



Fun Training Activities/Games INSTRUCTIONS

Acknowledgements to Australian Rugby League Development and the Auckland Rugby League Development team.

Game 1 – ROB THE NEST

Skills Developed:

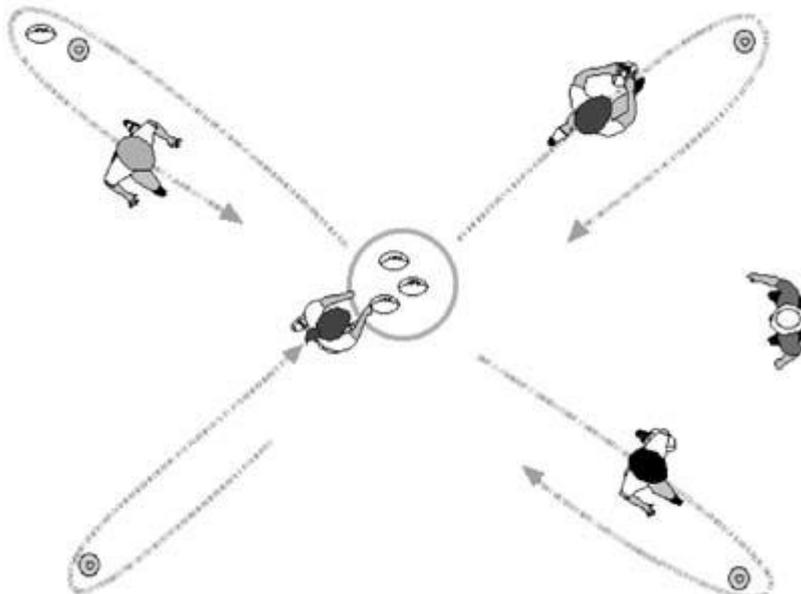
Movement Skills: Change of pace, special awareness, evasion, hand eye coordination. Team Work, communication.

Aerobic and anaerobic fitness:

Equipment: 5 cones, variety of balls whether football, tennis etc.

Discuss the importance of movement, use of vision and avoiding contact.

- Divide the teams from the previous game to make 4 teams
- Bring the cones in a few meters each.
- Place footballs and all other balls in the centre using a low cone
- Line up teams behind markers.
- On the signal, one player from each team runs in and picks up a football and takes it to their home cone.
- Each player has a turn.
- When all are gone from the middle, teams are allowed to rob from other players,
- Only one ball at a time.
- The team with the most balls at the end of a set time either wins or scores a try.
- Place balls back in the middle and start again if required due to time to occupy.
- Add the



Game 2 – KICKING SKILLS

Skills Developed:

Introduction of kicking skills that will become important in future years.
Awareness how to make an attacking kick, anticipation of how to run onto an attacking kick.

Equipment: 4 Mini or Mod Footballs, 12 cones

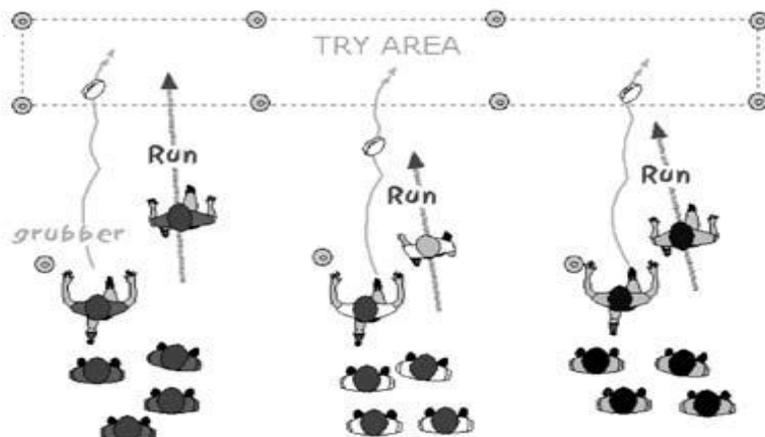
Demonstrate how to do a grubber kick. Pointed toes, Hold ball straight, kick into the ground so it roles end over end.

4 place markers set up - 1 kicker and 1 chaser in each grid.

- Make 2 groups. Line each group up behind a chaser marker to start.
- Designate a try area approximately 10m from players.
- Kiwi and Kiwi fern to be the kicker in the first instance.
- The children are to be the chaser.
- Perform a grubber kick into the in goal area.
- Child is to run onto the kick and score a try.
- First to the ball scores the try.
- Rotate children through to receive kick from both the Kiwi and Kiwi Fern.

