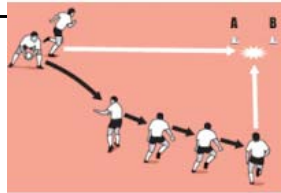


Rugby Key Information



Rugby positions A rugby team has 15 positions.

Handling and Passing

- Hands out in front of chest and calling for the ball, finger spread. Hands up and out by the chest, calling for the ball and make eye contact with passing players and the ball
- Why do we swing arms – power and accuracy
- Flick wrist – flight of the ball / starts the spin for future speed and ease to catch the ball
- Follow through to targets - accuracy

Switch and Loop

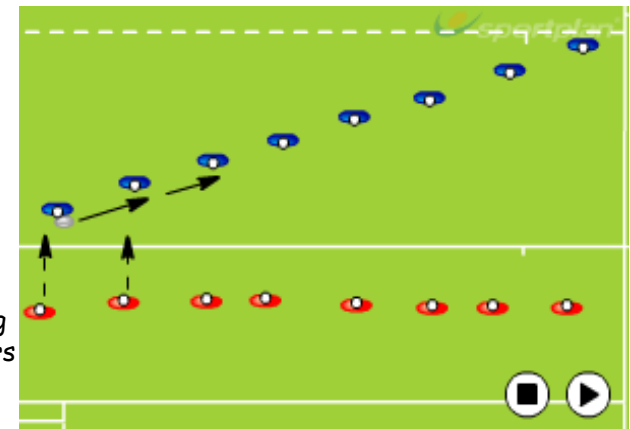
The switch pass is an attacking set play that involves two players. “The player on the ball runs diagonally towards their team-mate, who is positioned on their outside. The receiving player then changes course at the very last second and cuts inside to receive the pass and switch the direction of play.”

The basic concept is that the player in possession passes then “loops” around the outside of the receiver to become the next receiver. The goal with this attacking move is to create a numerical advantage over the defence on the outside.

Rugby defence v Attack

Attacking line

Using the backs to attack



Defensive line using The forward players

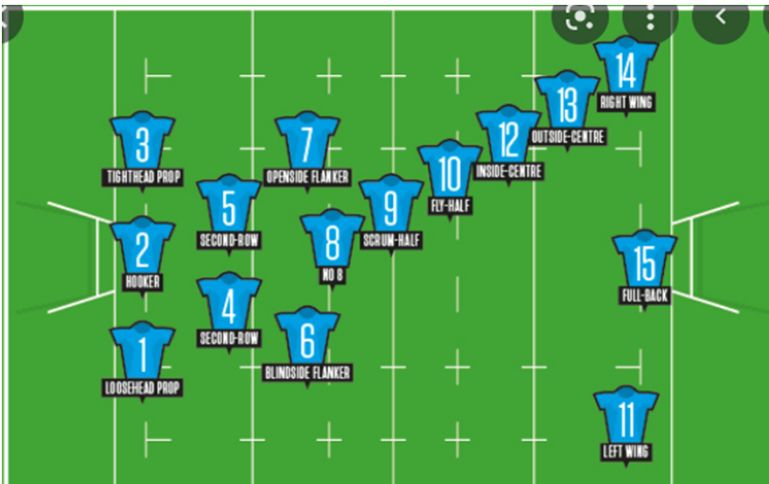
A **line-out** or **lineout** is a means by which, in rugby union, play is restarted after the ball has gone into touch. When the ball goes out of the field of play



Rugby Positions

Back are the Main Attackers

Forwards Are the main defenders



Key Terms

knock-on- When a player touches the ball forward onto the floor with their hands
Kick off: How the game start, by one team kicking the ball forward to the opponents

Offside - You always need to be behind the ball, spo the ball carriers should be the furthest player forward
Try - Placing the ball down in the zone that the team are attacking , this scores points for the team

The officials are called the referee and the touch judge

Self-Quiz Questions	Self-Quiz Questions
1. How many players on a rugby team?	1. What is a knock on?
2. What is the role of the forwards in rugby?	2. What would the referee award for a knock on in tag rugby?
3. What is the role of the backs in Rugby?	3. What is the benefit of a two attackers verses one defender?
4. When the ball goes out of the side of the pitch, what is this called?	4. Where does a switch pass create space?
5. How do you restart a tag rugby match?	5. Explain the rugby term try
6. What is the name of the pass that create space out wide on the flanks?	6. Sideward pass is also know as a Pass
7. Which direction must you pass?	7. Give a teaching point for catch the ball
8. Why cant you tackle a player in the air?	8. Give a teaching point for a pop pass
9. How many officials are there in tag rugby?	9. Name positions in rugby
10. What is the tackle law in Tag rugby?	10. What is the benefit of strength in rugby?
Total score	Total score

Self-Quiz Questions	Self-Quiz Questions
1. How many players on a rugby team? 15	1. What is a knock on? 2. When a player tacking knocks the ball forwards onto he ground with the hands or arms
2. What is the role of the forwards in rugby? Stop the attacking team (defenders)	2. What would the referee award for a knock on in tag rugby? 3. Tap and go
3. What is the role of the backs in Rugby? Create try scoring opportunities (attacking players)	3. What is the benefit of a two attackers verses one defender? 4. Create space to run into
4. When the ball goes out of the side of the pitch, what is this called? Line out	4. Where does a switch pass create space? Inside the defender
5. How do you restart a tag rugby match? Tap and go	5. Explain the rugby term try When the ball is placed on or over the try line to score 5 points
6. What is the name of the pass that create space out wide on the flanks? Loop pass	6. Sideward pass is also know as a Pass Lateral
7. Which direction must you pass? Lateral or backwards	7. Give a teaching point for catch the ball Hand up, make target, eye on ball, twist upper body towards the ball
8. Why cant you tackle a player in the air? Cause injury as the player cant defend themselves	8. Give a teaching point for a pop pass Finger spread on the ball, hand in front, gently push the ball up, give air time to the ball, communicate with team member
9. How many officials are there in tag rugby? 3 ref and 2 line official	9. Name positions in rugby 1 & 3 Prop. Along with the hooker, the loose-head and tight-head props make up what is known as the front row, which refers to their position in the scrum. ...2 Hooker. ... 4 & 5 Lock/Second Row. ...6 & 7 Flanker/Wing Forward. ... 8 Number Eight. ... 9 Scrum-Half. ...10 Fly-Half. ...11 & 14 Wing..... 15 Full back
10. What is the tackle law in Tag rugby? Must be below shoulder	10. What is the benefit of strength in rugby? Aid in the tackle or when being tackled, protection of organs
Total score	Total score