



PEPASS

Physical Education
Physical Activity
School Sport

together inspiring success

Rugby Individual Circuits

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Rugby Home Handling Skills

- ❑ Find some safe space outside. Take a rugby ball, if you don't have one, you can use any ball or even some rolled up socks.
- ❑ Standing feet shoulder width apart, hold the ball with two hands at waist height. Then raise your hands upwards at a fast pace releasing the ball as your hands point to the sky.
- ❑ Bring your hands down to chest height, arms almost fully extended and palms facing the sky as if you are opening a book.
- ❑ Keeping your eye on the ball, catch as it reaches your hands.



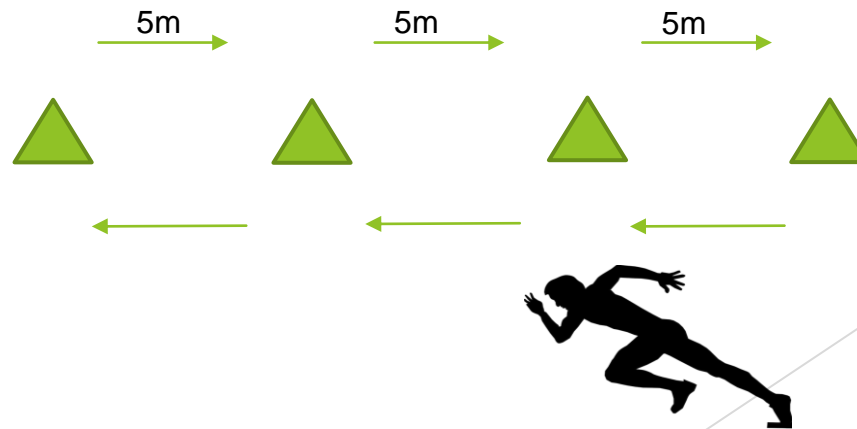
Progressions

1. Try throwing the ball as high as you can and see how many times you can clap before catching (as above).
2. Try throwing the ball high and forwards so you have to move to catch the ball.
3. Combine the above by throwing high and forward whilst moving and clapping before catching the ball.
4. Challenge a family member to see if they can clap as much as you.

Drill

1. Set 4 markers 5m apart (more if you want a challenge).
2. Bear crawl (as in image) to the first cone and then stand up and sprint back.
3. Bear crawl to the second cone and then sprint back. Then repeat for the last cone. **THAT'S ONE SET.**
4. How many sets can you get in 2 minutes? Can you add cones? Go for longer?

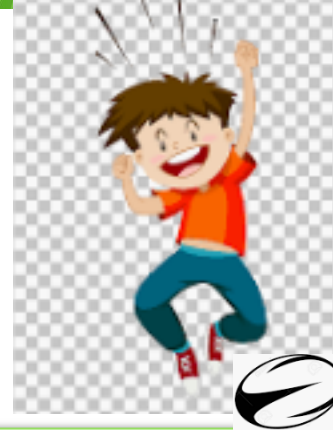
Bear Crawls



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Home Rugby Fit

- ❓ Find some safe space inside or outside. Take a rugby ball, if you don't have one, you can use any ball or even some rolled up socks.
- ❓ Place the ball on the floor in front of you. Then get into a press up position facing the ball (two hands shoulder width apart on the floor, feet together, legs and back straight, facing forwards).
- ❓ Perform press up (bend arms until chest is 5cm from the floor, then push until your arms are straight).
- ❓ Stand up, jump over the ball, turn and face the ball and return to press up position.
- ❓ Repeat as many times as you can.



Progressions

1. Try seeing how many you can do in one minute.
2. Try changing the exercise for example, sit up and jump over the ball.
3. Try challenging a family member or work as a team to see how many you can collectively do in 3 minutes.

Regression

1. Try press up on your knees.
2. Try just jumping over the ball first.
3. Replace ball with smaller object or simply remove object.

