



# Over the Head Rugby

## 6 v 6 Touch Rugby - (Aim is to help players get behind the ball to support)

“In rugby we run forwards but pass backwards”

### What you need

12 players max

10m square

A ball. (Does not have to be a Rugby Ball a small Football will do)

### Objective

Get the ball to the oppositions line

### How to Play

Player with the ball runs forward and tries to get the ball onto the oppositions line, if ball player is touched by the opposition the ball player throws the ball over their head without looking and their teammates attempt to catch it. If the ball hits the floor possession goes to the other team.

After 6 touches or if the attackers get the ball to the oppositions line then change possession.

### Levels

1. Attackers Invisibility Cloak. (Lifespan 3 seconds cannot be touched)
2. Once the defender makes the touch the defender must go back to their own line before they can re-join the game
3. Introduce higher scoring zones at the corners of the pitch to increase width (“Keep Score”)
4. All 6 players must touch the ball before a point is scored

The aim of the levels is to increase participation, create space and use the width of the playing area. Encourage attacking players to find the “best space”

### Coaching Points

Go Forward

Support

Try to notice who is counting Touch's. These are your tacticians

“This will get messy before it gets good, be patient it will come”

Please let me know how you get on and Good Luck

If you need any help or more games, then please get in contact

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