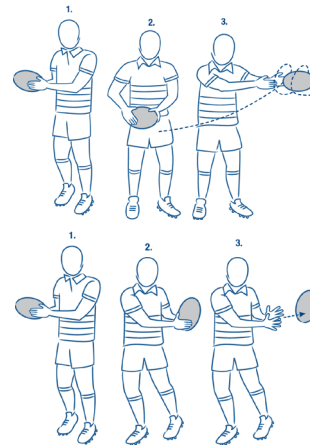


OBJECTIVE

To have players widen their offensive skill set to more effectively move the ball to space and increase continuity on the field.



COACHING CUES

There are many different types of passes in rugby, but in youth rugby the most common passes used are the basic, spin and pop pass. Players should learn these passes and when to use them during play.

Spin Pass:

Step 1: The spin pass is used for long distances and should be practiced by using the following technique:

- Hold the ball in two hands: The hand furthest from the receiver will be used to deliver the power and should be held at the back of the ball. The hand closest to the receiver will guide where the ball moves.
- Move your hands across the body and use the power hand to apply spin by rotating the hand as you release the ball.
- Follow through - Guide hand will point to the receiver with the power hand on top.

Step 2: Have players practice with partners. Help individuals work to perfect the spin pass.

Pop Pass:

Step 1: The pop pass is used for short distances when throwing into the path of a teammate running forward. The technique for a pop pass is:

- Using two hands, throw the ball up. The ball will be “placed into the space to the right or left of the passer.
- The ball should be thrown into the path of support player who can run onto the ball to receive it

Step 2: Have players practice with partners. Help individuals work to perfect the pop pass

SKILL PROGRESSIONS

1. Have players work on their spin pass by skipping the player immediately next to them, performing a “skip pass”.
2. Have players practice switching the direction of their passes.
3. Include defenders when practicing. Have players complete a specific type of pass when they approach a defender.
4. Play Ultimate Rugby, only using a specific type of passing.

CHECK AND CORRECT

1. Always have players call for the ball, even when practicing.
2. Ensure players know the difference between each pass. Test their knowledge during practice.
3. During pop passes, it is important that players receiving the pass are moving forward and not standing static.