



Start Rugby Pack
SKILLS

RUGBY
FOR ALL



USARUGBY

INDEX



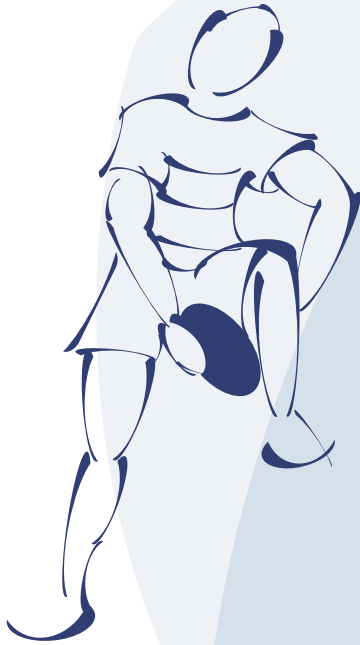
- 1) Ball Familiarization
- 2) Basic Pass
- 3) Pop Pass
- 4) Receiving the Pass
- 5) Draw and Pass
- 6) Running with the Ball
- 7) Swerve and Side Step
- 8) Getting Up
- 9) Running in Support
- 10) Running in Defense
- 11) Attack
- 12) Counter Attack

BALL HANDLING

1) BALL FAMILIARIZATION

Objective

To become familiar with the shape and size of the rugby ball



KEY FACTORS

- Run with the ball in two hands
- Pick up the ball and put it down with two hands
- Throw it into the air and catch it
- Move the ball around your body

CHECK AND CORRECT

- Not using two hands
- Not communicating
- Not varying movements

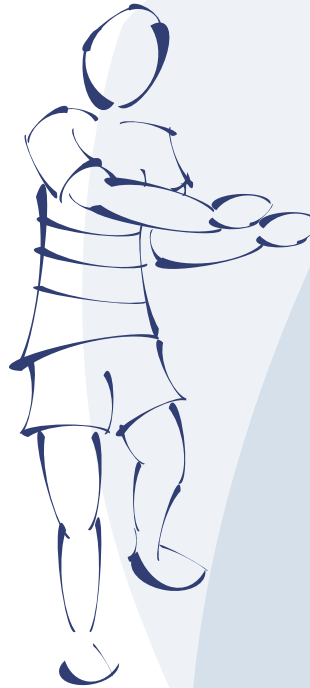
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PASSING

2) BASIC PASS

Objective

To maintain continuity of play by passing to a teammate in a better position



KEY FACTORS

- Run straight
- Hold the ball in two hands
- Look at receiver
- Follow through
- Pass at chest height in front of receiver
- Complete pass and then support

CHECK AND CORRECT

- Not straight on follow-through
- Not passing to target area

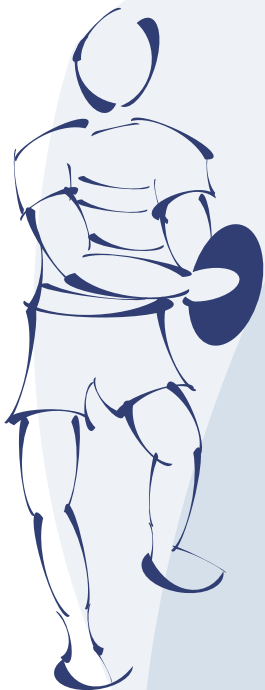
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PASSING

3) POP PASS

Objective

Pass to put teammate into a gap or to create time to run onto the ball



KEY FACTORS

- Hand position on ball
- Pass in one movement
- Pass out in front at chest height

CHECK AND CORRECT

- Not enough elevation on the ball

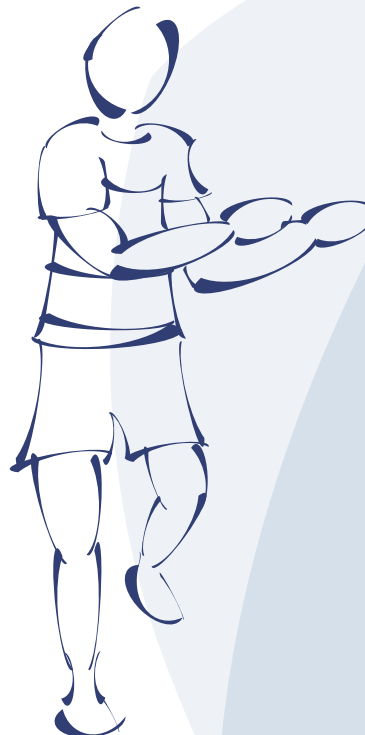
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PASSING

