

# Give it a Go Rainbows Rugby badge



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

Name 2 basic rules in the game of rugby.  
Name 3 famous rugby players.  
Create a poster about your favourite player.

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## 1 Activity 1 - Relay race

- In equal teams, race against each other to see who is the quickest.
- Run to the cone, touch the ball on the floor and run back to the next player.
- Weave in and out of the cones, touch the ball on the floor and sprint back to the next player.
- Side step up to the cone, touch the ball on the floor and side step back to the next player.

## 2 Activity 2 - Passing

- In pairs pass the ball back and forth.
- How many times can you do this without dropping the ball
- Take a step further away from each other, pass back and forth.
- How many passes can you complete in 30 seconds?



## 3 Activity 3 - Tag rugby

- In your team you have to try and score at the other end of the hall/pitch by placing the ball on the floor.
- You can pass in any direction as long as it is to your own team.
- If a player from the opposite team touches you with both hands you stop and pass. After 6 touches the ball goes to the opposite team.

