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|  | **Year 5 - Warrington Wolves Rugby Coaching** |
| **What should I already know?** | **Sticky Knowledge**  | **Vocabulary**  | **Significant Person**  |
| Pupils have developed fundamental movement skills and will be increasingly competent and confident in accessing a broad range of opportunities to extend their agility, balance and coordination, individually and with others.* Able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
* Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Participate in team games, developing simple tactics for attacking and defending. | **Evasion with Grip and Carry**Know How* Holding the ball in Two Hands.
* look for space.
* Use footwork to beat defenders.
* Change pace when running towards the defence.
* Use a range of movements (side-step, swerve, and dodge).
* Changing grip from one hand to two hands with control.

Know Why* Holding the ball in two hands disguises whether the attacker is going to run or pass better than holding the ball with one hand.
* Being able to hold the ball with one hand can help with try scoring in tighter situations.

**Catch** Know How* Rotate your shoulders towards the ball whilst keeping feet facing forward.
* Arms out in front and towards the ball (Wolfie Wave).
* always Keeping an eye on the ball.
* Catch the ball with two hands away from the chest.
* Catching high and low balls and on the move.

Know Why* More chance of success.
* Participants are ready to catch.
* Helps passer know you are ready for the ball.
* Ball lands in centre carry.
* Catching the ball early off the chest will allow the attacker more time to make decisions and execute skill.
* Catching high and low balls on the move will is a g

**Pass** Know How* Holding the ball correctly (as above)
* Tip- Tip the ball as if you are spilling a drink.
* Hip- Move ball to your hip.
* Twist- Twist your upper body through the pass.
* Point- Following through with your arms to guide the ball.
* Passes must go backwards.
* Pass whilst moving to a moving target.

Know Why* Moving forward onto a pass will help attackers gain momentum.
* Moving forward with the ball before and after a backwards pass will help gain field position and keep the team moving towards the other team’s line.

**Decision making Attack.**Know How* Look for Space.
* Watch the defenders' movements.
* Know when to run or pass (is a teammate in a better position than me?)
* Make a quick and decisive choice.

Know Why* If there is space for you to run through, running is the better option.
* If a player is in a better opportunity to score than you, passing is the better option.

**Tag Tackle** Know How* Patience – holding off and being patient waiting for the defender to make a decision.
* Pounce – attacking the attacker and making a tag before the defender makes a decision.

Know Why* If you Pounce too soon you can be evaded or passed around.
* If you are too Patient the attacker will run past or gain more field position.

**Defending together** Know How* Stand together in a line across the pitch with the aim of stopping the other team from scoring.
* Space evenly to cover all areas.
* Only defend your area to prevent gaps in the line.
* Communicate and collaborate with team to stay in a line and move together.

Know Why* Move together with your teammates will minimise the attacking team’s space, time and opportunities.
 | Two hand carry Early catch of chest Try Score Play the Ball Tag Tackle – Patience and PounceDodge Run Forwards Move onto the ball.Side-Step FootworkPass backwards. Aeroplane wings and noseLook for space.Move together. Defensive Line.**Get Involved** Rugby League is the most inclusive sport in your local area, meaning anybody of any gender, or ability can take part in an appropriate form of rugby league for them.For more information scan hereA screenshot of a computer  Description automatically generated | **Joe Philbin**St Helens 4-18 Warrington: Determined Wolves win thrilling Challenge Cup  Final - 5 talking points - Mirror OnlineJoe is a Warrington Wolves Super League player born in Warrington. He played for local rugby League club’s Culcheth Eagle’s and Latchford Giants. Joe made his debut for The Wire in 2014 and was a try scorer in the 2019 Challenge Cup where Warrington won the trophy at Wembley Stadium against St Helens. **Amy Daniels**Warrington Wolves - Wire book quarter final place with Giants victoryAmy is a Warrington born Women’s Super League player. Amy trialled for the first Warrington Wolves Women’s team in 2018. Amy was a netball player who started playing touch Rugby and quickly transferred her skills from Netball to Rugby. She has played for Warrington every season as they have gained promotion up the leagues to Super League.  |

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Participate in team games, developing simple tactics for attacking and defending. | **Evasion with Grip and Carry**Know How* Holding the ball in Two Hands.
* look for space.
* Use footwork to beat defenders.
* Change pace when running towards the defence.
* Use a range of movements (side-step, swerve, and dodge).
* Transferring grip from one and two hands on the move.

