

Rugby is a full-contact team sport, played with an oval-shaped ball, and requires power, speed and teamwork. Tag Rugby rules are similar to rugby, but without contact, players try to score by touching their ball down within their 'try zone' without the other players removing their tag.

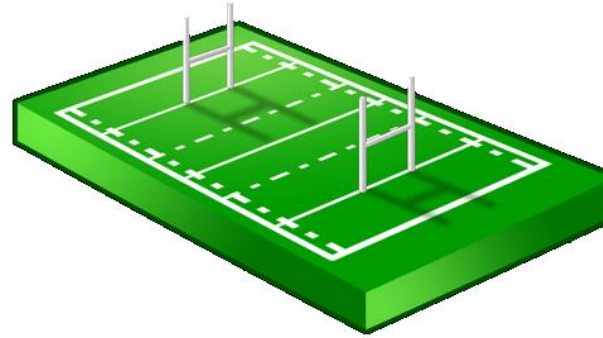


Alun Wyn Jones

Club: Lions, Wales & Ospreys

Position: Lock

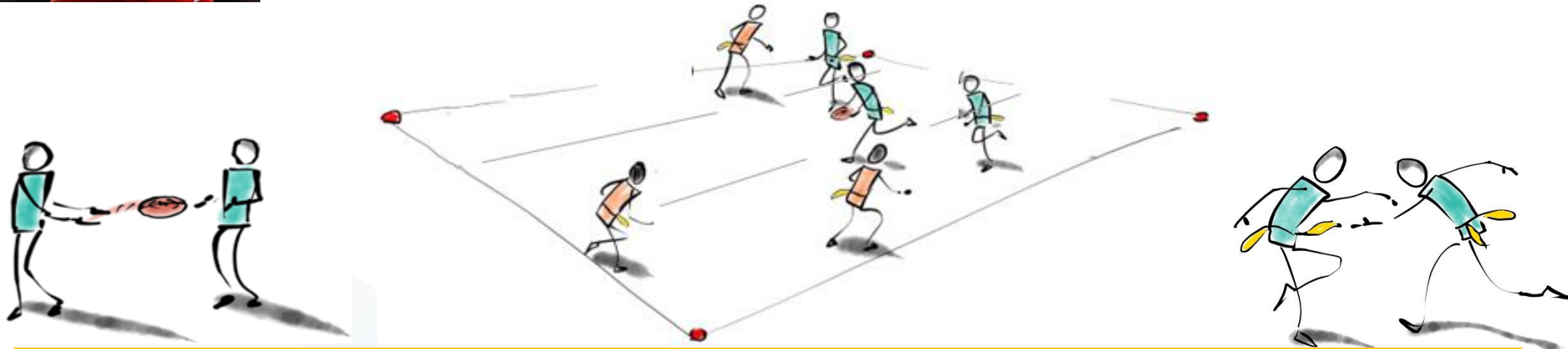
Fact: Alun Wyn Jones has been the captain of both the Wales team and the British Lions Team.



pass tag attack

defend mark

dummy share



STEPS TO SUCCESS

These are the skills I need to achieve success in UKS2 tag rugby:

To travel at speed with the ball.

To dodge and fake passes when running with the ball.

To catch the ball whilst under pressure.

To watch and evaluate the professional game.

To decide on ways to attack when playing games.

To decide on the best ways to defend in games.