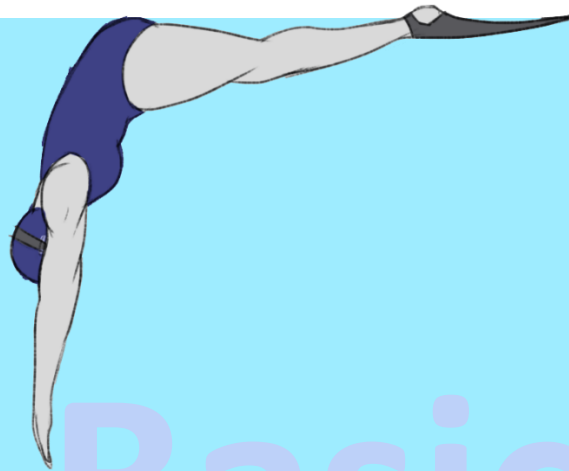


UW Rugby According to:

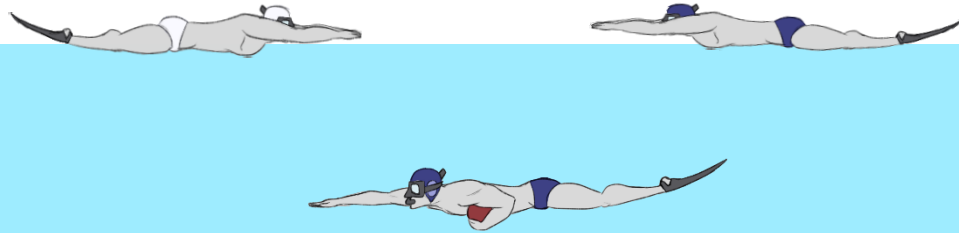


Basic

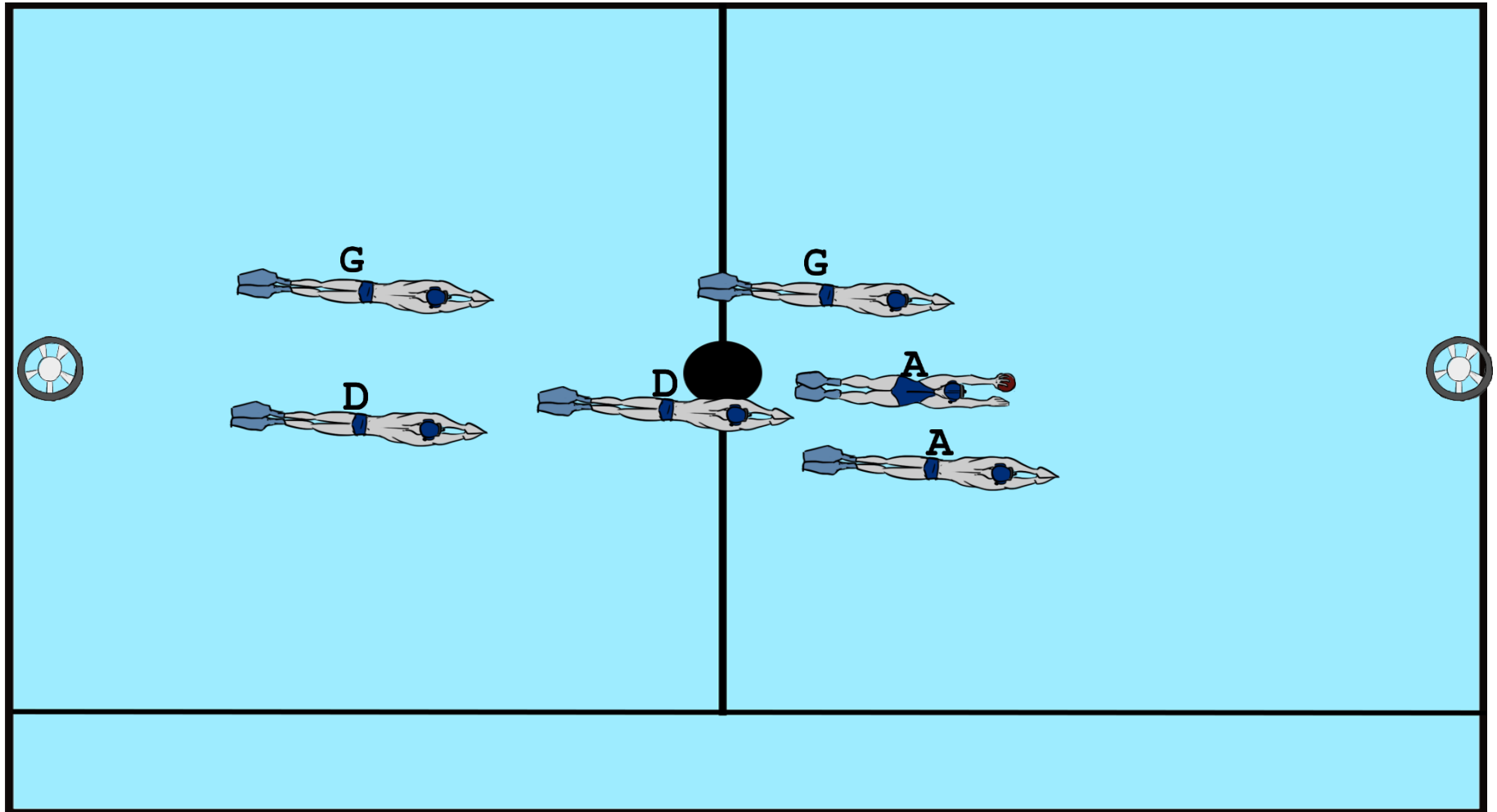


Basic

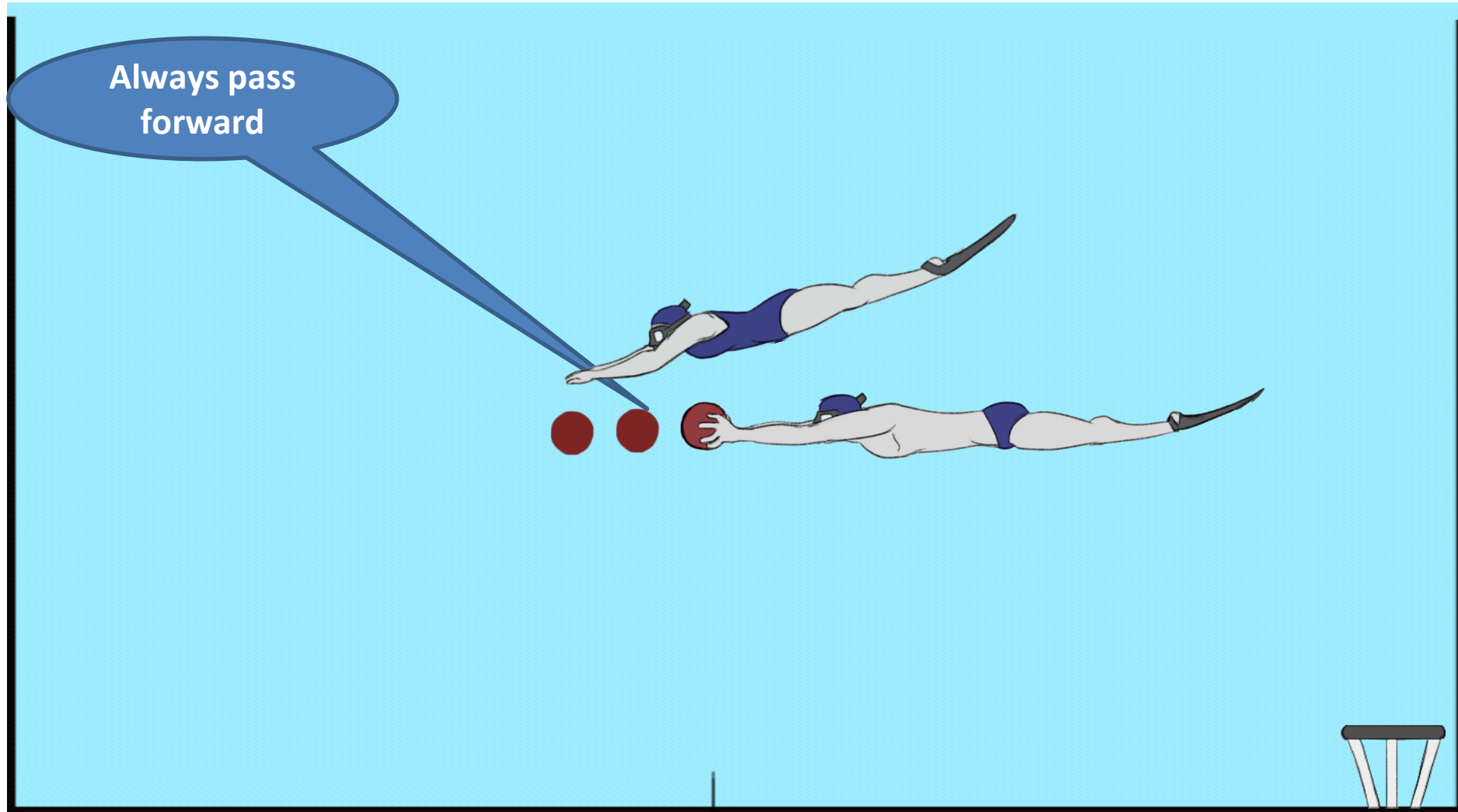
Basic: movement (1)



Basic: movement (2)

