

Using the athletic breakdown of skill execution, understand the movement and technical aspects of a skill.

All players will find their own solutions to completing a skill. However, these breakdowns give a template for teachers/coaches to help

- > understand good practice,
- > give points to praise,
- > allow scaffolding of skill,
- > provide points for assessment.

The language is ideally non-technical, perhaps using metaphors.

EVASION

Preparation	Run at one side of the defender
Execution	Change direction to attack the other side of the defender
Recovery	Accelerate after direction change

PASSING

Preparation	Hold ball in two hands, look at target
Execution	Pass from the far hip in smile shape to the target
Recovery	Finish with the hands towards target and then support the receiver

CATCHING

Preparation	Call for the ball and create a target with the hands
Execution	Reach for the ball, fingers spread, elbows bent, keeping the ball off the body
Recovery	Bring the ball in line with the middle of the body

RIP AND PASS

Preparation	Ball carrier turns towards their try line and present the ball towards that line
Execution	Put one hand above and one hand below the ball, pull away and pass
Recovery	Finish the hands towards the target



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TACKLE TRIANGLE

Preparation	Watch for a touch-tackle/flag-pull
Execution	Form a tackle-triangle, with the tackler at front, plus two behind, with outside hand on tackler's shoulder
Recovery	Move back into the defensive line

SCRUM

Preparation	Stand shoulder to shoulder as three
Execution	The players bind around each other's middles and then outside players put outside hand on outside shoulders
Recovery	Unbind and support the play

KICKING

Preparation	Hold ball at hip height, with the point facing the direction of kick
Execution	Drop the ball as the kicking foot moves to kick with a pointed toe
Recovery	Follow through the kicking foot and body towards the target

CATCHING A KICK

Preparation	Watch the ball and move to anticipated landing space
Execution	Reach up for the ball with the elbows in
Recovery	Bring the ball into the body

