


# Games – Tag Rugby

<b>Intercept</b>	To gain possession on the ball when the other team are passing the ball.
<b>Invasion</b>	The aim of the game is to attack the other teams territory to score a goal/point.
<b>Pass</b>	Successfully send and receive a ball to a teammate.
<b>Pitch</b>	Playing area for rugby.
<b>Pivot</b>	Keeping one foot on the floor—rotate body on that foot
<b>Possession</b>	When your team has the ball.
<b>Receive</b>	Take possession of the ball from a teammate W / Target Hands important
	
<b>Send</b>	Using your feet/hands or a stick push the ball to a teammate.
<b>Space</b>	An area of the pitch/court where you are not next to your teammates or opponents.
<b>Turn</b>	Change direction with or without the ball.



### Rugby Pass

Two hands must be on the ball at all times (ideally holding the belly (wider part) of the ball—hold the ball close (but not tight) to your chest.



