

Tag Rugby Skills



Get Set 4
Education

What you need: a ball (or rolled up socks), a wall, 2 markers (shoes).

Passing practice against a wall:

- Stand about 2 metres away from a wall.
- Hold the ball with both hands.
- Practice passing the ball against the wall, making sure to use both hands to push the ball.
- Focus on passing the ball accurately and catching it as it bounces back.

Backward passing with a partner:

- If you have a family member or friend to practice with, stand about 3 metres apart.
- Practice passing the ball backward to your partner, making sure the ball travels in a smooth arc.
- Your partner will catch the ball and then pass it back to you, also in a backward motion.

Solo practice for quick hands:

- Stand in an open space.
- Toss the ball slightly into the air and catch it with both hands.
- Repeat this quickly, trying to catch and release the ball as fast as you can.

Agility and movement:

- Set up two markers (like cones or shoes) about 2 metres apart.
- Practice running from one marker to the other, holding the ball.
- Focus on quick, sharp movements and keeping the ball secure.

