

# Rugby Individual Skills. P4-P7

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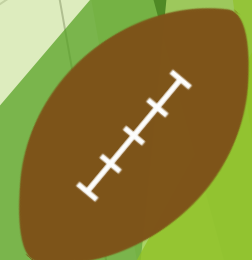
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## Rugby Ball Handling Challenge

### Equipment

Rugby ball, other types of balls.

### Task

- Pass the rugby ball around your head. Passing the ball from hand to hand. 5 times in each direction.
- Pass the rugby ball around your waist. Keeping your waist as still as possible. 5 times in each direction.
- Pass the rugby ball around your knees or shins. Feet close together and slightly bend knees. 5 times in each direction

### Challenge

- Try different types of balls such as a tennis ball or basketball to see if this makes it harder or easier.
- Can you do 10 times in each direction without dropping the ball?



## Rugby Throwing- Ball Handling Skills.

### Equipment

- Rugby ball. (or any ball/cuddly toy/rolled up socks)
- Safe space inside or outside.

### Task

- Standing feet shoulder width apart, hold the ball with two hands at waist height.
- Throw the ball in to the air, releasing the ball as your hands point to the sky.
- Keep your eye on the ball. With your hands at chest height, arms almost fully extended catch the ball bring it into your body.
- Practise throwing and catching for a few minutes.

### Challenge

- Throw the ball as high as you can, how many times can you clap before catching it?
- Throw the ball high and forwards, now you must move to catch the ball.
- Combine the above by throwing high and forward whilst moving and clapping before catching the ball.
- Challenge a friend or family member, who can do the most claps?



## Rugby- Throwing Practise Outdoors

### Equipment

A rugby ball or any other ball and a bin.

### Task

- Target pass with a family member or use a bin as a target.
- With your left side facing your partner, side pass the ball to each other/ or hit the bin. Bring the ball across your body as you throw it, twisting your hips and shoulders.
- After a few minutes swap places and go again.

### Challenge

- Try a backward pass, stand behind and to the side of your partner/the bin to receive the ball. Do 10 passes and swap positions.
- How many passes can you do in 1 minute?
- How many passes can you do without dropping the ball?



## Rugby- Throwing Practise Indoors.

### Equipment

Indoors- soft ball/rolled up socks/cuddly toy and a chair.

### Task

- Place a chair about 5 metres away and go onto your knees.
- With your left side facing the chair practise underarm side passes to get the ball to hit the chair. Bring the ball across your body as you throw it, twisting your hips and shoulders.
- After 5 attempts swap to your right side facing the chair.

### Challenge

- Place the chair further behind you so that you have to twist your body more before passing.
- Challenge a family member, how many passes can you do in 1 minute.



## Rugby- Throwing Target Practise

### Equipment

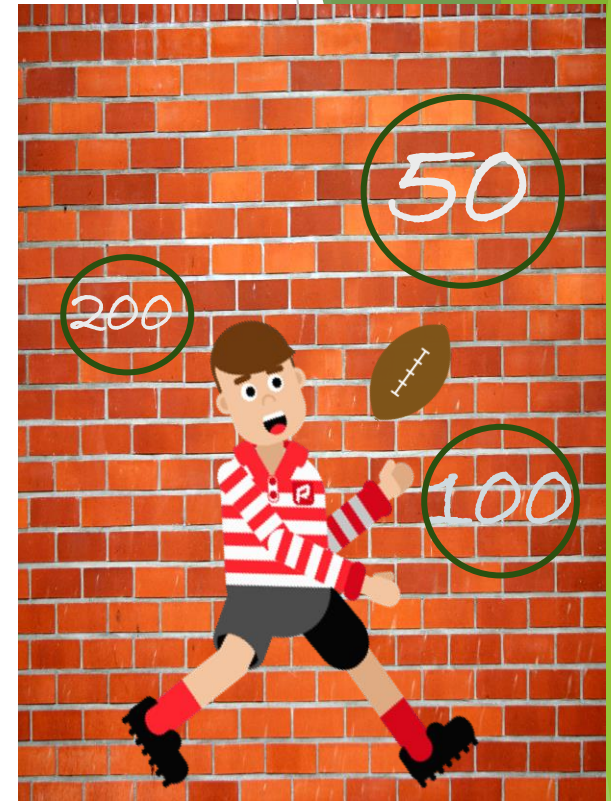
- An outside wall and some chalk.
- A rugby ball (or any ball if you don't have a rugby ball).

### Task

- With the chalk draw 3 targets – small (200), Medium (100) and large (50). Ask Permission first!
- Stand about 5m back from the wall.
- Two hands on the ball, feet shoulder width apart, stand left side nearer the wall, lean slightly forward.
- Bring ball across your body whilst twisting your hips and shoulders. Release the ball and point to the target.
- Try and hit the targets when throwing the ball.
- How many points can you get in a minute.
- Change to right side facing the wall and go again.

