

Factfile

Category
Invasion

Competition Type
Integrated, opposed,
contact

Area Dimensions
5m x 5m - 10m x 10m

Number of Players
8

Time Per Game
5 - 10 minutes

Objective
To identify space and
goals to score into.

Equipment

- 16 Marker Cones
- 14 Tall Cones
- 24 bibs
- 1 ball

Safety Tips

- Hold your hands up early to catch the ball and to prevent injury.
- Point knee towards direction you're going and lunge when changing direction.

18) Multi-direction Tag Rugby



Tips For Success

- Spread out when your team mate has the ball so it's easier to pass to you.
- You don't have to wait to be tagged to pass the ball.
- Don't over-avoid being tagged. It's a good thing as it draws in a defender.
- Pass quickly to create space to score.

Independent Personalisation

- Use a smaller/larger ball.
- If comfortable, instead of having bibs to grab, just tag the player.
- Ensure teams are evenly matched.
- Try to roughly pair up opponents 1v1 of a similar level.



Rules

- 4v4 tag rugby game. Players can pass to their team mates in any direction.
- They score 1 point by running through any of the gates with a ball in their hand(s). The central smaller gate scores 2 points.
- Each player has a bib tucked into each side. If their bib is taken by an opponent, they must pass straight away and can not hold the ball again until they have both bibs tucked back in.
- Normal team games rules apply when the ball goes out of play.