

20 Golden Rules

Try not to wait on the ball

Always run with the ball - never stand

Take the support pass on the move

Avoid carrying the ball into the tackle

Keep possession of the ball

Never bounce the ball

Try not to pass the ball while on the ground

Shoot for goal low or high - not at saveable height

Show for pass where ball can be played to

Give fist/hand pass to team mate's hands

Expect the break - normally in front

Hold onto the ball in the tackle

Expect to get hit going for the ball

Don't give away "silly" frees

Go forward with the ball - don't turn back

Expect the turn when going to tackle

Avoid diving in, inviting the pass over you, outside 20m

Keep eyes open when blocking the ball

Get your body to the ball to secure possession

Prepare yourself sensibly for games