10-15 Minutes
**SPACE:** 10 x 25 yard grid

PRINCIPLES OF PLAY

Go Forward

FUNDAMENTAL SKILLS

Agility • Coordination • Passing • Catching • Running

HOW TO PLAY

1. Start by separating players into equal relay teams of two or more and have them stand in line behind a cone.
2. Make the first race a simple down and back with a rugby ball in hand, passing to the next player in line on the way back. Be sure to instruct on proper passing and catching techniques prior.
3. Next, have players ground the ball and yell "Try!" when they get to the far cone. Have them run back and pass to the next player in line.
4. The next race should have two players from a team race down and back, completing three passes in between each cone, scoring at each end.
5. Last, let players have fun by celebrating a "try dance" at the furthest cone before running back to pass to their teammates.
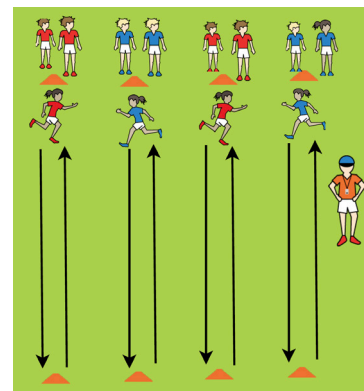
GAME PROGRESSIONS

1. Make the cones further apart each race.
2. Add defenders in the middle that players must evade to complete their turn in the race.
3. Award the first team to finish a point and make it a competition for teams.
4. Incorporate various skills including tossing the ball, kick and chase, low positioning, etc.

VIEW VIDEO

MODIFICATIONS

- If you have varying ages and/or abilities, create two cones at the end and have the older or more experienced kids go to the furthest cone.

KEY CONCEPTS

- Players should work on mastering each skill they perform while playing.
- Make sure players are encouraging each other as they race.