



## SKILL CARD

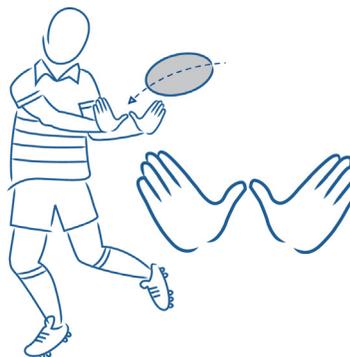
# RECEIVING THE PASS

LEVEL: BEGINNER



## OBJECTIVE

To have players develop the continuity of play by receiving a pass from their teammate and continuing forward.



[VIEW VIDEO](#)

## COACHING CUES

### SET A TARGET / REACH FOR THE BALL / PARK THE BALL

#### Set a Target:

- Maintain a square orientation to the field by keeping hips and chest parallel to the try line.
- Form the letter “W” in front of the body with both hands by placing thumbs together and spreading fingers wide.
- Keep hands relaxed, while waiting for the pass, no robots!

#### Reach for the Ball:

- Keep your eye on the ball all the way from the thrower to your hands.
- Reach for the ball. Catching the ball against your body can result in fumbles off of the body or an interception from the other team.

#### Park the Ball

- Resist the temptation to bring the ball into the body. Keep the arms and the ball out away from the body, where they caught the pass.
- This leaves the arms in position for a quick continuation pass. This also has the benefit of drawing the defense’s eyes away from the player.

### CHECK AND CORRECT

1. Always have players call for the ball, even when practicing.
2. After the catch, place the hands on the bottom third of the ball.

### FOOTWORK/MOVEMENTS

- Place the outside foot (from the passer) forward while preparing to receiving a pass.
- Hips face up the pitch (square) while shoulders face the ball.
- The first step after a catch is forward.

### CONNECTED GAMES

Relay Races • Depth Running  
Cold and Hot Potato • Ultimate Rugby  
Circle Passing • Flag Rugby  
Rugby Baseball

### USA PE STANDARDS

S1.E16: Catching, K-5  
S1.E6: Combinations, 3-5  
S1.M3-M4: Catching, 6-8