



VIRTUAL RUGBY LEAGUE 'SET OF 6' SKILLS CHALLENGE: SIDE-STEP

Rugby League is an invasion game. The object of the game is to advance into your opponents' half to score a try. Every time you get possession of the ball, you have 6 tackles to try to score before you have to give the ball back to the other team. This 'Set of 6' challenge will give you an introduction to the core skills needed to play Rugby League.

TACKLE 1

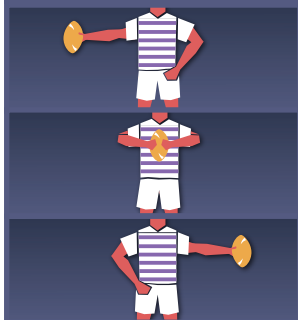
Scan QR code to see an example



GRIP

This is how we hold the ball to make sure we keep possession and avoid dropping the ball. Having a good grip allows us to perform other core skills well.

ACTIVITY



SPREAD YOUR WINGS

Pupil starts holding the ball* in 2 hands outstretched in front of their body. Transfer the ball into one hand and fully extend the arm out to the side. Bring the ball back to the centre, switch it to your other hand and repeat as many times as possible in 45 seconds.

***STEP:** Exchange the rugby ball for another object e.g. beanbag, smaller /lighter ball.

OPTIONAL SCORING: 1 point for every successful arm extension with ball in hand.

TACKLE 2

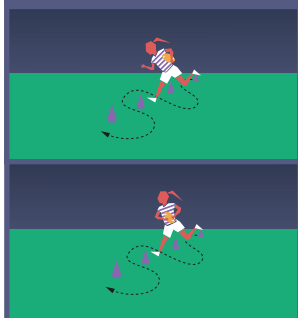
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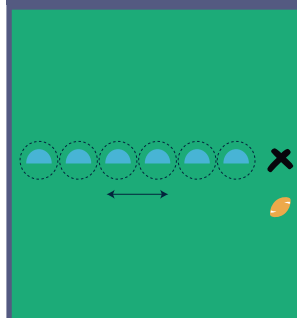
CARRY

When we move while holding the ball, it is called a 'carry'. We can carry the ball using either one or two hands, depending on what we want to do with it next.

ACTIVITY



SET UP



SLALOM CARRY

Pupil carries the ball in either 1 or 2 hands and runs out and back through the slalom of cones* passing the cones on the left and right side alternately. Repeat as many times as possible in 45 seconds.

***STEP:** Change the space between the cones.
OPTIONAL SCORING: 1 point for every completed slalom (there and back = 1 slalom).



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TACKLE 3

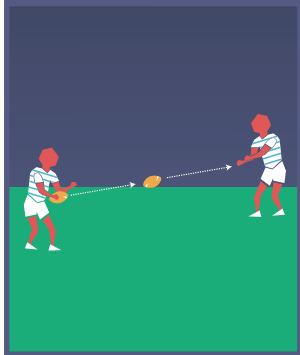
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PASS

This is how we move the ball between our team mates. In Rugby League, the pass is made sideways on, in an underarm swinging motion across the line of the hips.

ACTIVITY



PASS TO TARGET

SKILL DEVELOPMENT

Pupil passes* the ball from a chosen distance to a static receiver, choosing any distance as their starting point, with the choice to change mid activity as they wish.

***STEP:** Allow any type of pass that successfully gets the ball from the passer to the receiver. Receiver can pass the ball back to the pupil, or place it back in their hands.

OPTIONAL SCORING: Record the time taken to complete 5 successful passes to the receiver.

TACKLE 4

Scan QR code to see an example



CATCH

This is how we secure the ball when it is passed us in the air. Having the correct technique and concentration to catch any height of ball helps us to keep possession.

ACTIVITY



CATCH TO CHEST

Feeder throws a ball* towards the pupil choosing any distance* as their starting point. Pupil catches the ball with 2 hands and secures the ball by pulling it tight to their chest, with both hands still on the ball. Pupil passes or gives the ball back to the feeder. Repeat as many times as possible in 45 seconds.

***STEP:** Exchange the rugby ball for another object e.g. balloon, lighter ball, round ball etc. Change the distance between the feeder and the pupil.

OPTIONAL SCORING: 1 point for every successful catch.



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TACKLE 5

Scan QR code to see an example



PICK UP

This is how we secure the ball when it is moving on the floor. Having the correct technique and concentration to pick up the ball helps us because a rugby ball is an oval shape, so it doesn't roll like a round ball would!

ACTIVITY



COLLECT THE BALL

Pupil picks up a ball which is rolled towards them* and passes or gives the ball back to the feeder. Repeat as many times as possible in 45 seconds.

***STEP:** Change the speed of the roll, or pick up a static ball off the floor or a cone (feeder would then replace the ball to the static position after receiving the pass).

OPTIONAL SCORING: 1 point for every successful collection.

TACKLE 6

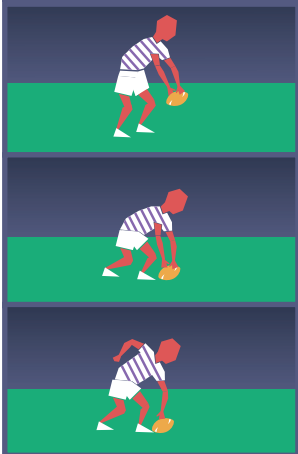
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TRY SCORING

This is how we score points against our opponents. To score a try, you ground the ball over the try line. This must be done with the ball in a good one or two handed grip and firmly under the player's control.

ACTIVITY



SET UP



SCORE A TRY

Pupil runs between cones carrying the ball in their hands. Each time they get to a cone, the pupil grounds the ball as if they were scoring a try, then turns and runs back towards the other cone repeating the try scoring motion when they get to it. Repeat as many times as possible in 30 seconds.

***STEP:** Make a 5 x 5m square with the cones and the pupil can choose which one they want to run to next.

OPTIONAL SCORING: 1 point for every try scored.

TOP TIP!

RULES FOR GROUNDING THE BALL TO SCORE A TRY

When scoring a try, the ball is held in a firm grip (either one or two handed) and placed firmly against the ground.