

# Disclaimers

This resource is provided for informational and educational purposes only. As this resource refers to physical activity, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. It is your responsibility to ensure the resource and the information/activity it contains are safe and appropriate to use in your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You may wish to take guidance as to whether and how participants should warm up before taking part in any activity, and carefully assess any environmental risks to be sure participants have a safe space in which to take part.

This resource is provided for informational and educational purposes only. As this resource refers to outdoor learning, you must ensure that an adequate risk assessment is carried out prior to using this resource. You must contact a suitably qualified professional if you are unsure. Twinkl is not responsible for the health and safety of your group or environment. Outdoor areas provide great opportunities for playing and learning, but you should always check any environmental risks before taking part in outdoor activities, and only proceed if it is safe to do so. You should ensure that children wash their hands after being outside, and are respectful of nature, taking care of animals and plants.

Be prepared for the ball to arrive at different heights.

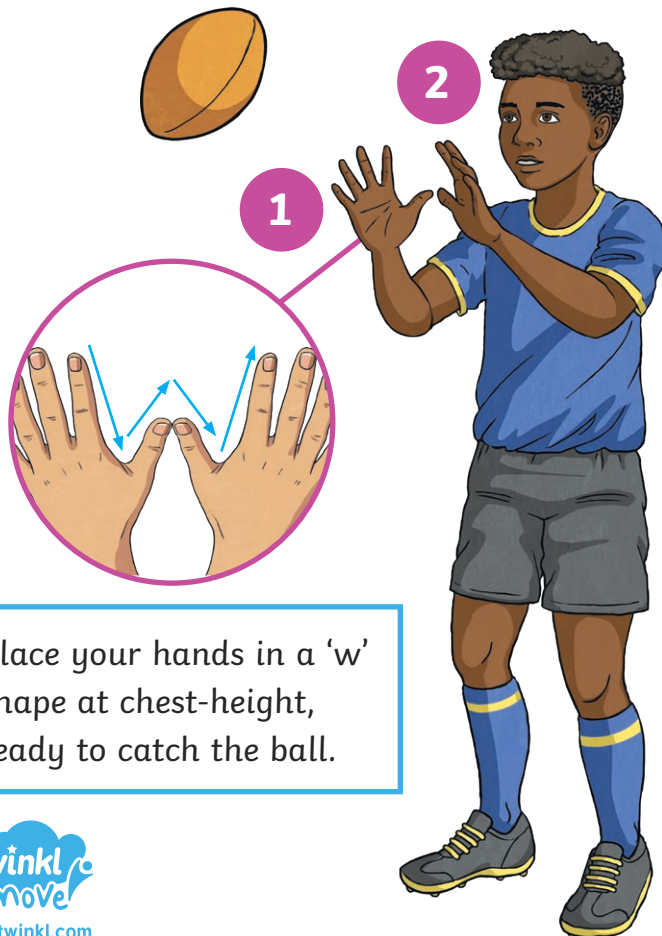
### Skills Practice

In pairs, throw the ball to one another at different heights and angles, such as low, high and chest height.

Practise standing side-on and at different angles, so that one is standing further ahead than the other.

### Technique

- 1 Make sure your hands are open and ready to receive the ball.
- 2 Keep your eyes on the ball until it is safely in your hands.

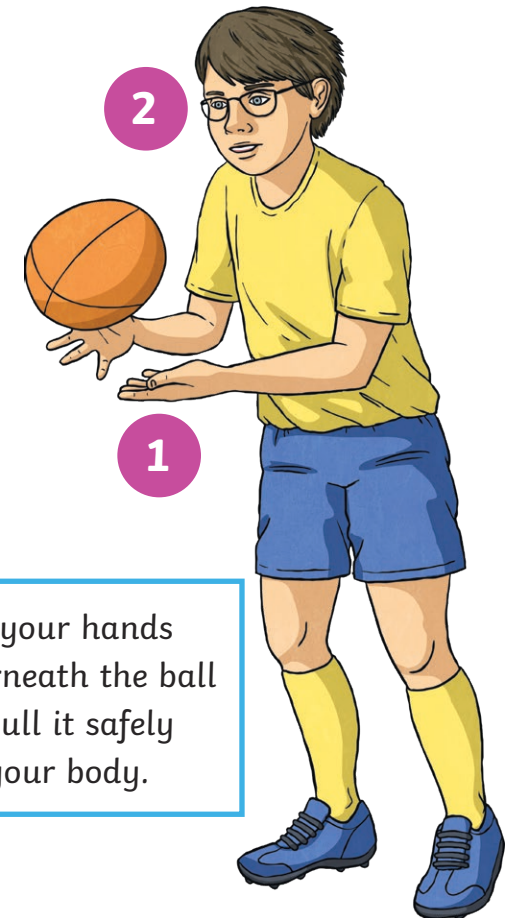


Place your hands in a 'w' shape at chest-height, ready to catch the ball.

