

# Rugby – Passing

## Keywords

Hands Up	Dodge
Target	Pivot
Flow	Balance
Tackle	Grip
Side On	Strength
Coordination	Drive

Can you think of anymore?



## Short Pass

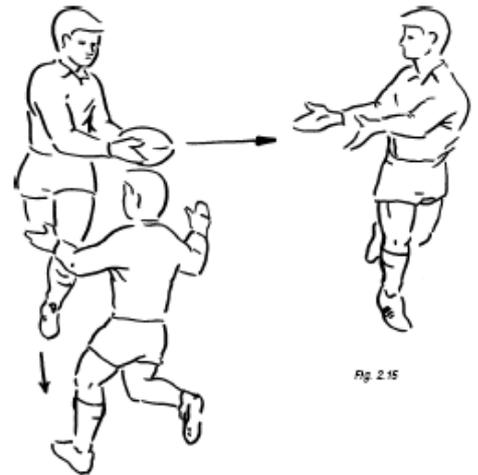


Fig. 2.15

### Short, Quick, Soft Passes:

- keep the arms bent at the elbows
- push the ball across and level with the waist
- keep hands slightly underneath the ball
- keep shoulders facing forward during the pass.

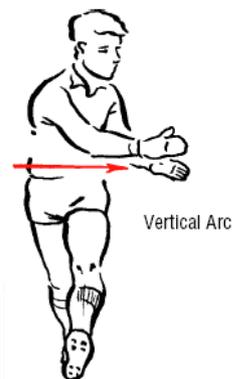
### Longer Passes:

- use straighter arms
- allow the natural “pendulum” swing of the arms to occur
- follow through much further with the arms
- help the ball on its way with a slight turn of the shoulders

Making and Applying Decisions	Can you select the correct pass?
	Can you pass on both sides?
	What tactics do you play?
	Can you adapt to each game?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you feint/dummy your marker?
	Can you control the game?
Accurate Replication	Can you strike with laces?
	Can you pass accurately?
	Do your receive with 2 hands??
	Carry the ball in 2 hands.
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game



Horizontal Arc



Vertical Arc



When receiving make target with hands

# Rugby – Tackling

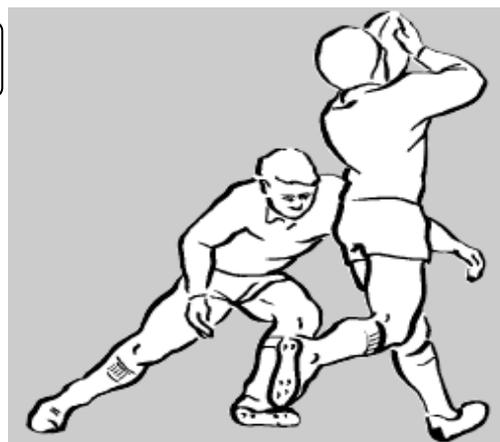
## Keywords

Hands Up	Dodge
Target	Pivot
Flow	Balance
Tackle	Grip
Side On	Strength
Coordination	Drive

Can you think of anymore?



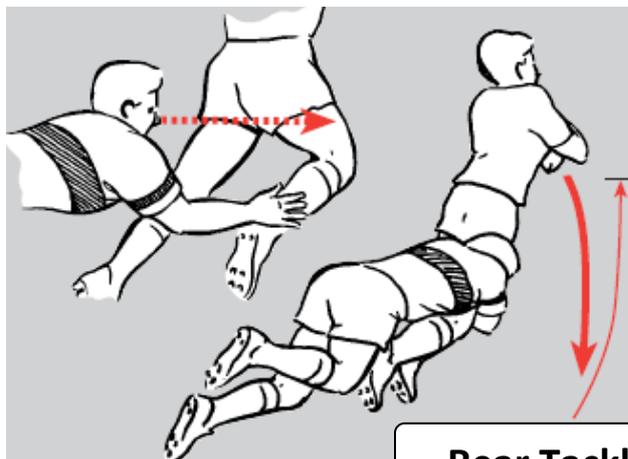
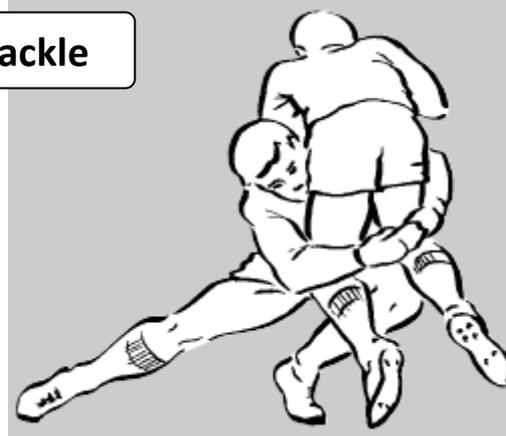
## Side Tackle



- Head behind or to side of ball carrier's legs
- Shoulders braced
- Head up and looking
- Shoulder contact on thigh
- Drive with the legs
- Wrap arms around and hang on tight
- Keep eyes open.

**IN ALL CASES TACKLERS SHOULD LAND ON TOP OF TACKLED PLAYER.**

## Front Tackle



## Rear Tackle

Making and Applying Decisions	Can you select the correct pass?
	Can you pass on both sides?
	What tactics do you play?
	Can you adapt to each game?
Developing physical and mental capacity	What type of training method?
	How often do you train?
	Overcoming mental barriers
	The will to be successful/achieve
Outwitting Opponents	How can you get past opponent?
	Can get away from marker?
	Can you feint/dummy your marker?
	Can you control the game?
Accurate Replication	Can you strike with laces?
	Can you pass accurately?
	Do you receive with 2 hands??
	Carry the ball in 2 hands.
Exercising Safely & Effectively	Did you warm up effectively?
	How long do you hold a stretch for?
	Why do we need to exercise?
	What happens to your body during exercise?
Evaluating and improving	Able to compare work with others
	Pick out strengths/weaknesses
	To improve your skills and others
	React to the changes in a game