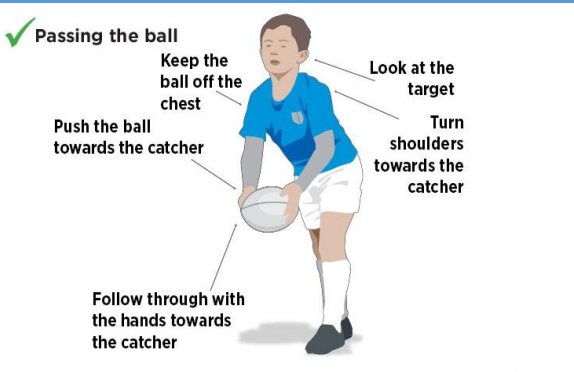


Westhoughton High School – ACTIVITY: RUGBY

Passing:

- Hold the ball in two hands with your fingers spread across the seam, with your chest facing forward.
- Draw the ball back across one hip, keeping your elbows slightly bent, as you turn your chest away from the target.
- Sweep the ball off your hip as you swing your hands through an arc, keeping your elbows close to your body.
- Release the ball with a flick of the wrists and fingers.
- Follow through with your fingers pointing to the target - chest high in front of the receiver.



Catching

- **Call for the ball**
- **Keep eyes on the ball**
- **Hands up and make W shape**
- **Reach over the side of the body**
- **Catch with ten points of contact (both hands)**
- **Continue running with ball in both hands**



Tackling

- Position your body to the opponent's right-hand side (safe side).
- Position your left foot forward into a slight opposition.
- Make contact by putting your right shoulder into the opponent's mid-right thigh.
- Make sure your head is on the other side of the ball carrier so their body is between your shoulder and head.
- Bring your arms up and wrap them around the ball carrier, just above their knees (
- Squeeze your arms and pull the ball carrier into your body.
- Push your shoulder into the ball carrier, as though you are trying to push him away with your head.
- Continue pushing until both you and the ball carrier fall to the ground.



Playing the Ball (Rugby League)

- After the tackle, lift the ball clear of the ground, face their opponent's goal line and roll it under their foot to the player behind them, the acting half back.
- The ball has to always travel backwards.
- A player can play the ball to themselves by heeling it backwards, stepping over the ball and then picking it up to run with it or to pass to another player.

Presenting the ball (Rugby Union)

- 'Eyes up' to keep head and neck inline
- Enter the ruck from behind the player (through the gate)
- Keep head and shoulders above hips at all times
- Make contact by binding on a player using the whole arm



Rugby League

Rules

- Game starts and restarts with a kick off.
- Three officials- Referee and two touch judges.
- Passing from the hand must travel level or backwards to the receiver.
- Tackling must be below shoulder
- If a player knocks on (drops the ball forward) the opposing side will gain possession via a scrum.
- When referee calls that the tackle is complete you must stand up and play ball between your legs to a player behind
- You must be behind the kicker when the ball is kicked to be onside

Positions

- 1 Full back
- 2 Right wing
- 3 Right centre
- 4 Left centre
- 5 Left wing
- 6 Stand-off half
- 7 Half-back
- 8 Prop
- 9 Hooker
- 10 Prop
- 11 Second Row
- 12 Second Row
- 13 Loose Forward

Points System:

- 4 points = TRY
- 2 Points = Penalty/Conversion
- 1 Point = Drop goal

Tactics in possession:

- 6 tackles (or chances to score), kick on 5th.
- If the ball goes out of play after such a kick, play restarts with a six player scrum.

Rugby Union

Positions

- 1 Loosehead Prop
- 2 Hooker
- 3 Tighthead Prop
- 4 Second Row
- 5 Second Row
- 6 Blindside Flanker
- 7 Openside Flanker
- 8 Number 8
- 9 Scrum Half
- 10 Fly Half
- 11 Left Wing
- 12 Inside Centre
- 13 Outside Centre
- 14 Right Wing
- 15 Fullback

Points System:

- 5 points = TRY
- 3 Points = Penalty and Drop goal
- 2 Point = Conversion

Tactics in possession:

- Unlimited tackles
- Attacking side continue until they lose ball or concede penalty
- If the ball is kicked out of play restarted with a lineout Scrum used for knock-ons, forward pass restarts

Rules

- Game starts and restarts with a kick off.
- Three officials- Referee and two touch judges.
- Passing from the hand must travel level or backwards to the receiver.
- Tackling must be below waist (sternum)
- If a player knocks on (drops the ball forward) the opposing side will gain possession via a scrum.
- You may not tackle a player in the air. You must enter a ruck from the back foot of your side of the ruck.
- Any player in front of a player kicking must wait for the kicker to pass or they will be offside.

Key Words:

- Pass
- Run
- Tackle
- Ruck
- Maul
- Scrum
- Penalty
- Free-kick
- Knock-on
- Forward pass
- High tackle
- Defensive line
- Scissor
- Loop

