

COACHING CHILDREN RUGBY UNION



3 UNIONS COACHING

Name of Game: **STATUES**

GAME CARD 6

AIM OF THE GAME:

The chasers try to turn all the other players into statues in the shortest possible time. All the players are put into pairs and each pair will have an opportunity to be the chasers. The coach records the best time for turning all the other players into statues and they will be the winners.

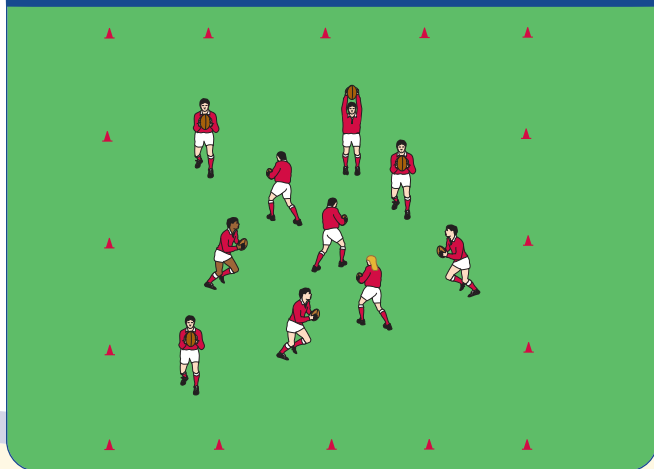
Pitch Size: Depends on age of players. U7's - 10m by 20m rectangle and 10 -12 players max per grid.

Equipment: One rugby ball per player and 20 cones.

Age Group: Any 6-12 years.

Time allowed: Allow each pair the opportunity to turn all the other players into statues. Any longer than two minutes and the chasing pair are out of time.

DIAGRAM



DESCRIPTION OF ACTIVITY:

All players should be holding a ball. Divide the group into pairs and each pair will have a turn at being the chasers. The first pair on the command of "GO" turn the other players into statues by touching them with the ball. The ball must be held in both hands at all times. A player who is touched must then stand still and hold their ball above their head and in both hands. The chasers continue turning the other players into statues until everyone has been caught. The coach should note the time that the pair has taken to complete their turn. The winning pair is the pair who turns everyone into a statue in the shortest possible time. The goal should be to turn all players into statues within two minutes.

Ideas for Progression:

Statues can be freed by players who are not chasers, touching the statue with the ball they carry. The statue is once more alive to run around the grid. After one minute the coach shouts "Stop" and counts how many statues remain. The number of remaining statues becomes the score for that pair of chasers.

Change the shape of the pitch long and narrow.

RULES OF GAME:

- Chasers must carry the ball in both hands.
- A player who is touched by a chaser must stand like a statue with the ball in both hands and their arms stretched above their heads.
- When all the players are turned into statues the coach records how long the chasers took.
- Each pair has a turn at being the chasers.
- The pair who takes the shortest time is the winner.

USE THIS GAME TO DEVELOP THE FOLLOWING:

SOCIAL/PERSONAL SKILLS

- Competence in agility
- Fun for the group
- Cooperate as a pair
- Fair play, playing by the rules
- Sportsmanship, clapping /congratulating the winner(s)

PHYSICAL LITERACY

Developing: -

- Agility
- Balance
- Endurance
- Change of direction
- Reactions

SKILL FOCUS

- Running skills
- Evasive skills
- Decision-making, How to recognise and use the space

GAME UNDERSTANDING

- Spatial awareness/ looking for space
- Running into space to get away from the hound
- Different problems to solve depending on the shape of the pitch

MENTAL SKILLS

- How to evade an opponent
- Playing by rules
- Playing within boundaries
- Making decisions under the pressures of chasers, statues and space

QUESTIONS THE COACH MAY ASK

1. How did the players avoid being touched?
2. Why were the players asked to carry the ball in both hands?
3. What other possible advantages of working as a pair?
4. Who can show me something they did to prevent being touched?
5. How can we use the statue to help us from being caught?
6. What is this activity good for developing?
7. What can we do to show good sportsmanship?

ANSWERS THE COACH WOULD EXPECT

1. Staying as far away from the chaser as possible by running and dodging.
2. Helps with balance when changing direction in order to change players into statues.
3. Work together to catch a player especially when they are one of the last players to be caught.
4. Agility, side-step, swerve, change of pace, ducking, stopping and starting.
5. Run behind a statue so that the chasers have to slow down and go to one side and we can run away on the other side.
6. Support play and defence.
7. Clap the player(s) who score the most points.