Know Why* Holding the ball in two hands disguises whether the attacker is going to run or pass better than holding the ball with one hand.
* Transfer of grip can maximise ability to score and protect the ball from defenders.

**Catch** Know How* Rotate your shoulders towards the ball whilst keeping feet facing forward.
* Arms out in front and towards the ball (Wolfie Wave).
* always Keeping an eye on the ball.
* Catch the ball with two hands away from the chest whilst moving.
* Catching the ball High and Low whilst moving.

Know Why* More chance of success.
* Participants are ready to catch.
* Helps passer know you are ready for the ball.
* Ball lands in centre carry.
* Catching the ball early off the chest will allow the attacker more time to make decisions and execute skill.
* High and Low ball retrieval will become more useful as kicking is introduced.

**Pass** Know How* Holding the ball correctly (as above)
* Tip- Tip the ball as if you are spilling a drink.
* Hip- Move ball to your hip.
* Twist- Twist your upper body through the pass.
* Point- Following through with your arms to guide the ball.
* Passes must go backwards.
* Be able to pass the ball on the move to a moving target.

Know Why* Moving forward onto a pass will help attackers gain momentum.
* Moving forward with the ball before and after a backwards pass will help gain field position and keep the team moving towards the other team’s line.
* Passing the ball to a moving team mate will help the team gain field position.

**Decision making Attack.**Know How* Look for Space.
* Watch the defenders' movements.
* Know when to run or pass (is a teammate in a better position than me?)
* Make a quick and decisive choice.
* Make all decisions whilst moving without stopping.

Know Why* If there is space for you to run through, running is the better option.
* If a player is in a better opportunity to score than you, passing is the better option.
* Make all decisions whilst moving makes it difficult for defenders to read.

**Tag Tackle** Know How* Patience – holding off and being patient waiting for the defender to make a decision.
* Pounce – attacking the attacker and making a tag before the defender makes a decision.
* Read the hips to track the attackers movement.

Know Why* If you Pounce too soon you can be evaded or passed around.
* If you are too Patient the attacker will run past or gain more field position.
* The hips move with the body, following the hips rather than the ball can stop you from getting sidestepped or dummied.

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* Communicate and collaborate with team to stay in a line and move together.

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 | Two hand carry Early catch of chest Try Score Play the Ball Tag Tackle – Patience and PounceDodge Run Forwards Move onto the ball.Side-Step FootworkPass backwards. Aeroplane wings and noseLook for space.Move together. Defensive Line.**Get Involved** Rugby League is the most inclusive sport in your local area, meaning anybody of any gender, or ability can take part in an appropriate form of rugby league for them.For more information scan hereA screenshot of a computer  Description automatically generated | **Leon Hayes**Profile on Warrington Wolves youngster Leon Hayes | Warrington Guardian18-year-old Warrington-born Leon Hayes has come through the ranks starting off as a young kid on our Foundation summer camps, attending Talent Development sessions before signing for our Scholarship side and progressing to play Academy and Reserves. Leon represented both Rylands Sharks and Bank Quay Bulls community clubs as a junior and has been a lifelong dream to play first team for the club. Leon made his senior debut vs Huddersfield Giants coming off the bench and started the week after vs Salford Red Devils.**Shannon Stephens**Incredible try at Rugby League Women's Nines finals day | Warrington  GuardianShannon is a Warrington Born, Women’s Super League player who progressed through to the first team after attending an after-school club at Kings Leadership Academy and joining the Priestley College Development Academy. Shannon represented Warrington Women’s Under 19’s before making a name for herself after scoring a break away try against Catalans in the Women’s RL Nines. Shannon is now the starting fullback for the Women’s First Team.  |