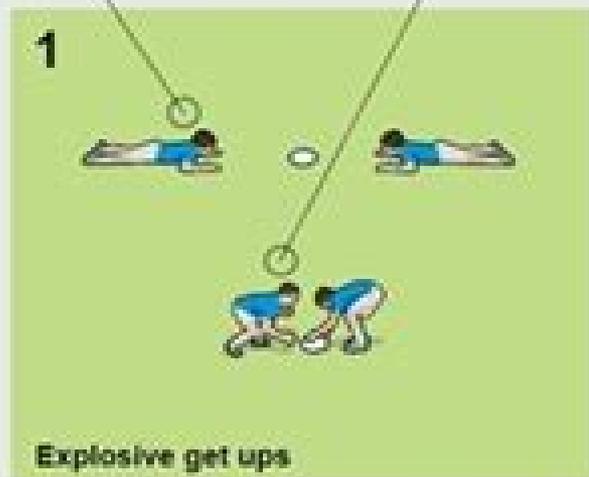
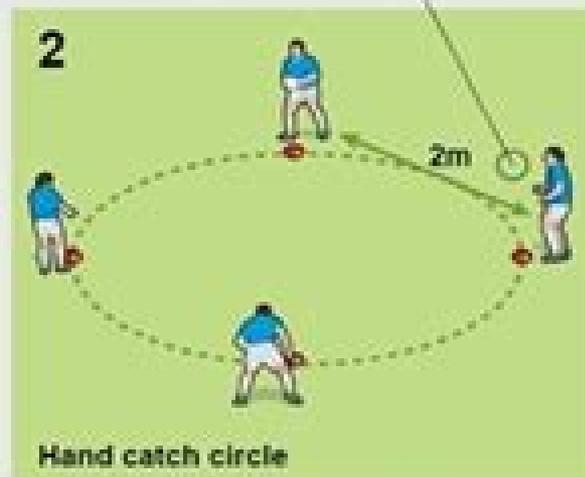


In pairs, players lie opposite a ball

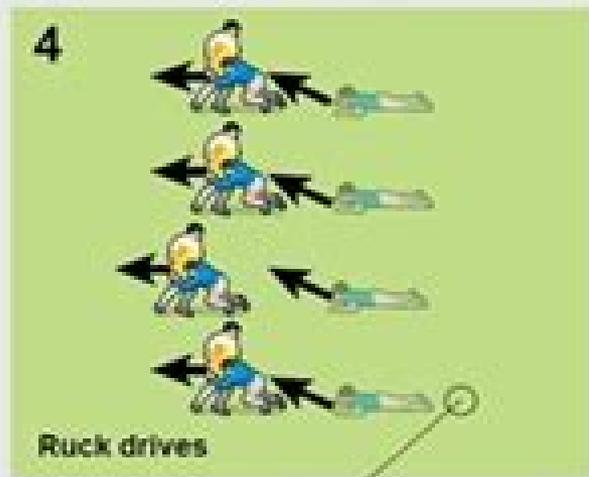
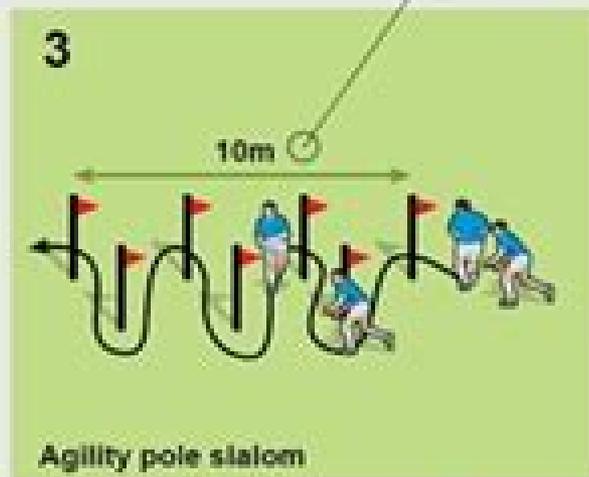
One player says "GO" and the first player on his feet to the ball is the winner



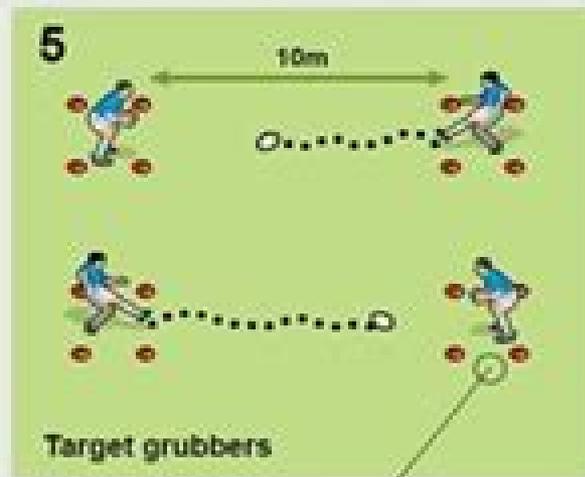
In a small circle of four, the players pass side-to-side or across the circle. Concentrate on hands ready to take the ball early, away from the body



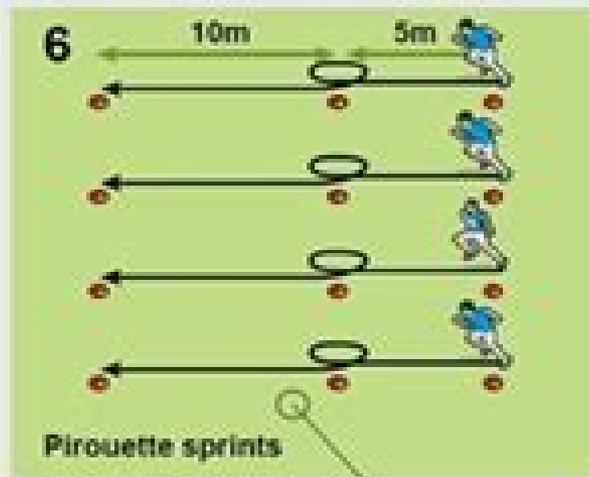
One player chases another through the poles



A player lies on the ground opposite a ruck pad. He gets to his feet and drives it back 2-3m. The ruck pad should be very low



Players aim to score a point by getting the ball to stop or bounce in their partner's box



The players race across, turning 360 degrees when they reach the cone 5m out, then sprint to the end. They then jog back to the start

# Rugby Games Drills

**Lingsheng Yao**



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