

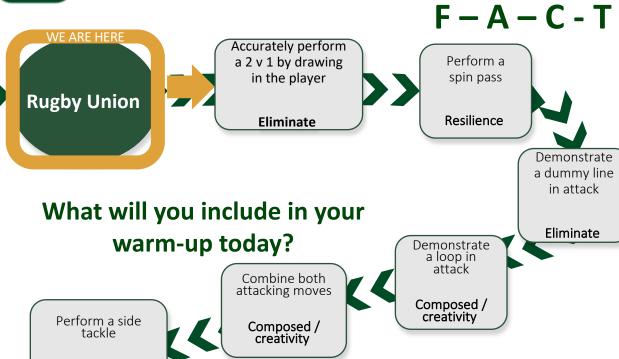
Resilience

Perform an offload

Eliminate

LEARNING JOURNEY

Rugby Union



What is the why behind your

lesson today?

This half term you will start off by recapping some of the fundamental skills looked at previously.

You will then look at attacking set moves that will enable your team to unlock the defensive structure.

Then, you will focus on different contact fundamentals that will be utilised in competitive situations.

The later end of the topic looks at implementing a attacking rugby structure that will create space for the team to exploit. It will conclude with advanced fundamental skills that could be used to enhance the game.

VOCABULARY

Eliminate, resilience, cohesion, composed / creativity

Demonstrate effective footwork into contact and a forwards 'pick and go'

Implement tactics – 2 forward phases and 1 back phase

Cohesion

Demonstrate a line out – UNOPPOSED (Year 10 above)

Cohesion

Perform a drop kick and box kick