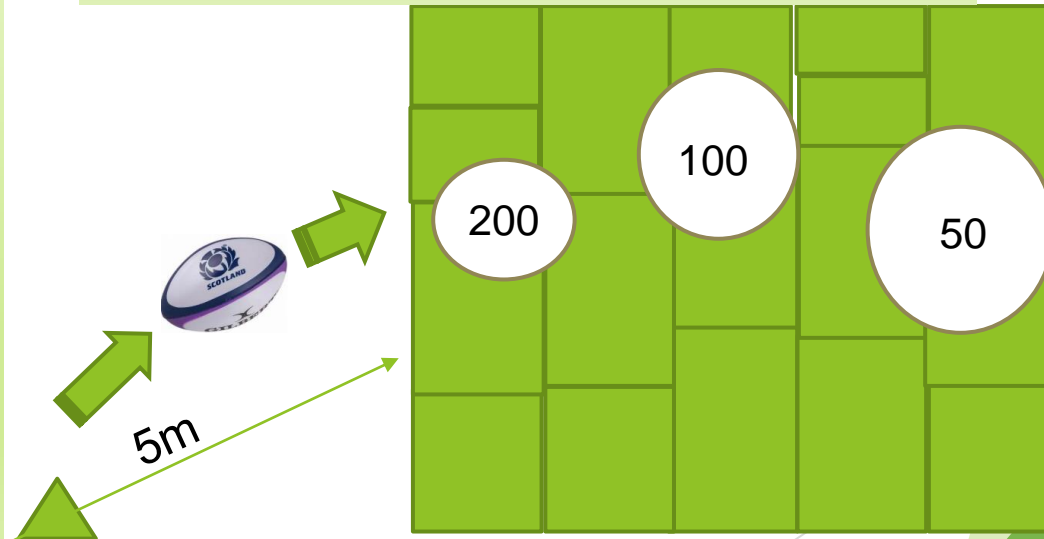
Drill

1. Find a wall and use chalk to draw 3 targets – small (200), Medium (100) and large (50). **Ask permission first!!**
2. Stand 5m back from the wall. Try and hit the targets when passing the ball.
3. How many points can you get in a minute.
4. Try standing further away or drawing smaller targets to make it more challenging.

Target Practice

Passing Technique

- ☐ Two hands on the ball, feet shoulder width apart, standing side on to the wall, lean slightly forward. Place nearest to the wall foot slightly forward.
- ☐ Bring ball across your body whilst twisting your hips and shoulders.
- ☐ Release ball and point to the target.
- ☐ Make sure you practice off of both hands (change stance).

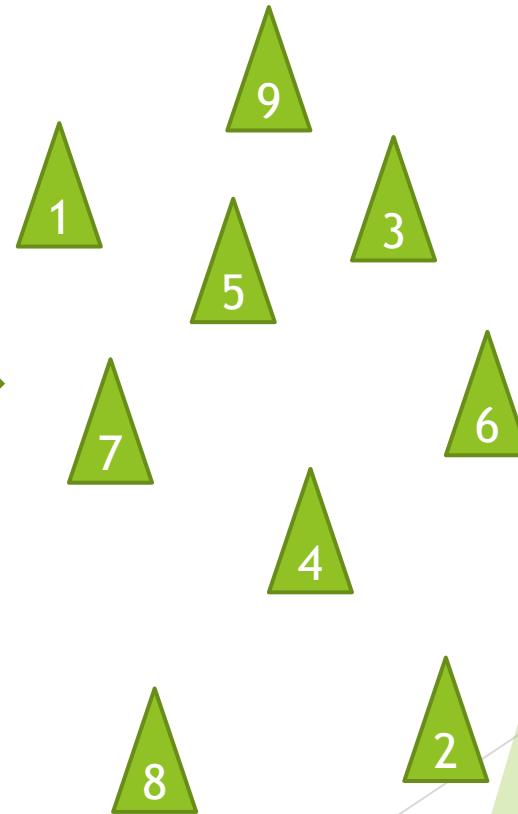


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Circuit No5. *Zig Zag ball carry.(Rugby)*

Foot work & ball carrying skills challenge.

Set up numbered cones and run with ball in number order. Pretend other cones are opposing players.