### Challenge

Try standing further away or drawing smaller targets to make it more challenging.



## Rugby- Grubber Kick Dribble

### Equipment

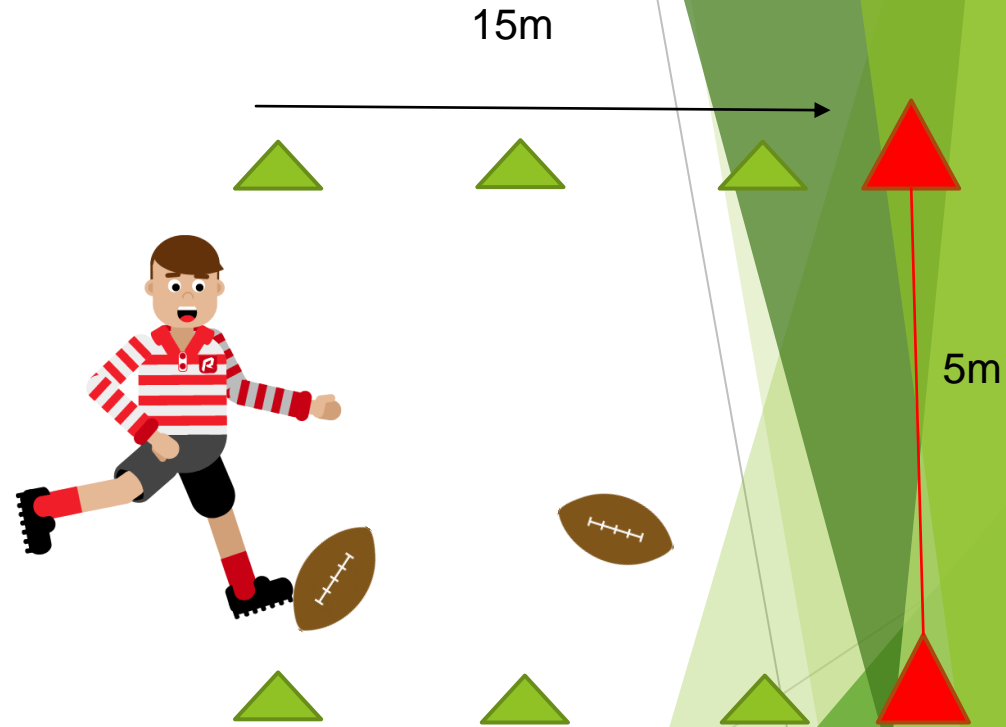
Rugby ball and cones or bottles/tins of food as markers.

### Task

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

### Challenge

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



## Rugby Kicking Target Practise

### Equipment

- Hoops or markers/clothing for targets. Set out 3 targets.
- Space outside. Try and kick to the target from about 10m away.

### Task

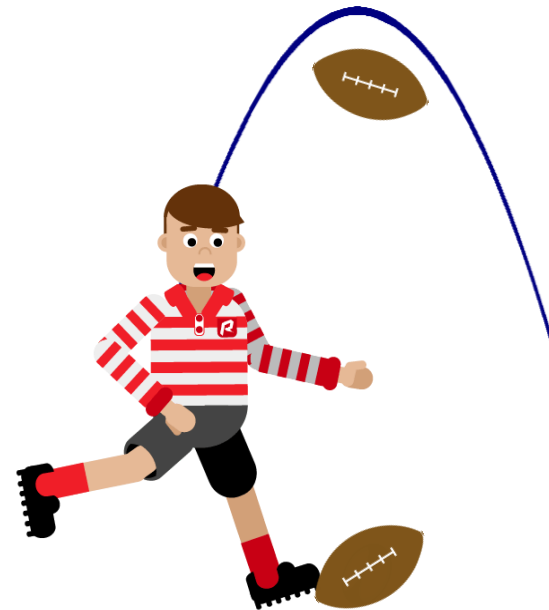
Kick the ball to the target.

- Facing the target, non kicking leg in front. Hold the ball out in front of you at waist height, ball pointing to the ground.
- Drop the ball and kick it up into the air before it touches the ground.
- Try and get an **inverted 'U'** shape with your kick.
- How many can you get out of 10?
- Now kick to a different target.

### Challenge

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

Flight of the ball-  
Inverted U shape





## Rugby- Acceleration and Speed Drill

### Equipment

Find a space in your garden or the park.

