



GAME CARD

TRANSITION FROM ULTIMATE TO FLAG



LEVEL: INTERMEDIATE

OBJECTIVE

To help advance players to playing flag rugby by introducing one new rule at a time.

GAME SETUP

EQUIPMENT: Rugby Balls, 8 Cones, Flag Belts

PLAYERS: Two teams of 5-7 players

TIME: 10-30 Minutes

SPACE: 20 x 30 yard grid

PRINCIPLES OF PLAY

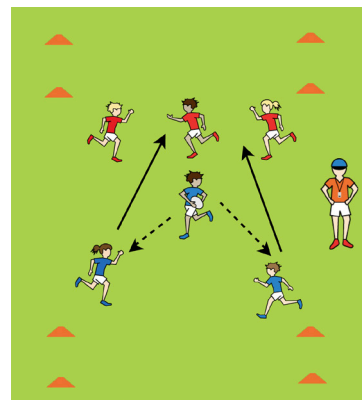
Apply Pressure • Score Points • Contest Possession
Go Forward • Provide Support • Create Continuity

FUNDAMENTAL SKILLS

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

HOW TO PLAY

1. Split players into two equal teams, lining up on opposite ends of the field.
2. Have players prepare by wearing flag belts and two flags.
Start from Ultimate Rugby II and follow these progressions:
 - Pass in any direction –3 steps / 3 seconds
 - Run with the ball –incorporate flag pulling and pass in any direction.
 - Run with the ball –incorporate one lateral / backwards pass after flag pull. Open play will allow passes in any direction.
 - Incorporate two lateral / backwards passing with flag pulls.
 - Advance to all lateral / backwards passing with flag pulls.



GAME PROGRESSIONS

1. Incorporate rules to challenge players. For example, all players must receive a pass before scoring.
2. Incorporate different rugby skills like offensive shape to help players be successful.



[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

- Make sure players are mastering skills and game concepts before advancing.