

How can I change the way I travel?

Key Vocabulary	Tag Rugby
Belts	A belt worn round the waist, with coloured tags attached.
Attack	The action of the team in possession of the ball aim to advance down the field by running, defending and passing the ball.
Defend	The act of preventing the opposition from scoring by removing of the attacker's tags.
Space	The open areas on the field between defends that attackers aim to run into to gain advantage.
Target	A target for a team can be the try line to be able to score points, or to target a member of the team to gain possession.
Try	This is scored by grounding the ball over the opponent's goal line, awarding one point.
Catch	The act of a player gaining possession of the ball, typically after a pass.

Steps to Success in Tag Rugby

To hold and move with a rugby ball

To pass the ball pointing the nose of the ball

To pass accurately to a partner

To run with the ball

To play tag rugby games