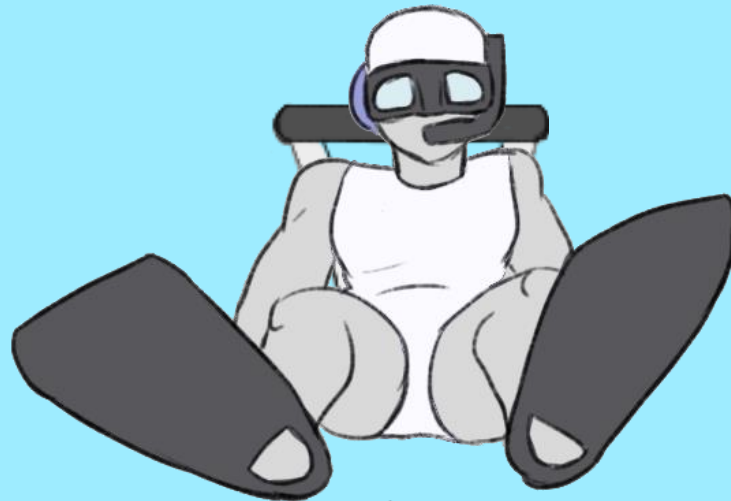


Basic: Passing the ball

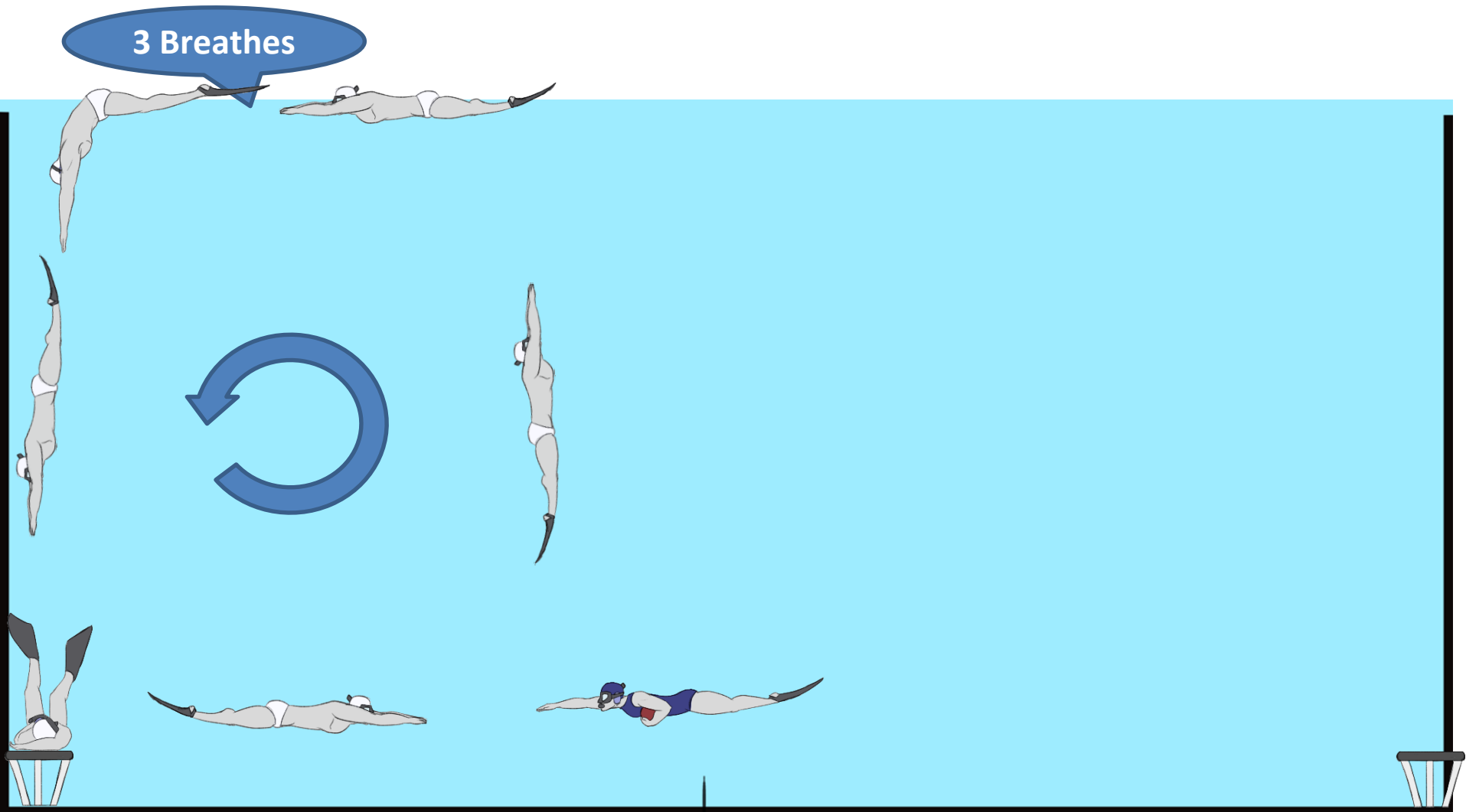


Defense

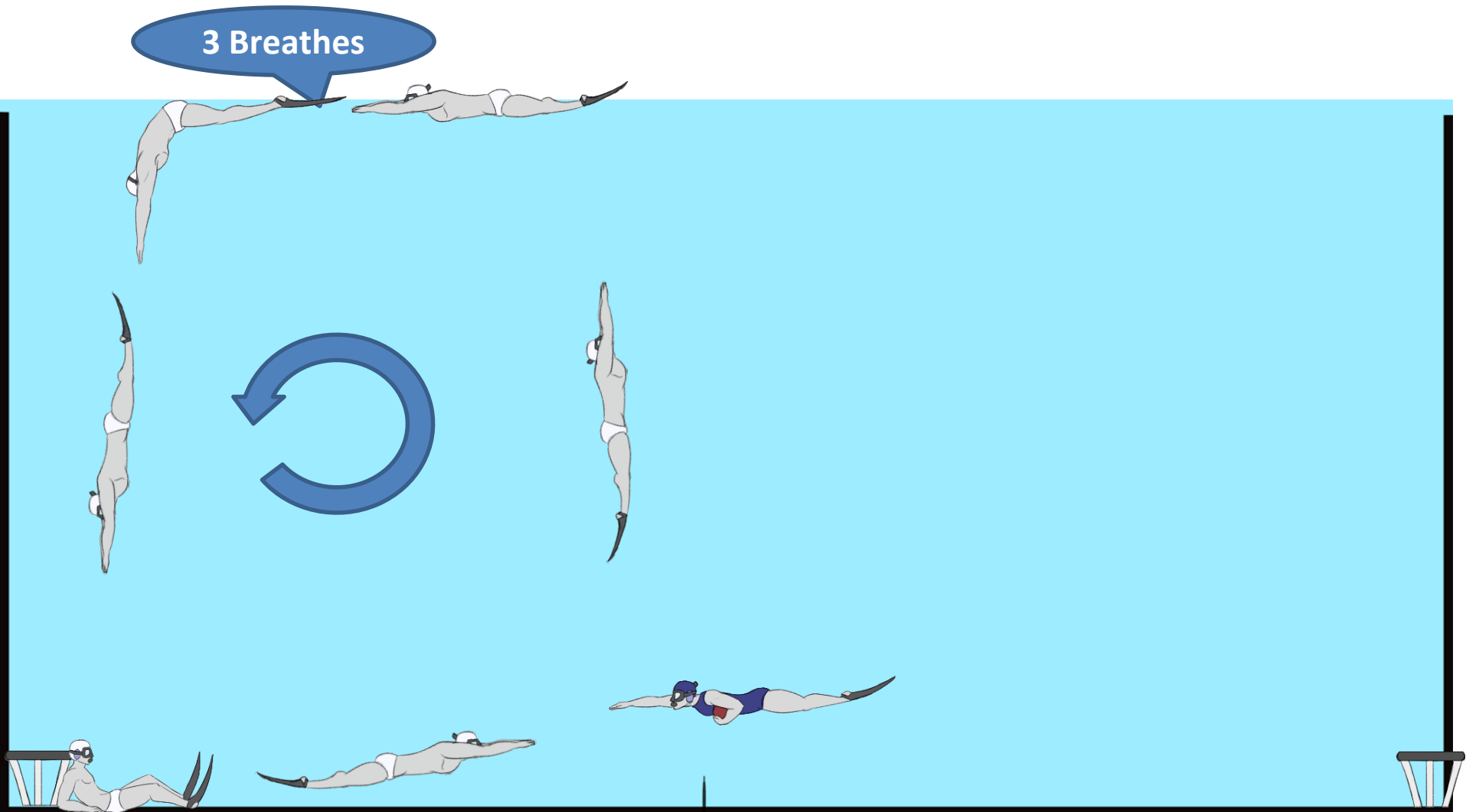
Defense



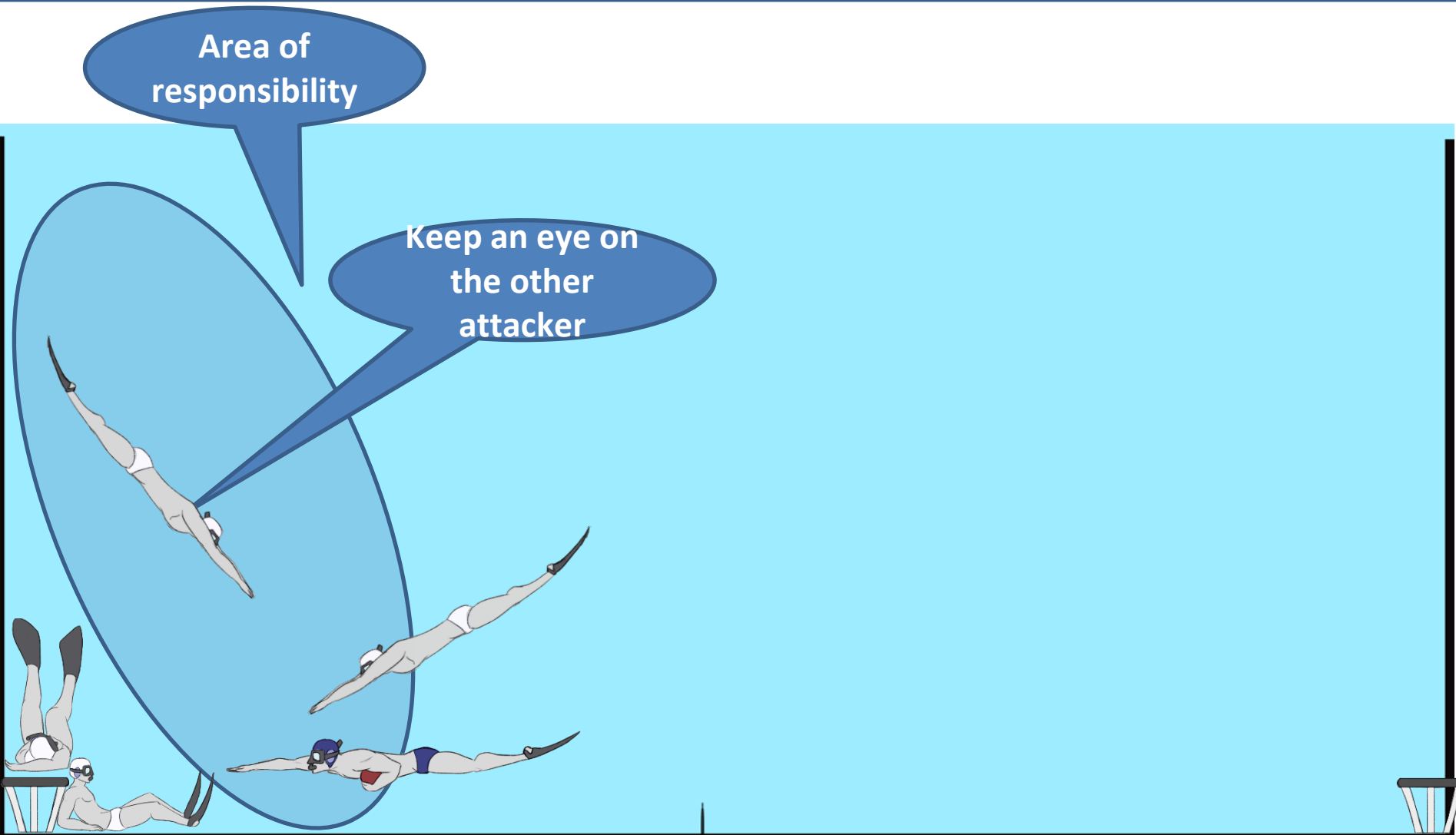
