



GAME CARD

ULTIMATE RUGBY

LEVEL: INTERMEDIATE



OBJECTIVE

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

GAME SETUP

EQUIPMENT: Rugby Balls, 4 Cones

PLAYERS: Teams of 5-7 players

TIME: 10-20 Minutes

SPACE: 20 x 30 yard grid

PRINCIPLES OF PLAY

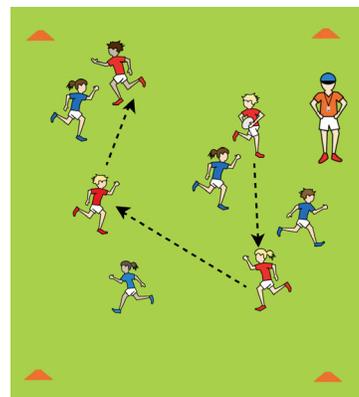
Contest Possession • Go Forward
Provide Support • Create Continuity

FUNDAMENTAL SKILLS

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

HOW TO PLAY

1. Split players into two equal teams, lining up on opposite end of the field.
2. One team begins with the ball and starts the game with a free pass.
3. Players advance the ball by passing in any direction.
4. Players cannot run with the ball and may only advance it by passing.
5. If a pass is dropped, a turnover occurs.
6. Players score by grounding the ball in their try zone.
7. Defensive players cannot strip the ball from the offensive players and must remain arms-length distance when defending.



GAME PROGRESSIONS

1. Incorporate three steps -players can take three steps after receiving a pass.
2. Players only have three seconds to pass.
3. Only rugby passes are allowed, no overhead or overhand passes.



[VIEW VIDEO](#)

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.