

## Rugby Union – Core and advanced skills

	<b>Core skill</b>	<b>Advance skill</b>
<b>Year 7</b>	<p>Handling and carrying skills:</p> <ul style="list-style-type: none"> <li>- Picking up a stationary ball</li> <li>- Picking up a moving ball</li> </ul> <p>Passing:</p> <ul style="list-style-type: none"> <li>- Both hands in either direction</li> </ul> <p>Beating opponents:</p> <ul style="list-style-type: none"> <li>- Change of pace/direction</li> <li>- Side step</li> </ul> <p>Try scoring:</p> <ul style="list-style-type: none"> <li>- Grounding the ball with a downward pressure</li> </ul>	<p>Passing:</p> <ul style="list-style-type: none"> <li>- Off-loading</li> </ul> <p>Receiving:</p> <ul style="list-style-type: none"> <li>- On the move</li> </ul> <p>Tackling</p> <ul style="list-style-type: none"> <li>- Basic technique from the front and side</li> </ul>
<b>Year 8</b>	<p>Handling and carrying skills:</p> <ul style="list-style-type: none"> <li>- Picking up a stationary ball</li> <li>- Picking up a moving ball</li> </ul> <p>Passing:</p> <ul style="list-style-type: none"> <li>- Both hands in either direction</li> <li>- Off-loading</li> </ul> <p>Receiving:</p> <ul style="list-style-type: none"> <li>- On the move</li> </ul> <p>Beating opponents:</p> <ul style="list-style-type: none"> <li>- Change of pace/direction</li> <li>- Side step</li> </ul> <p>Try scoring:</p> <ul style="list-style-type: none"> <li>- Grounding the ball with a downward pressure</li> </ul> <p>Tackling</p> <ul style="list-style-type: none"> <li>- Basic technique from the front and side</li> </ul>	<p>Handling and carrying skills:</p> <ul style="list-style-type: none"> <li>- Falling on the ball</li> </ul> <p>Passing:</p> <ul style="list-style-type: none"> <li>- Kicking</li> </ul> <p>Running with the ball, balanced run</p> <p>Beating opponent:</p> <ul style="list-style-type: none"> <li>- Hands off</li> <li>- Kick ahead</li> </ul> <p>Try scoring:</p> <ul style="list-style-type: none"> <li>- When and when not to use one/two hands</li> </ul> <p>Ruck</p> <ul style="list-style-type: none"> <li>- Going to ground</li> <li>- Placing ball behind</li> </ul>
<b>Year 9</b>	<p>Handling and carrying skills:</p> <ul style="list-style-type: none"> <li>- Picking up a stationary ball</li> <li>- Picking up a moving ball</li> <li>- Falling on the ball</li> <li>-</li> </ul> <p>Passing:</p> <ul style="list-style-type: none"> <li>- Both hands in either direction</li> <li>- Off-loading</li> <li>- Kicking</li> </ul> <p>Receiving:</p>	<p>Passing:</p> <ul style="list-style-type: none"> <li>- Spin, both ways</li> </ul> <p>Beating opponents:</p> <ul style="list-style-type: none"> <li>- Feint</li> <li>- Swerve</li> <li>- Dummying</li> <li>- Switching</li> <li>- Other set plays</li> </ul> <p>Tackling</p> <ul style="list-style-type: none"> <li>- Basic techniques from rear</li> <li>- Smothering</li> </ul>

	<ul style="list-style-type: none"> <li>- On the move</li> </ul> <p>Beating opponents:</p> <ul style="list-style-type: none"> <li>- Change of pace/direction</li> <li>- Side step</li> <li>- Hands off</li> </ul> <p>Try scoring:</p> <ul style="list-style-type: none"> <li>- Grounding the ball with a downward pressure</li> <li>- When and when not to use one/two hands</li> </ul> <p>Tackling</p> <ul style="list-style-type: none"> <li>- Basic technique from the front and side</li> <li>- Close contact tackling</li> </ul> <p>Ruck</p> <ul style="list-style-type: none"> <li>- Going to ground</li> <li>- Placing ball behind</li> </ul>	<p>Contact skills</p> <ul style="list-style-type: none"> <li>- Jackal</li> <li>- Counter ruck</li> </ul>
--	---	--

### **Decision making and tactical awareness, to include**

- When to run/pass/kick
- Where to run/pass/kick
- Which pass to make
- Controlled phase possession
- Collective alignment
- Methods to cross the gain line
- Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays
- Attacking positioning on the field
- Defensive positioning on the field
- Defensive ploys – man to man marking
- Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
- Awareness of the rules and regulations of the game and their application (including refereeing signals)