Defense: Goalie/ Lefty



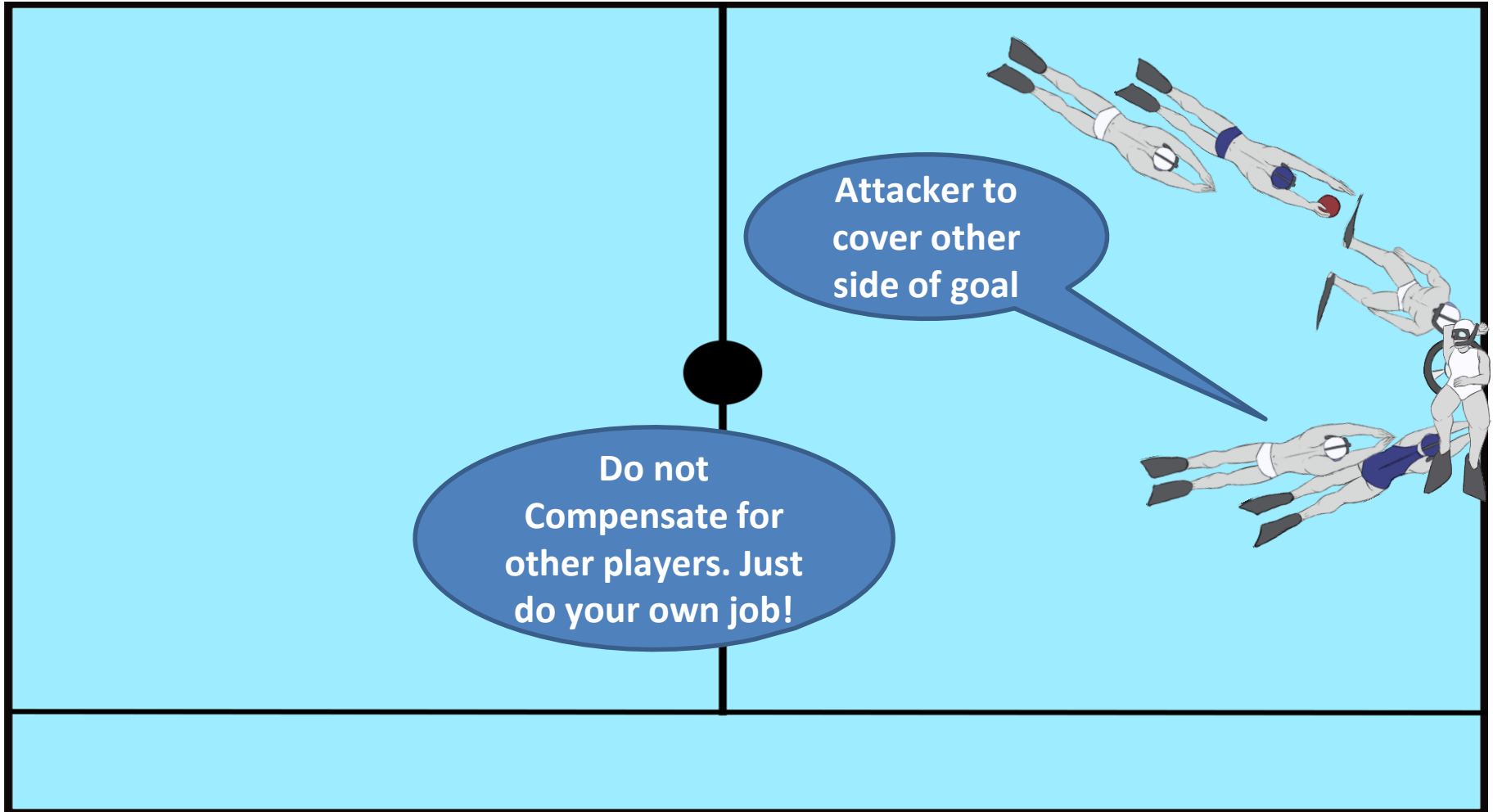
Defense: Defender



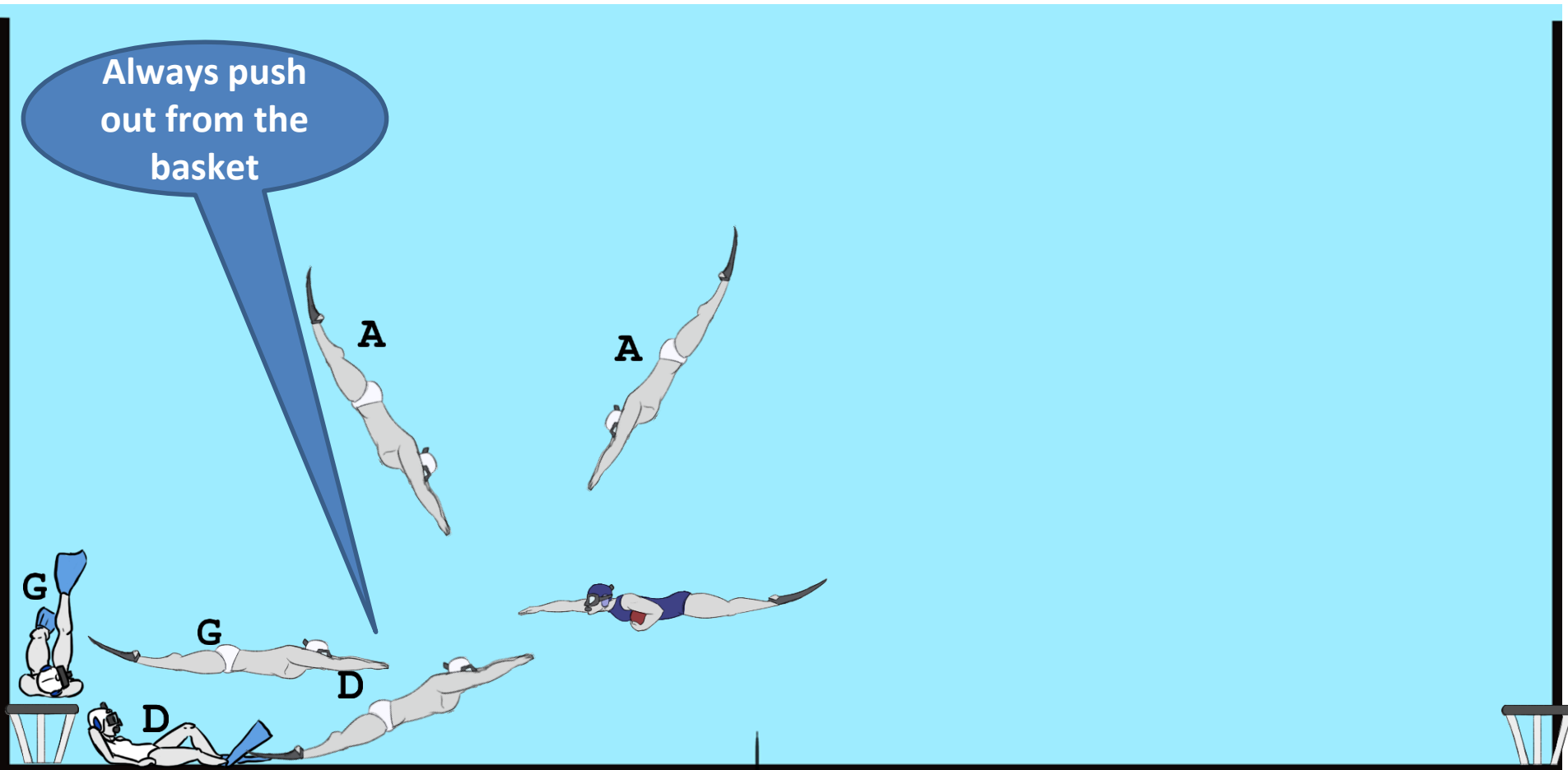
Defense: Attacker (1)



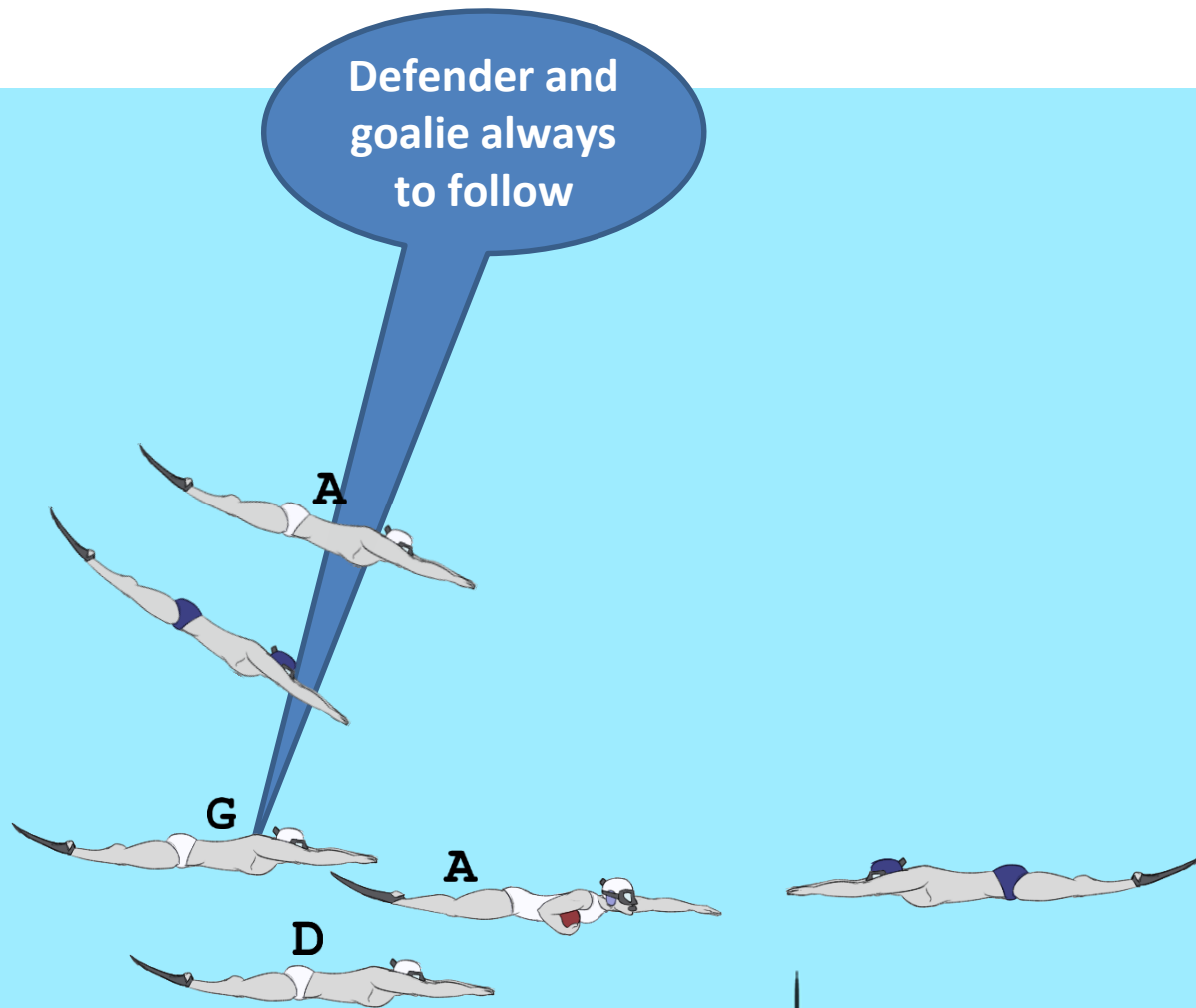
Defense: Attacker (2)



