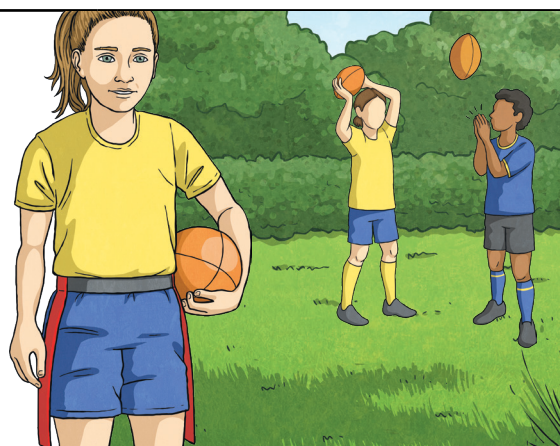


Tag Rugby Activities

Ball-Handling Skills

Practise your ball-handling skills. Can you move the ball around your head using both hands? Try throwing the ball straight up into the air and clapping before catching it again with two hands. How many times can you clap in between throwing and catching?

Use a rugby ball, if you have one, although any large ball will do!



Passing and Catching Skills

Try this activity to sharpen your rugby passing and catching skills. Stand side-on to a friend or family member, approximately three metres apart. Throw a ball to your partner using the correct technique. Once they have caught it, they throw it back to you. Count each pass that is caught successfully. The aim of the game is to see how many times you can catch the ball before one of you misses. That's the record to beat! Try to get a higher score each time.



Sidestepping

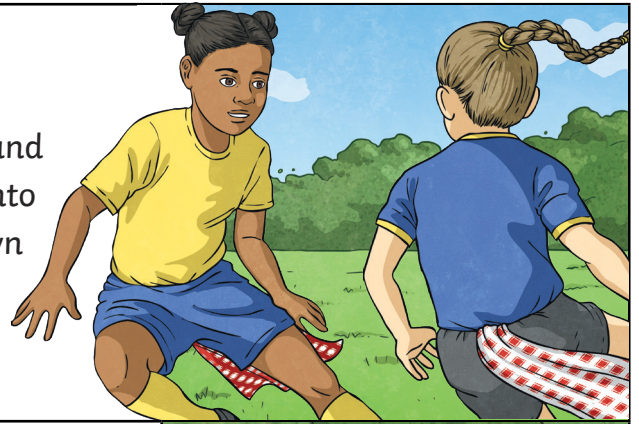
Practise the sidestepping movement, which is often used to try to outwit and get past defenders. Place two cones (or similar) approximately three metres apart and sidestep between them as quickly as you can. Remember to keep a low body position and to be quick and light on your feet.

How many times can you move between the cones in one minute?



Tagging Skills

Try this activity with a friend or family member to help improve your reaction, dodging and tagging skills. You and your partner need to tuck an old tea towel, or similar, into the back of your shorts or trousers, so that it hangs down like a tail! Stand face-to-face with your partner, about an arm's length away. On 'go' you both try to get each other's 'tail'. The first person to do this is the winner!



Tagging Rules

The rules of tagging in tag rugby are quite complicated to learn and remember. Can you design a poster outlining the rules of tagging in tag rugby? Use the information below to help you.

- Only the ball carrier can be tagged by a defender.
- The ball carrier can run and dodge potential taggers but cannot push or fend defenders off by using their hands or the ball.
- Players are not allowed to guard or shield their tags.
- When the ball carrier is tagged, the defender must shout 'tag' and the ball must be passed to a teammate within three seconds or three strides.
- After the ball has been passed, the player must go to the tagger, retrieve their tag and place it back on their belt before rejoining play.



Intercepting

Try this game with a few friends or family members to help you practise passing, intercepting and moving into space. You will need a ball (any type of ball can be used). One of you will be the defender. This person will need to stand in the middle of the other players as they pass the ball between each other. If the defender intercepts the ball, the player who threw it becomes the new defender.

