

**PASSING CUE CHART**

***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

**2. Ball Position**

- ✓ Hip level (one side)

**3. Stance**

- ✓ Athletic stance
- ✓ Side to target
- ✓ Eyes on target

**4. 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

**2. Ball Position**

- ✓ Chest level (centered in front)

**3. Stance**

- ✓ Athletic stance
- ✓ Chest to target
- ✓ Eyes on target

**4. 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