



# Handling: Passing & Receiving Technique



## 1 Passing



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

**Total**  /3

## 2 Receiving



Tick when complete

Wide feet for balance

Hands high to create a target

Keep your eyes on the ball

**Total**  /3



# 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.

Hips facing forwards with the ball on the hip

One hand behind the ball with fingers spread

Guide hand at the front of the ball with a light grip

Turn the shoulders to face the target

Follow through with the hands to point at the target



Eyes on the ball at all times

Hands high with the fingers spread wide

Cushion the ball with soft hands

Wide feet with low hips for a strong base

On the balls of the feet ready to run



Passing

/5

Receiving

/5



# 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



# 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



Head up and eyes looking at the target

90 degree angle in the elbow

Grip with the hand on the side of the ball to the rear

Ball in line with the hip

Push with the rear leg to generate power



Head stays up with eyes on the target

Turn the hand over throughout the pass

Arm follows through to the target

Hips facing the direction of the pass

Follow the pass after delivery

Preparation

/5

Follow Through

/5



# Technique Card: Kicking Technique



## 1 Two hand grip



Keep your eyes on the ball

Dominant hand on top of the ball with the non-dominant hand supporting

Hold the ball straight and pointing forwards at 30 degrees

**Total**  /3

## 2 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**  /3

## 3 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 arm

**Total**  /3



# Technique Card: The Tower of Power



Head stays up with eyes on the target

Straight back with shoulder blades pulled together

Neutral head position

Feet shoulder width apart

On the balls of the feet

Total

 /5



# 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.

Look for a gap in the defence to kick through



Body upright and shoulders forwards



Ball is angled forwards 30 degrees



Step forwards with the non-kicking leg



Drop the ball onto the foot using the dominant hand



Keep your eyes on the ball throughout



Shoulders remain straight with the body upright



Follow through with a long leg swing



Contact with ball with the laces



Point the toe and lock the ankle



Positioning

/5

Kicking

/5

Total

/5