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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 |