|  |  |
| --- | --- |
|  | **Year 3 - 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. | **Grip and Carry** Know How* Holding the ball with 2 hands (Wolfie Grip).
* Fingers spread around the belly of the ball.
* One point of the ball to the sky and one point to the floor.
* Held in the centre of your chest.

Know Why* More control of the ball.
* All Rugby Skills can be done from a good centre carry.

**Catch** Know How* Rotate your shoulders towards the ball.
* Arms out in front (Wolfie Wave).
* always Keeping an eye on the ball.
* Catch the ball with two hands.

Know Why* More chance of success.
* Participants are ready to catch.
* Helps passer know you are ready for the ball.

**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.
* Point- Following through with your arms to guide the ball.

Know Why* Wherever you point your hands the ball will follow.
* Players can only pass backwards with the ball traveling towards their own try line.

**Play the Ball**Know How* Switch- change grip of the ball from the belly (middle) to the ears (tips).
* Step- step the non-playing foot forward.
* Play- Place the ball down and gently roll the ball backwards with the playing foot.

Know Why* All play restarts- with a Play the Ball.
* Play the Balls always have two people. The Leader (the person playing the ball) and The Follower (the person who will redistribute the ball).

**Tag Tackle** Know How* Identifying the person with the ball
* Chase after the person with the ball
* Tag the person with 2 hands at the same time.

Know Why* To stop the other team from scoring or gaining field position you must tag the person with the ball which takes one tackle away.
* The attackers get 6 tackles (lives) with the ball each set.

**Try Scoring** Know How* With 2 hands place the ball on the floor over the try line without dropping it.

Know Why* More control and less chance of dropping the ball when using two hands.
* Dropping or bouncing the ball means the try does not stand and the team does not receive the points.
 | Wolfie Grip Wolfie WaveTwo hand carry Early catchTip, Hip, Point Try Score Play the Ball – Switch, Step and Play.Tag TackleDodge Run Forwards Sidestep FootworkPass backwards. **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 | **Connor Wrench** **A person in a sports uniform  Description automatically generated with low confidence**Connor is a Warrington Wolves Super League player born in Warrington, who attended Locking Stumps Primary School and played for local rugby League club Woolston Rovers. Connor made his first team debut against Salford in September 2020. The youngster impressed in 2022 scoring 9 tries. **A group of women playing rugby  Description automatically generated with medium confidenceDanni Bound** Danni is a Warrington born Women’s Super League player. She is a elusive player when she has the ball and a stronger tackler without the ball. Danni has played for England and helped Warrington Wolves lift the Women’s Super League Shield Trophy in 2022.  |

|  |  |
| --- | --- |
|  | **Year 4 - 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. | **Grip and Carry** Know How* Holding the ball with 2 hands (Wolfie Grip).
* Fingers spread around the belly of the ball.
* One point of the ball to the sky and one point to the floor.
* Held in the centre of your chest.
* Players move with the ball in two hands consistently.

Know Why* More control of the ball.
* All Rugby Skills can be done from a good centre carry.
* Holding the ball in two hands can stop the opposition work out what you are going to do.

**Catch** Know How* Rotate your shoulders towards the ball.
* Arms out in front (Wolfie Wave).
* always Keeping an eye on the ball.
* Catch the ball with two hands.
* Catch the ball in flight, don’t let it touch your body.

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.
* Less chance of error.

**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.
* Point- Following through with your arms to guide the ball.
* Rotate body into the pass.

Know Why* Wherever you point your hands the ball will follow.
* Players can only pass backwards with the ball traveling towards their own try line.

**Play the Ball**Know How* Switch- change grip of the ball from the belly (middle) to the ears (tips).
* Step- step the non-playing foot forward.
* Play- Place the ball down and gently roll the ball backwards with the playing foot.

Know Why* All play restarts- with a Play the Ball.
* Play the Balls always have two people. The Leader (the person playing the ball) and The Follower (the person who will redistribute the ball).
* Players look to stop and play the ball as soon as they are tagged to get an attacking advantage.

**Tag Tackle** Know How* Identifying the person with the ball
* Chase after the person with the ball
* Tag the person with 2 hands at the same time.
* Focus on the attackers hips.

Know Why* To stop the other team from scoring or gaining field position you must tag the person with the ball which takes one tackle away.
* The attackers get 6 tackles (lives) with the ball each set.

**Try Scoring** Know How* With 2 hands place the ball on the floor over the try line without dropping it.

Know Why* More control and less chance of dropping the ball when using two hands.

Dropping or bouncing the ball means the try does not stand and the team does not receive the points. | Wolfie Grip Wolfie WaveTwo hand carry Early catchTip, Hip, Point Try Score Play the Ball – Switch, Step and Play.Tag TackleDodge Run Forwards Sidestep FootworkPass backwards. **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 | **Danny Walker -** Warrington Wolves news: Danny Walker signs new deal | LoveRugbyLeagueDanny is a Warrington Wolves Super League player born in Warrington, who attended St Margret’s Primary School and Beamont Collegiate Academy. Connor made his first team debut for Widnes Vikings is 2017. Danny signed for Warrington in 2018. in 2023 he also played for England in a 64-0 win versus France, at the Halliwell Jones Stadium. Danny scored in that game too.**Katie May Williams**Katie is a Warrington born Women’s Super League player. She attended St Benedict’s Primary and played in the BetFred Women’s Super League for St Helens before joining Warrington Wolves Women’s for the 2022 season. Katie is a great leader and a very hard-working athlete.  |