



Co-op Academy
Priesthorpe



Y7 Rugby Knowledge Organiser



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Priesthorpe

Ball Control

"W" for Grip: When holding or catching, make a 'W' shape with your hands behind the ball, fingers spread.

Eyes on Ball: Watch the ball *all the way* into your hands or as you pick it up.

Low Pick-Up (Body Over Ball): Bend your knees and get your body low over the ball when picking it up, using both hands.

Soft Hands Catch: Absorb the ball's force by letting your hands give slightly backwards as you catch. Have your hands in a W shape.

Short Passing

Hands Out Front (W-grip): Present the ball with both hands out in front, using the "W" grip.

Push Not Throw: Extend your arms and push the ball firmly to your target, don't throw it.

Step Towards Target: Take a small step towards your teammate as you pass for power and accuracy.

Follow Through (Point to Target): Finish with your hands pointing towards your teammate.

STEP, HIPS PASS

Tackling

Low Body Position: Bend knees, get low, and stay balanced, like preparing to sit in a chair.

Head to Side, Eyes Up: Keep your head firmly to one side of the ball carrier's legs, looking up at their hips/thighs.

Shoulder Drives, Arms Wrap: Make first contact with your shoulder on their thighs, then quickly wrap your arms tightly around their legs.

Leg Drive to Ground: Drive through with your legs to bring the ball carrier to the ground safely and effectively.

Rules / Safety

- 1) Wearing a Priesthorpe Rugby shirt with boots helps to provide further safety.
- 2) Passes must go backwards in Rugby, forward passing leads to a changeover in possession.
- 3) Tackles must take place below the neck, high tackles result in sin bins and penalties being awarded.

	Before			After		
Teaching Points	R	A	G	R	A	G
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