As the ball starts to cross your path, reach out towards it.



Have your hands underneath the ball and pull it safely into your body.



To play rugby well, you must have good ball-handling skills. When holding the ball, you must create a cage-like structure from which the rugby ball cannot escape.

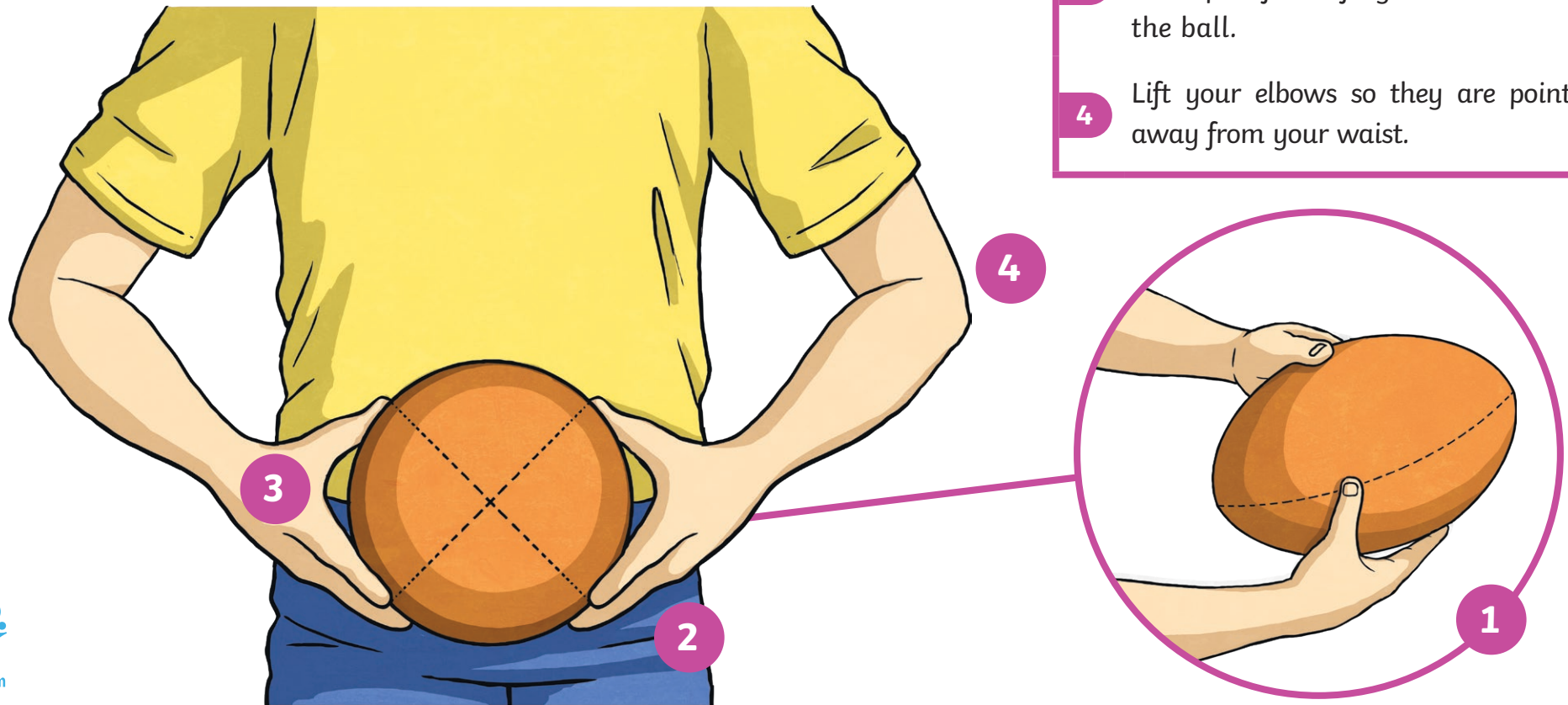
### Skills Practice

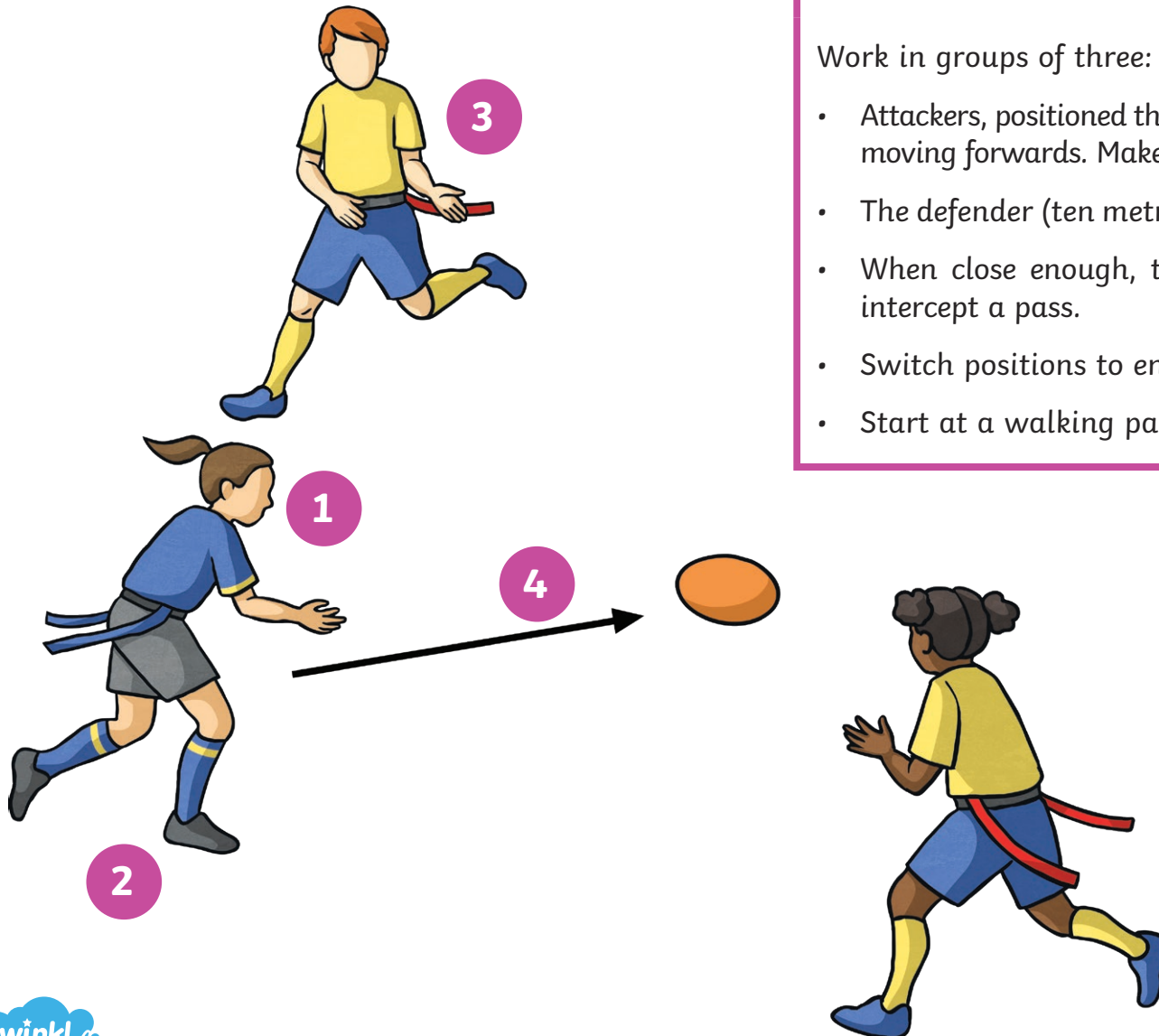
You will each need a rugby ball.

- First, just practise holding the rugby ball using the correct technique.
- Next, walk slowly around the defined area, holding your rugby ball.
- On hearing the whistle, place your ball on the ground and move to pick up another player's ball.
- Each time you pick up a new ball, make sure you are holding it in the correct way.

### Technique

- 1 Place your hands on either side of the middle of the ball (the fattest part or 'belly').
- 2 Spread your thumbs and fingers out across the ball.
- 3 Arch both your palms so that only the tips of the fingers are touching the ball.
- 4 Lift your elbows so they are pointing away from your waist.





