

Abstract

Title:

Success of Evasive Maneuvers in Women's Sevens Rugby Players

Objectives:

This study aimed to analyse the effectiveness of evasive maneuvers within the gameplay context during women's sevens rugby matches

Methods:

The research analysed women's rugby sevens matches, focusing on evasive manoeuvres such as side steps, swerves, fake passes, quick acceleration and deceleration, hitch kicks, ducking, and spine moves. We established a scale to measure the success of evasive manoeuvres, taking into account their impact on the game

Results:

The most frequently used evasive manoeuvre was the side step, followed by the swerve and quick acceleration and deceleration. The cut-back manoeuvre was most associated with overcoming defenders. The ducking manoeuvre was most frequently linked to tackles, exhibiting the highest scoring potential. The hitchkick manoeuvre was associated with the most significant loss

Keywords:

rugby; agility; decision making; evasive maneuvers