



SECONDARY SCHOOL VIRTUAL RUGBY LEAGUE

SKILLS CHALLENGE LIBRARY



STAGE 1

ACTIVITY 1



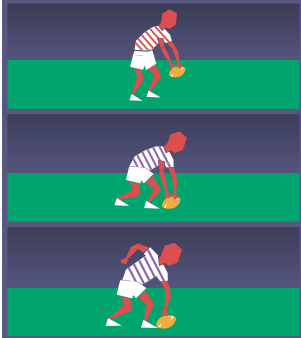
PICK UP PUT DOWN CHALLENGE

STABILITY

- 4x4m square with a different coloured cone in each corner. Pupil starts in the middle and has to move to the cones as called by colour.

SCORING | Complete a sequence of 10 cones and record the time.

ACTIVITY 2



SCORE A TRY

SKILL DEVELOPMENT

- Pupil starts at cone 1, collects ball from cone 2 (2m ahead) with 2 hands. Runs with the ball (carries) to cone 3 (5m ahead) and puts the ball down as if they were scoring a try with 2 hands (2 points) or 1 hand (3 points). Run around cone 4 and repeat the activity in the opposite direction i.e. collect from cone 3, score a try at cone 2 and run around cone 1.

SCORING | Each pupil has 50 seconds on the activity to score as many points as they can.

STAGE 2

ACTIVITY 1



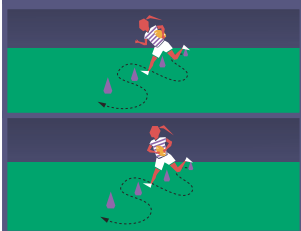
FIGURE OF 8

LOCOMOTION

- Pupil starts with the ball in 2 hands outstretched in front of their body. Pass the ball around their body, then completes a figure of 8 around their legs. Repeat the sequence as many times as possible in 30 seconds.

SCORING | 1 point for every successful completed sequence.

ACTIVITY 2



SLALOM CARRY

LOCOMOTION

- Pupil carries the ball in 1 hand and runs out and back through the slalom of cones. Repeat the same movement through the cones but this time carrying the ball in 2 hands. Complete each slalom twice (2 x 1 handed carries and 2 x 2 handed carries).

SCORING | Record the time.



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STAGE 3

ACTIVITY 1



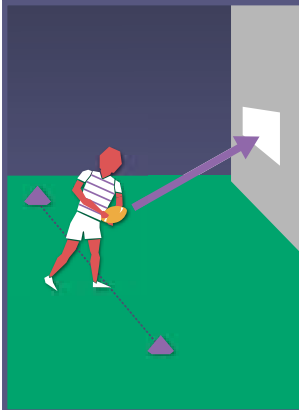
**COLOUR/
NUMBER
REACTION
(SEQUENCE)**

LOCOMOTION

- Scatter 6 coloured or numbered cones around the pupil in a 2 x 2m area. Call out a sequence before the activity starts and the player has to lift and replace the cones in the correct sequence. Prepare 3, 5, 7 & 9 cone sequences. All pupils start with a 3 cone sequence. If the pupil is successful they can choose to attempt the next one up.

SCORING | Points awarded according to the number of correct sequences they complete.

ACTIVITY 2



**COLLECT
YOUR
REBOUND**

SKILL DEVELOPMENT

- Pupils choose either a round ball (i.e football/netball) or a rugby ball. Rugby ball scores double points. Throw the ball against the wall and try to catch the rebound before the ball hits the floor. Have 3 different cones available at in-creasing distances from the wall. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (2m) = 2 points, middle cone (2.5m) = 3 points, furthest cone (3m) = 4 points.

SCORING | Each pupil has 6 attempts. Record score for each successfully collected rebound.

STAGE 4

ACTIVITY 1



**COUNTER
BALANCE
PICK-UP**

STABILITY

- Pupils pick the ball up, pass to a target and maintain balance using only their standing foot. What is the maximum distance they can complete the pass to a receiver? After each successful attempt, the receiver takes one step back. Start at 5m (closer if needed for differentiation). Pupils can choose to pass to their L or R.

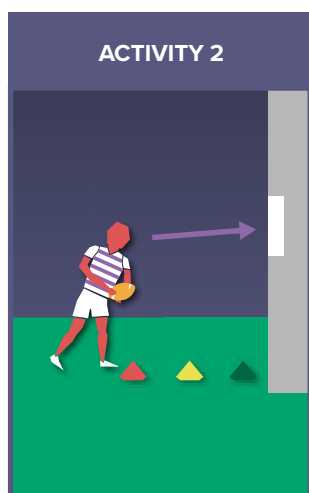
SCORING | Record the maximum distance achieved as the result.



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STAGE 4



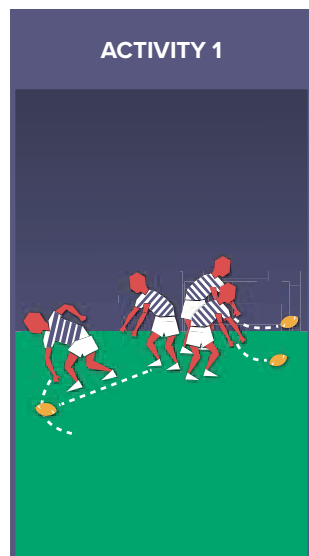
PASSING TO TARGET

SKILL DEVELOPMENT

- Pass the ball from a chosen distance to a static receiver, and catch the ball on return. They can choose to catch using 1 or 2 hands; **1 hand scores double points**. Have 3 different cones available at increasing distances from the receiver. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (4m) = 2 points, middle cone (5m) = 3 points, furthest cone (6m) = 4 points.

SCORING | Complete the activity for 40 seconds. Record the score accordingly for each completed pass AND catch.

STAGE 5



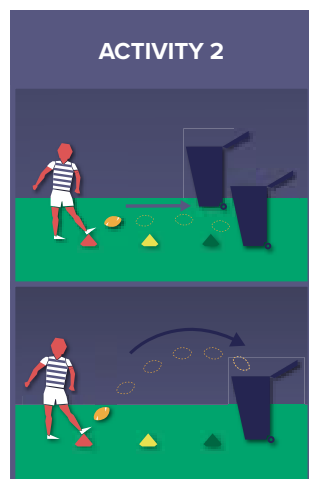
LOOSE BALL PICK UP AND GROUND

LOCOMOTION

- 15 x 15m square. Feeders from outside the grid roll balls in to the grid in different directions, one at a time on command. The pupil inside the grid picks up the ball and carries it to the home square and grounds the ball (as if scoring a try) with either a 1 or 2 handed put down. As soon as the ball is grounded, the next feeder rolls a ball into the grid and the process begins again. Each pupil collects and grounds 5 balls. Record the time taken to complete.

SCORING | Record the time taken to complete.

- NB:** If restrictions on other pupils handling the ball, it can be collected from a cone and carried to the home square instead.



KICKING TO OR INTO TARGET

SKILL DEVELOPMENT

- Kick the ball from a chosen distance between a target (ie a samba goal, 2 rounders posts, 2 cones) or into a target (ie storage box, wheelie bin). Have 3 different cones available at increasing distances from the kicking target. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (5m) = 2 points, middle cone (6m) = 3 points, furthest cone (7m) = 4 points.

SCORING | Each pupil has 5 kick attempts. Record the score accordingly for each successful kick between the target.