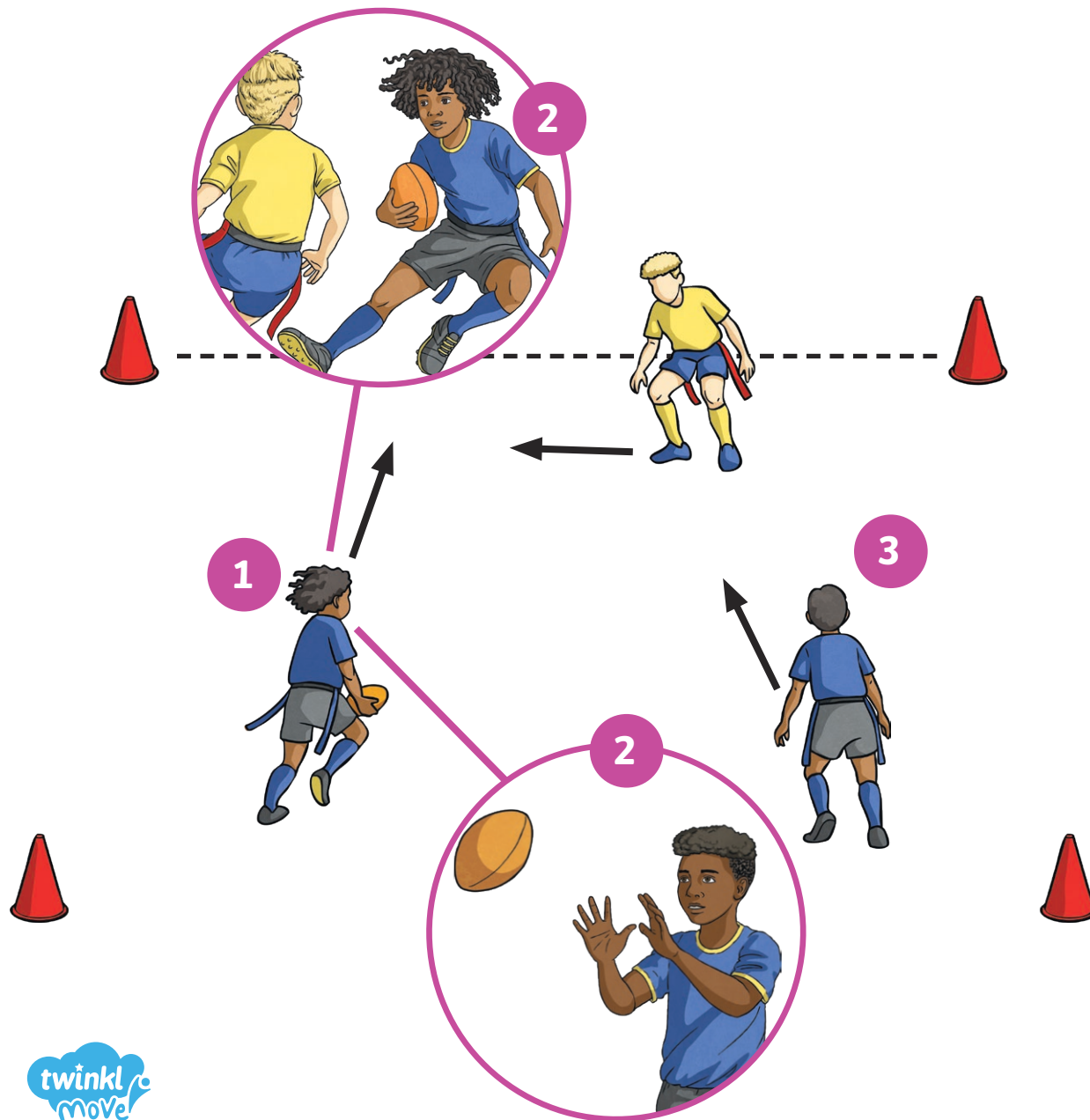
### Skills Practice

Work in groups of three: two attackers and one defender.

- Attackers, positioned three metres apart, pass the ball back and forth while moving forwards. Make sure the ball is passed backwards each time.
- The defender (ten metres away) moves forward, towards the attackers.
- When close enough, the defender must time a run between them to intercept a pass.
- Switch positions to ensure everyone has a go at being the defender.
- Start at a walking pace and slowly increase the speed.

### Technique

- 1 Keep the ball and your opponents in view.
- 2 Stay on your toes, ready to move.
- 3 Try to anticipate the pass by watching the ball passer and looking for clues from their head or hand movements.
- 4 As the pass is made, move forwards between the two players to intercept the ball.