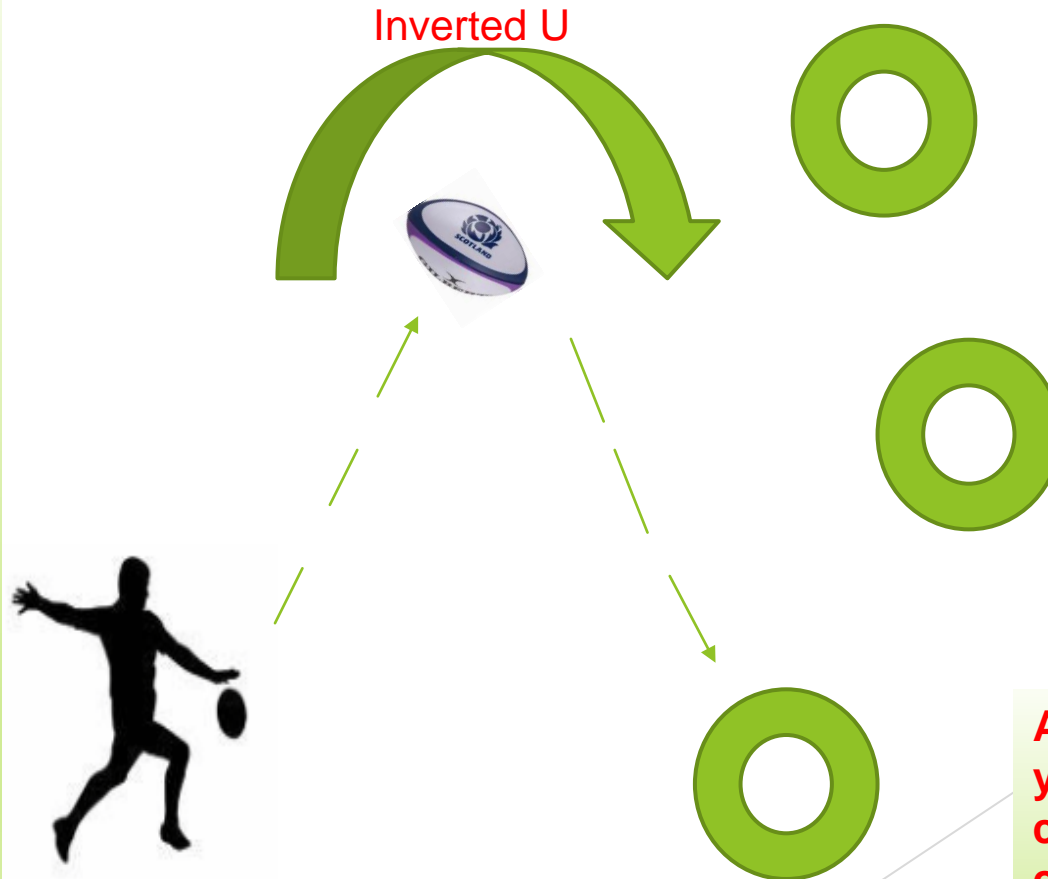
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Up and Under Kicking

Drill

1. Find a large area where you can set hoops (or markers/clothing) as targets. Try a minimum of 10m away.
2. Facing the target non kicking leg in front. Holding the ball out in front of you at waist height.
3. Drop nose down and perform up and under kick. Try get that **inverted 'U'** shape with your kick.
4. How many can you get out of 10? Try changing the distance.



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Advanced: Once you can kick 8/10 consistently try chasing to the target and catch before the ball hits the ground.

Drill

1. Take the ball in your right hand, lean forward, bring the ball around your right leg and through your legs into your left hand.
2. Now bring the ball around your left leg, through your legs into your right. Making a figure of 8.
3. Try doing this but changing direction every minute.
4. Try doing this while walking forwards and backwards.