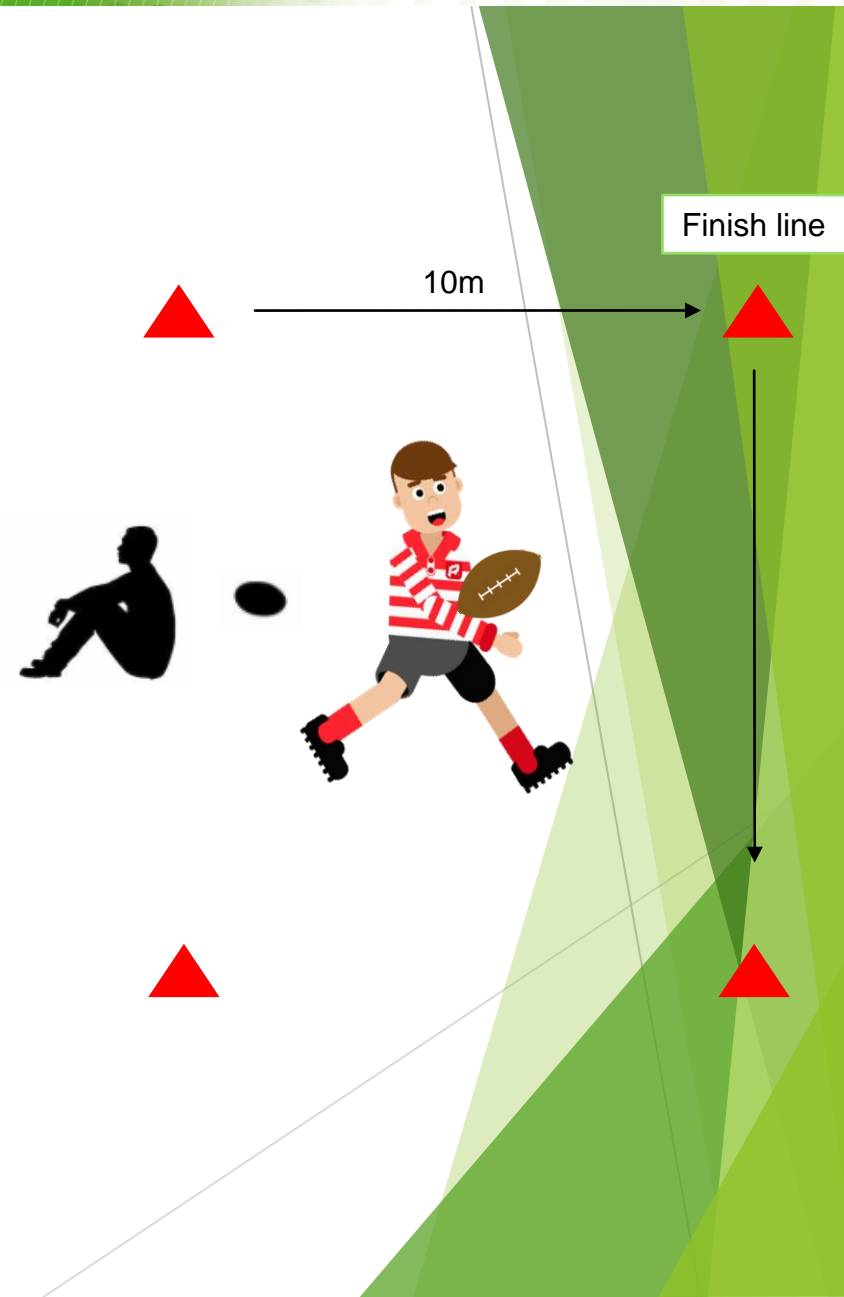
- A rugby ball and markers (water bottles/ tins of food/ clothes)
- If you don't have a rugby ball use any other ball or a water bottle.

### Task

- Set a grid roughly 10m x 5m.
- Place the rugby ball on the start line.
- Sit with your back facing away from the finishing line.
- Quickly get on to your feet, turn, pick the ball up and sprint to the finishing line.
- If possible, get a friend to time you and tell you when to go.

### Challenge

- Can you beat your time?
- Progress on to lying on your stomach in starting position.



## Rugby- Bear Crawls

### Equipment

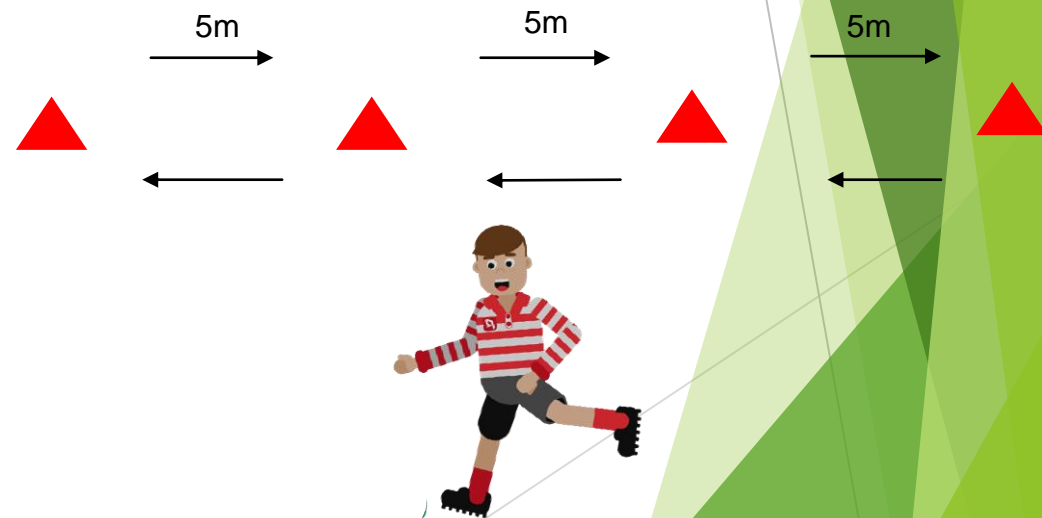
- Marker cones. If you don't have any use tins of food/ water bottles/ books.
- Space inside or outside.

