



Key Skills:

Year 7 Rugby

SMSC and British Values

- Understanding the need for rules and regulations
- Ensuring fair play at all times



Skill	Description
Basic Handling	A vital skill involving a player catching a rugby ball while on the move and evading other players.
Passing	In order to pass in rugby, it must be a backward pass. The usual technique for a pass is underarm. Passing is over a variety of distances, therefore you need to consider how much power you need to put on the pass. This is called a spin pass or a pop pass.
Tackling	In order to tackle someone, you must aim for shoulder to hip, cheek-to-cheek, ring of steel and leg drive. In order to maintain a strong tackle, you must squeeze your hands as tight as possible. You release when they are on the fall.
Rucking	A ruck will happen when a player is tackled, and the ball is on the ground. The ruck then starts when two players compete for the ball over the tackled player. The tackler can compete for the ball, but only when they have shown a clear release of the tackled player and bounced to their feet.
Small sided competitive games	Small sided competitive games are used allowing players to develop specific skills learnt in lessons, improve decision-making, and increase their overall fitness. Games would vary between "touch" and "contact" depending on the skill being practiced.

Example of a Rugby Game



Scan me

When watching the game look out for the following:

- How they hold the ball
- What pass is best in a situation (long or short pass)
- Where do the hands finish every time

Components of fitness used in: Rugby

- Agility
- Balance
- Cardiovascular endurance
- Coordination
- Flexibility
- Muscular endurance
- Power
- Reaction time
- Strength
- Speed

Transferable Skills

- Catching and passing
- Footwork
- Change of pace and direction
- Marking and defending
- Spatial awareness

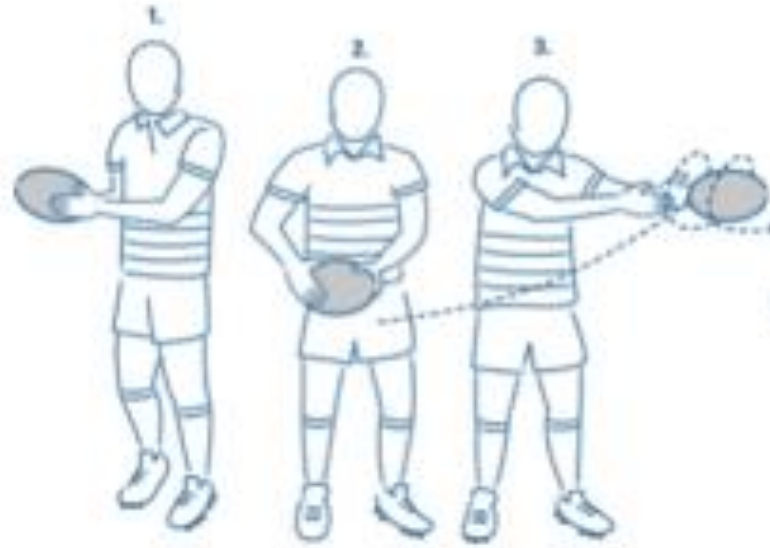
Tactics and Rules

- The rugby game is broken down into two 40-minute halves.
- Time during a game can be stopped for an incident. Therefore, the game stops on exactly 80mins.
- The game is stopped if a player is fouled and there is no subsequent advantage. Unlike most sports, a referee can wait to see how an incident unfolds before deciding whether the attacking had an advantage.
- The ball must be passed level or backwards.
- A tackle cannot be made above the sternum or by tripping a player with your feet.
- A lineout is called if the ball travels past the side-line. It consists of up to seven players and players can be lifted in order to catch the ball.
- In order to stay onside in rugby, the attacking players must remain behind the player passing to them.
- A scrum will be called if a player in possession of the ball drops the ball, and it goes forward (knock-on) or if the player passing the ball passes it forward (forward pass)

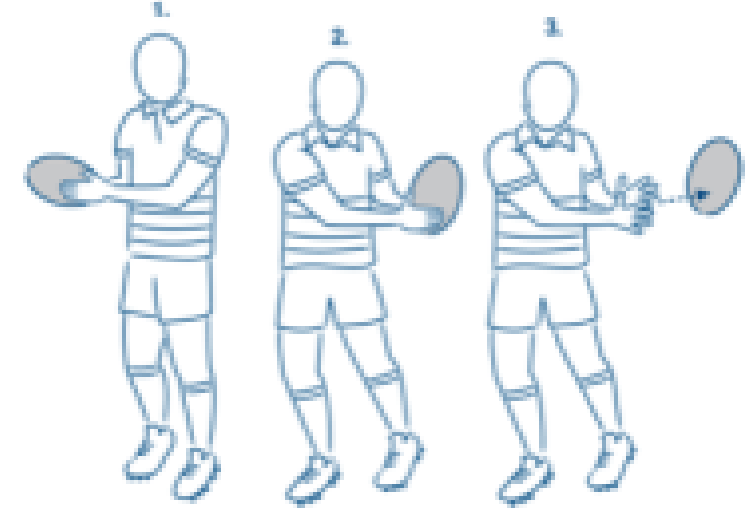
Rugby Position and Pitch Layout



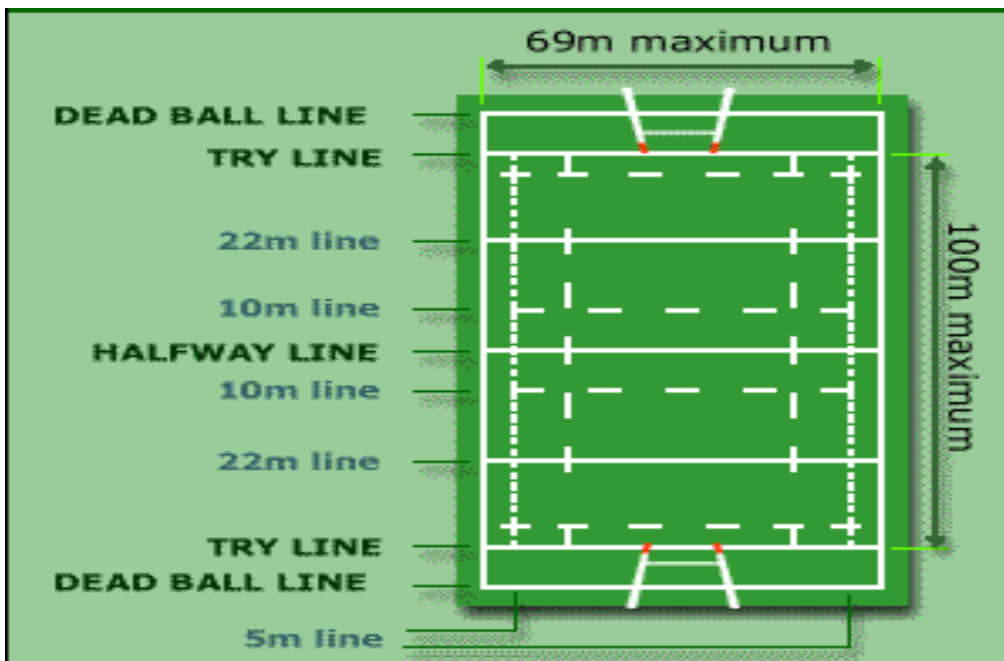
Spin Pass



Pop Pass



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

