

COACHING CHILDREN RUGBY UNION



Name of Game: **HARES AND HOUNDS**

GAME CARD 3

AIM OF THE GAME:

For the ball carrier (Hare) to try to get as far away as possible from their partner (Hound) who is trying to stay as close as possible.

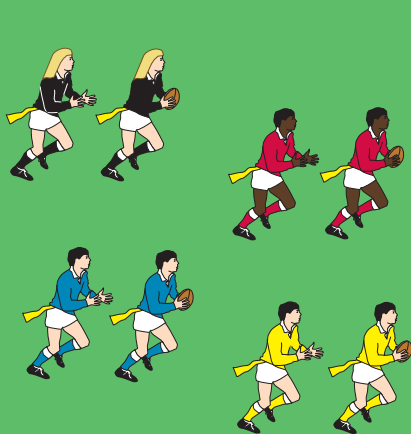
Pitch Size: Depends on age of players. U7's - 7m square and 6 to 8 players max per grid.

Equipment: One rugby ball between 2 players. 1 tag belt and 2 tags per child. 1 or 2 bibs per group.

Age group: Any 6 -12 years

Time allowed: 30 - 40 seconds per turn

DIAGRAM



DESCRIPTION OF ACTIVITY:

Arrange the players in pairs with one holding a ball in both hands. The pairs begin by standing side by side within the working area. On "GO" the ball carrier (hare) tries to lose the partner (hound). After a short while, the coach blows the whistle to stop. All the players must stand still (freeze). If the hound can tag the hare, without moving their feet or falling off balance, the hound gains a point. If not, the hare gains the point. The coach can now reverse the roles. This can be repeated a number of times and each individual should keep their own score.

Progression:

Team event i.e. all the original hares are in one team and all the original hounds are in the other team. Coach to keep the scores, which are added up after each turn. Use different size and weight of ball/objects to carry.

RULES OF GAME:

- Hares must carry the ball in both hands at all times.
- When all players are stopped, each hound scores a point if they can take a tag; otherwise the point goes to the hare.
- Neither hares nor hounds are permitted to move their feet when told to stop.
- Hounds must stay balanced when taking a tag.
- Tags must be handed back to the hare immediately after it has been taken.
- No player is to go outside of the marked area.
- If a hare does go outside of the marked area to avoid the hound then the hound gets the point.
- Hares must not be pushed out of the marked playing area in order to gain a point.

USE THIS GAME TO DEVELOP THE FOLLOWING:

SOCIAL/PERSONAL SKILLS

- Competence in agility
- Fun for the group
- Working with a partner
- Fair play, playing by the rules
- Sportsmanship, clapping/ congratulating the winner(s)

PHYSICAL LITERACY

- Developing: -
- Tagging skills
 - Balance
 - Agility
 - Endurance
 - Speed off the mark
 - Reactions

SKILL FOCUS

- Carrying the ball in two hands
- Evasion skills
- Change of direction
- Support play - staying close to the ball carrier
- Defence i.e. closing down an attacker

GAME UNDERSTANDING

- Spatial awareness
- Keep as far away as possible from the trailer
- Manipulate player in order to take the tag easily
- Run into space when possible

MENTAL SKILLS

- How to evade an opponent
- Playing by rules
- Playing within boundaries
- Thinking of ways to prevent being tagged
- Decision -making

QUESTIONS THE COACH MAY ASK

1. What should the HARE do when the coach shouts “go”?
2. What must all players do when the coach blows the whistle?
3. When the pitch (playing area) is long and narrow, who did it benefit the HARES or the HOUNDS?
4. What is this activity good for developing?
5. What types of evasive skills are being used?
6. What can we do to show that we are good ‘sports’?

ANSWERS THE COACH WOULD EXPECT

1. Get as far away as possible from the HOUND.
2. Stop immediately, keep their feet still and stay in balance, then the hounds try to take a tag.
3. Easier for the HOUNDS as the HARES have less space sideways and may bump into other players.
4. Decision-making about where and how to stay away from an opponent.
5. Change of direction, change of pace, feints, side step and speed off the mark.
6. Clap and praise the team who score the most points