

## GRIP CUE CHART

### *Critical Elements & Cues for...*

#### **Cage Grip**

Cage Grip is used when passing while either stationary or on the move (basic rugby & pop pass).  
The Cage Grip is also used while running with the ball (2-hand carry).

#### **1. Athletic Stance**

- ✓ Feet shoulder-width apart
- ✓ Slight bend in knees
- ✓ Slight bend at waist
- ✓ Arms at your sides
- ✓ Elbows bent 90 degrees

#### **2. Create a “cage-like structure” with your hands**

- ✓ Ball parallel to the ground
- ✓ Thumbs on top seams
- ✓ Fingers spread along bottom seams
- ✓ Create a cage around the ball