

RUFC – Baseline Coaching Elements – 2008 Season

Body Shape

- Set up to receive the ball with 'far' foot,
- Look before receive,
- Ball out in front - not underneath,
- Full use of the whole play area on and off the ball,
- Moving into space to receive pass,
- Getting out from behind defenders,
- Using body to protect the ball from defenders,
- Using body shape to influence/beat defenders,
- Running through the ball to receive pass.

Ball Skills

- Flow of execution from receive to pass,
- Continuous ball movement,
- Inside of the foot for receive and pass,
- First touch changes direction into available space - away from defenders,
- Soft touch keeping the ball under control and within reach of next step.

Choice of Options

- Longest safest pass,
- Playing the ball to space for team mate to run on to – not played to feet,
- Playing the ball out of trouble - away from defenders,
- Full use of play area,

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