

Rugby

Skills required

- passing (lateral, spin)
- catching (from pass)
- running with the ball (evasion – side step or swerve), intercepting
- Ball presentation

Football

Skills required

- passing (short passes - push pass, instep)
- control
- running with the ball (dribbling, feints, step overs)

Use of skills in game situations

- demonstrating communication and influence on team performance
- contributing to strategy and tactics
- applying the team strategy in open play and set play
- decision making
- ability to adapt to the environment