



COMMONWEALTH GAMES CHALLENGE

WEEK 13 – RUGBY

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

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.