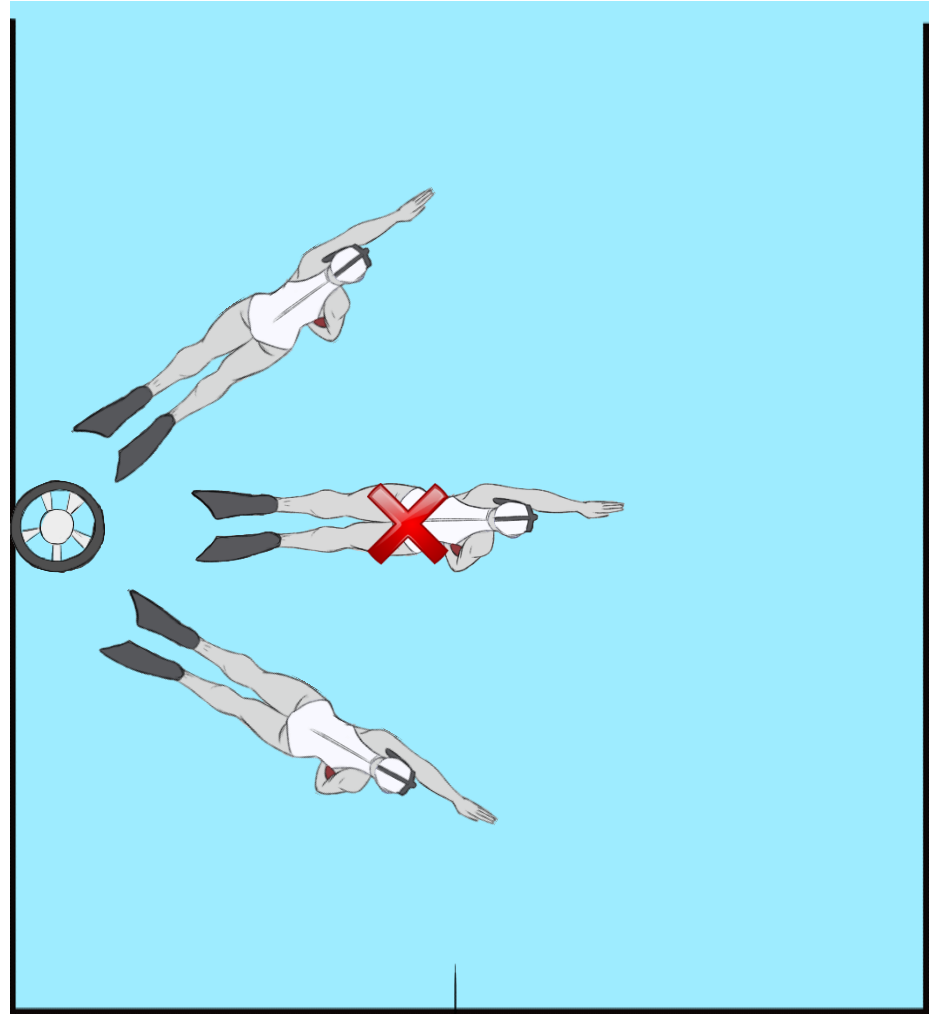
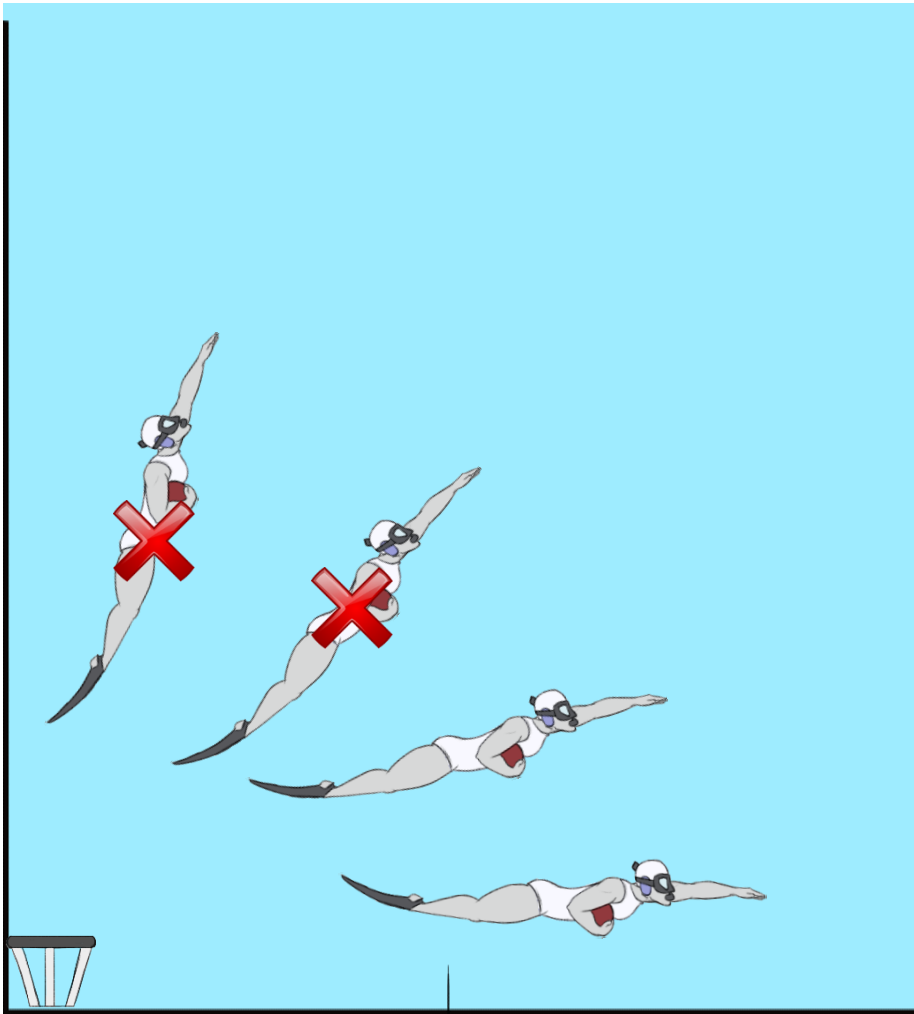
Defense: Fore Checking



