

# Game Sense Rugby Physical Education |

## It all starts with:

- The confidence to try out new skills in a new sport
- Making mistakes and learning from them.
- Seeing what works and when and learning from this.

## When playing each and every game:

- Look ahead and anticipate what is going to happen
- Make the right decisions to exploit weaknesses
- Do it collectively.



Figure 1

**Attacking and Defending:** Attackers should use whatever width is available in front of them and attack the space. Supporting players must provide depth. If contact occurs, the nearest attackers must immediately support. This could be an offload or a ruck. Running at spaces not at people. Keep your head up.

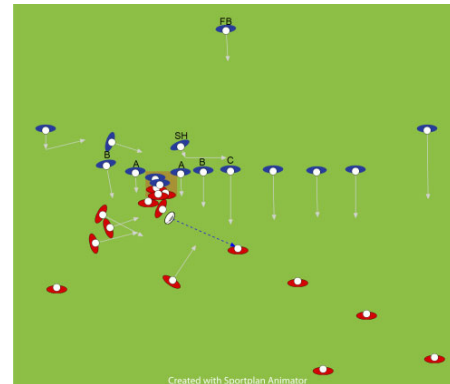


Figure 2

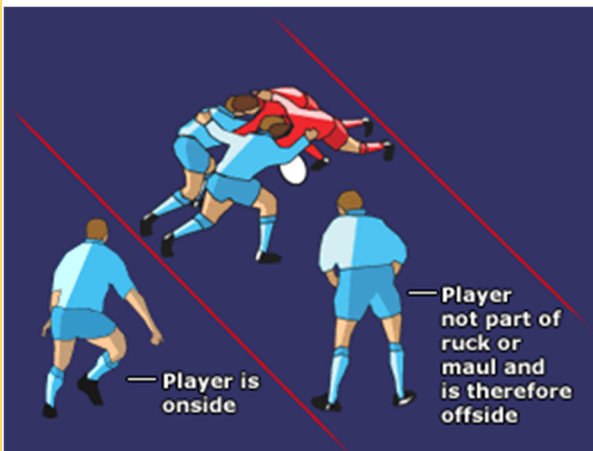


Figure 3

**Possession:** The best way to keep possession is avoid going into contact. In reality, however, the opposition will press you and aim to make tackles and force turnovers. Players will learn how to avoid defenders and how to best deal with contact and post contact.

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