

Handling: Passing & Receiving Technique



1 Passing



2 Recieving



Tick when complete

Tick when complete

Ball starts on the hip

Passing hand behind the ball with fingers spread

Turn the shoulders and follow through with the hands

Hands high to create a target

Keep your eyes on the ball

Wide feet for balance

Total /3

Total /3

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Technique Card: Ball Handling



Effective ball handling allows teams to quickly move the ball around the field to avoid tackles and to create opportunities to score.



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Technique Card: The Safe Tackle



1 Cheek to cheek



Mirror your partner's movement, moving with quick, short steps towards your opponent

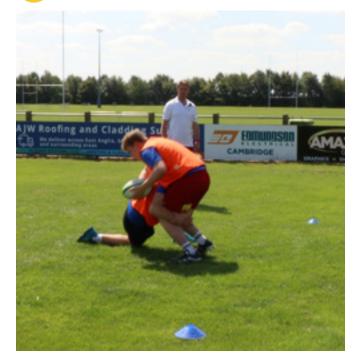
Stay low by staying on your toes and keeping your knees bent

Keep your head up and looking forwards and hands up and wide, ready to tackle.

Total

/3

2 Band of steel



Tackle on the safe side with the head to their side or rear

Lead with you shoulder and a straight back, driving the shoulder into their thigh

Wrap your arms around their thighs, squeezing to take them off balance

Total /3

3 Roll away



Drive with your legs, pushing through the tackle with maximum power

Allow momentum to carry through your opponent and squeeze with your arms until the ground

End the tackle on top and roll away to return to your feet

Total /3

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Technique Card: Ball Presentation

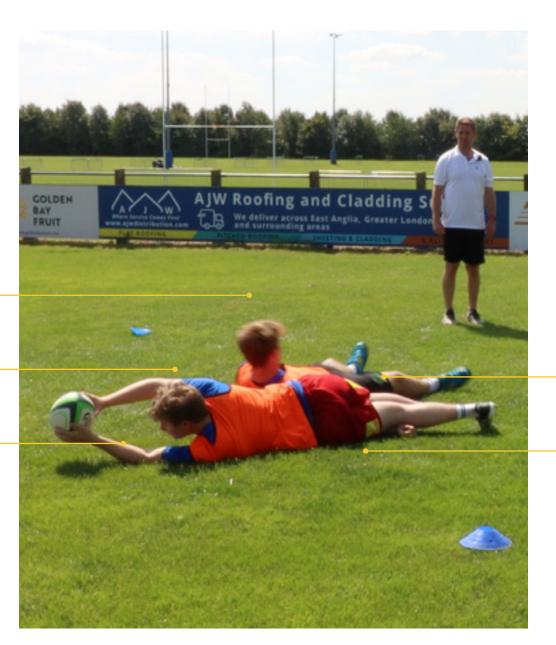


It is important for players to practice working hard on the ground to get the ball presented back to their team

Stay in control of the ball throughout

Watch the game to place the ball at the right time

Stretch back with the ball with two hand



Protect the ball by using the legs

Jackknife the body to reduce the opportunity for defenders to steal

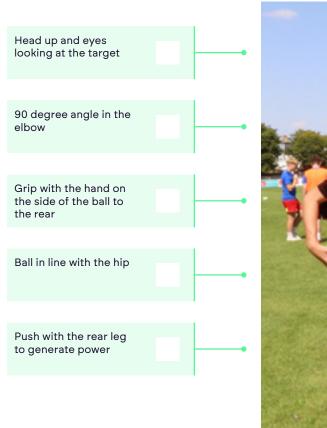
Total

/5



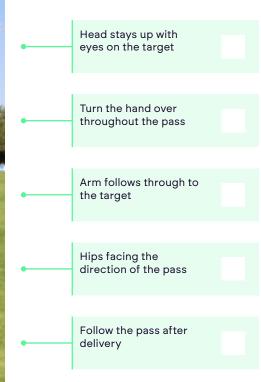
Technique Card: Passing Technique











Preparation

/5

Follow Through



Technique Card: Kicking Technique





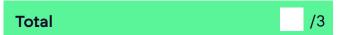
Two hand grip



Keep your eyes on the ball

Dominant hand on top of the ball with the nondominant hand supporting

Hold the ball straight and pointing forwards at 30 degrees





Ball drop



Step forwards with the non-kicking leg

Shoulders remain straight with the trunk upright

Drop the ball onto the foot using the dominant hand (i.e. right hand to right foot)

Total



Kick



Point the toe and lock the ankle to create a strong kicking foot

Kick through the ball with a long swing

Finish with balance by extending the opposite $\operatorname{\mathsf{arm}}$

Total

13



Technique Card: The Tower of Power



Head stays up with eyes on the target

Feet shoulder width apart

On the balls of the feet



Straight back with shoulder blades pulled together

Neutral head position

Total

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Kicking Technique: Punt Kick



Punt kicking in rugby is a method of kicking the ball downfield by dropping it and kicking it before it hits the ground. It is typically used to gain territory or to kick the ball out of play.



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