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| ***Critical elements & cues for passing (stationary or on the move)*** |
| **Basic Rugby Pass** (Pendulum Pass) | **Pop Pass** |
| 1. **Grip**

Cage grip but…* + Thumbs point down
	+ Fingers point back
1. **Ball Position**
	* Hip level (one side)
2. **Stance**
	* Athletic stance
	* Side to target
	* Eyes on target
3. **Pass Execution**
	* Step laterally to target
	* Pendulum swing (arms across body in pendulum motion)
	* Release at opposite hip
	* Follow through high (to shoulder) for long passes
	* Follow through low (to chest) for short passes
 | 1. **Grip**

Cage grip but…* + Thumbs point up
	+ Fingers point forward
1. **Ball Position**
	* Chest level (centered in front)
2. **Stance**
	* Athletic stance
	* Chest to target
	* Eyes on target
3. **Pass Execution**
	* Step forward to target
	* Extend arms
	* Push ball to target (similar to a chest pass in basketball)
	* Release in front at head level
	* Follow through high (above your head) to pass over a defender
	* Follow through straight (head level) no defender between you and target
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