Defense: Counter attack

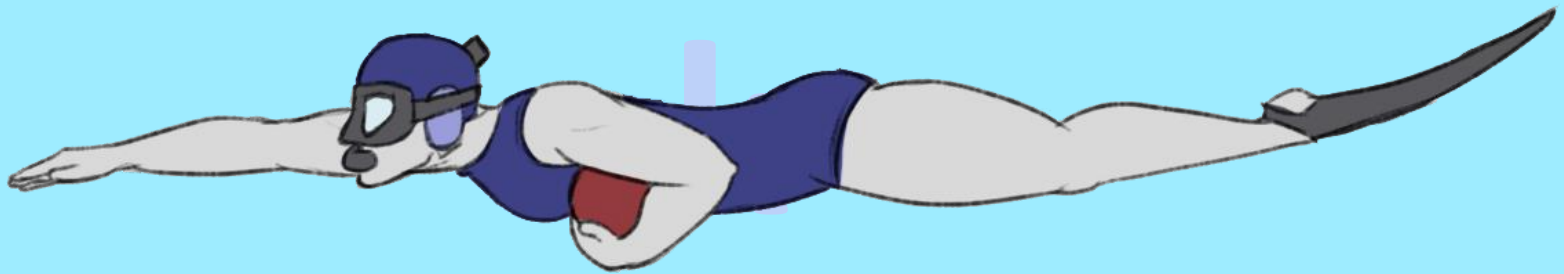


Defense: Get the ball out

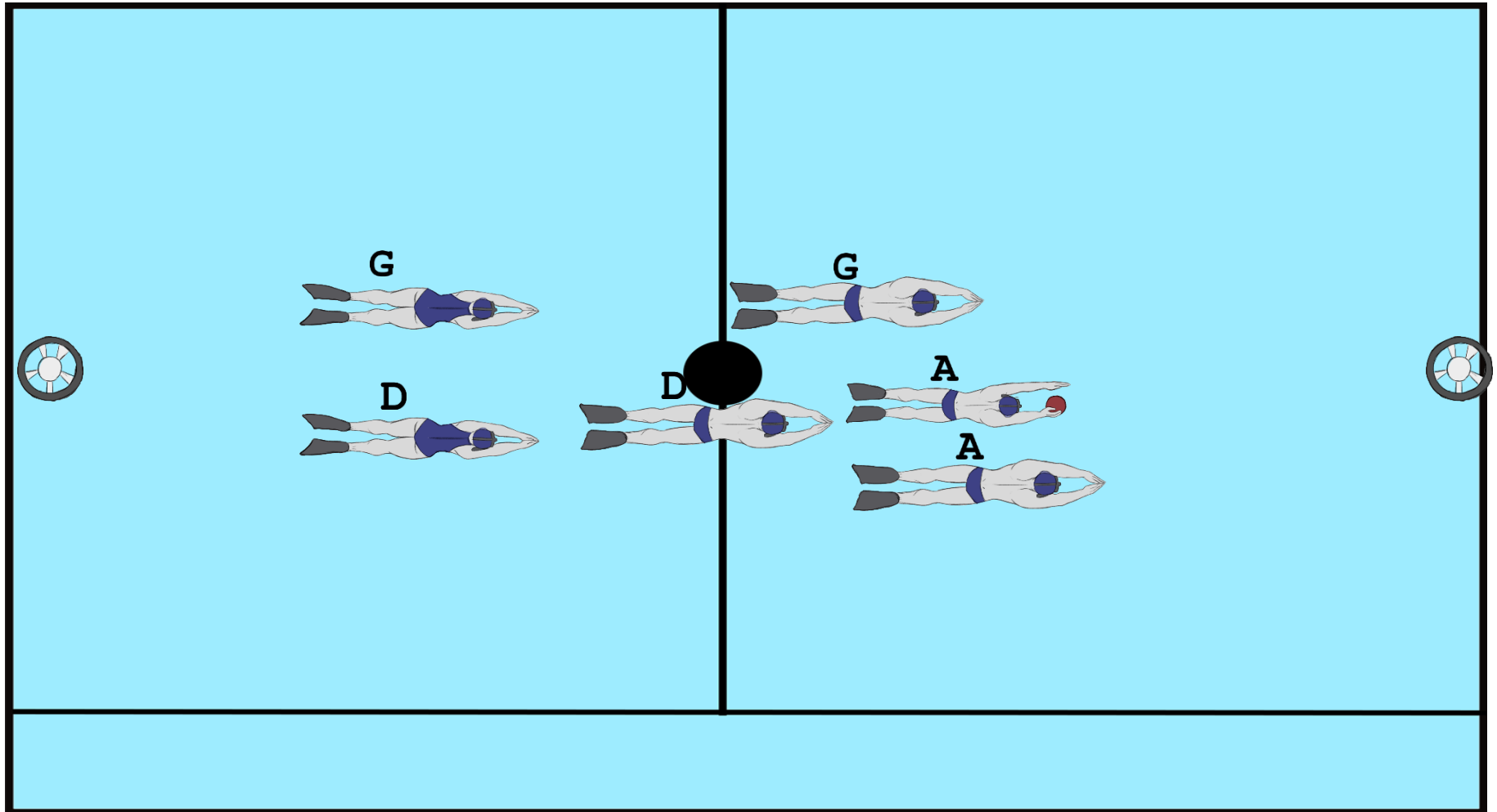


Attack

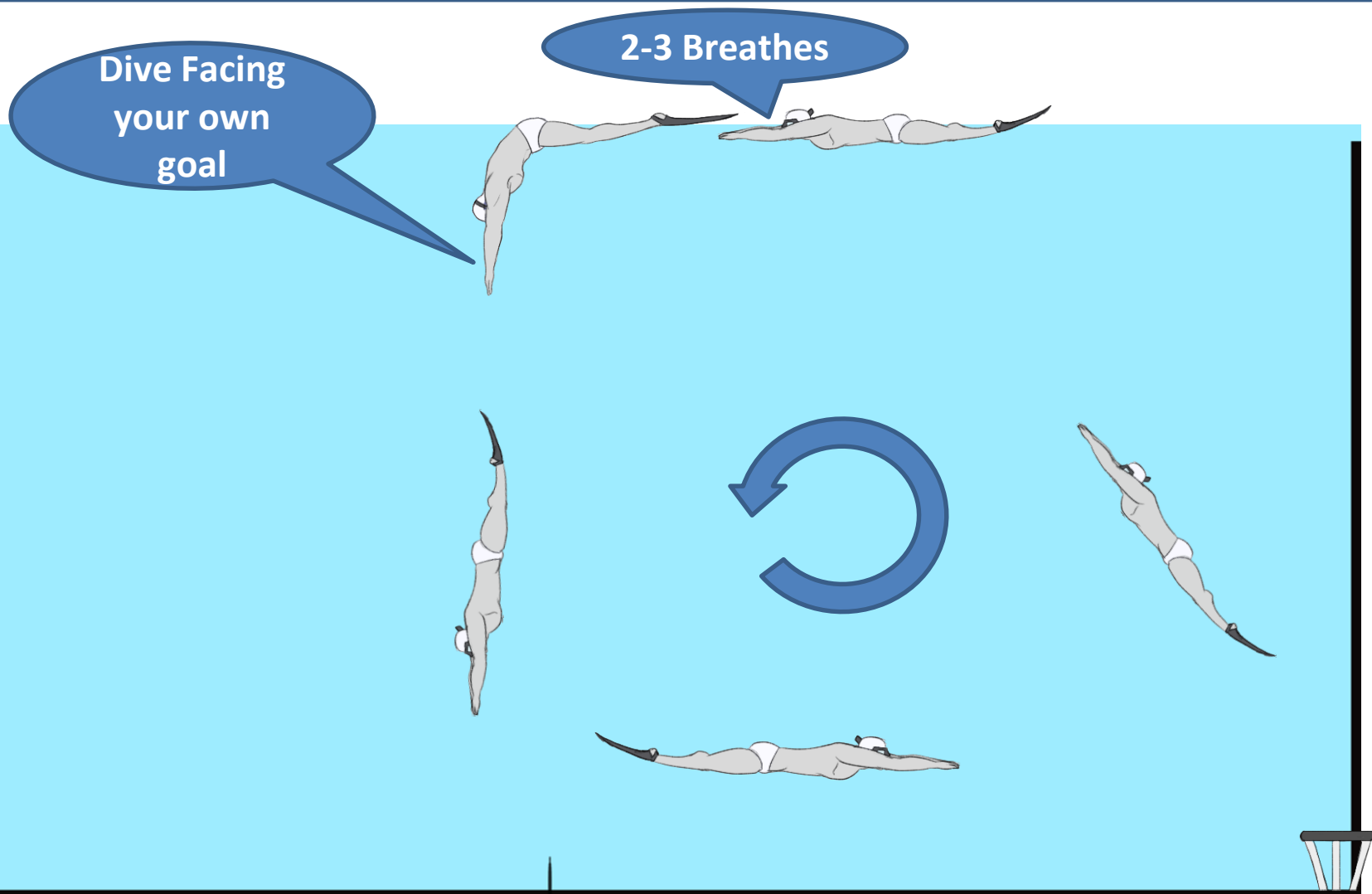
Attac



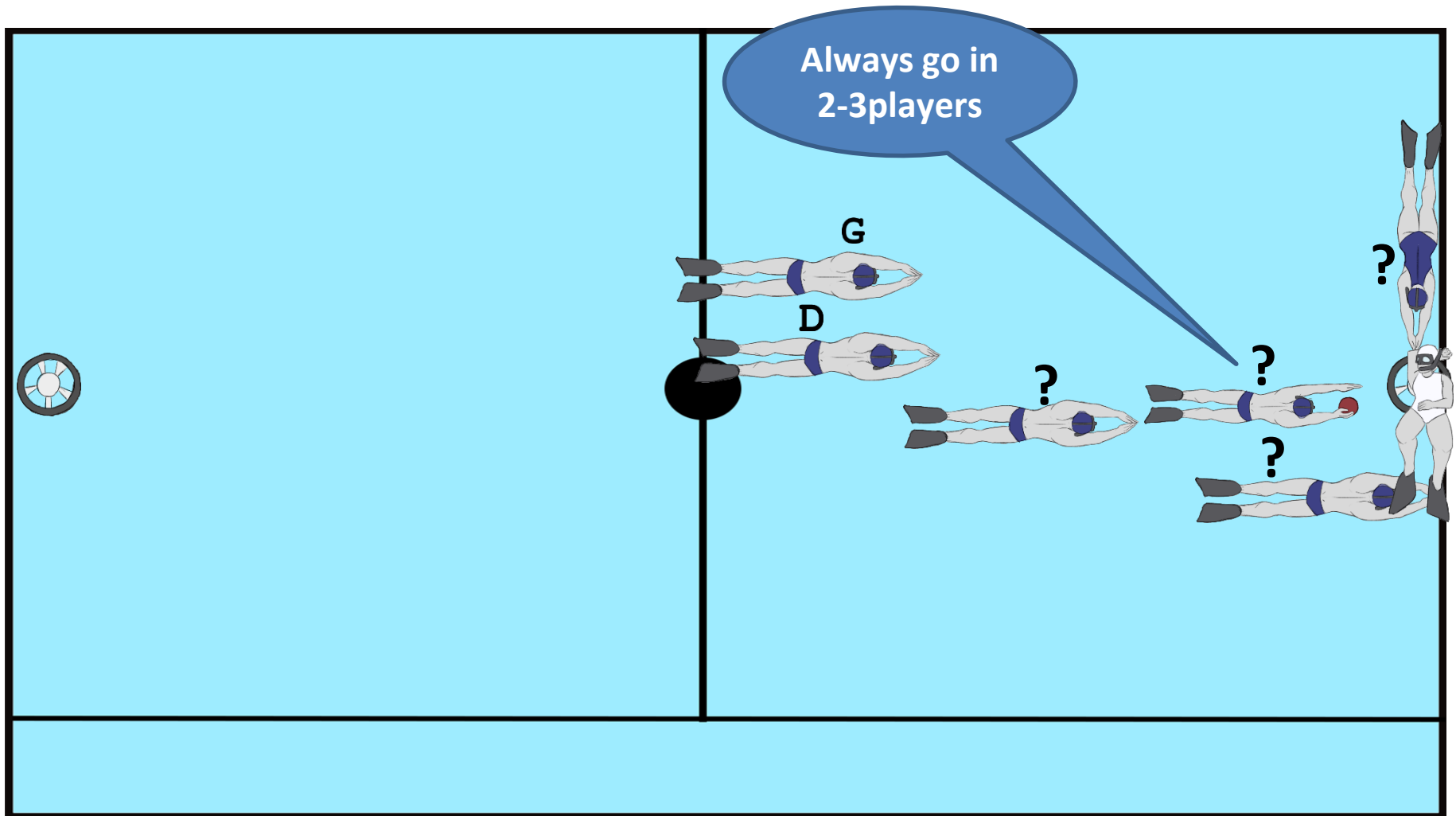
Attack: Positions



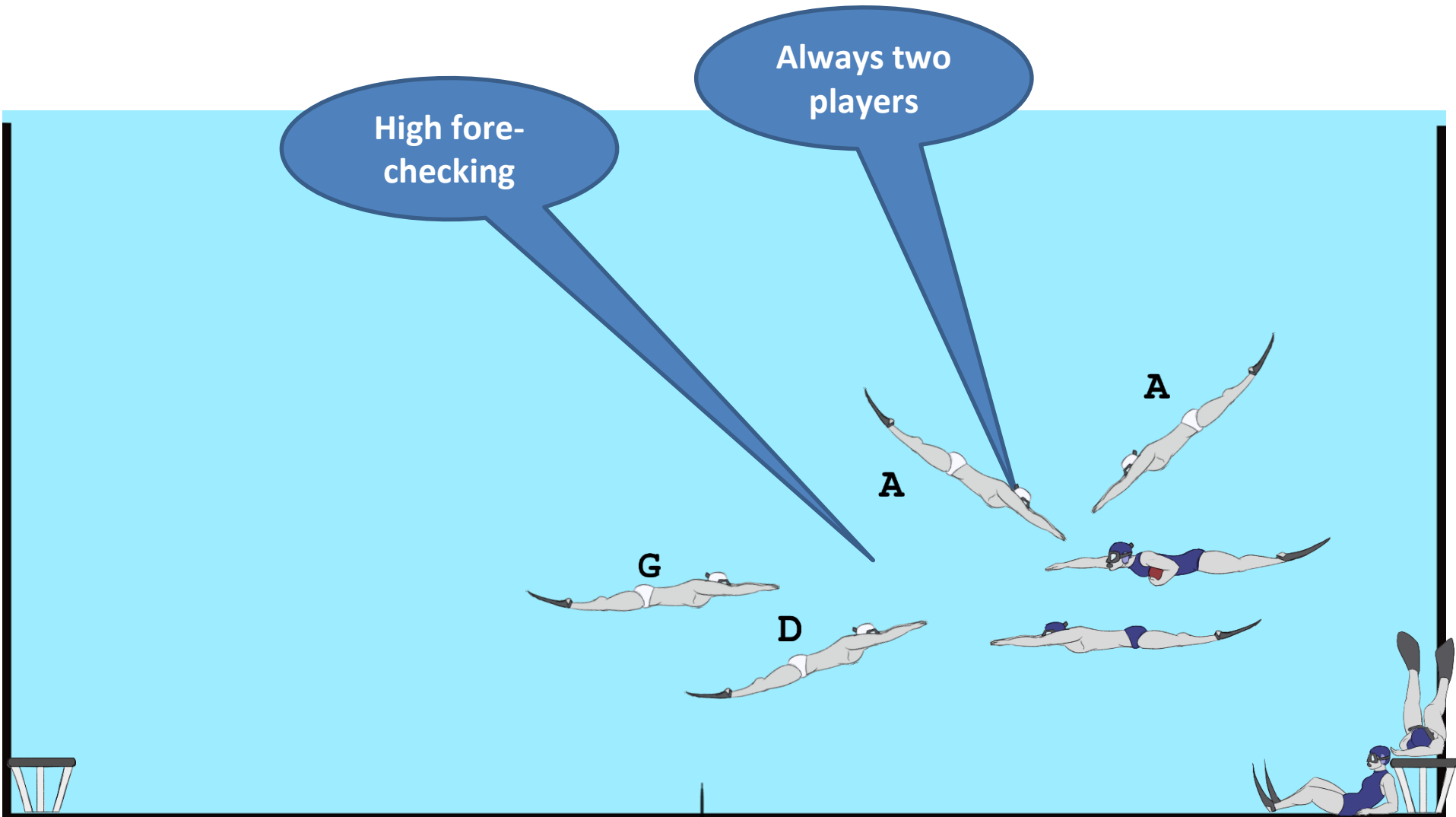
Attack: “Rulla”



