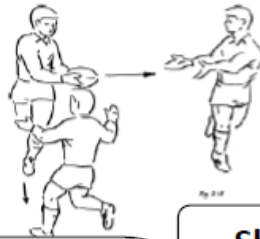


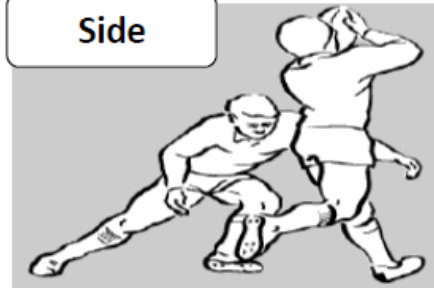
# Rugby – Passing

## Keywords

Hands Up	Dodge
Target	Pivot
Flow	Balance
Tackle	Grip
Side On	Strength
Coordination	Drive



## Side



## Short

### Can you think of anymore?

#### Short, Quick, Soft Passes:

- keep the arms bent at the elbows
- push the ball across and level with the waist
- keep hands slightly underneath the ball
- keep shoulders facing forward during the pass.

#### Longer Passes:

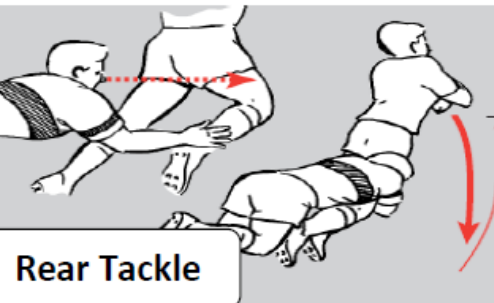
- use straighter arms
- allow the natural “pendulum” swing of the arms to occur
- follow through much further with the arms
- help the ball on its way with a slight turn of the shoulders



England  
Rugby

- Head behind or to side of ball carrier's legs
- Shoulders braced
- Head up and looking
- Shoulder contact on thigh
- Drive with the legs
- Wrap arms around and hang on tight
- Keep eyes open.

## Front Tackle

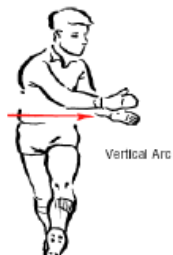


## Rear Tackle

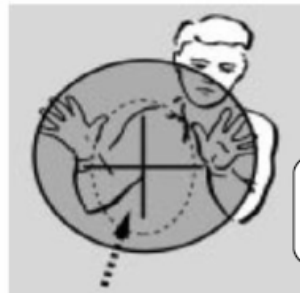
IN ALL CASES TACKLERS SHOULD LAND ON



Horizontal Arc



Vertical Arc



When  
receiving

# BASKETBALL KNOWLEDGE BANK



## The Chest Pass

1. The ball is held close to the chest; keep your elbows close to your body - no "chicken wings".
2. The ball is held in both hands. Hands either side of the ball, fingers spread, thumbs behind the ball. Use the fingers and thumbs to hold the ball



## The Bounce Pass

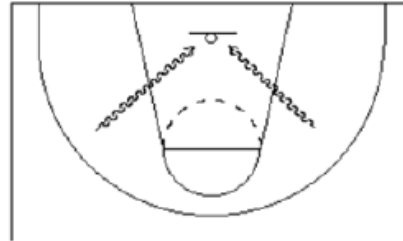
1. Execution is the same as a chest pass except the arms are thrust out and down, so that the ball hits the floor about two-thirds of the distance to the receiver.
2. The ball should come up to waist level for the receiver.

## The Overhead Pass

1. Hold the ball with both hands, using the finger pads and thumb on the outside of the ball.
2. Hold the ball above your forehead, not behind your head where it is easily stolen.
3. Step towards your target and pass the ball with a snap of the wrist and flick of the fingers



1. You are allowed to take two steps. Jump up, not forward.
2. As you take your steps and jump, bring the ball up with two hands to the shooting position.
3. Shoot with the outside hand, using the inside arm to protect the shot.
4. At the height of the jump, shoot the ball softly off the backboard.
5. Aim for the top corner of the black square.



## Teaching Points:

1. Keep your head up - don't look at the ball.
2. Keep the ball at waist height.
3. Keep your dribbling hand on top of the ball - don't "carry".
4. Use your fingertips, not your palms, to push the ball to the floor.



## Handy Hints

1. Don't over use the dribble - a quick pass is always a better option if you have an open team-mate further up the court.
2. Keep your head up - don't look at the ball. If your looking at the ball you can't see where your going, or where the defenders are. You must be able to see the court.
3. A "good" basketball player can dribble well with both hands. Practice with your

## Dribbling Rules: (a) Double Dribble (b) Travelling?

## Coaching Points

- Square up, bend knees and elbows, bend wrist.
- Release and wave "good-bye" to the ball (have the shooting hand follow through).
- Extend the shooting arm up and out toward the basket.



## Holding the Ball

1. Holding the ball correctly you should see a "Y" being formed by your thumb, fingers and forearm of your shooting arm.
2. Hold ball with the pads of the fingers and thumbs. There should be a gap between the palm of the hand and the ball.
3. The other hand only acts as a guide and is removed from the ball before the shot is released.

# NETBALL KNOWLEDGE BANK

- Monitor the flight of the ball
- Judge the speed and direction of the ball
- Reach for the ball with full arm extension
- Receive the ball with fingers spread wide and curved
- Bring your arms back into your body so you take the force out of the pass



- The ball is held in two hands, fingers and thumbs spread
- The ball is brought in close to chest
- The wrists rotate so that the thumbs point downwards
- The player steps forward onto her left foot in the direction of the throw.
- The elbows & wrists extend
- Step into the pass

**CHEST PASS**

**OVERHEAD**

- You can improve your play by turning in the air before you land
- To regain your balance you have to absorb the energy from your jump
- Bend your knees and flex your ankles as both feet hit the floor
- Try to land on the balls of your feet, not your heels



- Bend your arms and keep your elbows close to your body
- Lift the ball over your head and allow it to drop back a little
- Put one foot forward for you to step into the pass
- Aim between their head and chest for easier receiving
- The flight of the ball should be high

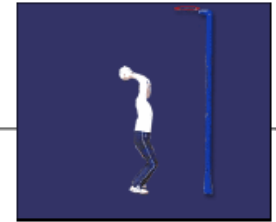
- The benefit of a two-footed landing is that you can decide which foot is your landing foot
- But once you lift one foot then you have made your decision
- You must then pivot, jump or simply step and make your pass

**BOUNCE**

- The ball is brought in close to chest
- It should be held so that fingers are pointing towards the floor
- Release the ball from waist height
- Aim the ball 2/3rds the distance between you
- The ball should bounce into her hands at waist level

## Coaching Points

- Feet shoulder-width apart facing post
- Ball held high directly ABOVE your head
- Knees and elbows are slightly bent to push off
- Eyes looking at a point above the ring
- Flick the ball upwards using wrist and index finger



## Holding the Ball

- The ball rests on the fingertips of your stronger hand
- Hand is directly below the ball
- Index (pointing) finger is in line with the post
- Other hand supporting – held to the side of the ball