

Using the PE breakdown of skill execution, understand the movement and technical aspects of a skill.

All players will find their own solutions to completing a skill. However, these breakdowns give a template for teachers to help:

- Understand good practice
- Give points to praise
- Allow scaffolding of skill
- Provide points for assessment

The language is ideally non-technical, perhaps using metaphors.

EVASION

Preparation	Run at one side of the defender.
Execution	Change direction to attack the other side of the defender.
Recovery	Accelerate after direction change.

PASSING

Preparation	Hold ball in two hands, look at target.
Execution	Pass from the far hip in smile shape to the target.
Recovery	Finish with the hands towards target and then support the receiver.

CATCHING

Preparation	Call for the ball and create a target with the hands.
Execution	Reach for the ball, fingers spread, elbows bent, keeping the ball off the body.
Recovery	Bring the ball in line with the middle of the body.

RIP AND PASS

Preparation	Ball carrier turns towards their try line and present the ball towards that line.
Execution	Put one hand above and one hand below the ball, pull away and pass.
Recovery	Finish the hands towards the target.

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TACKLE TRIANGLE

Preparation	Watch for a touch-tackle.
Execution	Form a tackle-triangle, with the toucher at front, plus two behind, with outside hand on toucher's shoulder.
Recovery	Move back into the defensive line.

SCRUM

Preparation	Stand shoulder to shoulder as three.
Execution	The players bind around each other's middles and then outside players put outside hand on outside shoulders.
Recovery	Unbind and support the play.

KICKING

Preparation	Hold ball at hip height, with the point facing the direction of kick.
Execution	Drop the ball as the foot comes through to kick with a pointed toe.
Recovery	Follow through the foot and body towards the target.

CATCHING A KICK

Preparation	Watch the ball and move to anticipated landing space.
Execution	Reach up for the ball with the elbows in.
Recovery	Bring the ball into the body.