

FOUNDATION SKILLS

Acting Half Pass

Description:

The acting half pass is one of the most critical skills in the game. Players need to be able to pass the ball both left and right.

When Used:

Being a frequently executed skill (as it requires players to bring the ball back into play after a touch has been effected), it is critical that all players are able to do so with the best possible technique. Poor and indecisive passing from acting half will stifle a team's subsequent attacking options.



Key Coaching Points:

1. The acting half anticipates the roll ball and moves without delay.
2. The acting half listens for calls from the receiver.
3. The acting half on deciding which side to pass, places (plants) the inside foot near to the ball.
4. The acting half secures the ball with both hands and by spreading the fingers around the centre of the ball.
5. As the ball is being secured the acting half also begins to widen the base of support by stepping with the outside leg toward the receiver.
6. The acting half now focuses on the receiver and begins to swing the ball upward from the ground in one single movement staying as low as possible for as long as possible.
7. The ball is released as arms fully extend and the follow through is completed.

Common Errors:

- Not listening for a call or reading the play.
- Not looking at the ball before securing properly.
- Not planting the correct foot near the ball and reaching too far for it.
- Not stepping or transferring weight and widening base of support.
- Standing up to pass and or taking a step or two before passing.
- Trying to spiral unnecessarily or 'under-spinning' on weak side.
- Passing blind with little or no knowledge of the movement of defenders.
- Not clearing the ruck.

Key Tip:

The acting half pass is a critical element of the game and its role should not be underestimated. Drilling game scenarios is an excellent way to develop quality acting half performances.