

Sticky Knowledge

- to use speed to run past defenders.
- how to use a short pass in a game.
- to use agility to evade being tagged
- to understand and apply the tag protocol in game situations.
- to close down an attacker's space as a defender.
- to perform a backward pass to continue an attack.

Equipment used

Rugby ball, bibs, cones, hoops, tag belts, grids, soft balls.

Tag Protocol



A defender removes one of the ball carrier's tags.

The defender signals a "tag" by holding it up and shouting "Tag!". The ball carrier must pass the ball within 3 seconds or 3 steps.

The defender must return the tag to the ball carrier who attaches it to their belt.

Key vocabulary

Attacking team – The team with possession of the ball in a game, who are trying to get past a defending team to score a try.

Defending team – The team that does not possess the ball, who are trying to stop an attacking team from scoring.

Backwards pass – Unlike other invasion games, the ball can only be passed backwards to a teammate. Any pass that travels forward results in a turnover of possession and a free pass to the other team.

Knock-on – When a player loses control of a ball as a ball carrier or catching a pass. If the ball drops on the floor in front of the player, this is a 'knock-on' and results in a turnover of possession to the other team to restart using a free pass.

Interception – When a defender is able to catch an attempted pass being thrown from a ball carrier to a teammate to affect a turnover.

Offside – An offence in rugby that leads to a free pass being awarded. When a ball carrier is tagged, an imaginary line is drawn horizontally across the pitch where the tag takes place. The attacking team must organise themselves behind the attacker just tagged on their half of the pitch and defending team must move back onto their side.

Tag/Tagging – The removal of one of the tags from a ball carrier's tag belt by a defender. This means the ball carrier has to pass the ball to a teammate after either taking three more steps or after 3 seconds. **Tag belt** – A belt worn by each player when playing tag rugby. Each player should have two tags on their belt, one on each hip.

Try – The scoring system used in tag rugby. A try is scored by a ball carrier placing the ball down with pressure over the try line somewhere in the in-goal area.

Turnover – A turnover is when possession changes from the attacking team to the defending team. This may happen due to an attacking team committing a foul or taking the ball out of play. It can also happen if a defending team intercepts a pass.



Key Questions

- When we practise passing backwards, why do we turn at the hips rather than turning completely around?
- What did you do to try and defend the space?
- How did you work with a partner to close down space for the attacker?