### Technique

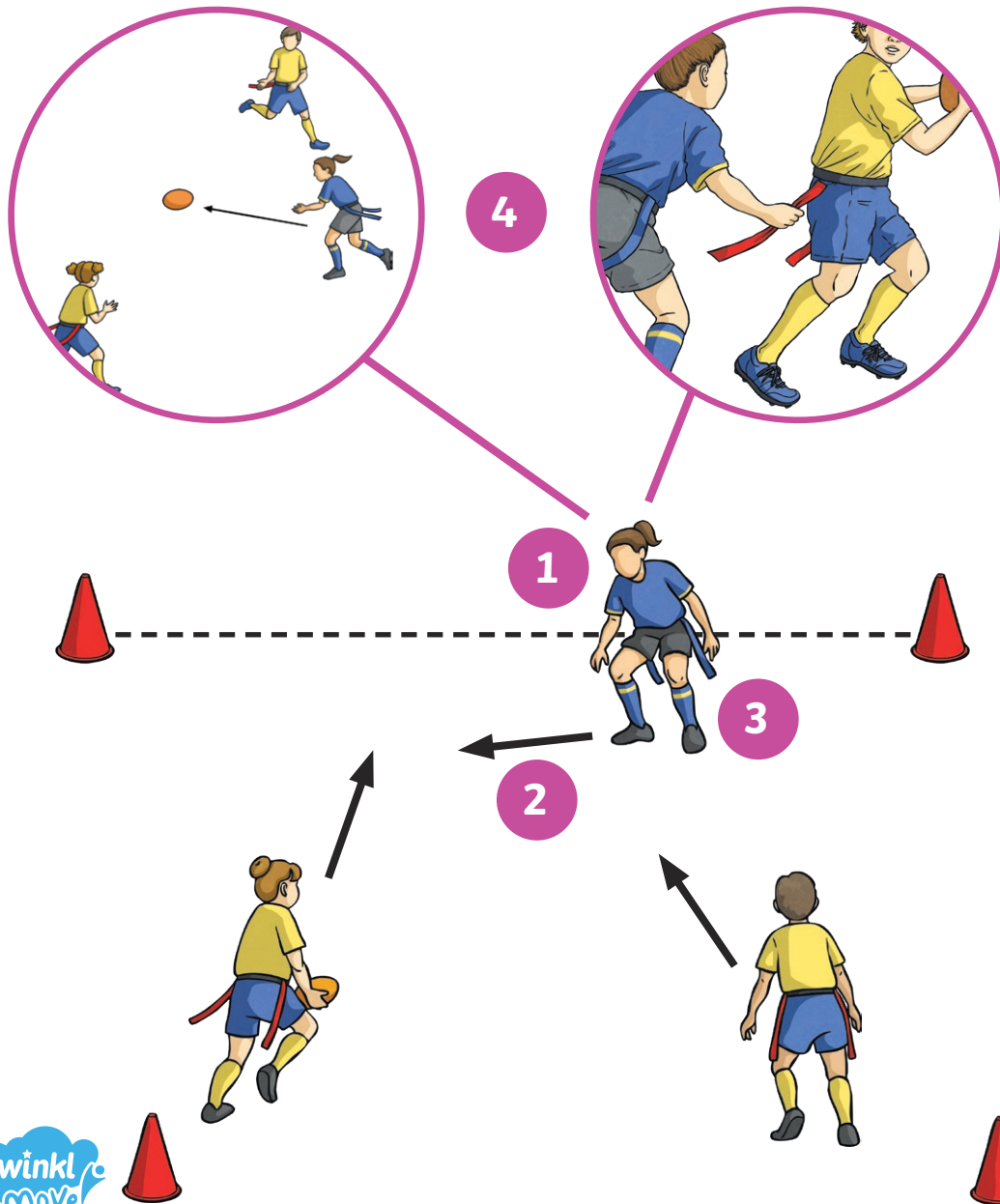
Two versus one scenario.

- 1 Approach the try line with your head up, looking at the defender and available space.
- 2 Decide whether to sidestep and beat the defender, or pass the ball to the supporting player.
- 3 Support the attacker by remaining behind the ball and staying in space, ready for a pass.

### Skills Practice

Wearing tag rugby belts with tags, arrange yourselves in a playing area of 5m by 5m.

- The aim for an attacker is to beat the defender and score a try.
- Attackers start with the ball, standing at the end opposite the try line.
- The attackers stand 3m apart and move towards the try line.
- A try is scored by grounding the ball over the try line.
- If a player is tagged or the ball is intercepted, return to your starting positions to try again.



