

## Key Knowledge

### Defending

If possession is lost quickly—a defender should try to slow **the attacker** down so other players can get back in position.

### Balance

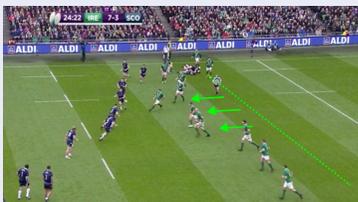
Defenders need to move into an appropriate **formation** in relation to where the ball is.

### Delay



### Attacking

To give the player in possession **as many options as possible** team-mates move into different positions to receive the ball. This could be to the left or the right of the player with the ball. The ball can only be passed backwards.



### Improvisation

Players need to become **creative** to get past an organised defence e.g. one-twos, fake passes, outwit defenders with the ball.

## Rugby Facts

There are 2 forms of Rugby— Union which is 15 v 15 and League 13 v 13. Both codes of Rugby have a World Cup .

The ball is carried in rugby and passes backwards.

Different forms include: Tag, Touch, beach and 7s.

The ball is a special shape and different from other sports.



## Sport Star

Jonny Wilkinson & Martin Johnson  
Key players in England winning the 2003 Rugby World Cup. Johnson was the captain and Wilkinson scored the winning points with a drop goal in the dying seconds.



## Vocabulary

**Balance-** Moving closer to the player in possession of the ball.

**Defend-** Protect your goal area—stop the other team from scoring.

**Delay-** Slowing the pace of the attack to help the defence.

**Depth-** Have support behind the ball (be able to pass backwards)

**Formation-** When one player applies pressure another teammate drops deeper to cover.

**Intercept-** To gain possession on the ball when the other team are passing the ball.

**Scanning-** Players to scan playing environment before sending or receiving the ball.

**Space-** An area of the pitch/court where you are not next to your teammates or opponents.

**Width-** In order to create space some players will need to move to wider positions.