



VIRTUAL RUGBY LEAGUE 'SET OF 6' WHRL SKILLS CHALLENGE

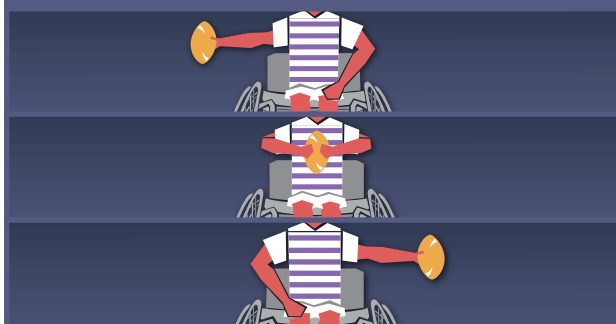
Rugby League is an invasion game. The object of the game is to advance into your opponents' half to score a try. Every time you get possession of the ball, you have 6 tackles to achieve this before you have to give the ball back to the other team. This 'Set of 6' challenge will give you an introduction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

TACKLE 1

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 with 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.

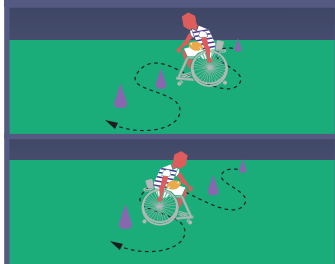
Optional scoring: 1 point for every successful arm extension with ball in hand.

TACKLE 2

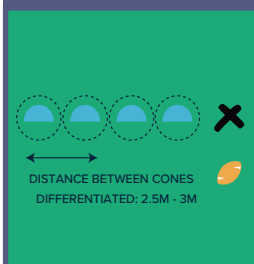
CARRY

This is how we move with the ball. In Wheelchair Rugby League we carry the ball by placing it in our lap while moving around the court.

ACTIVITY



SET UP



SLALOM CARRY

Pupil **carries** the ball in their lap and pushes out and back through the slalom of cones. Repeat the slalom twice.

Optional scoring: Record the time to complete 2 full slaloms (there and back = 1 slalom).



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TACKLE 3

CATCH

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

THROW A BALL OVER YOUR HEAD AND CATCH IT
AT CHEST HEIGHT



GROUND THE BALL



CATCH HIGH, GROUND LOW

Pupil throws the ball straight up in the air; it must go **above their head**. Catch the ball at around chest height, then **ground** the ball as if scoring a try*. Repeat the sequence as many times as possible in 45 seconds.

Optional scoring: 1 point for every successful sequence (1 catch and 1 'try').

TOP TIP! RULES FOR GROUNDING THE BALL TO SCORE A TRY

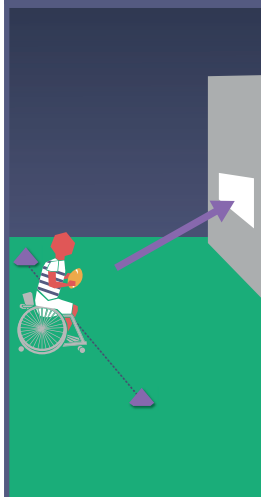
*When scoring a try, the ball is held in a firm grip (either one or two handed) and placed firmly against the ground or, for participants with restricted mobility, against the pushing wheel of the chair.

TACKLE 4

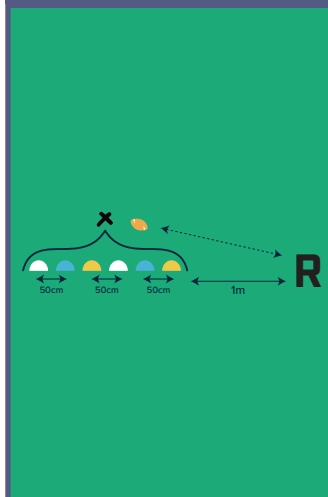
PASS

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



SET UP



PASSING TO TARGET

Pupil passes the ball from a chosen distance to a static receiver, and catches the ball on return. Have 6 different cones available at increasing distances from the receiver. Pupil can choose their starting point and change mid activity as they wish. Nearest cone (1m) = 2 points, 2nd cone (1.5m) = 3 points, 3rd cone (2m) = 4 points, 4th cone (2.5m) = 5 points, 5th cone (3m) = 6 points, furthest cone (3.5m) = 7 points.

Optional scoring: Complete the activity for 45 seconds. Record the score accordingly for each completed pass **AND** catch (Pass + catch = add corresponding cone score).

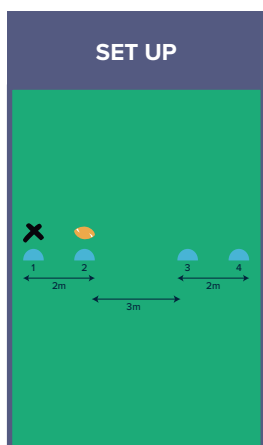
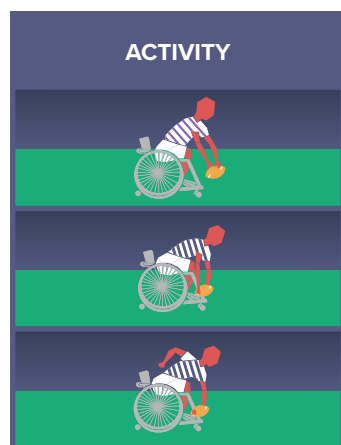


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TACKLE 5

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.



SCORE A TRY

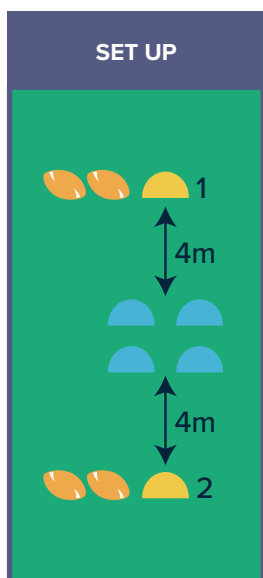
Pupil starts at cone 1 and collects ball from cone 2 (2m ahead). They carry the ball to cone 3 (3m ahead) and ground the ball as if they were **scoring a try**. Continue around cone 4 and repeat the activity in the opposite direction; i.e. collect from cone 3, score a try at cone 2 and continue around cone 1.

Optional scoring: Each pupil has 60 seconds on the activity to score as many tries as they can.

TACKLE 6

PLAY THE BALL

This is how we get the ball back in play after every tackle. The tackled player straightens their wheelchair so their wheels are parallel to the touch line, grips the ball firmly in one hand and touches the ball on the floor before passing to a team mate. Participants with restricted mobility can touch the ball against the pushing wheel of the chair before passing it.



STOP, GRIP, PLAY THE BALL

Pupil starts with a ball in their hands at cone 1 and pushes their chair to the centre square of cones. They stop in the square, grip the ball firmly in 1 hand and complete a play the ball before passing the ball to receiver positioned 1m to the side of the cone square. The pupil pushes to cone 2 to collect the second ball and repeats the action in the centre square. They complete this sequence with all 4 balls. The time stops when they get back to cone 1 after their fourth play the ball.

Optional scoring: Record the time taken to complete 4 play the balls.