### Technique

#### Two versus one scenario

- 1 Keep your head up and watch the attackers closely. Try to predict whether the attacker is going to pass or sidestep, by looking for clues in their body positioning.
- 2 Move towards the player with the ball, while remaining between both attackers.
- 3 Be ready to move by keeping your knees bent and staying on the balls of your feet.
- 4 Decide whether to move in to tag the player with the ball, or to intercept a pass.

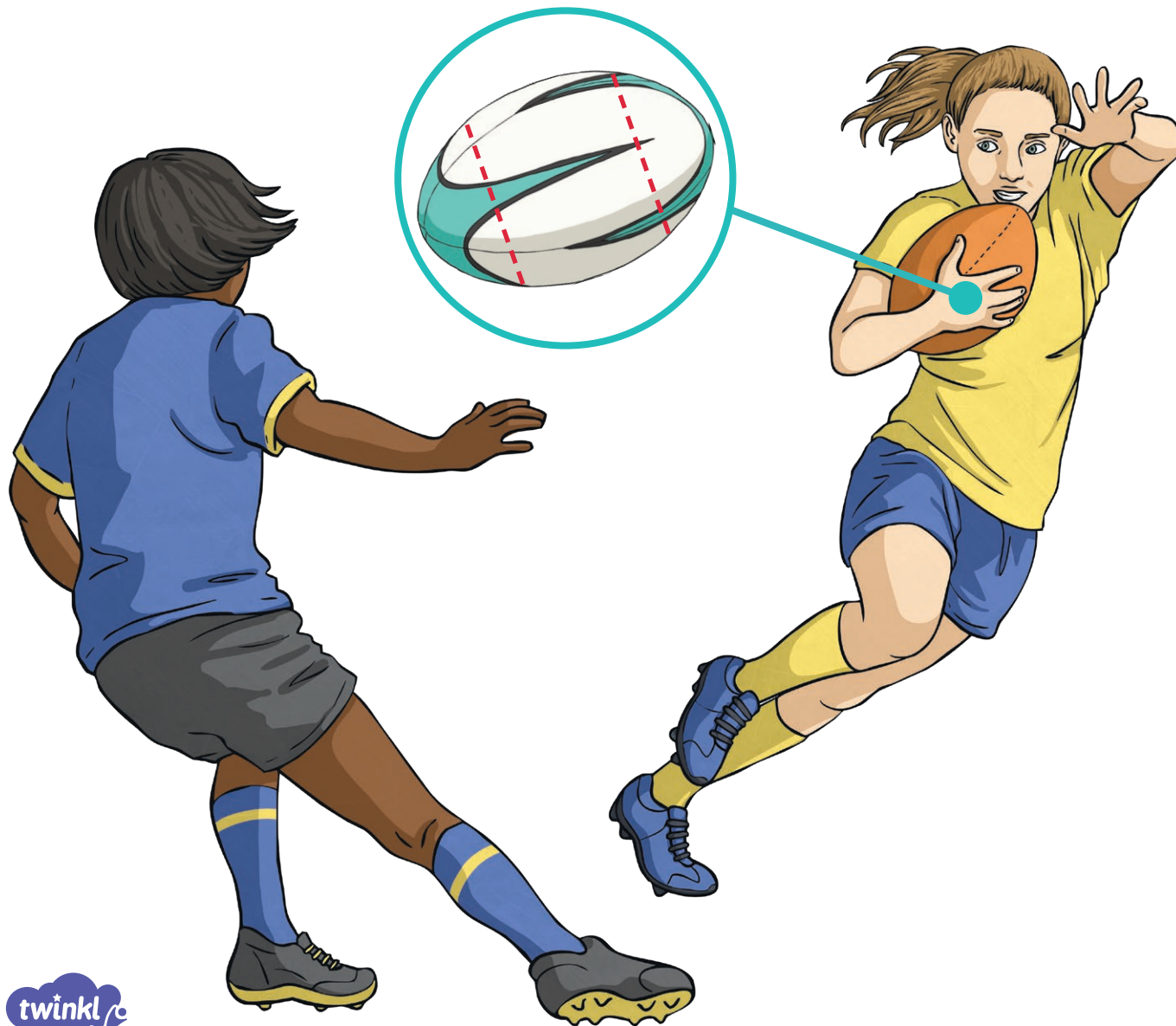
### Skills Practice

Wearing tag rugby belts with tags, arrange yourselves in a playing area of 5m by 5m.

- The aim for the defender is to prevent a try from being scored, by either tagging or intercepting the ball.
- The defender starts at the try line, opposite the attackers.
- The defender can move towards the attackers as soon as the ball is in play.
- If either a player is tagged, the ball is intercepted, or a try is scored, return to your starting positions to try again.