### Task

- Set 4 markers 5m apart
- Bear crawl (as in image) to the first cone and then stand up and sprint back.
- Bear crawl to the second cone and then sprint back. Then repeat for the last cone. THAT'S ONE SET.
- How many sets can you get in 2 minutes?

### Challenge

- Add more cones.
- Have the cones further apart.
- Race against a friend or family member.



## Rugby- Footwork and Ball Carrying Skills.

### Equipment

- Rugby ball (or any ball)
- Paper, pens, or chalk.

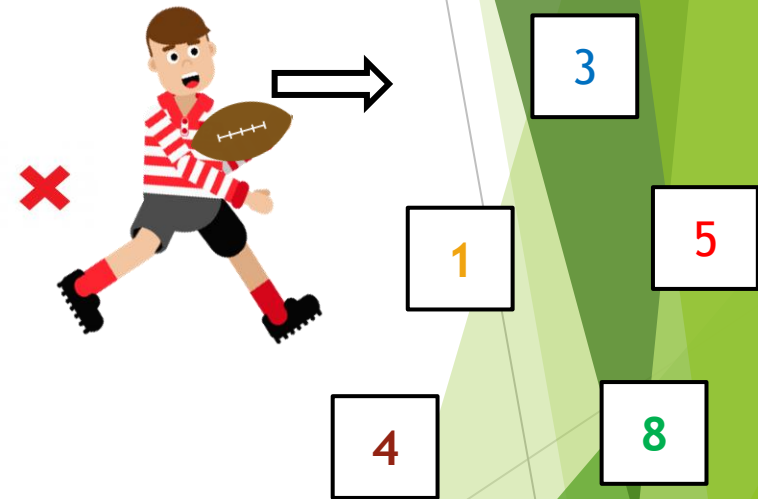
### Task

#### Footwork & ball carrying skills

- Inside-set up numbered bits of paper
- Outside- set up chalk numbers on the ground
- Facing forward, run with the ball in number order.
- Pretend the numbers are opposing players.

### Challenge

- Run back to a starting position after every number.
- Change from running to side stepping or hopping.
- Can you think of other ways of travelling?
- Time yourself doing the challenge.



## Rugby Home Fitness Challenge.

### Equipment

- A rugby ball ( if no rugby ball use any ball or a pair of rolled up socks)

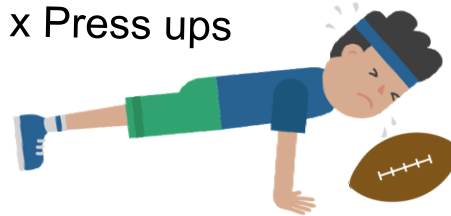
### Task

- Place the ball on the floor in front of you. Get into a press up position facing the ball. Hands shoulder width apart on the floor, feet together, legs and back straight, facing forwards.  
(To make it easier, start on your knees).
- Perform 3 press ups then stand up, jump over the ball, turn and face the ball and return to press up position.
- Repeat 5 times.

### Challenge

- How many can you do in one minute?
- Change the exercise- do burpees or sit ups.
- Try challenging a family member or work as a team to see how many you can collectively do in 3 minutes.

3 x Press ups



Jump over ball



3 x Press ups



### Rugby 1 v 1 Game- Accelerate and Dive

#### Task

- At starting position (green cone) place 1 cone (red) 10m away in one direction. Place a 2nd cone (blue) 10m away, creating a score line.
- Place the ball at the red cone.
- Both players stand at starting cone.
- Player 1 sprints to the ball, picks it up, goes around the red cone and looks to score.
- Player 2, at the same time sprints around the blue cone and becomes a defender (touch only as tackle).
- Player 1 must decide to race and dive to score or use footwork to get passed the defender.
- **On your own?** 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.

#### Equipment

Rugby ball and marker cones.  
(if no marker cones use water bottles or items of clothing.