4) RECEIVING THE PASS

Objective

Catch the ball so attack can be continued



KEY FACTORS

- Chin up, eyes open
- Move onto ball straight
- Extend and spread fingers towards ball
- Watch ball into hands

CHECK AND CORRECT

- Not presenting target
- Ball hits hands first instead of fingers
- Taking eyes off the ball

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PASSING

5) DRAW & PASS

Objective

To maintain continuity of play by passing to a teammate in a better position

KEY FACTORS

- Run straight
- Hold the ball in two hands
- Run at defender
- Look at receiver
- Follow through
- Pass at chest height in front of receiver
- Complete pass and then support

CHECK AND CORRECT

- Running with the pass
- Not having a straight follow through
- Not passing to target area



RUNNING

6) RUNNING WITH THE BALL

Objective

To run effectively with the ball in two hands

KEY FACTORS

- Fingers spread on each side of the ball
- Carry the ball at chest height
- Elbows pointed in
- Consider options

CHECK AND CORRECT

- Tucking ball when running or evading
- Ball carried too high or too low



RUNNING

7) SWERVE & SIDE STEP

Objective

To evade opponents while running, without becoming isolated

KEY FACTORS

- Ball in two hands
- Run toward defender
- Change pace and/or direction of movement
- Position ball away from defender
- Accelerate into the space

CHECK AND CORRECT

- Not running at defender
- Changing direction too early or too late
- Not accelerating forward immediately after the sideways movement



RUNNING

8) GETTING UP

Objective

To get quickly back into the game by getting off the ground

KEY FACTORS

- Push up with arms
- Jump to feet immediately
- Drive forward, pumping arms
- Low body position
- Fall in order of knees, hips, shoulders and tuck arms into body

CHECK AND CORRECT

- Looking for options while on the ground
- Using one arm and one leg to get to feet
- Slow reactions



RUNNING

9) RUNNING IN SUPPORT

Objective

Utilize space and provide continuity options for ball carrier

KEY FACTORS

- Anticipate point of attack
- Stay inside the ball initially
- Maintain depth
- Communicate your position

CHECK AND CORRECT

- Taking too long to get into a support position
- Too flat
- Neither communicating nor reading the situation
- Over-running the ball



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ATTACK

11) FIRST PHASE

Objective

To penetrate the defense and score

KEY FACTORS

- Awareness
- Alignment
- Angles of Running
- Depth
- Vision
- Speed
- Skill
- Penetration

CHECK AND CORRECT

- Combination of missing key factors



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RUNNING

10) RUNNING IN DEFENSE

Objective

To be in a position to apply pressure, reduce options, make contact and regain possession

KEY FACTORS

- Anticipate and communicate point of attack for opposition
- Position on the inside shoulder of ball carrier
- Tackle
- Regain possession
- If ball is passed, support

CHECK AND CORRECT

- Lack of communication
- Coming up too straight on ball carrier
- Approaching too quickly
- Not following the pattern



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ATTACK

12) COUNTER ATTACK

Objective

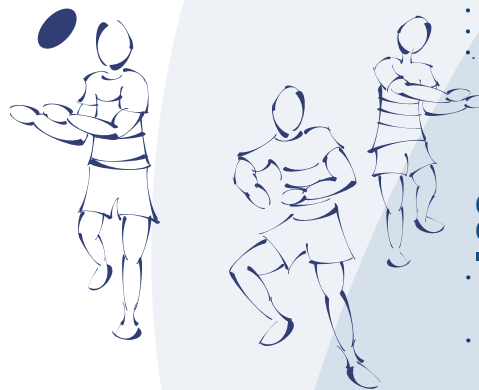
To attack with ball regained from opposition

KEY FACTORS

- Positive attitude is required
- Assess the space available
- Identify support
- Communicate with support
- Hold defenders
- Pass ball to space
- Run to support ball carrier

CHECK AND CORRECT

- Support players do not move back to align with initial ball receiver
- Lack of communication between players looking to counter attack
- Poor decision-making by ball carrier and/or support players on creating space



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