

## Knowledge Organiser: All Years Rugby

### Skills

**Ball Handling** Hold ball in two hands. Spread fingers around the seam in a 'W' shape.

**Passing** The ball must be passed backwards. Ball should be close but in front of the ball. Look over your shoulder for your teammates run. Pass the ball diagonally across your body from a low to high position passing with both hands. Examples: scrum half pass (off the ground), spin pass (most common), loop pass and pop pass (received from close distance receiver able to run at speed on to the pass).

**Catching** (from a height/kick) Raise both hands upwards towards the ball before it reaches them. Lock both elbows in front of the chest. Catching a pass – place hands outstretched, bend your elbows slightly and palms facing out towards the direction of the ball. Keep eye contact on the ball instead of looking at the onrushing opponent.

**Tackles** front tackle, side tackle. Only tackle the ball carrier, on the field of play, bring the player to the ground. Lock arms around the waist or below.

### Rules

**Knock-on** Ball cannot be dropped on the ground forwards.

**Forward pass** ball must be thrown to the side or backwards.

**High tackle**

**Out of touch** the ball carrier (person running with the ball) cannot step over the touchline (side line) otherwise a lineout will be awarded.

**Place/drop kick** Game started from the half way line.

**Kick-off** Ball must travel forwards at least 10 metres. If unsuccessful the opponents decide on either a scrum or a lineout to their advantage.

If a drop goal or penalty is scored, play is restarted with a drop kick from the halfway line. The team that has conceded the points takes the kick.

**Offside** Any player who is in front of the ball carrier is in an offside position

### Key Skills:

**Passing-** The loop, switch and reverse passes can be very effective in unlocking opposition defenses.

**Tackling-** a skill used to try to stop an opponent who has the ball by bringing them down to the ground. There are different types of tackles and safe tackling technique is extremely important.

**Carrying-** a skill used to gain territory and score tries. This is where a player keeps the ball as they progress down the pitch.

**Handling-** a skill used to catch and throw the ball. Offloading the ball is where a player passes the ball as they are being tackled. This can help maintain momentum and take defenders out of the game.

**Rucking-** a phase of play where one or more players from each team who are on their feet close around the ball when it has gone to the ground (recycling the ball).

**Scrum (short for Scrummage)** a method of restarting play two teams, three rows binding together.

**Maul** at least three players from either side are in contact together challenging the player for the ball (who is holding it), moving towards the goal line.

**Lineout** is a means of restarting play after the ball has gone into touch (off the field of play at the side). Two lines compete for the ball when thrown in.

### Positions

Backs – players who are defenders. Forwards – players who are attackers.

### Scoring

Try – 5 points, Conversion – 2 points, Drop goal – 3 points, Penalty – 3 points.

### Video Links

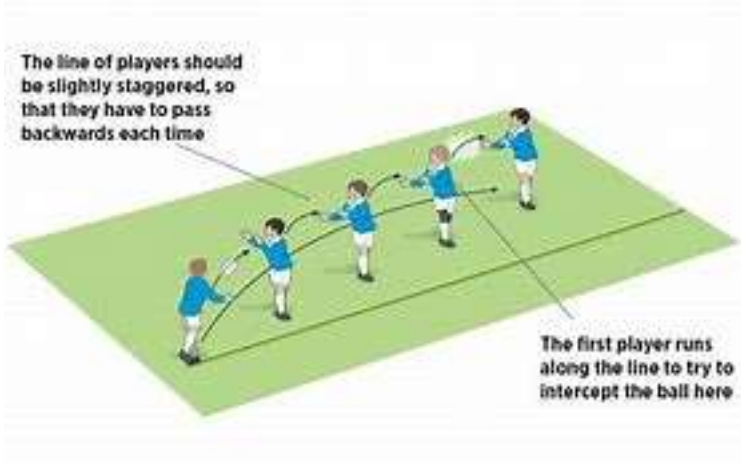
Beginners Guide to Rugby [https://www.youtube.com/watch?v=F22A\\_V77Tic](https://www.youtube.com/watch?v=F22A_V77Tic)

Rules of Rugby <https://www.youtube.com/watch?v=smnuRhNt2E>

How to tackle <https://www.youtube.com/watch?v=mMHRZ8LzS7Q>

How to pass <https://www.youtube.com/watch?v=INt7VVwA5tE>

How to pass in a line <https://www.youtube.com/watch?v=UJ6qGIE-bUc>



## Rugby Tackling Technique

Approach attacker low to tackle their legs and waist

Keep head to the side of the attacker's hip to avoid damage to neck, face or head

Create 'lock' around the back of attacker's knees by clasping hands together to collapse opponent's legs

Drive the player backwards with power coming from legs, forcing them to the ground

The diagram shows a player in a dark jersey tackling a player in a light jersey. Four text boxes with arrows point to specific parts of the tackle: 1. 'Approach attacker low to tackle their legs and waist' (green box, points to the tackler's low stance). 2. 'Keep head to the side of the attacker's hip to avoid damage to neck, face or head' (blue box, points to the tackler's head position). 3. 'Create 'lock' around the back of attacker's knees by clasping hands together to collapse opponent's legs' (red box, points to the tackler's hands clasping the runner's knees). 4. 'Drive the player backwards with power coming from legs, forcing them to the ground' (orange box, points to the tackler's legs pushing the runner back).



