



SKILL CARD

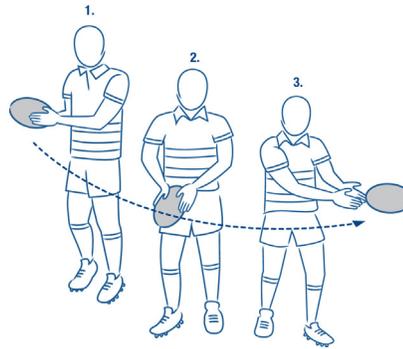
BASIC PASS

LEVEL: BEGINNER



OBJECTIVE

To have players maintain continuity of play by passing to a teammate in a better position.



[VIEW VIDEO](#)

COACHING CUES

The basic pass in rugby is a “Push” pass. This pass is designed to move the ball quickly as possible from player to player.

HIGH ELBOW / TURN HEAD / SCOOP / POINT

High Elbow:

- Passes in rugby take place while running forward.
- Hold the ball with two hands on the bottom third of the ball.
- Hold the ball at sternum height.
- Bring the elbow up to provide force behind your throw.

Turn Head:

- Turn the head to find the receiver.

Scoop the ball, “Low-to-High”:

- In a “Low-to-High” movement, pass the ball at chest height in front of the receiver so that they may run onto the ball.
- Push the ball with the outside arm as the pass is being delivered.

Point with both hands:

- Pointing with both index fingers ensures a proper follow through.

CHECK AND CORRECT

1. Passes are made with two hands on the ball.
2. Hands should be on the bottom 1/3 of the ball.

FOOTWORK/MOVEMENTS

- Hips face upfield, Shoulders to target
- Step with the outside foot while passing to generate power.
- First step is forward, immediately after passing.
- Support the receiver by running on their inside shoulder.

CONNECTED GAMES

Relay Races • Rugby Baseball
Cold and Hot Potato • Circle Passing
Just Score • Ultimate Rugby
Flag Rugby • Inside the Eagles Nest

USA PE STANDARDS

S1.E6: Combinations, 3-5
S1.E13: Underhand throw, K-5
S1.E15: Passing with Hands, 4-5
S1.M4-M5: Passing and Receiving, 6-8