

Name:
Year Group:
Teacher:

- Rugby



SWR PE DEPARTMENT

Fundamental Handling Skills

One of the most important principles of Rugby is to be able to move forward with the ball. There are a few ways to do this, you can either run with the ball or pass as a team to get further up the pitch, both involve fundamental handling skills.

Passing and receiving - Fill in the technique/coaching points for the following...

Throwing	
Receiving	

Match the image with the sentence...



Task – Using the teaching points create a lesson plan to help younger students to develop their handling skills in rugby. You must include a warm up, a skill practice and a game activity. Plus a cool

Take the ball early.
Reposition hands.

Pull the ball back and open the hips.
Pass and follow through to target.

When receiving the ball...

- Create a 'W' shape with hands
- Meet the ball
- Bring the ball into body
- Open body up

Passing

Passing is one of the main principles in Rugby that allows players to move up the pitch. It also allows you to get round opponents using a range of different passing methods and directions

WHAT IS THE ONE KEY THING YOU NEED TO KNOW WHEN PASSING?

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Fill in the table below, highlight the advantages and disadvantages of Passing in rugby...

Advantages	Disadvantages

Looking at the 3 images below, label good/poor technique...



Task – Using the teaching points create a lesson plan to help younger students to develop their passing skills in rugby. You must include a warm up, a skill practice and a game activity. Plus a cool down.

Tackling

Tackling in rugby is a key defensive principle to the game. It's used only when an opponent has possession of the ball and the rules for tackling are strict and kept low on the body due to health and safety.

Highlight 3 coaching points of a tackle in rugby...

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-
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What is a...

Legal tackle -

Illegal tackle -

Discuss in partners which image shows which and label them

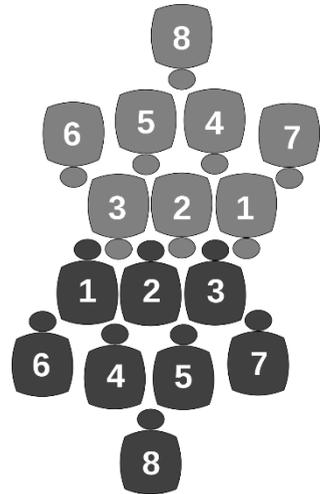


Scenario – What happens if a player is tackled and the player who is tackled fumbles the ball forward?

Scrummaging

A scrum in rugby is a restart of play in situations where the ball has gone out of play, a knock on or forward pass has been made. Involving up to 8 players from each team binding together to try and push the opponent back.

Watch a video of a good scrum on YouTube. Write down step by step how a scrum works....



Below are a list of positions and purposes in the scrum, if they do not follow these then they will concede a penalty. Label each one up....

Front Rowers

Number 8

Back Row

Flankers

Cannot twist bodies, must engage square/straight on

Must remain part of the scrum until the ball has left

Must keep one arm to the shoulder keeping in contact

Must have both hands touching scrum till ended

Rucking

Rucking in rugby occurs when the ball is on the ground and one or more players from each team who are close, close around it. They can't handle the ball, they must drive opponents back so it emerges at your teams foot.

Why is rucking in rugby so important?

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Joining a ruck – Tick/Cross below the correct/incorrect way to ruck (discuss with partners or in groups why)



Tower of Power (watch video) – What are the key coaching points?

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-

-

-

-

Mauling

Mauling is similar to a scrum in rugby; however, it occurs in open play. It is when the ball carrier is held by an opponent and the attack or defence join together to drive the other team back.

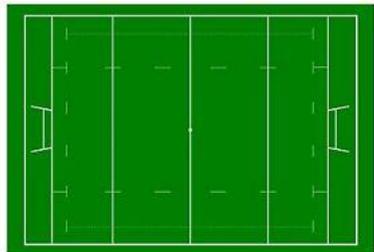
Give TWO advantages and disadvantages of mauling in rugby (In partners)...

	Advantages	Disadvantages
Mauling	1. 2.	1. 2.

When might a Maul most commonly be used? Discuss as a class.

-
-
-

Discuss where on the rugby pitch you think a Maul might be used most and then label it using an arrow.



Attacking Principles

Rugby is an invasion game which relies on different attacking principles. Attacking principles in rugby come through different types of attacks, all teams will set up specifically to attack in different ways.

There are 5 different principles that coaches focus on (discuss each)...

- Possession
- Drive with the ball
- Support the ball-carrier
- Maintain Continuity
- Exert pressure

Which form of attack would you use? Why?

