

Get Ready for an Exciting Journey: My First Rugby Drills to Master the Game!

Welcome to the world of rugby! Whether you're a complete beginner or transitioning from another sport, learning the basics is crucial to mastering this exhilarating game. In this article, we will explore ten essential rugby drills that will help you build a strong foundation and improve your skills. So, strap on your boots and let's dive in!

1. Passing Accuracy Drill

Passing is at the heart of the game, and this drill will help you improve your accuracy and decision-making abilities. Find a partner and stand about 5-10 meters apart. Start with simple chest passes and gradually progress to more challenging passes like spin or pop passes.

2. Tackling Technique Drill

Tackling is a crucial skill in rugby, and mastering proper technique is essential to prevent injuries. Set up a tackling bag or use a friend as a target. Practice driving with your shoulder and wrapping your arms securely around the target.

Remember to keep your head behind the target to minimize the risk of injury.

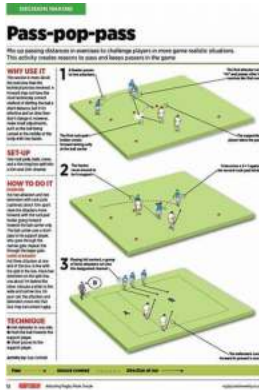
My First Rugby Drills: Rugby Practice or Playdate Ideas for Children

by Addison Moore (Paperback – June 27, 2021)

★★★★☆ 4.5 out of 5

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3. Evasive Running Drill

Being able to dodge opponents is key to gaining ground and scoring tries. Set up a cone or obstacle course and practice swift changes of direction using quick footwork. Add defenders as you progress to simulate real-game scenarios.

4. Catching High Balls Drill

Receiving high balls can be challenging, but with practice, you'll become a pro. Ask a friend or coach to kick high balls towards you, and practice catching them while under pressure. Focus on tracking the ball with your eyes and securing it with both hands.

5. Rucking Technique Drill

Rucking is a critical aspect of the game, often overlooked by beginners. Set up a makeshift ruck pad or use an old mattress. Practice getting low, driving with your legs, and placing your hands correctly to maintain balance and effectively clear out opponents.

6. Agility and Speed Drill

Improving your agility and speed will make you a formidable player. Set up a mini-agility ladder or use cones to create a zigzag course. Practice quick footwork, lateral movements, and explosive speed bursts to enhance your overall agility.

7. Lineout Throwing Drill

Lineouts are crucial in securing possession from set-piece plays. Find a wall or use a designated target area and practice throwing accurately over a consistent distance. Focus on honing your shoulder and wrist actions for precise and quick throws.

8. Scrum Technique Drill

Mastering the scrum technique is essential for forwards. Practice your body position, binding, and engaging methods against a scrum sled or with teammates. Focus on maintaining a strong body position while exerting steady pressure.

9. Decision-Making Skill Drill

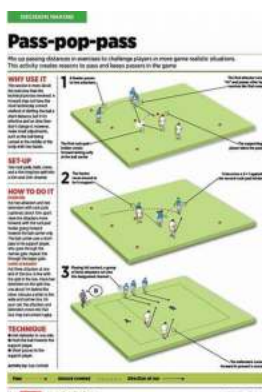
Rugby is an exciting game that requires quick decision-making. Set up various scenarios during training to practice making split-second decisions. Focus on choosing the right option, passing, kicking, or running, based on the situation.

10. Game Simulation Drill

Finally, the best way to improve your rugby skills is by playing the game itself. Organize practice matches with your team or friends to gain real-game experience. This drill will help you put all your skills and strategies into action.

Embarking on your rugby journey is an exhilarating experience. By incorporating these ten essential drills into your training routine, you will develop a strong foundation and enhance your overall skills. Remember to practice regularly, have

fun, and always prioritize safety on the field. So, gear up and get ready to embrace the heart-pounding world of rugby!



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My First Rugby Drills

Use rugby as the vehicle for your child to have FUN whilst safely developing coordination, communication, confidence, decision making, respect, discipline, and team working skills!

Run a rugby practice with your child, using these drills, or invite their friends for a rugby playdate!

The drills are inclusive; suitable regardless of physical ability and gender.

The book contains all the instruction you need, plus notes to run the activities safely and include tips for extending the scope of the activities as the children

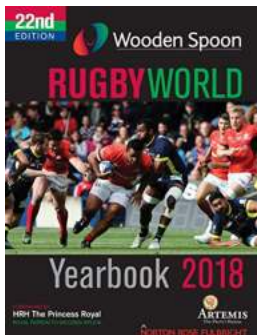
develop.

Suitable for children aged 3 and above.



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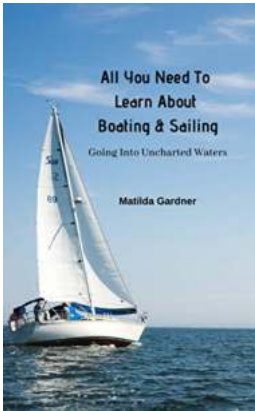
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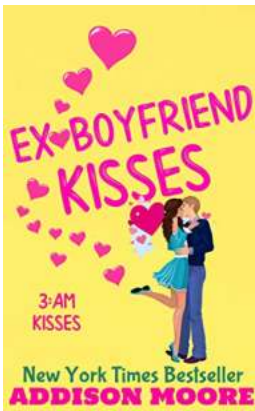
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