SUGGESTED "OFF-SEASON" SUMMER ACTIVITIES

Suggested "off-season" summer activities for Age Grade players

The following activities provide a range of games and activities which, whilst providing players a break from competitive contact rugby, assist in increasing and developing a range of skills, understanding, behaviours and attitudes relevant to the game and core values of Rugby Union. Many of these activities can cross age groups (AG), and can include family members (F).

- 4+-a-side football AG
- Fundamental movement (cards) AG
- · End ball, handling and or kicking AG
- Capture the flag AG
- Cricket AG
- Softball AG/F
- Rounders AG/F
- Ultimate Frisbee/Nerf ball AG
- Hand ball AG
- Kick tennis AG/F
- Rugby Golf AG/F
- Crystal Maze AG
- Netball AG
- Touch/Tag/Beach Tag Rugby AG/F (Note: Only for U9s and above)
- Athletics (relays, etc) AG/F
- "Sports Day" (combination of the above with players or families in teams with a range of sports counting towards "overall points" etc) AG/F

The rules for some of the above non-contact invasion games are provided on www.rfu.com/non-contactinvasiongames.