

Rugby Foundations:

EVASION

Evasion is a skill used to change direction to avoid defenders in order to score a try or receive the ball.

RUN INTO SPACE

HOLD THE BALL TIGHT

KEEP YOUR HIPS LOW

ON THE BALLS OF YOUR FEET



Rugby Foundations:

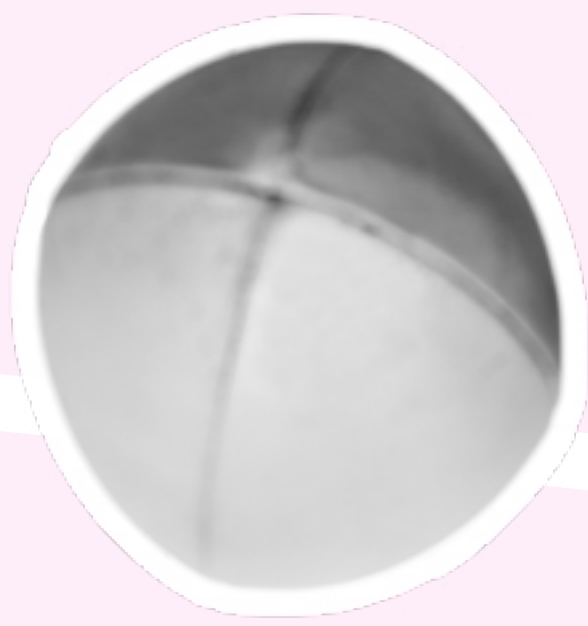
PASSING

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EYES ON THE TARGET

TURN THE SHOULDERS



FOLLOW THROUGH

Rugby Foundations:

DEFENSIVE MIRRORING

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1

STAY LOW

Be on the balls of your feet and ready to change direction



2

PARTNER FOLLOW

Stay close by copying their movements

