

# Tag Rugby – Passing

## Keywords

<b>Teamwork</b>	<b>Respect</b>
Target	Pivot
Flow	Balance
Tackle	Coordination
Hands Up	Strength
Speed	Drive

Can you think of anymore?



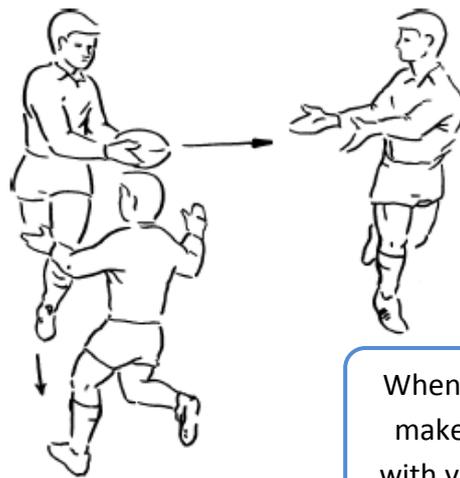
## Gripping the ball



## Stance and Grip

- Keep the arms and knees bent.
- Push/Pull the ball across your body from the waist.
- Keep hands either side of the ball.

## Short Pass



When receiving make a target with your hands

## Short Pass

- Swing arms and ball across your body
- Point arms towards target even after pass.

**Think about when is the right time to pass and run with the ball.**

Performance	Can pass the ball
	Can pass the ball to partner
	Passes the ball to a player when both are stood still
	Can adapt passing technique in response to opposition
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can pass to a team mate
	Knows when to pass in a game, not always successful
	Able to pass on the move
	Can successfully pass using space in game
Health Related Fitness	Can explain what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Why we warm up

# Tag Rugby – Tackling

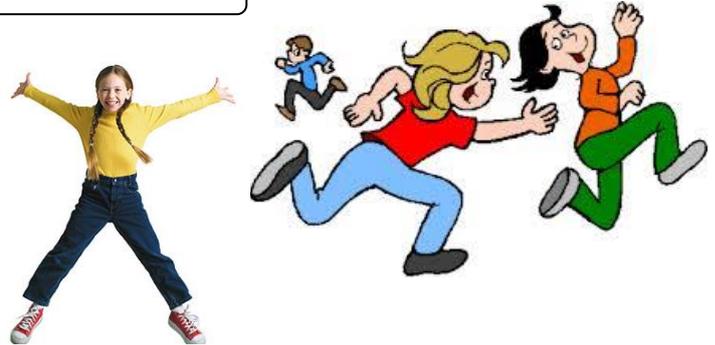
## Keywords

Teamwork	Respect
Target	Dodge
Tag	Balance
Tackle	Grip
Run	Strength
Strong	Coordination

Can you think of anymore?



## Game of Tag



- Select 1-2 taggers.
- Use running and dodging to stay away from the tagger.
- Once tagged you are stuck in the mud.

## Tagging

Performance	Can chase opposition
	Can tag a passing player
	Can stop a player from running past.
	Can stop players scoring through tagging
Analysing Performance	Can watch someone perform
	Identify movements on performance
	Able to compare work with others
	Pick out strengths and weaknesses
Select and Apply	Can slow teams from scoring
	Can tag opposition in a game to stop them scoring
	Can tag players on the move
	Can stop most players from scoring
Health Related Fitness	Can explain what exercise is
	Describes how you feel during exercise
	Knows why exercise is good for us
	Why we warm up



Once tagged you must stop and replace the tag.

- Judge the speed and direction of opposition.
- Run alongside opponents
- Remove tag from their waist