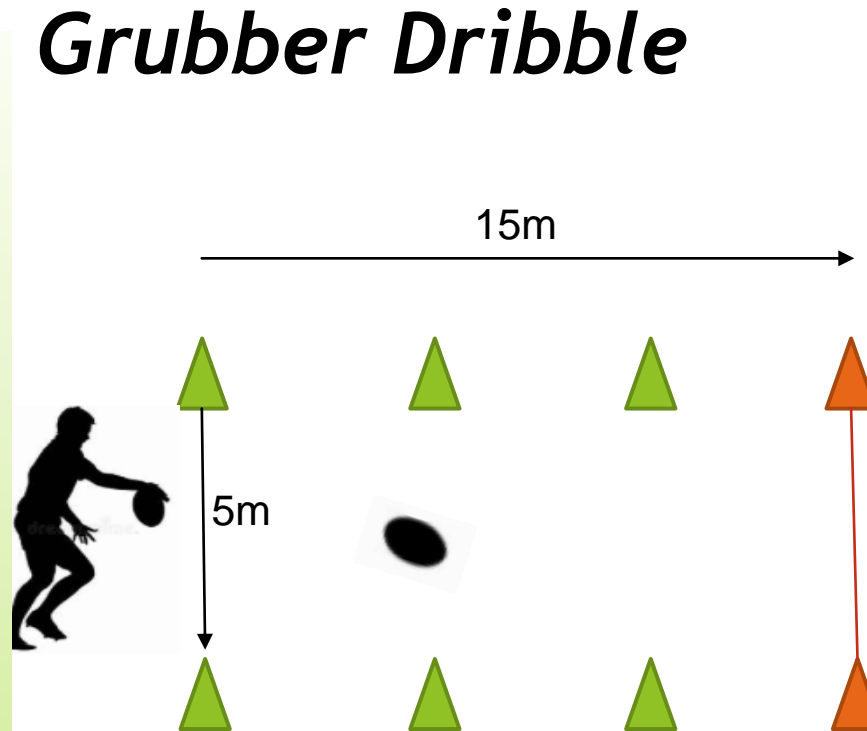
Ball Handling Skills

Figure of 8s



Drill

1. Mark out a grid 15m x 5m to create a channel.
2. Use the last markers as the score line (in red).
3. Perform a grubber kick (kicking the ball along the ground).
4. Chase and dribble the ball keeping it in the channel.
5. Once over the score line, use your hands to put downward pressure as if scoring a try.



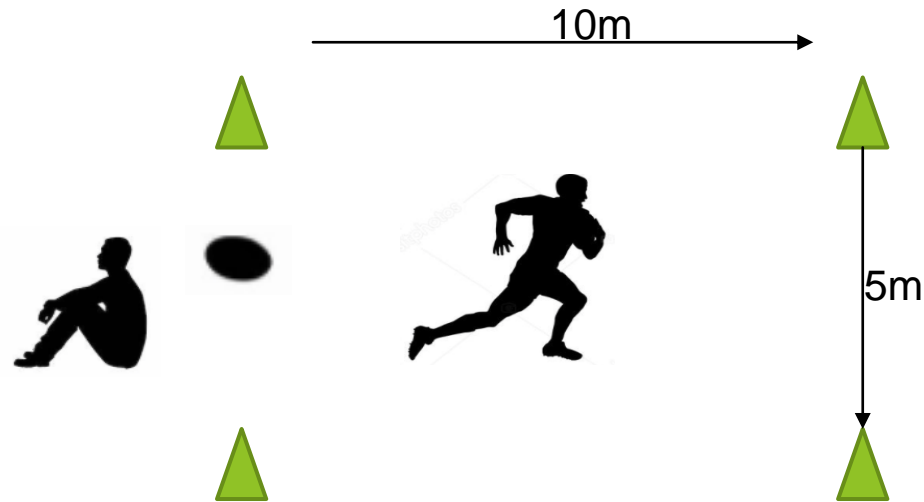
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Advanced:
Increase the channel length and try pick up the ball 5m before score line and then run to the score line and score a try.

Drill

1. Set a grid 10m x 5m.
2. Place the rugby ball on the start line.
3. Sit with back facing away from the finishing line.
4. Quickly get on to your feet, turn, pick the ball up and sprint to the finishing line.
5. If possible, get a friend to time you and tell you when to go.
6. Can you beat your time?
7. Can progress on to lying on your stomach in starting position.

