

The Pass

Key Factors of the pass:

- Hold the ball in two hands
- Control speed and flight of ball with arms and wrists
- Pass to the "target" : chest area in front of receiver
- Ability to pass to left and right

The Pass

- The orthodox pass should be no more than 5 yards or it becomes a long pass
- Speed of the ball should be adjusted to suite the situation
- A "fired" pass is more difficult to catch and control
- Swinging the arms through will help to fine tune the weight of the pass
- The 'Pendulum' technique is a useful method of introducing passing to youngsters

Short/Pop Pass

- Is the "softest" of the passes
- The pace is taken of the pass by flexing the elbows and wrists to lift the ball from a low position
- Distinct ball movement of low to high
- Ball should "sit up" in the air at chest high for receiver to surge onto



Long, Spin Pass

- Should not be a "fired" pass
- Fingers of rear hand apply spin
- This pass should be limited at Foundation level





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Scrum Half Pass or Clearing Pass

- Eyes on the ball
- Body prepared early in crouched position, sink at hips
- Right foot to ball when passing left, left foot to ball when passing right
- Other foot should allow body to open up, creating stability and pointing in direction of pass
- A single flowing movement
- A solid follow through will help shape and power the pass

Some Common Faults relating to Scrum Half Pass or Clearing Pass

- Lifting head
- Too far away from ball
- Leg pointing to target but closing out the pass

Evasive Running

- Change of pace
- Good balance
- Change of angle
- Sheer speed

The key factors associated with this type of positive running are:

- Change direction of movement on approach to defenders by using side-step, swerve and/or change of pace
- Accelerate to take full advantage of the space that has been created

The Side Step

- Requires fast footwork to dodge past defenders
- Hold ball in two hands
- Lean forward to maintain balance
- Run straight at opponent
- Push off right foot to go left and left foot to go right





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The Swerve

- Performed further away from defenders to off balance defenders
- Run at speed
- Run at an angle to initially commit defenders
- Change direction away from defenders
- Swing away
- Accelerate to take advantage of defenders hesitation

Stepping Skills/ "Spin off" techniques

- All players should be able to move left and right using "quick feet" skills in an effort to change line of attack

Support Play

It is the duty of the players in close proximity to the ball carrier to provide support. By this we mean:

- Being ready to receive a pass
- Getting close to the ball carrier
- Being ready to help ball carrier to secure possession

Key Factors

- Position
- Decision making
- Communication
- Timing
- Commitment



Kicking Skills (advanced skills) useful skills to work at for future play

Kicks are used to:-

- Start and restart the game
- To gain territorial advantage

The general key factors of kicking are:-

- Balance
- Weight of Kick
- Timing
- Direction

Combined together these key factors will aid effective kicking.



Types of Kick

The Punt

The punt is used when the ball is kicked from hand e.g. kicked to touch.

- Hold the ball at an angle (approximately 60°) It should meet the foot at the same angle
- Eyes on the ball, head still, follow through
- The trajectory of the kick is determined by the point of contact of the foot on the ball (the nearer the ground the lower the kick and vice versa)



Grubber Kick

Used to put the ball along the ground behind an organised defence.

- Hold the ball vertically, tilt it back
- Contact top half of ball to create rolling action
- Ball should roll end over end
- Ball should roll into space with chance to repossess



The Drop Kick

This kick is used for kick-offs, drop-outs and to score points. It is important to have players with a high level of expertise.

- Hold the ball vertically
- Drop the ball to the ground to land on its lower point
- Kick the ball as soon as it touches the ground
- Head still and follow through

"When performing drop-outs and kick-offs, the ball **MUST** be kicked high into the air, thereby creating an opportunity for team mates to reach it"



The Place Kick

This kick is used to start each half of the game and to score points. It is essential that all young players with the ability to kick goals are encouraged to practice to become consistently successful.

- Place the ball the same way for every kick
- Develop consistent approach and rhythm
- Look for accuracy of direction before distance



The Up and Under

This style of punt is used to put the opposition under pressure, to regain possession and create scoring opportunities.

- Turn body sideways to opposition
- Hold the ball vertically
- Kick the ball below the middle to create backward rotation
- Weight the kick in height and distance to allow support runners to challenge for possession as ball comes down

The Chip Kick

Used to “pop” the ball over onrushing defenders, to regain possession and maintain the attack or score a try.

- Turn slightly sideways and kick ball with sufficient height to clear defenders
- Weight kick to catch ball before it lands and without losing pace
- If chip kicking for a support player, place the ball into space

“Too often a player kicks the ball because he can think of nothing else to do with it – which is thoughtless, unproductive, and gives possession away.”

