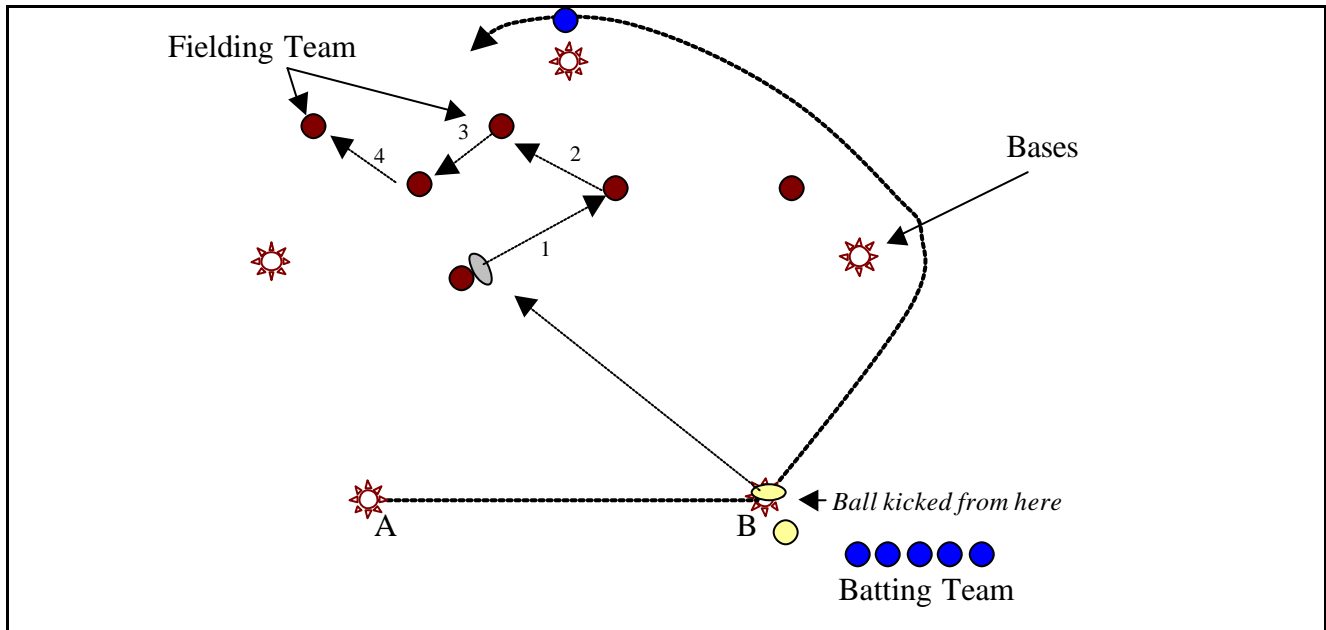


Drill Name		Rugby Rounders						
Objectives		Fun activity that allows the players to practice passing the ball under pressure. Encourages good team play.						
Cones	Layout	Dimension (metres)	Balls	Players	Duration (minutes)	Contact Shield	Tackle Bags	Body Suits
5	See Diag.	15x15	1	12	10			



Description

1. One team are fielders and spread themselves out in the playing area.
2. The second team are the batting team. The first player in the batting team "goes into bat". The ball is positioned on the cone at B. The player then kicks the ball anywhere forward into the play area (not behind).
3. The batting player now runs around the bases to round the final cone at A.
4. In the meantime, the fielding team must pick up the ball and make 4 passes (coach count them out). The player receiving the 4th pass then runs to the try line at A-B to score a try.
5. The batting team wins a point, if their player gets around the cones before the fielding team can score a try. If the defending team can make 4 passes and score a try first, then they get the point.
6. After all the players in the batting team have had a go, swap the players over to give the other team a go in bat. The team with the most points win.

Progression

1. Have a coach at the first base pass ball to the batting player who completes the circuit and also scores a try at line A-B.
2. Add additional bases.

Set-Up

1. Mark out 3 bases and the try line at A-B.
2. Organise into two teams of equal numbers.

Key Factors

1. Correct lateral pass.
2. Hands up to catch the ball – targets.
3. Call for pass – "my ball".
4. Correctly scored try.
5. Correct pick-up of ball.