ULTIMATE RUGBY II

LEVEL: INTERMEDIATE

OBJECTIVE

To help players utilize space and communication for maximizing scoring opportunities.

GAME SETUP

EQUIPMENT: Rugby Balls, 12 Cones

PLAYERS: Teams of 4-6 players

TIME: 10-20 Minutes

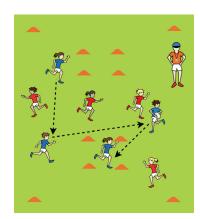**SPACE:** 30 x 30 yard grid

PRINCIPLES OF PLAY

Contest Possession • Go Forward
Provide Support • Create Continuity

FUNDAMENTAL SKILLS

Agility • Balance • Passing • Coordination
Catching • Pulling • Running

HOW TO PLAY

1. Two teams of four players each start inside a 40 x 40 space.
2. The team with the ball works around the grid by passing the ball in any direction. The goal on offense is to score by passing to a player on their team who runs inside of either of the scoring boxes.
3. No running with the ball is allowed.
4. A turnover will occur if the ball hits the ground, or if the ball is intercepted.
5. Only offensive players are allowed inside the scoring boxes.
6. Defensive players cannot strip the ball from offensive players and must remain arms-length distance when defending.

GAME PROGRESSIONS

1. Allow ball carriers to take three steps.
2. Have players only pass underhand.
3. Require all players on a team to receive a pass before they can score.

MODIFICATIONS

- Consider modifying the rules to ensure that all players are getting a chance to pass and receive. For example, a try does not count unless all teammates had a chance to pass the ball.

KEY CONCEPTS

- Encourage players to look for space when possessing the ball.
- Help players be prepared to pass quickly.
- Encourage players to be in a position to receive the ball from your teammate.