

COACHING CHILDREN RUGBY UNION



3 UNIONS COACHING

Name of Game: **ROB THE NEST**

GAME CARD 12

AIM OF THE GAME:

Is for the players to work in pairs to collect as many balls from the nests as possible in one minute.

Pitch Size:

Depends on age of players. U7s - 10m by 10m diamond and 8 players max.

Equipment:

8 balls (or cones) and 12 cones.

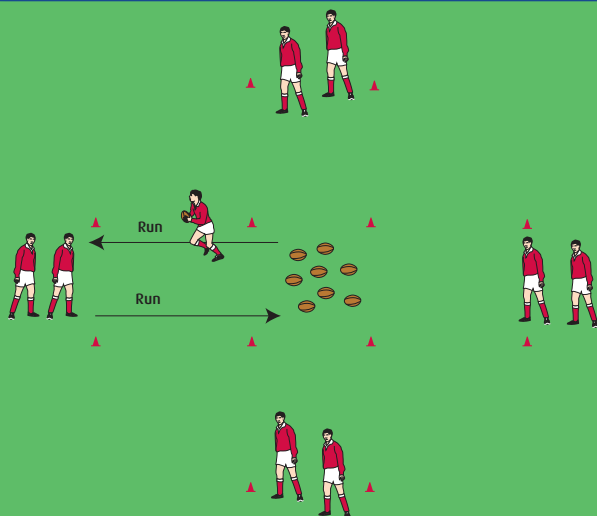
Age group:

Any 6 -12 years

Time allowed:

One minute per game.

DIAGRAM



DESCRIPTION OF ACTIVITY:

The players work in pairs. Starting at the cones on the corner of the big square they take it in turns to run and 'rob' a ball from the nest in the middle - marked out by a smaller square (cones can be used instead of balls in the nest). They then run to bring the ball back to their corner, placing it on the floor to score a try. After scoring their try they tag their partner on the hand and the partner repeats. Once all balls are gone from the nest players can 'rob' balls from other nests. The winner is the team that has the most balls in their nest after one minute.

Ideas for Progression:

Put tag belts on the players. If they are running back to their nest with a ball in their hand and are tagged by an opponent they have to hand the ball over to him/her. Helps to develop evasion and decision making.

This helps to develop evasion and decision making skills. Add a different coloured ball called the "Golden Egg". Whoever has that ball at the end of the activity is the winner regardless of their total number of balls stolen.

RULES OF GAME:

1. Players start in pairs on their cones in the corner of the big square.
2. One player from each pair runs to the nest and takes a ball.
(PLAYERS CAN ONLY ROB ONE BALL AT A TIME)
3. They bring the ball back to their corner, score a try and tag their partner on the hand - the partner then take their turn.
4. Once all balls are gone from the middle nest players can rob balls from other team's nests.
5. No contact is allowed in this game.

USE THIS GAME TO DEVELOP THE FOLLOWING:

SOCIAL/PERSONAL SKILLS

- Fun for the group
- Cooperate as a pair
- Fair play, playing by the rules
- Identifying and praising players who score good tries
- Willing to take turns

PHYSICAL LITERACY

Developing: -

- Agility
- Balance
- Speed
- Change of direction
- Reactions

SKILL FOCUS

- Running skills
- Invasive skills
- Correct try scoring technique
- Communication between partners

GAME UNDERSTANDING

- Spatial awareness/ looking for space
- How to work as an individual and pair to decide which nests to rob
- Avoiding being tagged

MENTAL SKILLS

- Playing by rules
- Playing within boundaries
- Making decisions under time pressure

QUESTIONS THE COACH MAY ASK

1. How do you decide which nests to rob?
2. How can you work as a team?
3. How can you avoid being tagged by another player?
4. What is this activity good for developing?
5. What can we do to show good sportsmanship?

ANSWERS THE COACH WOULD EXPECT

1. Whichever nest has the most balls.
2. Talk to each other to help spot the best nest to rob.
3. By looking as I run and dodging opponents.
4. Picking up the ball, dodging, try scoring, making decisions on which nest to rob.
5. Playing by the rules and not trying to cheat by taking more than one ball.