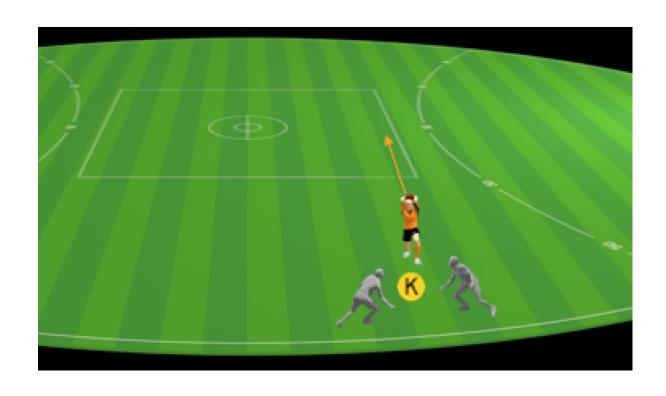
Throw Up, Spread & Scrimmage



Learning Outcomes – Participants Will:	Adjust position from a Field Throw Up to obtain appropriate position for a scrimmage in general play.
Success Criteria – Participants will be able to:	 Conduct a Field Throw Up Adjudicate a ruck contest Spread from the contest to obtain appropriate distance from play Adjust position for a scrimmage in general play Use change of pace to have presence into a Field Throw Up

Throw Up, Spread & Scrimmage





Activity

- Groups of 5-6 people
- Multiple groups running simultaneously
- Participants acting as players
- 1. Umpire conducts Field Throw Up
- 2. Umpire spreads hard from ruck contest
- 3. Simulated scrimmage between players
- 4. Umpire positions and adjusts for play
- 5. Ball is trapped in scrimmage
- 6. Umpire blows whistle for Throw Up
- 7. Umpire triggers in and repeat
- Each Umpire does 2 Throw Ups & then rotate