

# Hockey Rugby

**Objective** – get people to run at pace on the attack

GameFocusResetProgression

2 teams try and score by running the ball into the scoring zone.

Rules are:

1. You can only pass the ball back or square.
2. The defensive players are not allowed to go beyond the line of the ball.
3. For the rest of the time, players can run with the ball and tackle.

## Attackers

1. Patience – drag people around the pitch until you can attack at pace
2. Make space high to try and create the space for the back pass

## Defenders

1. Deny and dictate
2. Interceptions

1. If this game is spoilt by too many tackles and lack of flow, then change rules to rugby league (6 tackles).