Attack: Positions at basket

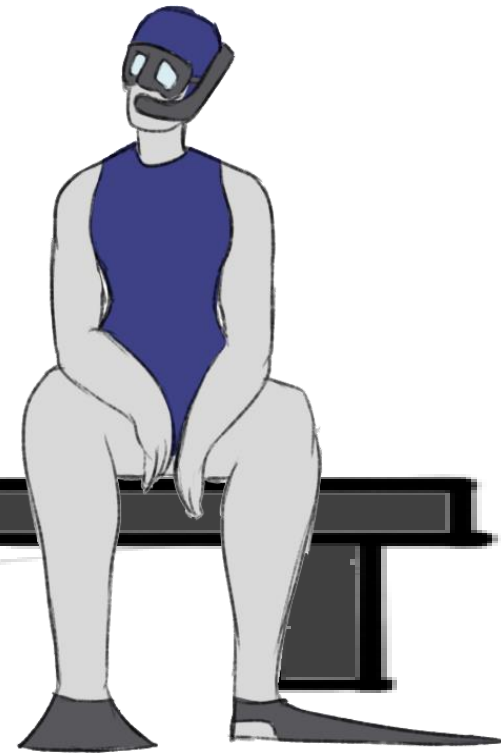
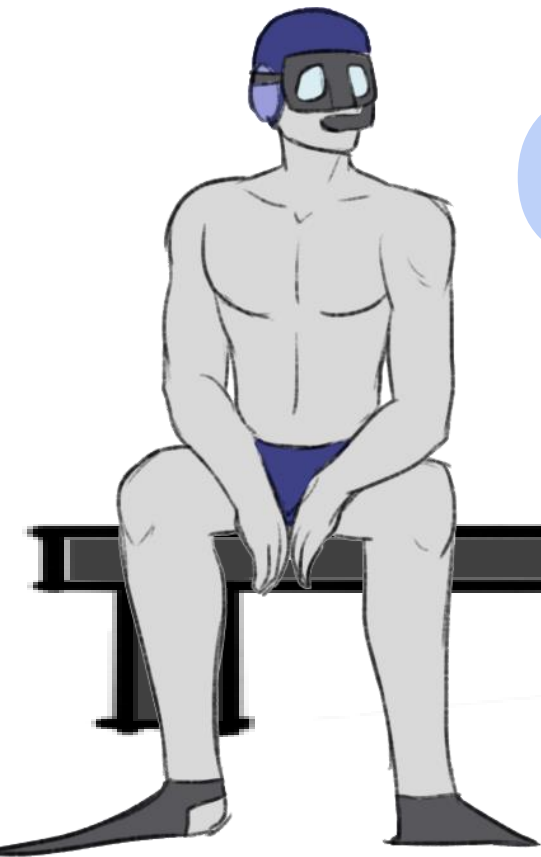


