

## Short passing

- The passer should aim the pass at the receivers hands.
- The pass should not go forward.
- The distance between the receiver and the passer should be based on how far the ball carrier can accurately pass the ball – accuracy is the most important factor, not distance.
- The ball must be gripped firmly by the passer – a wider grip enables better power and control.
- The passer should aim to bring the ball across their body in the direction of the receiver.



## KS2 Tag Rugby

### Avoiding tackles

- Players are tackled when their tag is removed. At this point the player must stop moving forward and pass the ball.
- To avoid being tackled the player and do a number of things. These include using their body position to protect tags, speed to avoid the tackler, changes of direction and twisting/turning away from opponents.



### Did you know.....

Rugby football was created by William Webb Ellis in 1823. He picked up the ball and ran with it in his arms during a football game at **Rugby School in England.**

## Receiving the ball

- Hold hands out in front of body, roughly level with your chest.
- Spread fingers wide and create a 'W' with thumbs and index fingers.
- Look at person passing the ball at all times.
- Catch ball and grip it with your finger tips.
- Once ball is under control, bring ball into chest/stomach and hold it tightly.



Keyword	Definition
Agility	The ability to move quickly and change direction at high speed.
Interception	Catching a pass made by a player on the opposite team.
Speed	The ability to move quickly and travel in a fast manner.
Tackle	The process of removing an opposition players tag from their belt.

## Being tackled

- To avoid being tackled you can use speed, agility, changes of direction and by looking for space.
- If you are tackled then you can use your own strength and power to try and break away from the tackler.
- If you are tackled then ensure you fall safely onto the ground. To do this you should try to fall in stages (knees, hips, shoulder) and keep your arms in to your body. DO NOT put them out to break your fall.
- NEVER DROP THE BALL.

## KS3 Rugby

**“Choose and use” Make decisions about when to pass, keep or move with the ball in competitive situations.**

- When you receive the ball to should look to see whether it is best to pass the ball or run with it.
- Listen to players who are calling for the ball – are they still free?
- If running, drive into space. Don't be afraid to be tackled and take contact.
- If you pass, ensure you get back behind the ball so that you are not caught offside.

## Tackling safely

- Start in a low position with knee bent and weight on the balls of your feet.
- Ensure your head is in a safe position when you engage with your opponent. We say “cheek to cheek” as then your head is away from knees, feet and other bony areas.
- Wrap your arms around your opponents legs. We should aim to do this on or below the knees where possible. Squeeze tightly with your arms to bring your opponents legs together tightly.
- Use your shoulder to push against your opponents leg whilst keeping your arms tightly wrapped. This should cause your opponent to fall to the ground.

Keyword	Definition
Scrum	an ordered formation of players, used to restart play, in which the forwards of a team form up with arms interlocked and heads down, and push forward against a similar group from the opposing side.
Ruck	a loose scrum formed around a player with the ball on the ground.
Conversion	In both rugby union and rugby league, a conversion is worth two points; a successful kick at goal thus converts a five-point try to seven for rugby union, and a four-point try to six for rugby league.
Drop goal	a goal scored in open play by drop-kicking the ball over the crossbar, scoring three points

## Rugby Formation

