

RUGBY LEAGUE - END ZONE

Quick introduction

The aim of this non-contact game is to make as many passes as possible in 60 seconds without the opposition intercepting. Players practise handling skills, passing and catching.

Getting started

- Area should be approx 15 x 15m
- Set up two areas with groups of 16.
- Use correct size ball for ability of group – size 3 and 4.
- Divide players into two teams of equal numbers in each pitch, one side has the ball.
- The ball can travel in any direction.
- The ball carrier can either move or not move with the ball. Coach can decide this depending on ability of group.
- If the ball is intercepted then it is given back to the passing team.
- The passing team has the ball for 60 seconds and the number of passes are added together, before the defending side try to beat that score.
- This is a non-contact game:
 - Players must not fend or push the defender away.
 - Once the ball has been intercepted give the ball back as quickly as possible so the game can continue.

Health and safety

- Ensure the area is large enough and separated from other areas of play.
- Players should all warm up first.
- Take care that the receiver is ready for a pass.

Equipment required

- Cones.
- Variety of rugby balls (other shaped balls may be used).
- Cones / safety markers (pitch marking).
- Bibs.



RUGBY LEAGUE – END ZONE



PHYSICAL ME

- Two handed grip.
- Centre body carry.
- Shoulders rotated , hands out for catch.
- Use wrist and hands , rotate shoulders for pass.
- Be aware of space and gaps in working area.
- Make a target with the hands to improve accuracy of the passer.

SOCIAL ME

Leading and volunteering

- Players should discuss how to play fairly if the ball has been intercepted
- Some players could officiate.
- Encourage players to discuss where they like to receive the ball.

Think inclusively (STEP)

Space

- Increase or reduce the size of the playing area to support or challenge the players; for example, a smaller area may help the interceptors.

Task

- To challenge the passers, each pass must go to a different player – no consecutive passers between the same two players.

Equipment

- A round ball can be used initially.

People

- Adjust team numbers; for example, fewer interceptors than passers.
- The passes of some players (for example, mobility impaired) cannot be intercepted.

THINKING ME

- How can I focus on carrying the ball in two hands?
- How can I evade other people?
- How can I communicate with members of my team?

SPORTING ME

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Do we give the ball back quickly when it has been intercepted?

TACTICAL ME

- How can we work in a group to close down space?
- How can we get the ball carriers to the corners of the square as this limits the direction they can run?



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RUGBY LEAGUE - DODGEBALL

Quick introduction

Players see how long players can remain in the area before been hit with the ball. They practise running and evading and working with team-mates to defend effectively.

Getting started

- Area should be approx 10 x 10m – the larger the team the larger the area
- Divide teams into equal numbers; two teams or more, play round robin if more than two teams.
- Attackers each with a soft ball, stand in space spread around the working area.
- Defenders stand on start line ready to dodge the ball.
- On the signal 'Go' defenders enter the area and the aim is to avoid being hit.
- When players are hit below the waist, they move out of the playing area.
- Try to get all players out as quickly as possible then swap over.
- Game can also be played against a time – see how many players you can get out in 60 seconds, swap over and opposition aims to beat score.

Equipment required

- 15 rugby balls (other shaped balls may be used, soft balls must be used or soft beanbags).
- Safety markers (pitch marking).
- Bibs.

Health and safety

- Ensure the area is large enough and separated from other areas of play.
- Players should all warm up first.



RUGBY LEAGUE – DODGEBALL

PHYSICAL ME

- Be aware of passes that could be made to players without a ball as they may have an easier target.
- Practise dummying and moving into space.
- Practise accurate throwing.

SOCIAL ME

Leading and volunteering

- Players should discuss how to play fair when hit.
- Some players could officiate.

Think inclusively (STEP)

Space

- The space can be increased to assist the dodgers or decreased to help the attackers.

Task

- Change the rules to challenge the attackers; for example, allow the dodgers to defend their legs by knocking the ball away with their hands.

Equipment

- Use slow-moving inflatable balls to help with visual tracking.

People

- Increase or decrease the number of players in each team; fewer dodgers provides less targets, for example.
- Enable mobility-impaired players to participate by reducing the target area (one specific wheel of a wheelchair user) or allow a buddy to defend and knock balls away.

THINKING ME

- How can I side step and use my feet to avoid been hit?
- How can I ensure I always move into space?
- How can I use evasion and handling skills to beat a defender?

SPORTING ME

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Can I make sure I aim for the body and legs of the other players?

TACTICAL ME

- How can I get myself in a good position not to be hit?
- How could we work as a team to hit players with the ball?