Attack: Fore Checking

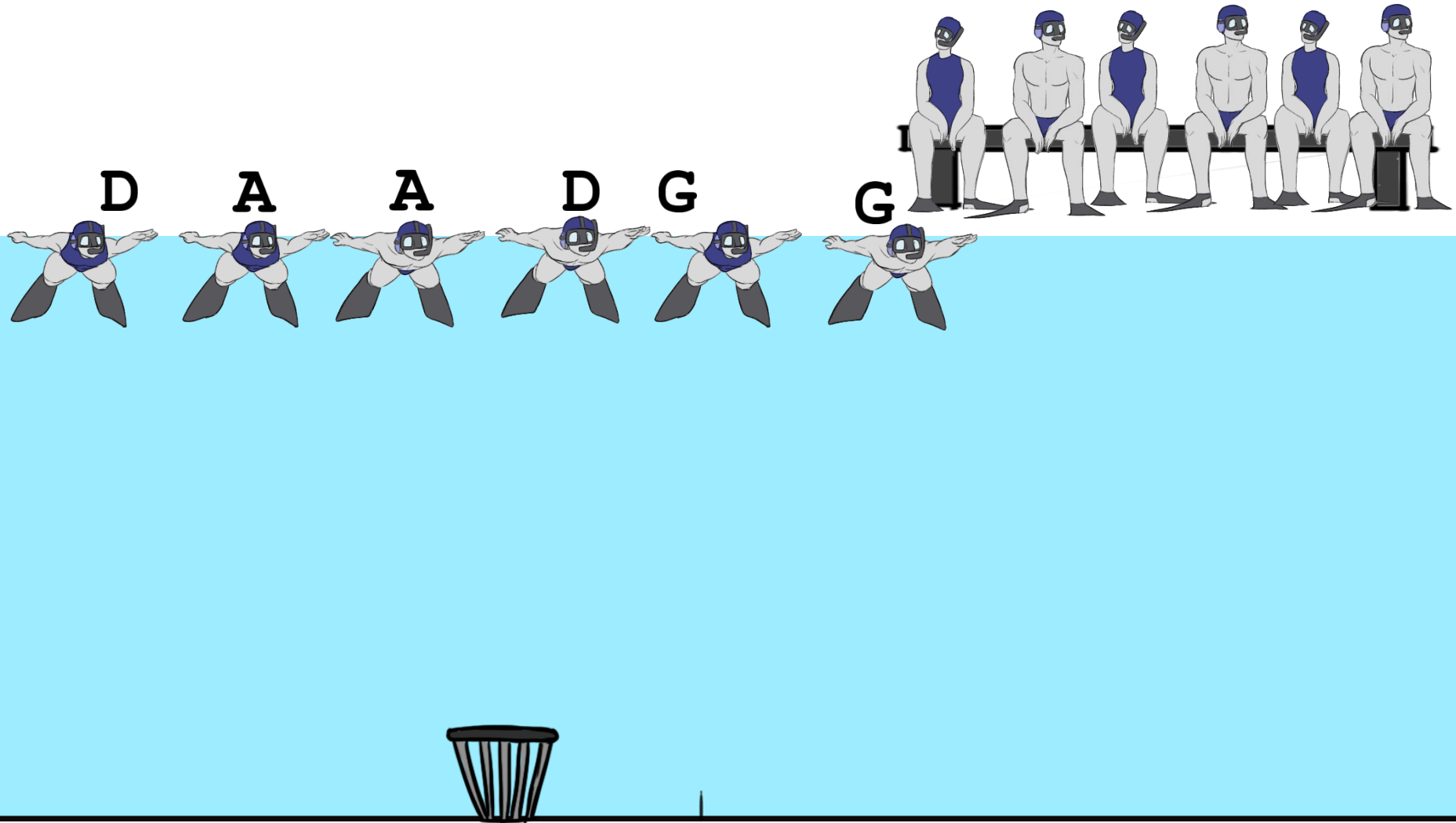


General

General

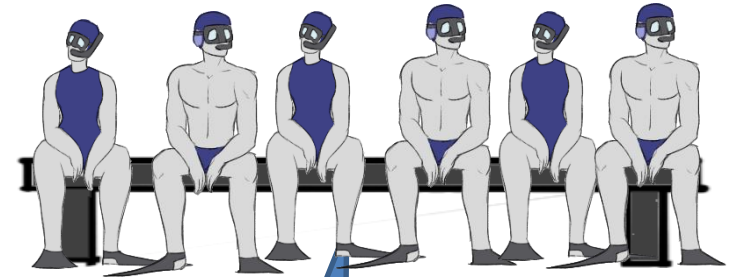


General: Start formation

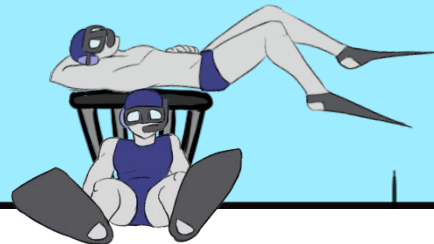


General: Player exchanges

3-4 dives and then change

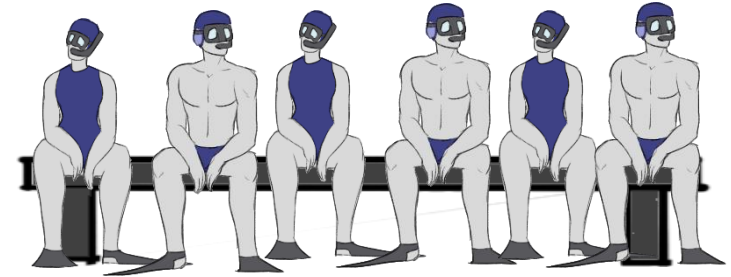


Always dive all the way



General: Do not change

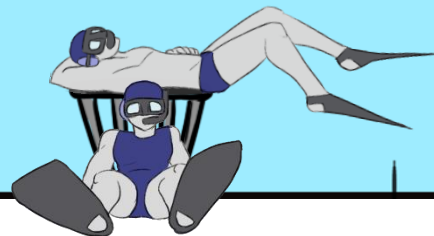
Always look
down before
an exchange



Counter
attack

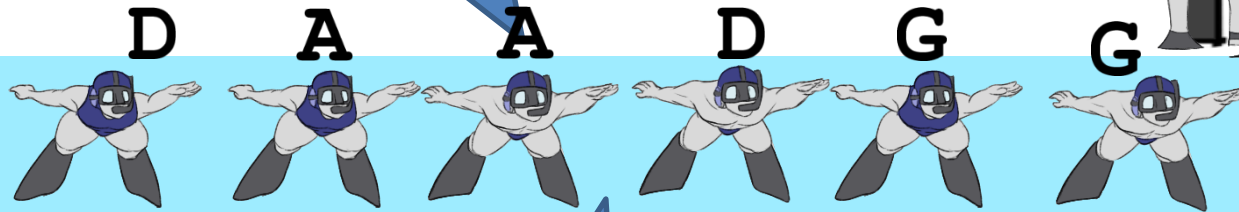
After a goal

Attack on
basket

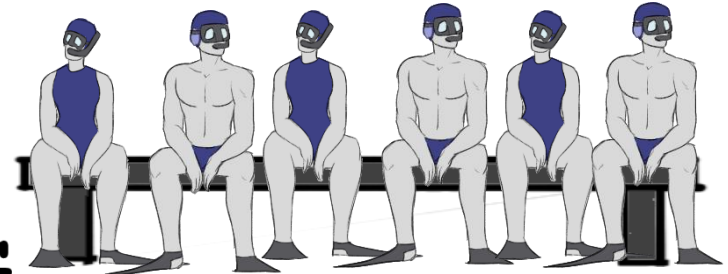


General: After goal

Full speed back
to your side
after a goal

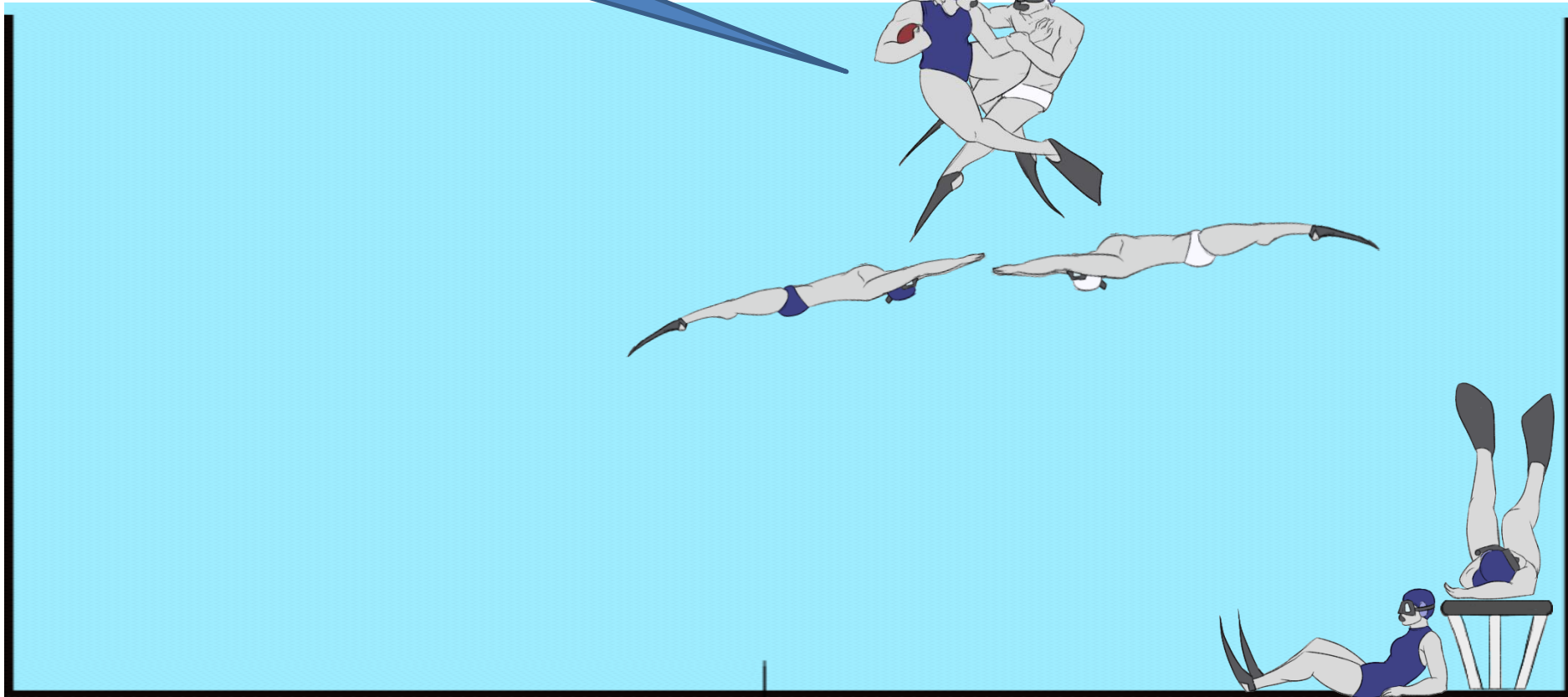


Do not Change

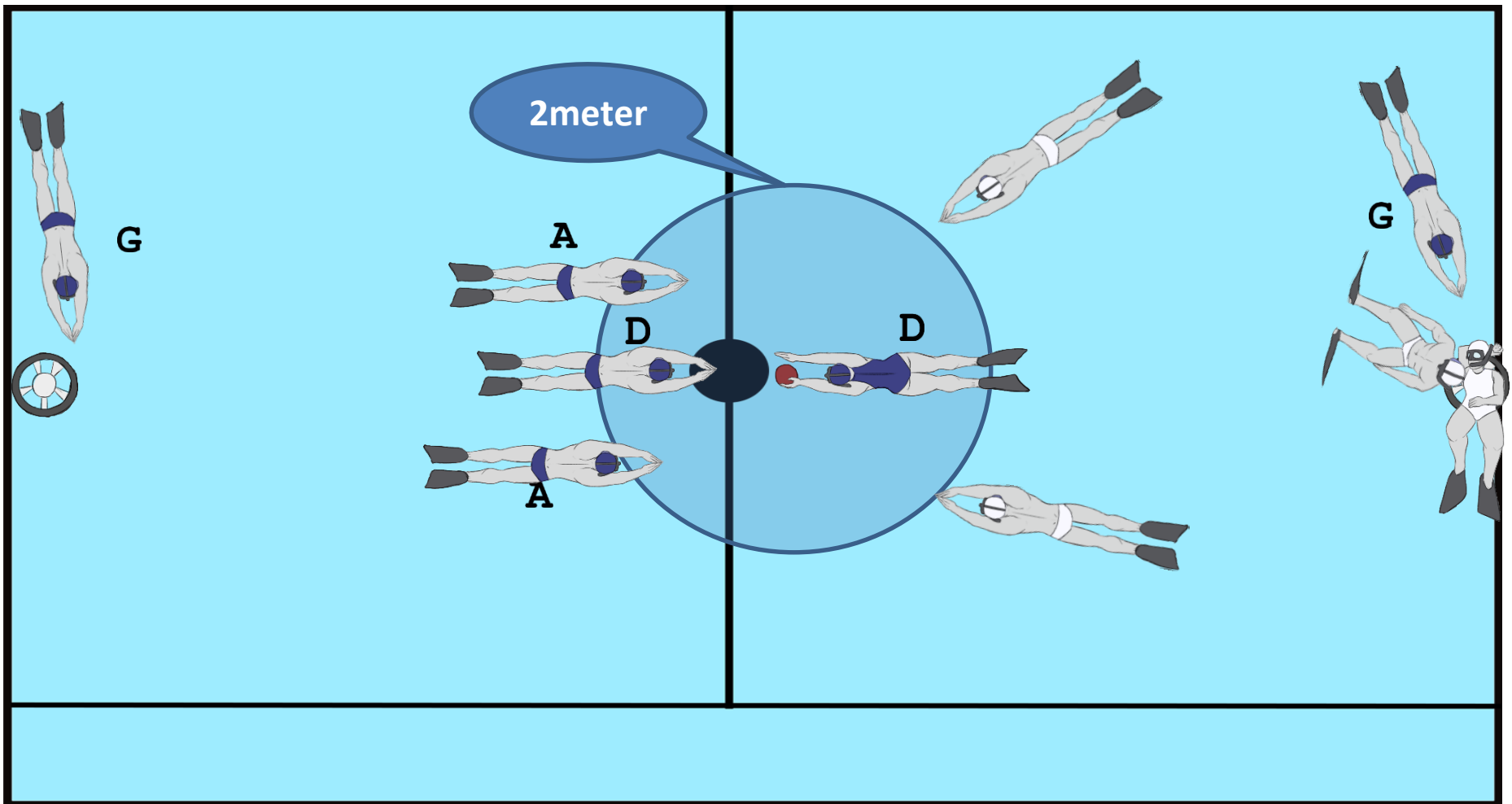


General: Klunga (Scrum)