# Skill > Moving and Dodging: Rugby

Being able to change direction quickly to dodge being tackled by an opponent is especially important in rugby.



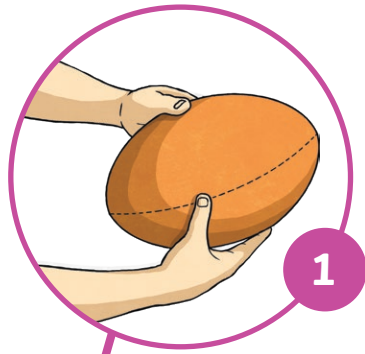
## Dodging Technique

Dodging involves a quick change of direction.

- 1 Hold the ball by its 'belly'.
- 2 Plant one foot and then move off in a different direction (plant and go).
- 3 Keep your head up.
- 4 Have a low body position (knees bent).

## Skills Practice - Dodgems

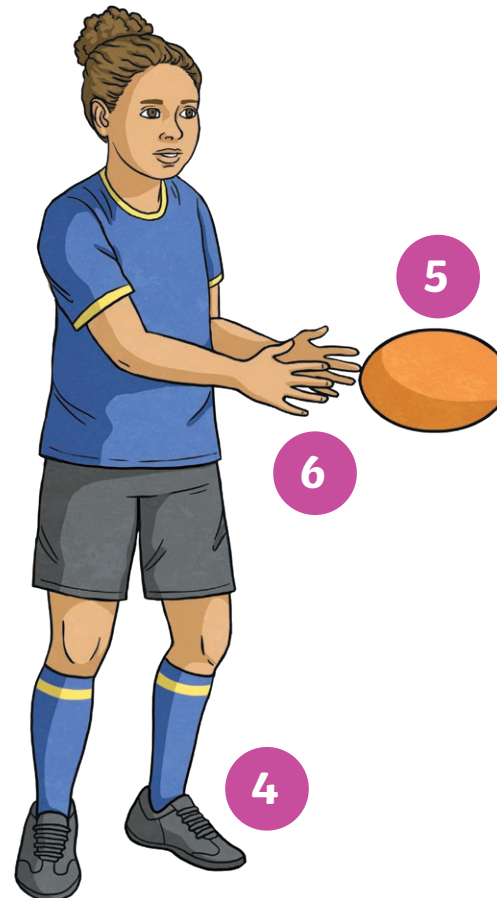
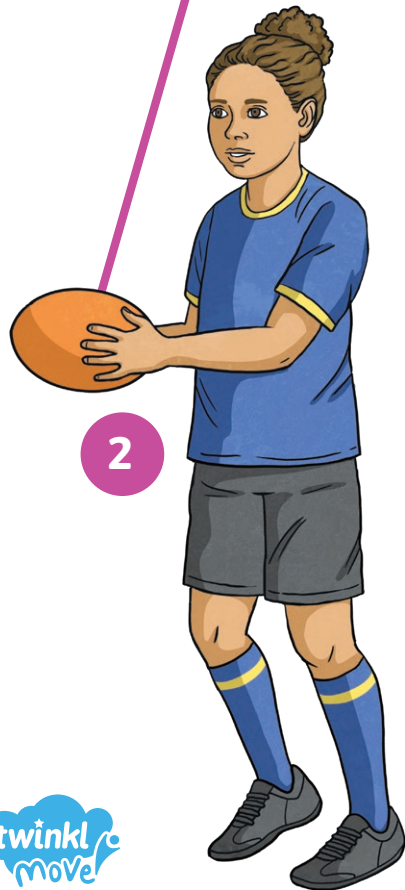
- Jog around, whilst carrying a rugby ball without touching the other players within the square.
- As soon as you meet another player, move off in a different direction.
- Practise carrying your rugby ball out in front with two hands as well as under each arm.



### Technique

- 1 Hands on either side of the ball and fingers slightly spread.
- 2 Start at the side of your waist, furthest from your partner.

- 3 Bring the ball across your body.
- 4 As you do this, step in to the direction of the throw.
- 5 Release the ball at the opposite side of your waist.
- 6 Finish with your hands pointing at your partner, waving goodbye to the ball.



