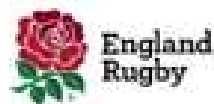


Year 7 Rugby - How do we embed skills to play successfully in Rugby?



The Basics

The aim of the game is very simple - use the ball to score more points than the other team. You can run with the ball, kick it and pass it, but passing forwards is not allowed.

Rugby union is a contact sport, so you can tackle an opponent in order to get the ball, as long as you stay within the rules. There is a referee, aided by two touch judges (one on each side of the pitch), to decide how the rules should be applied during a game.

Scoring

There are several ways to score points.

- A try - **five** points are awarded for touching the ball down in your opponent's goal area.
- A conversion - **two** points are added for a successful kick through the goalposts after a try
- A goal kick - **three** points are awarded for a penalty kick or drop goal through the posts.

If both teams score the same amount of points, or no points are scored, then the match is a draw. In some cases, extra time is played to decide who wins.

Duration

A game of rugby union has two periods of 40 minutes each. In international matches the referee will stop the clock for stoppages. Between the two halves, there is a maximum 10-minute interval, after which both teams change ends.

Ball

Rugby union is played with an oval-shaped ball. All balls must be between 28cm and 30cm in length (approximately 11-13 inches).

To develop their understanding and knowledge of the basic rules of rugby union/league

Wider experiences and opportunities:

- All students will be encouraged to watch club Rugby, 6 nations and World Rugby fixtures
- All students are invited to Rugby practice
- Students may be invited to compete in Rugby fixtures

Scoring a try

Scoring a try is worth 5 points. A try is scored when a player touches the ball down inside the opposition's in-goal area between the try line and dead ball line. The referee can award a penalty try (five points) if a player would probably have scored a try but for foul play by an opponent. If a player is tackled short of the goal-line, but can still reach over to ground the ball, or if their momentum carries them over, a try is awarded.

Fitness Component	Training Method	Testing Method												
Strength The maximum force that can be generated by a muscle or a group of muscles.	Weight Training – lower repetitions and sets, Higher weights Circuit Training – weight bearing exercises	Hand Grip Dynamometer – The dynamometer is held in the hand by the side of the participant and they squeeze the handle for 5 seconds. <table border="1"> <thead> <tr> <th>AGE</th> <th>Weak</th> <th>Normal</th> <th>Strong</th> </tr> </thead> <tbody> <tr> <td>10-11</td> <td>< 12.5</td> <td>12.5-22.4</td> <td>> 22.4</td> </tr> <tr> <td>12-13</td> <td>< 18.4</td> <td>18.4-31.2</td> <td>> 31.2</td> </tr> </tbody> </table>	AGE	Weak	Normal	Strong	10-11	< 12.5	12.5-22.4	> 22.4	12-13	< 18.4	18.4-31.2	> 31.2
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Passing the ball

Rugby union is one of the few ball games where the ball cannot be passed forwards. That means a player moving towards the opposition's dead ball line must pass the ball to a team-mate either along or behind an imaginary line running at right angles to the side of the pitch.

If they fail to catch or pick up the ball cleanly and it travels forward off a hand or arm and hits the ground or another player, it is called a knock-on. If a player fumbles the ball but catches it before it has hit the ground or another player, it is not a knock-on.

When a knock-on occurs, the referee will stop play and award a scrum to the team which has not knocked on. If the referee decides a player has intentionally knocked on or thrown the ball forward, a penalty is awarded to the other team.

And if the referee decides the other team would have scored a try if the intentional knock-on had not taken place, a penalty try is awarded.

The one exception to the knock-on rule is the charge-down. If a player charges down the ball as an opponent kicks it, it is not a knock-on, even if the ball travels forward.

Tackling

The person holding the ball is stopped from running and brought to the ground by one or more of the opposite team



There are many different ways to tackle a player. One of the most common ways to tackle seen in many rugby games is to wrap your arms around their lower body to stop them from running forward.

The Skills



The Ruck

When a player is tackled to the ground, they must release the ball immediately. The ruck is a phase of play where one or more players from each team, who are on their feet, in physical contact, close around the ball on the ground. So to gain possession, both sides must try to drive over the ball to make it available for their team-mates.

None of the tackler's team-mates can attempt to handle or pick up the ball once the ruck has formed. Referees often blow up for penalties because a player off their feet or from the tackler's team has used a subtle hand to bring it back to their side.



Transferrable Skills

Communication is needed between a team to ensure that everyone is on the same page and knows what to do.

Running with the ball

When running with the ball, the ball should be held securely in one arm, tight against the chest. The other arm should be used to dodge other players who may attempt to tackle. When you want to pass the ball, the ball should be passed with two hands for security but it has to be passed backwards.



Key Words

- **Tackling:** a physical challenge to an opponent, as to prevent his or her progress with the ball.
- **Technique:** a skilful or efficient way of doing or achieving something.
- **Ruck:** Protecting the ball after a player has been tackled. None of the tackler's team-mates can attempt to handle or pick up the ball once the ruck has formed. Team-mates of the tackled player can use their hands, but only if they are on their feet.

