

Give it a Go Guides Rugby badge



To gain your 'Give it a Go' rugby badge, you should complete each of these activities with the help from your leader or attend a taster session with a local coach.

- Research information about the New Zealand rugby team
- What is a haka and why do they perform it?
- Learn the offside rule in rugby



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1 Activity 1 - Precision passing

- In pairs pass ball back and forth – both of you kneeling on one knee facing side on.
- Ball starts on the floor in between gap in legs – try and pass the ball from the floor. Arms should be on either side of leg.
- Pass the ball back and forth whilst running up and down the hall.

2 Activity 2 - Rugby netball

- Split the group into 2 teams.
- Aim of the game is to score a try at the opposite end of the playing area.
- If you have the ball you cannot move
- You can pass in any direction
- Place the ball on the floor over the try line to score.

3 Activity 3 - Haka

- Re-enact the original New Zealand haka.
- Create your own version of the haka and perform it to your leaders

