

Gripping the ball



Rugby - Year 5



Key vocabulary	Definition
Handling	2 hands must be on the ball at all times.
Pass	Passes must be played level or backwards, the ball cannot travel forwards, this will result in possession turnover.
Turnover	The ball goes to the other team.
Offside	Attacking players must remain behind the ball when it is active.
Try	The name for scoring a point. A try is scored when the ball is placed over the try line with both hands pushing the ball down.
Tag	Remove a tag of the opposition player who has the ball
Dodging	Avoiding being tagged by an opponent.

Key Knowledge and Skills:

Tagging

To tag an opposing player with the ball:

1. Judge the speed and direction of opposition.
2. Run alongside opponents.
3. Remove tag from their waist, hold it up and shout "TAG!" – then pass back the tag to the player you took it from.

If you have been tagged you must:

- A. Pass the ball to a teammate within 3 steps or 3 seconds of being tagged.
- B. If you are within 1m of the try line you can step forward and score the try.
- C. You must collect your tag and replace it before carrying on playing.

Passing

2 hands around the ball to grip it correctly.

To pass:

- Keep the arms and knees bent.
- Push/Pull the ball across your body from the waist.
- Keep hands either side of the ball.
- Swing arms and ball across your body.
- Point arms towards target even after pass. Ball must go sideways / backwards from the passer.



Big W to catch

History of Rugby

According to legend, rugby began at Rugby School in England in 1823. During a football game, a student named William Webb Ellis picked up the ball with his hands and ran with it. This went against the rules of football, which ban the use of the hands. But it led to the creation of rugby.