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RUGBY LEAGUE – KICK CHALLENGE

Quick introduction

The aim of the game is to identify and kick into spaces using different types of kicks.

Getting started

- Ensure players get some kicking practice before starting.
- Divide teams into groups of four to five players .
- Set up three (10x10m) squares about 10m away from the teams. Each player in turn aims to either punt kick or grubber kick the ball into the squares.
- Players must not move with the ball.
- The ball may be passed in any direction.
- The ball may not leave the playing area.
- Each square represents points system – 3, 2, 1.
- First team to 10 wins,

Equipment required

- Ideal learning numbers are groups of four to five : four groups.
- 1 rugby ball per player.
- 50 safety markers (pitch marking).
- Bibs.

Health and safety

- Ensure the area is large enough and separated from other areas of play.
- Players should all warm up first.



RUGBY LEAGUE – KICK CHALLENGE



PHYSICAL ME

- Punt kick – guide ball to foot, follow through with foot towards target.
- Grubber kick – slightly lean forwards, guide ball to fit, kick ball into ground.

SOCIAL ME

Leading and volunteering

- Players could referee and check:
 - if the ball has landed in square properly
 - players do not move with the ball.
- Players could organise passing warm-up.

Think inclusively (STEP)

Space

- Reduce or increase the size of the target squares; or move the players closer or further away.

Task

- Enable players to hit the ball in different ways according to their ability; for example, a powerchair or wheelchair user can 'bump' a large ball towards the target with their chair; or players may throw (or 'pass') the ball into the squares if kicking is not an option.

Equipment

- Use brightly-coloured target markers (or markers that contrast with the general ground colour).
- Kick from a tee if necessary.

People

- Use a caller positioned beyond the target to assist visually-impaired players.

THINKING ME

- How can I kick in a straight line?
- How can I ensure I follow through after my kick?
- How do I know how much force I need to kick the ball?

SPORTING ME

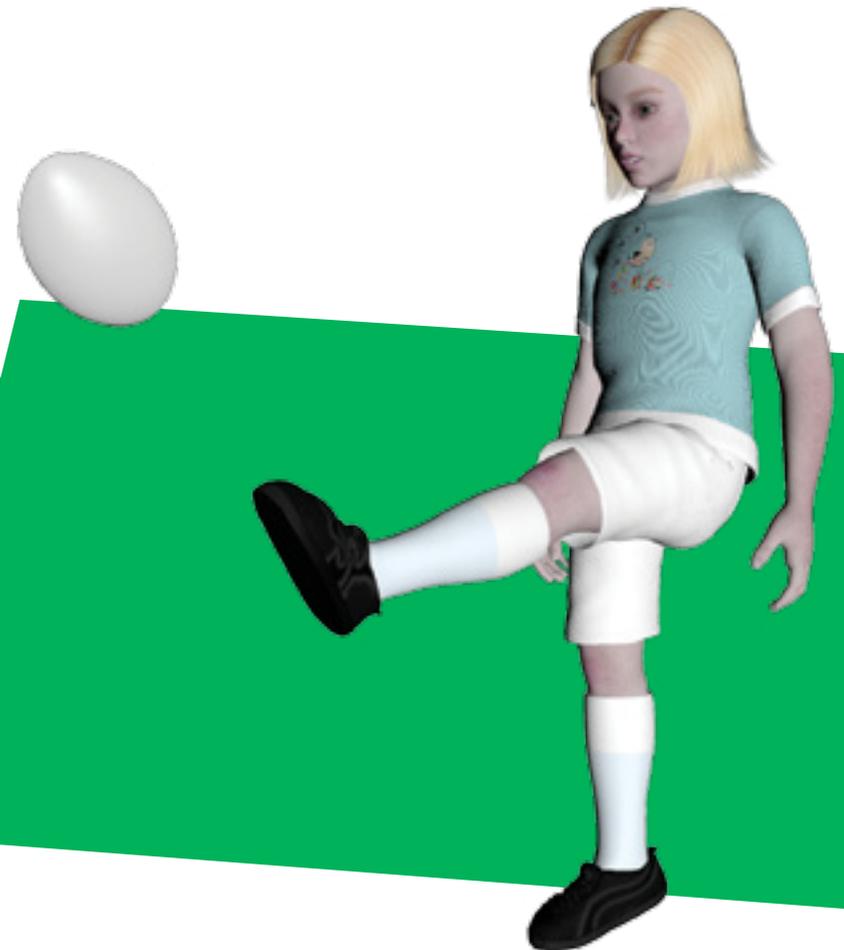
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Do I always think I am going to succeed?

TACTICAL ME

- How can we work as a team to reach 10 points first?
- What is the best way to kick the ball to gain maximum points?



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