

Key Skills

Passing:

- Ball must travel backwards or sideways
- Hands pointing at target once ball has been passed.

Receiving:

- Hand up and palms towards the ball
- Hold ball in hands, not chest

Fixing Defender:

- Waiting until the defender is near you before passing.

Tackling

- Shoulder above knee
- Cheek-to-cheek
- Ring of steel

Ruck

- What occurs after a tackle
- Offside line is created
- Offside - Imaginary line that goes across the pitch, that cannot be crossed until the ball is out of the ruck
- No hands on the ball if in a ruck

Year 7 Rugby

Example of a Rugby Game



<https://www.youtube.com/watch?v=QXokTpJGduw>

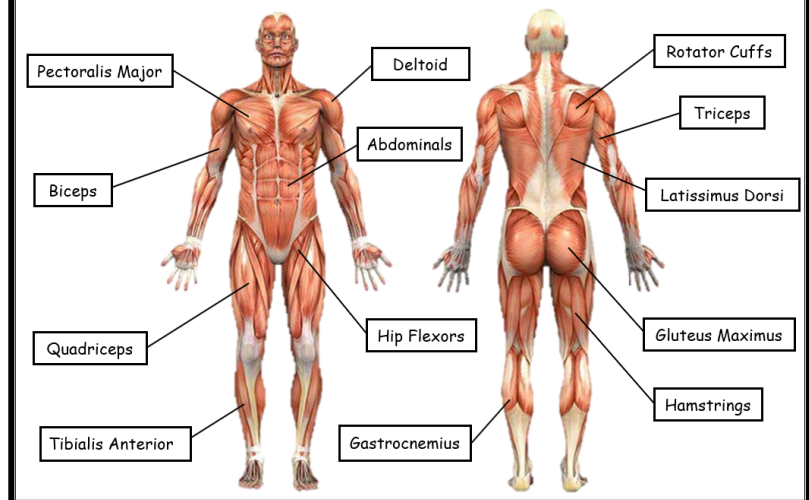
When watching the game from the QR

Code/hyperlink above, look out for the following:

- How the players stick to the offside line
- How each team limits the number of players they put in a ruck
- How the players are never stood still when they receive the ball

Scientific Names of Muscles

Muscles of the Body



Invasion Game Tactical Focus for Year 7: Moving into Space to Receive the Ball

This is mainly shown when it comes to your positioning in relation to the defence. Is it effective to stand opposite a defender, or are you more likely to break the defensive line if you line up opposite gaps in the defence?