Drive with ball

Retain possession until the right moment of attack

Possession

Being positive and moving forward with the ball

Exert pressure

Moving with the ball making yourself available

Maintain continuity

Work as a unit to maintain the ball

Support ball-carrier

Different methods such as ruck/mauls to gain advantage

7

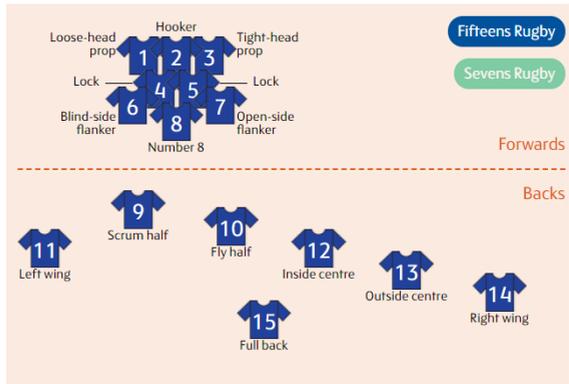
Match up each principle with what it entails using a line.

Possession	Advantages Disadvantages
Drive with ball	Advantages Disadvantages
Exert pressure	Advantages Disadvantages
Maintain Continuity	Advantages Disadvantages
Support ball-carrier	

Positions

Positions are key in any sport, especially in rugby where there are 15 players playing at one time. Positioning in rugby is very important because of the width of the pitch and different job roles there are.

There are 15 positions in rugby, 7 'backs' and 8 'forwards'. You will be able to see on the right more specifically there positioning. Discuss in pairs what each position might be responsible for



One of the most important positions in rugby is the Number 10 – Fly Half. Why might this be?

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-
-

Is the attack or the defence more important in rugby? Reason why below

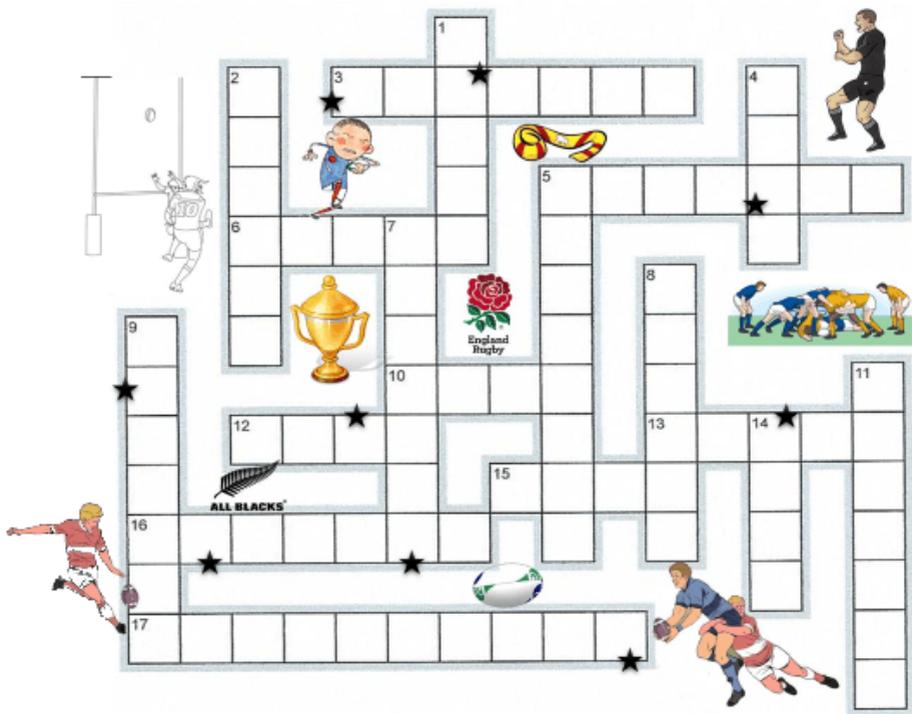
Rugby Word Search

Rugby Word Find

R S B Z O N Q Q N W W U C C G C D Y M X E K B Q
E T I L G N M S E U B Q T C C O A T U C C J X S
D R Y J D A E E W T P I Z N O N C L A U O B R S
C P G H U W A P H F E W Y J J V Z I R Y H Y X Y
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C I T P L B I C C C O M R B X H C F Z E D C J V
S Z M O O W Q R I W K H A K A V P G R P K V K I
D P B W W C U N V H V S T M J G Z O J I T F X Q
S T T M C M O D R T W W S E A Q D G M P X B M O
H M P E A P J U Z S Y X P R G N K M V L P S O R
J S W I R F R Z J C R C N A U E V L Q V T Y G B
V J O Y D O C B E M T M J C O L E B J G Z O I G

drop goal	penalty try	center	hooker
prop	scrum half	flanker	backs
forwards	line out	maul	ruck
scrum	feild	penalty	conversion
try	red card	yellow card	off side
rugby			

Rugby Crossword



Across →

3. It is used by the referee.
5. You can watch a rugby game here.
6. This person trains the players.
10. It has fifteen players.
12. It is danced by The All Blacks.
13. The points per team.
15. It is 80 minutes long.
16. This country invented rugby.
17. Another word for fans.

Down ↓

1. The playing field.
2. Animal or thing adopted by a rugby club as its representative symbol and supposed to bring good luck.
4. It is tossed by the referee.
5. It protects the ears.
7. This player is the leader of the team.
8. Another word for a rugby shirt.
9. They are fifteen in a team.
11. This person controls the game.
14. The shape of a rugby ball.