# Year 9 Rugby Knowledge Organiser

## Skills

- I can use a variety of skills to cross the gain line in a small game.
- I can present the ball to a teammate out of contact in a variety of ways to ensure continuity in a game.
- I can safely contest possession by effectively tackling a moving player or maintaining good body position in a ruck or maul.
- I can kick the ball using a variety of styles to help my team go forwards or put the opposition under pressure.

## Decision Making

- In a small game I select the appropriate tactic to maintain possession and create go forward.
- I enter a ruck or maul correctly and safely to support the tackled player and maintain possession.
- When observing a game I can clearly articulate when a team should use or avoid contact to cross the gain line.

## Growth & Development

- I complete regular exercise to help develop the components of fitness which will benefit my rugby performance.
- I can analyse the impact of different exercises on my performance in rugby.
- I can explain what type of exercise is predominately used in rugby and how to develop this energy system.

## Confidence, Passion & Leadership

- I show a willingness to improve by actively engaging in each lesson.
- I can successfully coach and analyse a small sided game to improve performance.
- I can highlight areas of strength and weakness in my own and others performance.
- I recognise how to improve in my own performance and seek out opportunities to do so, such as attending an extra-curricular or local club.

## Rules

- The back foot of a ruck or maul represents the offside line for both attack and defence.
- When kicking your teammates must remain behind you until you have kicked it so that they are not offside for the chase.
- The tackler must release the tackled player once they are on the ground so that they have a chance to present the ball.

## Key Terms:

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| Contest Possession | Gain Line |
| Go Forward | Grubber |
| Support | Up and Under |
| Continuity | Touch |
| Pressure | Offside |