

Players: 12 - 20

Rugby Rounders

Objective – To develop kicking technique

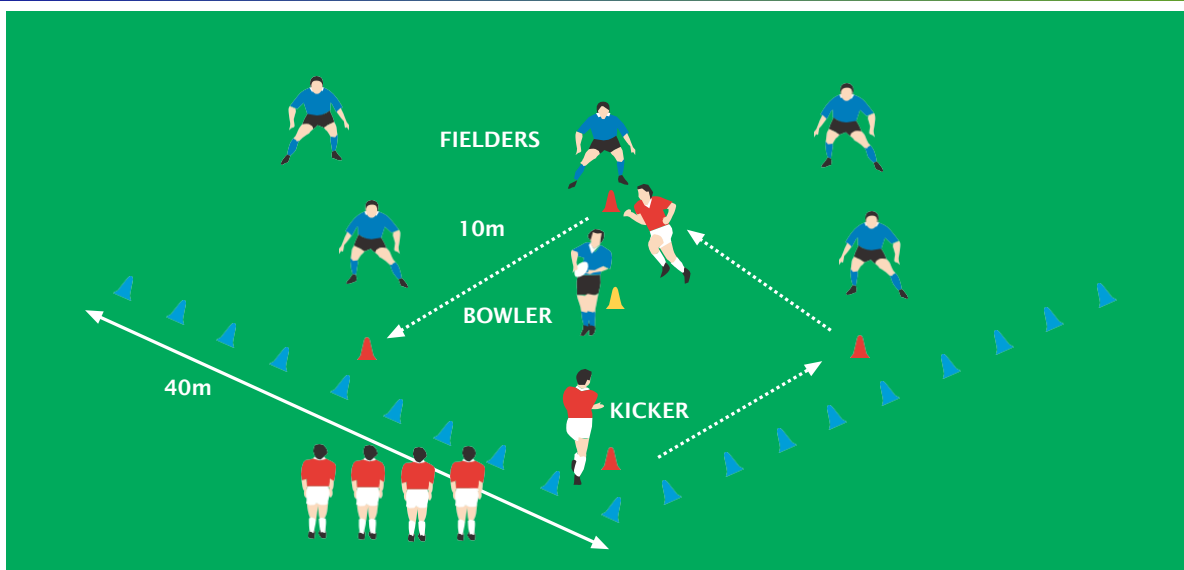
Equipment needed:

- Balls: 1
- Cones: 1 stack

Suggested time allocation:

- 10 - 15 minutes

Set-up Diagram:



How to play:

- ☐ Two teams, one fielding one kicking. Four bases aligned in a diamond 10m apart.
- ☐ The bowler stands on a cone 5m from the kicker.
- ☐ Rest of the fielders spread out to field the kick.
- ☐ The ball is passed from the bowler to the kicker who punt kicks it out into the field, making sure to keep it within the outer cones.
- ☐ Once they have kicked, they must run towards the first base to their right.
- ☐ Fielders work to catch the ball.
- ☐ If the ball is caught on the full, the kicker is out and joins the back of their queue.
- ☐ If ball bounces before being collected, fielders must work together to get the ball to the base which the kicker is running to.
- ☐ If they get the ball to the base before the kicker, they place the ball against the cone, putting the kicker out.
- ☐ Kicker must make decision whether to run to another base or to stay at first base.
- Once the kicker stops at a chosen base, they can only run when next kicker kicks the ball. Now the fielders have more runners to think about 'Stumping out'.
- ☐ Only one kicker is allowed on each base. If one kicker behind runs to a base another kicker is on, the kicker at the front must try and run to the next base.
- ☐ Teams swap over if three kickers are caught or stumped out.
- ☐ One point is awarded for every runner who makes it to home base.
- ☐ If a runner makes it round in one, 5 points are awarded.



Coaching points/Key factors:

Catching the high ball

1. Move to be under the ball
2. Turn side on
3. Wide stance to aid balance
4. Reach for the ball with hands and arms
5. Pull into body

Kick:

1. Ball held in two hands and extended towards foot (pointed end downwards)
2. Drop ball onto laces
3. Head and shoulders kept over the ball to ensure weight kept forward (no leaning back)
4. Contact made with laces, toe pointed towards target
5. Straight follow through towards target
6. Increase leg speed to increase power.

Difficulty:

- ☒ Distance between bases can be increased / decreased depending on ability.
- ☒ If the ball is caught on the full, the whole team is out.