

Physical Education – Year 8 Rugby

Fitness

Muscular endurance – matches last for 80 minutes and require players to use the majority of their muscles therefore they must be able to work for a long period of time

Muscular strength – this would be beneficial when trying to drive players backwards in the tackle and compete for the ball

Power – players need a good level of force to be dominant within tackles and rucking. They use multiple explosive movements to enable them to beat the defenders and this would allow them to do that

Reaction time – must react to the play of the ball and players involved in contact collisions (rucking and tackling) e.g. bounce of the ball

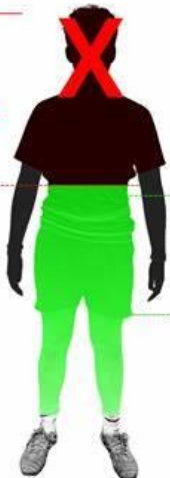
Agility – help players to dodge and step opponents

Speed – evade tacklers when they are running.

COMMUNITY GAME: TACKLE HEIGHT



Any tackles above the base of the sternum may be liable for sanction

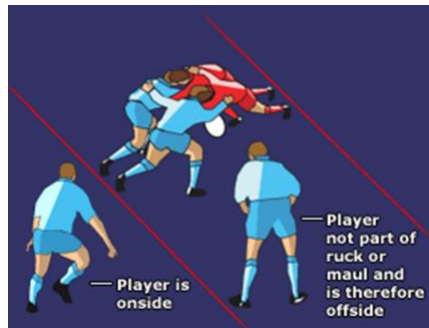


BELOW THE BASE OF THE STERNUM

TARGET THE BELLY

OR

TARGET THE THIGHS



Tactics:

- Draw players to create spaces for others.
- Run direct and look for gaps in the defence.
- Straight defensive line.
- Uses different running lines and moves to create scoring opportunities.

Skills and Techniques:

Running with the ball - Carry the ball in two hands, accelerate into spaces, run direct and look to pick gaps in defensive lines. Draw players towards creating space for others to run into.

Passing (Offloading) - Pass with accuracy over speed, good communication prevents mistakes. Always be prepared to receive a pass with your hands up ready. Throw a pass you'd like to receive.

Tackling - Low body position, shoulder drive below the hip, head safe side, lock arms to prevent leg drive, try to land on the tackled player, release once player is fully grounded.

Rucking - Low body position - hips above shoulders, stay on feet if you want to play the ball. Drive opposition players off or create a solid base to play from.

Knowledge Organiser

Ruck	Three or more players from both teams in a contest for the ball with it
Try	Act of taking the ball over the try line and grounding it to earn points
Drop Kick	Kick in which the ball is dropped to the ground before being struck with the
Maul	Three or more players from both teams in a contest for the ball with the ball off the ground
Lineout	A touchline throwing to restart the game.
Knock on	Knocking the ball forward between the shoulder and the knee.
Forward Pass	Illegal pass thrown to a position ahead of the player who threw it
Scrum	A physical contest to restart the game after a minor infringement (E.G. A For-
Offside	When you are on the incorrect side of the ball depending on possession.
Tackle	Stopping the ball carrier from running with the ball by wrapping arms around them and bringing them to ground.
Touch	Area outside the two touchlines
Penalty	A major infringement of the rules
Retain	Keep possession of the ball
Turnover	When the defending team forces a change of possession