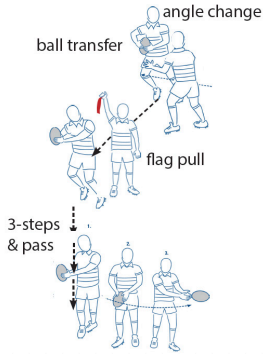
SKILL CARD

CONTINUITY

LEVEL: INTERMEDIATE

OBJECTIVE

To have players develop the continuity of play by combining rugby skills during and after a flag pull.



VIEW VIDEO

COACHING CUES

SQUARE THE DEFENDER / ANGLE CHANGE / BALL TRANSFER / 3-STEPS AND PASS

Square the Defender:

- Run forward and cause the defender to set their feet prior to a flag pull.

Angle Change:

- Step with your outside foot to evade the defender.
- The defender must react and will attempt to pull the flag on the runner.

Ball Transfer:

- Transfer the ball to the outside of the defender, keeping it in two hands.
- This is a good opportunity for the ball carrier to scan the field for a receiver.

During the Flag Pull:

Having the flag pulled in rugby is a positive outcome because:

1. The ball will go forward.
2. Space will be created in the defense as the flag puller will be removed from the defense's shape.
3. Continuation will be created when the ball is passed fro the offense.

3 Steps and Pass:

- Step with the inside foot while passing the defender.
- Take two additional athletic steps and pass the ball.

CHECK AND CORRECT

1. Following a flag pull, the 3 steps should be athletic steps towards the try-zone.
2. Students should practice the 3-steps-and-pass to experience the rhythm of this movement.

FOOTWORK/MOVEMENTS

- Step with the outside foot when evading the defender.
- Step with the inside foot while passing the defender. This squares the body to the field and prevents the defender from pursuing the ball carrier if their flag is not pulled.

CONNECTED GAMES

Just Score
2v1
3v2
Flag Rugby

USA PE STANDARDS

S1.E6: Combinations, 3-5
S1.E15: Passing with Hands, 4-5
S1.M4-5: Passing & Receiving, 6-8
S1.M6: Offensive Skills, 6-8