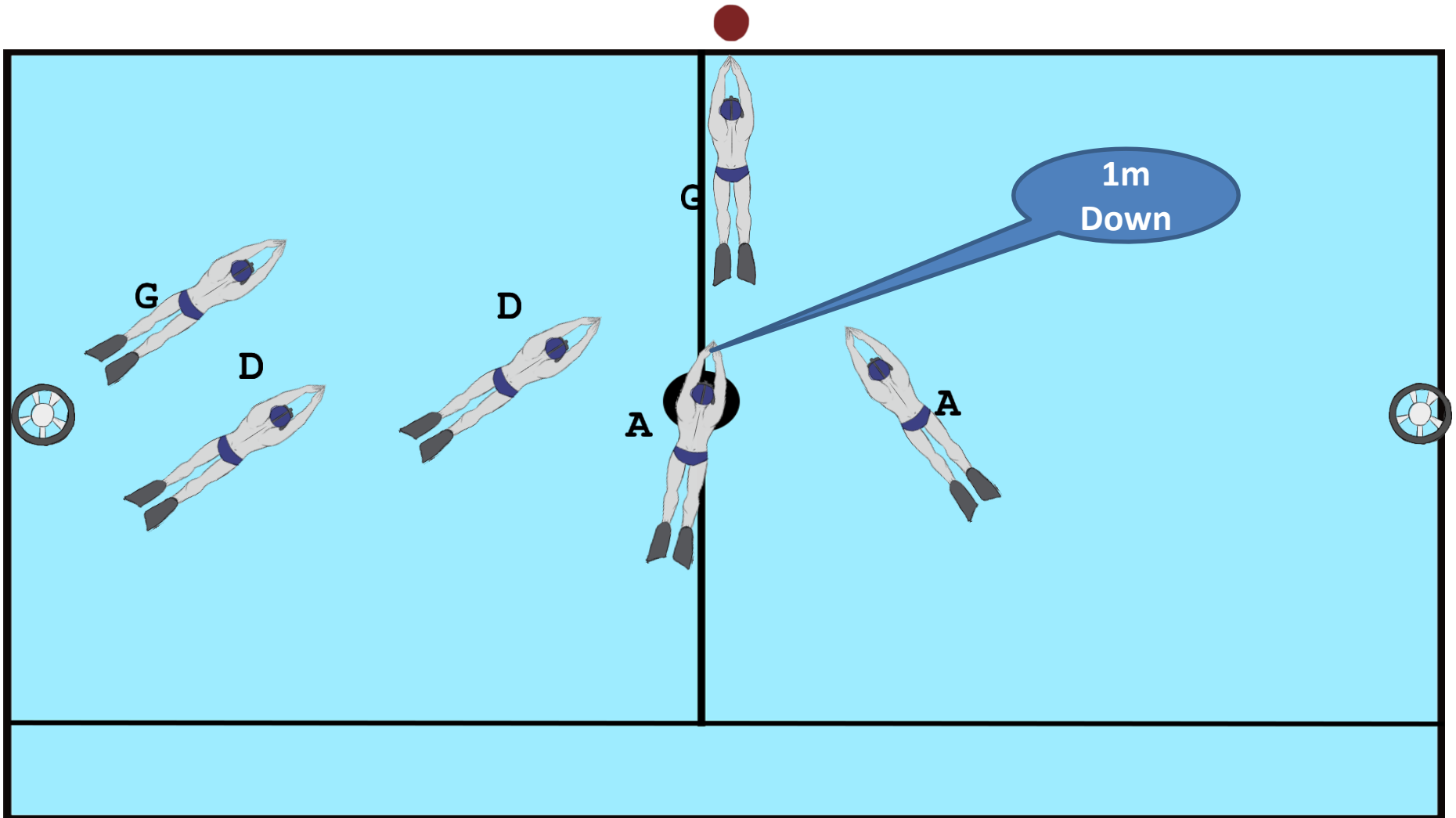
Only One
person in the
scrum



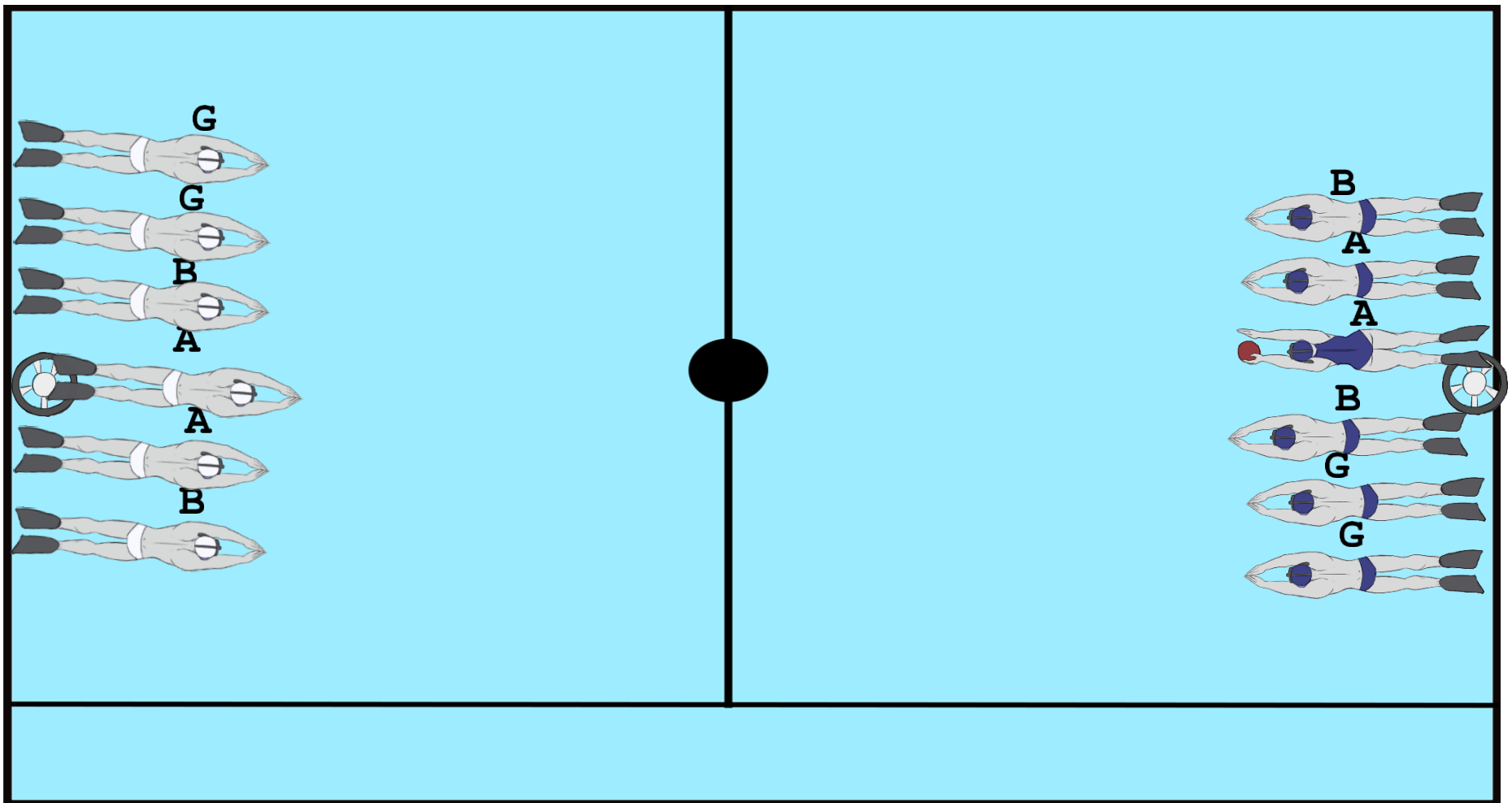
General: Free ball



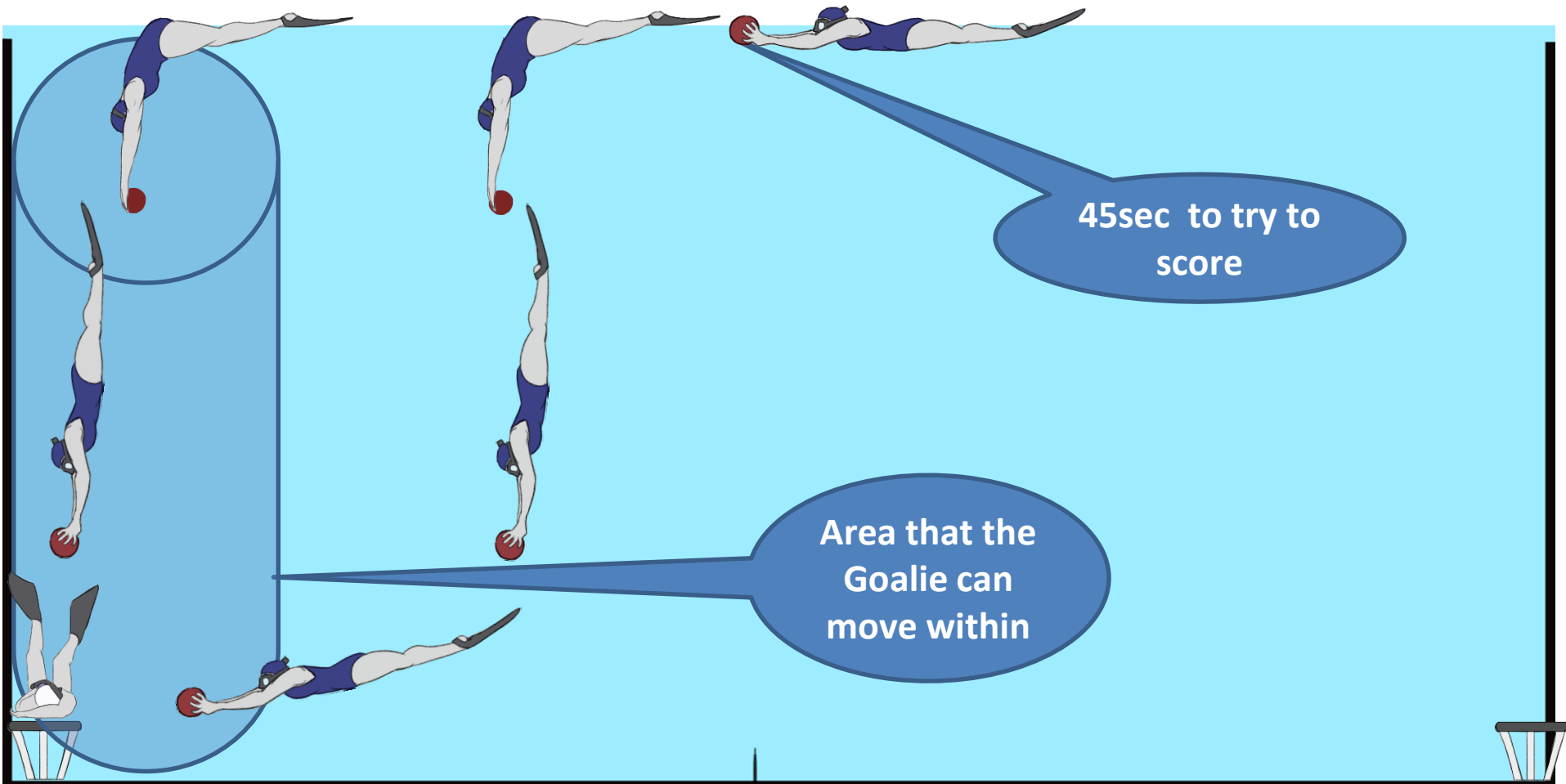
General: Referee ball



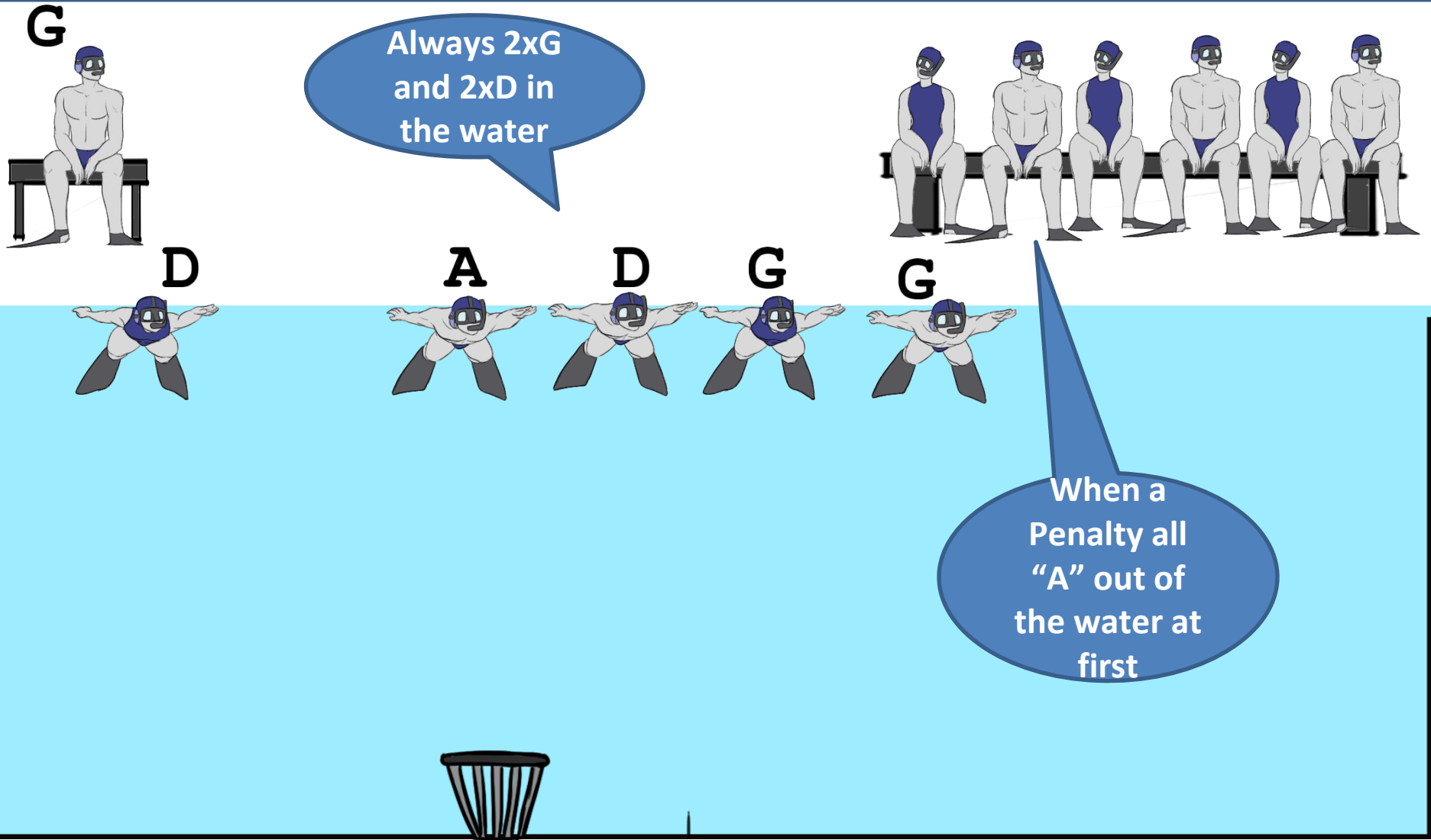
General: Team ball



General: Penalty shot



General: Penalty



Triton way of playing

ALWAYS:

- Full speed on your fins
- Stay down 2 sec extra
- Be close to the ball
- Stop the guy if you lose the ball
- Fore Check, never wait
- Play as a team
- Play Fair
- Have Fun

NEVER:

- Argue
- Fight
- Retaliate