

COACHING CHILDREN RUGBY UNION

Name of Game: **CHAOS**

GAME CARD 9



AIM OF THE GAME:

Attackers to score points by passing to a team mate in a scoring zone.

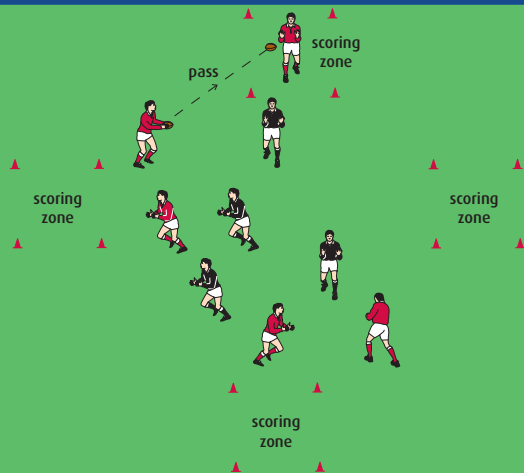
Pitch Size: There is no defined playing area although the distance between scoring areas can be adjusted to suit differing ages. Suggested distances for 6 year olds is 10m.

Equipment: One rugby ball and 16 - 20 cones.

Age group: Any 6 -12 years

Time allowed: 10 minute game. Generate reflections and provide feedback and praise followed by another 10 minute game.

DIAGRAM



DESCRIPTION OF ACTIVITY:

Teams of three or four players attempt to score points by passing the ball to team mates when they are in one of the scoring zones. Defenders attempt to prevent the attack from scoring by intercepting passes. There is no contact between attack and defence. Passes can be made in any direction and players are encouraged to recognise and move into space to receive a pass. If the defence intercepts the ball they can attack. Coaches can involve the players to devise a scoring system i.e. first to five points and so on.

Ideas for Progression:

The scoring areas can be made smaller to increase difficulty. Some scoring areas can be given higher points value to generate decision making and tactical understanding. Players may be allowed to run with the ball and defenders allowed to tag tackle.

RULES OF GAME:

- There are no defined boundaries.
- Passes may be made in any direction.
- Defenders may not make contact with attackers in the initial game (see progressions).
- To score, a pass must be made to a team mate in a scoring area.
- Defenders are not allowed in a scoring area.
- Defenders may intercept passes but must not prevent an attacker from passing.

USE THIS GAME TO DEVELOP THE FOLLOWING:

SOCIAL/PERSONAL SKILLS

- Competence in catching and passing
- Fun for the group
- Nominate a captain who can encourage and praise the rest of the team
- Fair play, playing by the rules and working as a team
- Sportsmanship, clapping/ congratulating the winner(s)

PHYSICAL LITERACY

Developing: -

- Agility
- Balance
- Endurance
- Change of direction
- Reactions
- Hand and eye coordination

SKILL FOCUS

- Different types of passes
- Catching
- Support play and communication
- Decision-making. Giving the pass if attacker is unmarked/selling a dummy pass when attacker is marked. Looking for other available scoring options when attackers are marked

GAME UNDERSTANDING

- Spatial awareness/ looking for space
- Running into space to make themselves available for a pass
- Calling for the ball when there is nobody obstructing the path of the ball
- Different problems to solve depending on the shape of the pitch

MENTAL SKILLS

- How to identify space
- Playing by rules
- Thinking of different ways to score
- Making decisions under the pressures of opponents and space

QUESTIONS THE COACH MAY ASK

1. What should the receiver do when they can see it is safe to receive a pass?
2. When is the best time to call for a pass?
3. What are benefits of running into a space?
4. What would you do if there is someone between you and your partner?
5. Are there any dangers when making long or high passes?
6. What is this activity good for developing?
7. Can you score somewhere else?
8. What can we do to show good sportsmanship?

ANSWERS THE COACH WOULD EXPECT

1. Get their target (hands) ready and call for the ball.
2. When I am in a space and nobody could intercept the pass.
3. More likely to be passed the ball and better chances of scoring.
4. Move to a space or hold onto the ball until the pass can be made safely.
5. The ball takes longer to reach the receiver and could be intercepted by someone running in between.
6. Decision-making about when and how to pass the ball.
7. Where there are fewer/less defenders.
8. Clap and praise the team who score the most points.