



# SKILL CARD

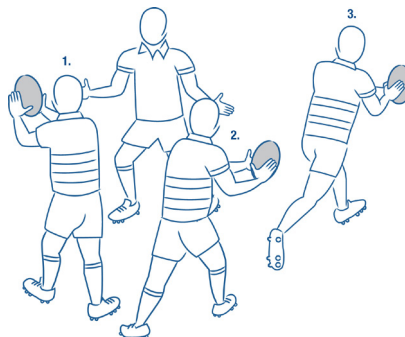
## EVASION

### LEVEL: INTERMEDIATE



### OBJECTIVE

To have players maintain continuity of play by evading defenders and moving forward.



[VIEW VIDEO](#)

### COACHING CUES

Evading the defender is a key skill in rugby to get past the defense. Evasion focuses on leading the defender one way and then playing the ball the other way.

### SQUARE / ANGLE CHANGE / EVADE & EXIT / SQUARE

#### Square:

- Running square to the defender allows the runner to evade either to the left or right of the defense.

#### Angle Change:

- Changing the angle, while keeping hips up field, forces the defender to make a choice. Look for the defender to turn her hip and shoulder in pursuit.

#### Evade and Exit:

- After the defender commits to pursuit, the offensive player may cut back on the defender. Options include: Jab Steps - Hesitation Step - Jump Step - Double Moves - Stutter Step
- Have fun experimenting with the evasive steps.

#### Square the Field:

- After evading the flag puller, square to the field to gain the most ground on the defense.

### CHECK AND CORRECT

1. Help offensive players choose an appropriate distance before beginning their evasion step.
2. Keep hips and shoulders square to the field during the angle change. Turning the hips commits the ball carrier and allows the defense to pursue.

### FOOTWORK/MOVEMENTS

- Step out with toes pointed up field for angle change.
- Step with the inside foot to pass defender, sealing the space.
- Step forward and run straight to prevent drifting across the field.

### CONNECTED GAMES

Relay Races • Just Score  
Sharks and Minnows • Flag Rugby  
Rugby Freeze Tag • 2v1  
Flag Fury • 3v2

### USA PE STANDARDS

S2.E3: Speed, Direction, Force, K-5  
S2.E5: Strategies and Tactics, 3-5  
S1.M6: Offensive skills, 6-8  
S2.M2: Creating space with offensive tactics, 6-8