



## SKILL CARD

# BALL FAMILIARIZATION

LEVEL: BEGINNER



## OBJECTIVE

To have players become familiar with the shape and size of a rugby ball.

## COACHING CUES

Describe the rugby ball by comparing it to other sports that kids will know. A rugby ball is bigger than a football and about the size of a soccer ball. The shape is similar to a football so that the ball can easily be passed, but the shape is more round than a football so that the ball can be kicked as well.



**Step 1:** Have kids pass the rugby ball around and have them pick out differences and similarities between a rugby ball and other sports balls.

**Step 2:** Have everyone hold their own ball, instructing them to carry the ball with two hands at all times.

**Step 3:** Make a small square space with cones and have players run from one side to the other, making sure to hold the ball in two hands at all times.

**Step 4:** On the instructor's signal, have them all put their balls down and pick up someone else's, making sure to use two hands at all times.

**Step 5:** Have players throw the ball into the air and catch it 5-10 times each.

**Step 6:** Lastly, have them move the ball around their bodies. Start around the waist and then try under each leg. Make it a fun contest to see who can perform various skills without dropping the ball during each exercise.

### CHECK AND CORRECT

1. Make sure players use two hands at all times.
2. Make sure players are communicating with each other.
3. Make sure players are varying their movements.
4. Help players identify the best method for performing each skill.

### FOOTWORK/MOVEMENTS

Rugby balls are different than most other sports balls because of their size and shape. Reacting to the funny bounces and challenge of handling an awkwardly sized ball is part of the fun and challenge of rugby.

### CONNECTED GAMES

Relay Races • Circle Passing  
Eagles Nest  
Rugby Freeze Tag  
Cold and Hot Potatoes

### USA PE STANDARDS

S5.E2: Challenge, K-8