

Key Vocabulary

Passing – passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.

Offside – Attacking players must remain behind the ball when it is active.

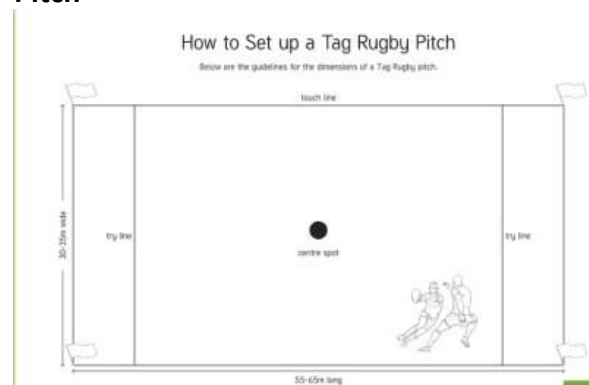
Scoring – A try is scored when the ball is placed over the try line with both hands pushing the ball down.

Tag – To remove a tag of the opposition player who has the ball

Dodging – move passed the opponents with the ball.

Handling – 2 hands on the ball at all times.

Pitch -



Skills

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist and shout "TAG!" – then pass back the tag to the player you took it from.



If you have been tagged you must:

- A. Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- B. If you are within 1m of the try line you can step forward and score the try.
- C. You must collect your tag and replace it before carrying on playing.



Skills

Passing

2 hands around the ball to grip it correctly.

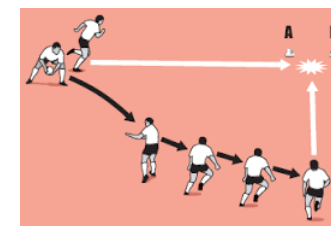
Gripping the ball



To pass:

- Keep the arms and knees bent.
- Push/Pull the ball across your body from the waist.

- Keep hands either side of the ball.
 - Swing arms and ball across your body.
 - Point arms towards target even after pass.
- Ball must go sideways / backwards from the passer.



Receive the ball with Target / W hands

Knowledge - Types of Rugby

There are 2 codes of rugby – Union and League.

Rugby Union is played by 15 players whereas in league there are only 13.

In League you only have 6 tackles to try and score a try in Union there is no limit to how long each team can have the ball.

Union = 5 points for a try – League 4 points.

History of Rugby

According to legend, **rugby** began at **Rugby** School in England in 1823. During a football game, a student named William Webb Ellis picked up the ball with his hands and ran with it. This went against the rules of football, which ban the use of the hands. But it led to the creation of **rugby**.