

## Key Skills

### **Passing:**

- Ball must travel backwards or sideways
- Hands pointing at target once ball has been passed
- Ball should be passed as pace and in front of target player

### **Receiving:**

- Hand up and palms towards the ball
- Hold ball in hands, not chest
- Catch the ball so that you can pass straight after
- Keep head up so that space and defenders can be identified

### **Fixing Defender:**

- Waiting until the defender is near you before passing flat and with power
- Running at the defender outside shoulder
- Player receiving ball must be moving at pace onto ball

### **Tackling**

- Shoulder above knee
- Cheek-to-cheek
- Ring of steel
- Forward momentum to make a dominant tackle.
  - Feet stable and somewhat wide to create solid base.

### **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
- Deciding if you need to be in the ruck or not (both in attack and defence)

### **Mauling**

- Enter the maul from the back
- Once a maul is formed, it cannot be brought down
- Referee will announce when a maul is form

### **Scrummaging**

- Shoulders above hips at all times while engaged
- Tower of Power – Shoulders back, straight back, on toes/soft knees, neutral head positions
- Knowing the difference roles of each person in the scrum

### **Lineouts**

- Uncontested (team who throws in must get the ball).
- Ball must be thrown in straight.
- Teams line up, facing the player throwing in (typically hooker)

## Year 9 Rugby

### Example of a Rugby Game



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

When watching the game from the QR

Code/hyperlink above, look out for the following:

- The timing of players getting to the ruck. Do they get there quickly or slowly, both in attack and defence?
- How the England players set up a maul from the lineout (12:40).

## Components of Fitness

- **Reaction Time** – The time taken to respond to a stimulus
- **Coordination** – The ability to use two or more body parts together
- **Agility** – The ability to change the position of the body quickly and control the movement
- **Balance** – The ability to maintain the body's centre of mass above the base of support
- **Power** - The ability to perform strength performances quickly
- **Muscular Endurance** – The ability to use voluntary muscles repeatedly without tiring
- **Strength** – The amount of force a muscle can exert against a resistance
- **Cardiovascular Fitness** – The ability of the heart, lungs and blood to transport oxygen
- **Speed** – The ability to put body parts into motion quickly
- **Flexibility** – The range of motion at a joint

### Invasion Game Tactical Focus for Year 9: Understand the Importance of Position and Shape

This is mainly shown in defence, when players maintain a 'flat' line, and in attack, when players form a diagonal line from the ruck, allowing them to run onto the ball.