Once through children to take on the role of kicker and chaser

- Child 1 moves forward with football to the marker and performs a grubber kick.
- Child 2 follows and chases the ball and tries to score a try. The first team to do so gets a point.
- The next pairs move forward for their attempt to score a try from the grubber kick.
- Make sur



Game 3 – STUCK IN THE MUD

Game 3: Stuck in the Mud

Skills Developed:

Evasion, change of pace, communication, catch and play the balls, passing.

Equipment: Coned area and several Mini/Mod balls.

The objective of this game is to tag as many people within a large area or grid.

Choose taggers, players and runners.

- A player that is tagged by a tagger is deemed 'stuck in the mud' and must immediately stop and remain absolutely still.
- A player that has been stuck in the mud can be released by a runner.
- To be released, a runner will pass a football to the stuck player and that person must perform a 'play the ball' action.
- Upon completion of this execution the person is free to resume in the game.
- The runner will pick the ball back up and try to get to another player who is 'stuck in the mud'
- There are many ways for a person to be tagged. The more innovative and diverse the tagger, the higher the fun factor. For e.g. a tagger could carry and use a soft foam pipe to enhance the danger of being tagged. More than 1 tagger can be nominated.
- There are many ways for a person to behave once they are stuck - The more innovative or silly the behaviour, the higher the fun factor. An example could be to perform a dance or a specific exercise or sing (da, da, da,) to try and attract the attention of a kiwi to be released, if they don't do any of these they will remain stuck.

Variations:

- **Safe area's can be added to down grade the intensity of the game**
- Girls versus boys etc



Game 4- LINK TAG

Skills Developed:

Team work, communication, movement, evasion.

Equipment: Coned area

Object of the game is to tag all participants until no one is left.

- The last person left wins a point (scores a try)
- To begin all participants spread out in a defined grid. A player is nominated as being "in". He/she runs around and attempts to tag the players. Each time he/she tags a player they link arms with the 'in' player, they are then trying to tag the players also (only the two players at each end of the line can tag players).
- (If a player runs out of bounds they are deemed to be out and must also join the line).
- The game carries on until all players are tagged the last person tagged wins a point and can start as being "in".

VARIATION: More than 1 player can start as 'in'

GAME 5- BULL RUSH TAG

Skills Developed:

Evasion, change of pace, defensive movement and cover.

Equipment: Coned area, 4 to 5 mini/mod balls

Line participants up along one end of your grid.

COMMUNICATE THAT:

Aim:

- Runners must try and get to the other side of the grid without getting tagged by the defenders. If tagged they become a helper
- Defenders will try and tag runners with a rugby league ball. Helpers may tag a runner with their hands, but the helper cannot move.

Main Rules:

1. They must go back and stand still where they are tagged.
2. They cannot run out of bounds. (Outside the grid)
 - Anytime someone gets tagged by a Defender they stand where they were tagged and become a helper.
 - A helper cannot move (stuck in the mud) but can try to tag runners using both hands.
 - The last person in is the winner and becomes BULL RUSH CHAMPION

Variations:

- Play several times finding several bull rush champions and then have the BULL RUSH CHAMPIONS PLAY AGAINST EACH OTHER.
- HAVE THE HELPERS sit down if it is too hard for runners to get past.
- Use tags or a two handed touch on the hips to simulate a tackle.
- **DO NOT USE A FULL TACKLE AS THE DISTANCES BEFORE CONTACT WILL BE LARGE GREATER THAN 10m INJURY RISK IS VERY HIGH**

GAME 6 – ACTIVITIES

Skills Developed:

Defensive skills, Movement skills, Fitness

Equipment: Spin Shields, Mini Mod Balls, Cones or poles.

It's all about Fun!

Coaching staff to take the young players through some rugby league drills in a short sharp and fun way. This may require some initiative to see what is working to spend more time on.

1. Spin shields:

1a. Tackling Coaching staff to hold a spin shield or bag and let the kids have a good shot on you.

1b. Fending (As above)

1c. Bumping (As above)

1d. Spin Turn (As above)

2. Side Step the coach

- Simple 1 v 1 grid set up and kids try to side step the coach

3. Running Relays

- Agility poles or cones set up for two teams to race while zigzagging through poles or cones

Variations:

Add any other activity or skill that you may think of. Have kids running through the drills quickly to make it as fun as possible. Have fun with the kids.