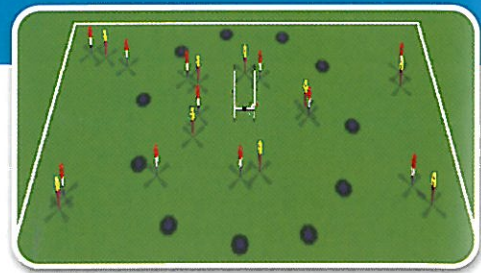


Distant Circle Score

HOW TO PLAY • Two equal teams of between 9 and 12 players • Portable goalposts are positioned safely in the middle of the field • A circle of multi markers is placed around the goalposts about 50 metres in diameter • Scores can only be taken from outside these markers • Ball is thrown up, the team that wins possession tries to set up a score • The ball and players are allowed inside the markers • The game is continuous and doesn't stop after a score, players on the other side of the goal attempt to regain possession after a score is kicked • Players can move anywhere inside the boundary line • The only time the game stops is if the ball goes outside the boundary line

PROGRESSION 3 or more passes before a score can be executed. Shoot on sight with no limits on passes. Midfielders and goalkeepers must stay inside the arc of cones to practice high catches when ball comes from other side of posts after a score.

WHAT IT DEVELOPS Shooting from distance, reactions & smart passing

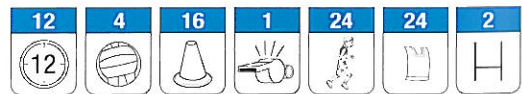
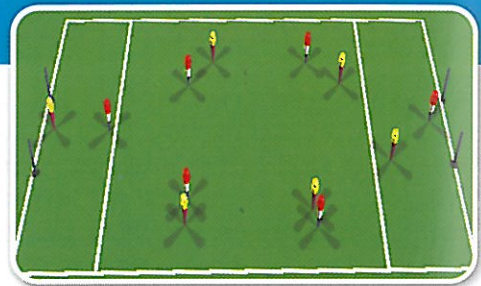


Double Back

HOW TO PLAY • 1 goalkeeper, 1 attacking player (A) in end zone (Inside the black line/domes) • Goalkeeper must stay in goal until 'A' receives the ball • 'A' cannot come outside the black line • 4 v 4 between the black lines • When A's receive the ball, players in the middle zone support them • Ball must be played out again by A to support players for a score • Could give extra points if score is taken with weaker foot

PROGRESSION Ball must be played in with first time pass (This encourages players to look up and use the 'early' ball into their forwards). Have an extra defender marking the A player and play high balls into them. The ball must be 'broken' out to the in rushing attackers.

WHAT IT DEVELOPS Long kick passing, accurate shooting for goal, tackling & goalkeeping



Double Handed Touch

HOW TO PLAY • This game is played in a rectangular field with the short ends of the field serving as the 'touch' lines • Based on the rules of touch rugby • No kicking or tackling is permitted • The ball must be hand passed backwards and then carried forward • Play stops when an opponent touches the ball-carrier with both hands • If after five sequences of play a goal hasn't been scored, the ball is turned over • A goal occurs when the ball is touched on the ground at the end of the field • A number of balls are placed at each end of the field so the opposing team can play on immediately when a goal is scored, resuming from the defended touch line • The team with the highest score at the end of the game wins • This game can be played for longer periods of time • Two 15-minute halves are suitable • The 'double hand' aspect of this game is important • If only one hand is used to 'stop' a play, the game will not flow

PROGRESSION 4 second rule in possession.

WHAT IT DEVELOPS Breaking tackles, supporting players from behind & tackling

