

# Rugby Warm-Up: Get ups

## Equipment:

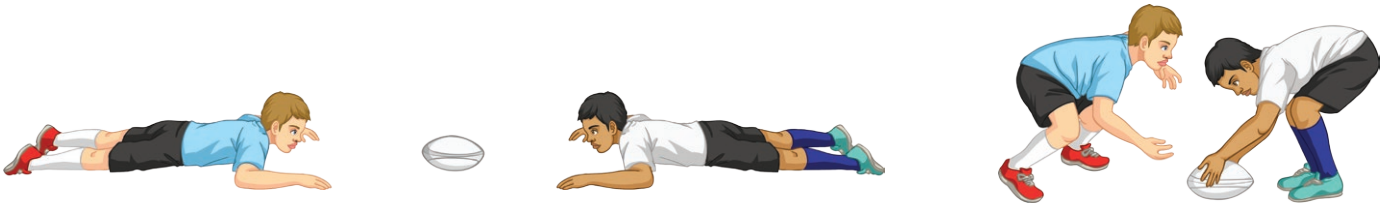
- Two cones
- One rugby ball

Working in a group of three, you should place two cones on the ground 10 metres apart. Put a ball in the middle of the two cones.

Two members of the group should lie opposite each other next to the cones, the other member of the group shouts 'go!'.

The first person on their feet to pick the ball up wins.

Repeat at least ten times, changing roles as you go.



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# Rugby Warm-Up: Pirouette runs

## Equipment:

- Three cones
- One ball

Working in a group of four to six, place the cones in a straight line with five metres between the first two cones and 10 metres between cone two and three.

Carrying a ball, each player will run and turn 360 degrees when they reach the second cone and then run out to cone three before returning in a straight line to give the ball to the next player. All players to have at least five attempts.



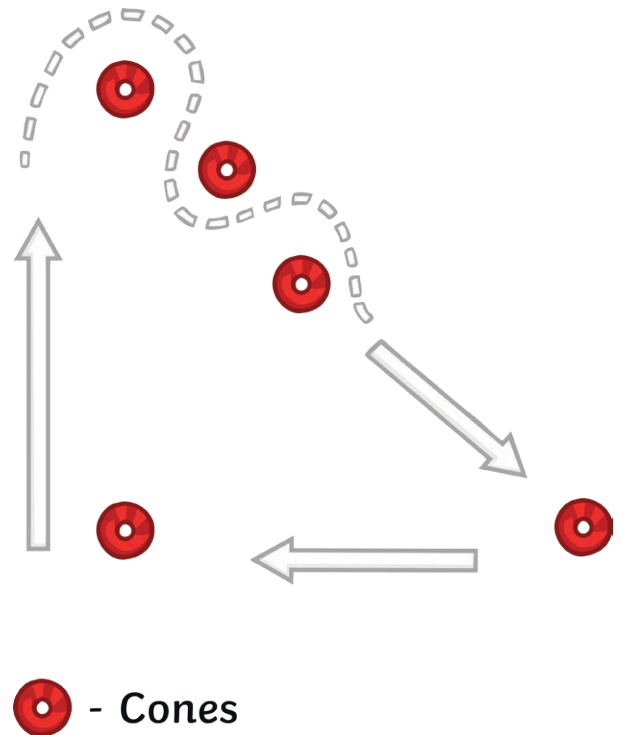
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# Rugby Warm-Up: Slalom runs

## Equipment:

- Five cones
- One ball

Working in a group of four to six, use the diagram to set out the cones. Carrying a ball, each player should follow the slalom course and avoid making any contact with the cones. Each player should have at least five attempts.



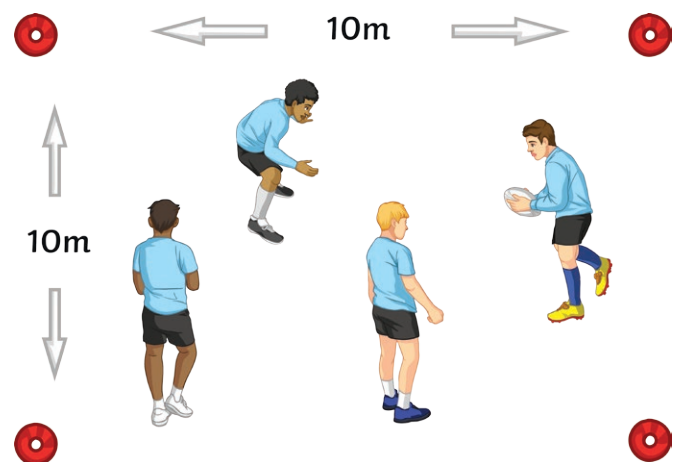
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# Rugby Warm-Up: Up and Down

## Equipment:

- Four cones
- One ball

In groups of four, mark out a 10 metre by 10 metre square. All members of the group will be jogging around the marked area. One member will be carrying the ball and after a short period will place the ball on the ground. Any member of the group can pick up the ball and keep jogging. Over a short period of time this will be repeated by all members of the group. Speed up as you go.



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