### Skills Practice

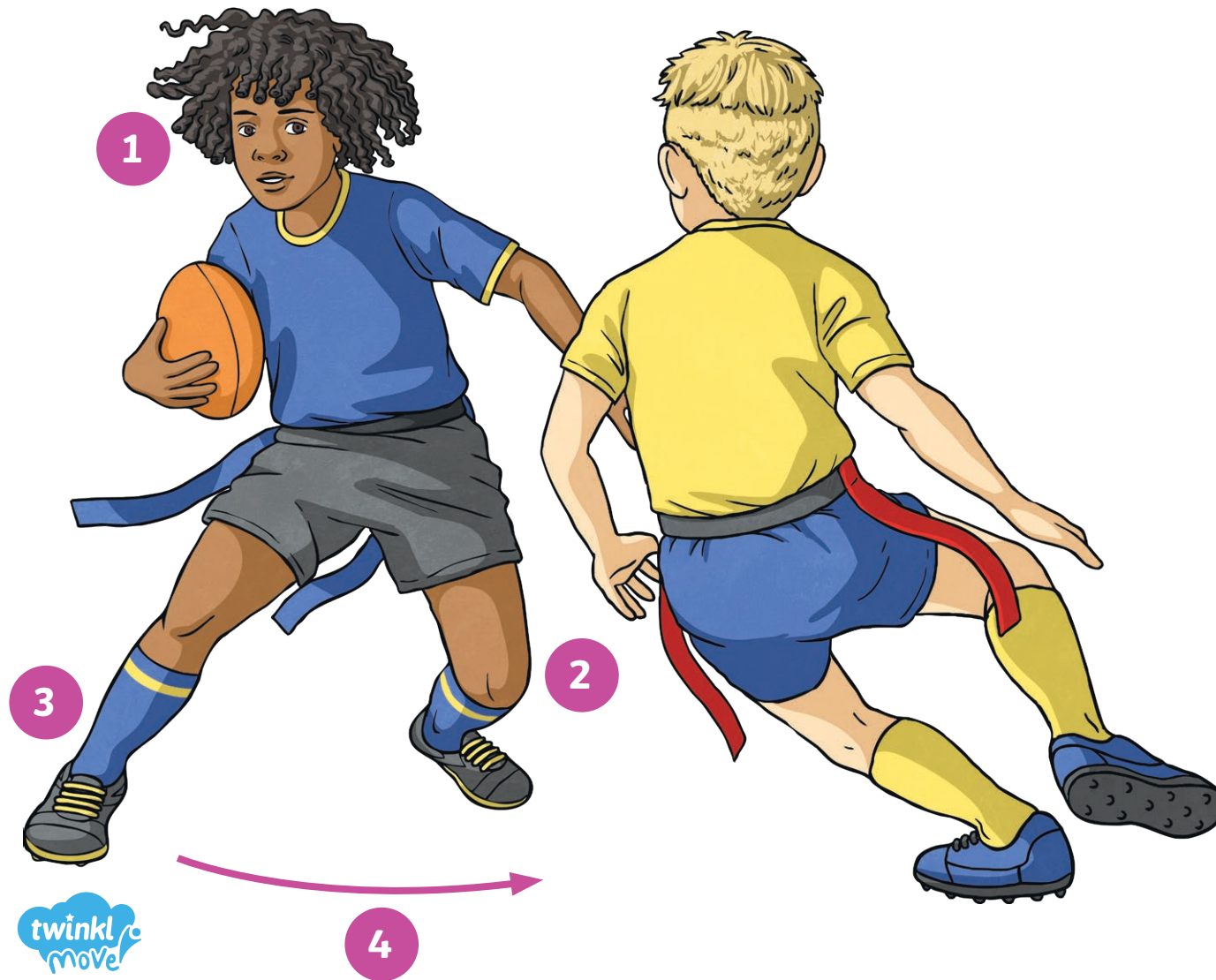
**Individual:** Without letting go of the ball, practise the passing movement from both the left and the right side.

**Pair:** Standing side-on, practise passing the ball back and forth. Swap places to try both to the left and to the right.

**Group:** Standing side-on to each other, pass the ball down the line and back again. Swap places to get a turn on the end and in the middle. Time yourselves to get the ball down the line and back again as quickly as you can.



The sidestep in rugby involves a quick change of direction and can be used to get around an opponent or to avoid being tackled.



### Technique

- 1 Keep your head up.
- 2 Have a low body position (knees bent).
- 3 Plant one foot and lean, to make it look like you are going in one direction.
- 4 Push off, using the outside of your foot and your leg muscles to move off in the other direction.

### Skills Practice

#### Cone Dodge

Begin by standing a few metres away from a cone placed on the ground and try this at walking pace initially.

Move towards the cone and practise sidestepping around it.

Gradually increase your pace.

Make sure you practise sidestepping to the left and right of the cone.