Acceleration Drill



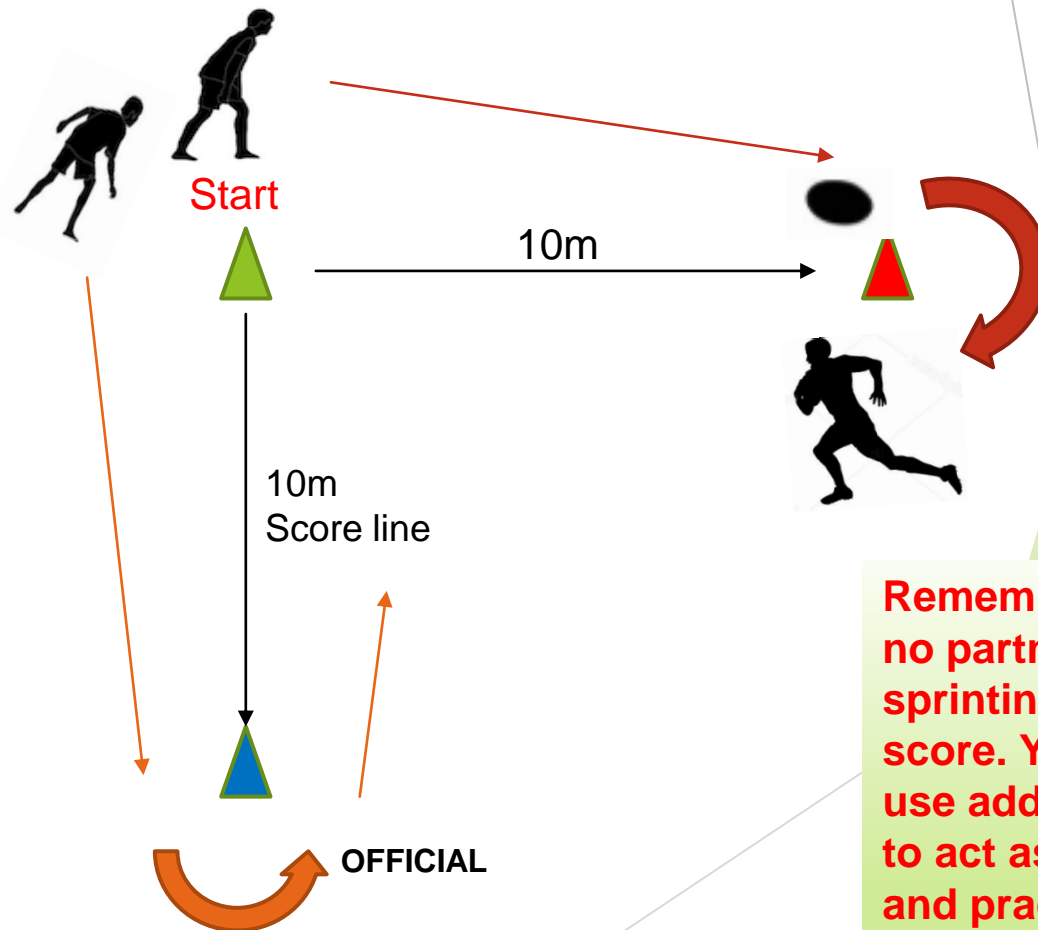
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Drill

1. Have a starting position then place 1 cone (red) 10m away in one direction. Then place another cone (blue) 10m away 10m creating a score line.
2. Place ball at the red cone.
3. Both players standing start at starting cone.
4. Player 1 sprints to the ball, picks it up, goes around the red cone and looks to score.
5. Player 2 at the same time sprints around the blue cone and becomes a defender (touch only as tackle).
6. Player 1 must decide race and dive and score or use footwork to get passed defender.

1 v 1 Game

Accelerate and dive



Remember: If you have no partner, try sprinting and diving to score. You can then use additional cones to act as a defender and practice footwork to go around the cone.