

**University of Technology, Malaysia**

**Faculty of Engineering**

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Rugby

Assignment II - Kicking and Catching

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**Key Factor**

Key factor analysis takes each of the Game's abilities into its component parts and breaks them down. To help players execute the Game's skills correctly, they should be aware of the skill's key factors and seek to perform them in the appropriate sequence.

These component parts of the skill can be used by players and coaches to compare results, recognize good practice, and even recognise and correct faults. This makes the player consider how they execute the component parts of an ability relative to a world- athlete, what they do well and what they need to improve. Through additional research, during training, these components can then be improved and further developed.

1. **Punt Kick**

Before the kick, the kicker should:

* Take a balanced, secure, solid body stance to keep your opposite shoulder forward: if you kick with your right foot-your left shoulder; your left foot-your right shoulder to carry the ball in two hands, one point to your foot, the other point to your sky.
* Extend your arms completely (elbows straight) keep your core solid, then cock your leg by bending your hip and knee down your ball on your foot, holding your stance tall and upright with your head slightly forward.

During the kick, the kicker should:

* Move into their non-kicking foot, which will be in line with the goal un-cock their leg by stretching their hip and knee.
* Making contact with the bone on the top of the instep of the foot (laces of the boot) and the point of the shoe, keeping the toes pointed to the ground and retaining their leg speed through touch.

After the kick, the kicker should:

* Hold their forward movement with their body going towards the goal, move with their kicking foot to finish towards the goal, from the non-kicking foot to the same foot.
* Continue with your opposite arm to finish towards the goal in order to maintain balance and direction until complete.

1. **Drop Kick**

Before the kick, the kicker should:

* Keep the ball so that it bounces up in the same position when it is dropped to the ground and extends its arms entirely (elbows straight) holding its core solid, then cock its leg by flexing the hip and knee.
* Turn the knee of their non-kicking foot in the direction of the goal and lower the ball to the ground.

During the kick, the kicker should:

* Step forward on their non-kicking foot by stretching the hip and knee to match the line of the instep with the goal un-cock.
* Touch the bone on the top of the instep of their foot (laces of the boot) and the lower part of the ball, holding their toes pointed forward and upward for low kicks, hit the ball on the ground; let the ball bounce higher for high kicks.

After the kick, the kicker should:

* Using the arm on the non-kicking side of the body to support the feet of their non-kicking foot in a natural arc.

1. **Place Kick**

Before the kick, the kicker should:

* Pick a goal between the posts to tee the ball upright on a kicking tee with the ball valve pointing towards the aim stand above the ball with its kicking foot positioned near behind the ball and its non-kicking foot where it is positioned when it comes into contact with the ball.
* Return to a position that is comfortable to relax in preparation for approach start approach by running in an arc to open the hips for full power generation.

During the kick, the kicker should:

* Moving their opposite arm forward to turn the shoulder side on to the goal position their non-kicking foot hip-width from the ball with the instep line of the foot (laces of the boot) in line with the goal keep their core tight, then cock their leg by flexing the hip and knee.
* Un-cock their leg by raising the hip and knee make contact with the bone at the top of the foot instep (laces of the boot) and the ball (the goal should be 1/3 up from the bottom of the shoe) maintain their leg speed by touch.

After the kick, the kicker should:

* Keep their head down and start with their kicking foot to finish towards the goal, from the non-kicking foot to the same foot through momentum.

1. **Catching**

The Key Factors:

* Predict where the ball will fall and drive towards that target area Keep your eyes on the ball Determine if the ball can be caught by remaining on the ground or leaping into the air to catch it.
* Time the leap to meet the ball in the air Position side-on to opponents While contesting in the air, leap to ninety degrees with the front knee bent.
* Extend the arms above the eyes in the direction of the ball; stretch the elbows with soft palms, fingertips, and almost touching tiny fingers, call loudly' MY BALL! Look at the ball in your hands.
* When you are on the ground, catch the ball at eye level and guide it into your hands, arms and eventually into your body. When you catch the ball above your head in the air, guide it into your hands, arms and eventually into your body.
* Brace the body in anticipation of opponents targeting the catcher by taking a firm stance, slightly turned away from the ball in a comfortable position at +/-45 degrees.