



# 6 v 6 Ruck Game

## Skill - Attacking and Defensive Fundamentals

TYPE  
**Game**

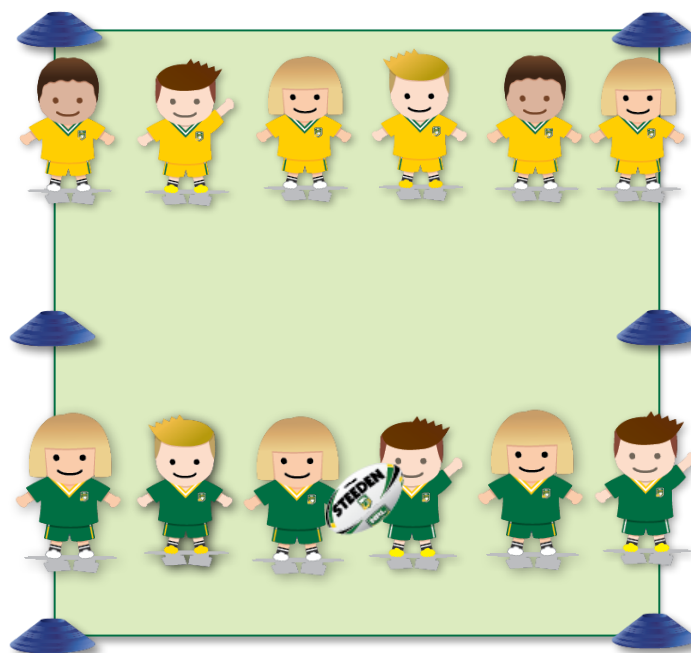
AGE  
**13+**

## Aim

- » Improve your teams ruck attack and defense in a game situation.

## Description

- » You have 6 defenders and 6 attackers.
- » Set up a long narrow field to encourage them to play straight down the middle and work on ruck attack and defense.



## Equipment



x (6) Markers



Whistle



x (1) Football

## Players



The coach can determine the amount of players per team. Usually you will just split the players into two even teams.

## How to Stop Play

You can choose between touch, tag, 2 hand touch, tackle or any other.

## How to Restart Play

You can choose between play the ball, hit the ground and then play the ball, tap, or any other.

## Amount of Plays

Coach to choose how many plays each team receives per set.



Click to watch the video



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