



LEARNING JOURNEY

Advanced Scheme

Rugby Union

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.

It will conclude with advanced fundamental skills that could be used to enhance the game.

F – A – C – T

WE ARE HERE

Rugby Union

Accurately perform a 2 v 1 by drawing in the player

Eliminate

Perform a spin pass

Spin

Demonstrate different attacking tactics (overlap, dummy pass etc)

Know how to perform rucking and mauling skills in game situations

Maul

Perform safe tackling in a variety of positions

Perform an offload

Offload

What is the why behind your lesson today?

Know the different positions in their roles in a game.

Scrum half

Demonstrate a line out – UNOPPOSED (Year 10 above)

Cohesion

Perform a variety of kicking techniques

Conversion

VOCABULARY

Eliminate, spin, maul, offload, scrum half, cohesion, conversion