



# VIRTUAL RUGBY LEAGUE 'SET OF 6' 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

Scan QR code to see an example



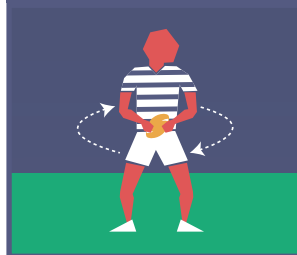
### GRIP

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



#### SET UP



#### AROUND THE WAIST

Pupil starts with the ball in 2 hands outstretched in front of their body. Pass the ball around their waist. Repeat the sequence as many times as possible in 45 seconds.

Scoring: 1 point for every successful pass around the waist.

## TACKLE 2

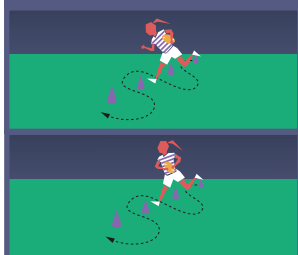
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### CARRY

This is how we run with the ball. 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 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.

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



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## TACKLE 3

Scan QR code to see an example



### 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



BALL MUST GO ABOVE HEAD\*

GROUND THE BALL WITH 2 HANDS



### 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 squat low to **ground** the ball as if scoring a try\*. Repeat the sequence as many times as possible in 45 seconds.

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.

## TACKLE 4

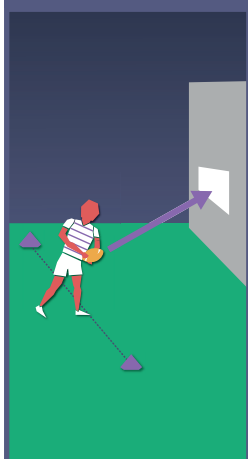
Scan QR code to see an example



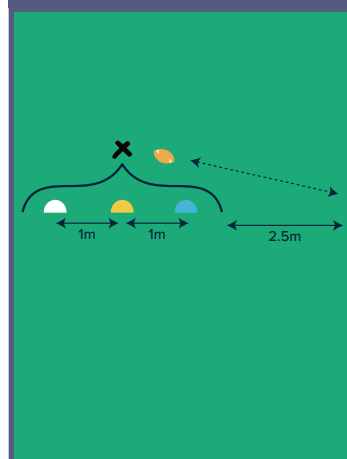
### PASS

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 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 (2.5m) = 2 points, middle cone (3.5m) = 3 points, furthest cone (4.5m) = 4 points.

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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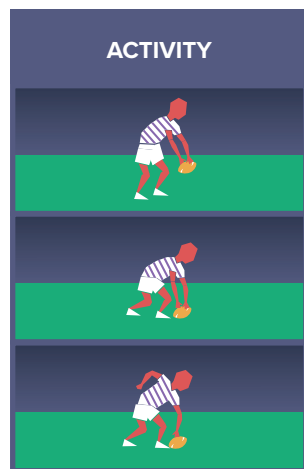
## TACKLE 5

Scan QR code to see an example

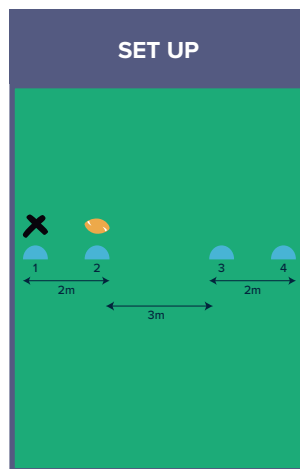


### TRY SCORING

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 starts at cone 1 and collects ball from cone 2 (2m ahead) with 2 hands. They run with the ball to cone 3 (3m ahead) and ground the ball 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 45 seconds on the activity to score as many points as they can.

## TACKLE 6

Scan QR code to see an example

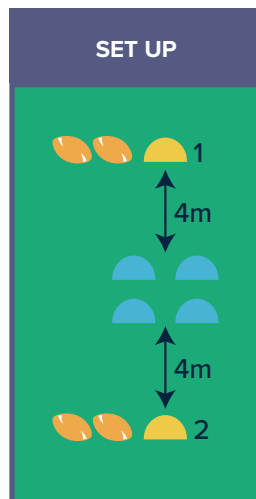


### PLAY THE BALL

This is how we get the ball back in play after every tackle. The tackled player regains their feet, places the ball on the floor (with the points of the ball facing 3 o'clock & 9 o'clock) next to their chosen standing foot, and gently rolls the ball back with the sole of their other foot to a team mate standing behind them\*. That player picks the ball up and chooses to either pass to another team mate or run with the ball.



ACTIVITY



SET UP

### STOP, DROP, PLAY THE BALL

Pupil starts with a ball in their hands at cone 1 and runs to the centre square of cones. They stop in the square, drop to their knees and then stand up and play the ball\*\*. The pupil runs 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. \*\*(A second pupil will act as dummy half for the duration of the challenge, entering the square to collect the ball and then leaving quickly and placing it safely out of the way after each play the ball).

Scoring: Record the time taken to complete 4 play the balls.

### TOP TERMINOLOGY!

\*The player who stands behind the play the ball and picks up the ball rolled back by the foot of the tackled player is called the **DUMMY HALF**.