

Guidelines for Players And Coaches

Under 7

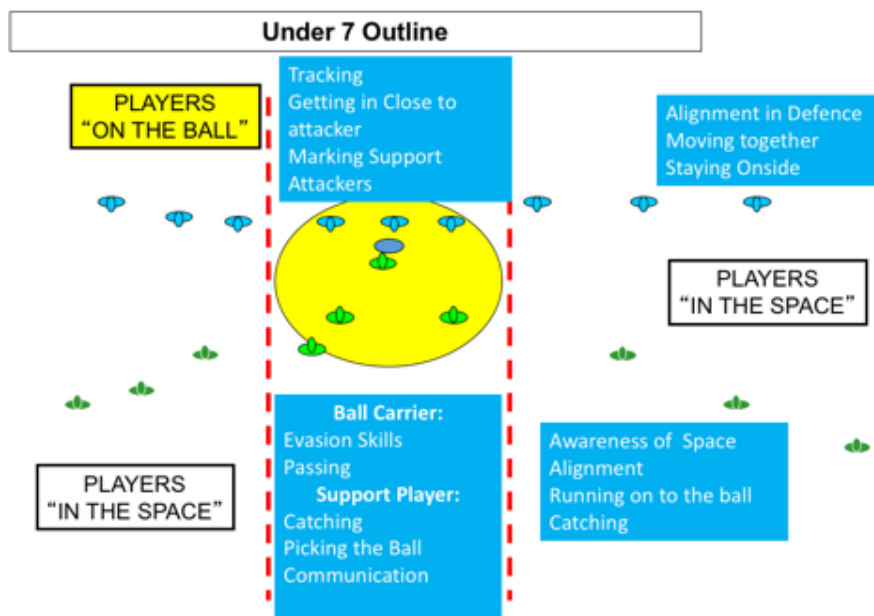
Player: **Fun & Participation**

Coach: **Guide**

Principles: Go Forward – Support

S&C: Beginners Level of Physical Literacy

Game: Understanding the rules of Non-Contact Rugby (*Run Forward Pass Backwards*)



Emphasis: Giving the Players *Game Sense*

Achieved Through: Fun Games & Activities – Small Sided Games

Under 8 & 9

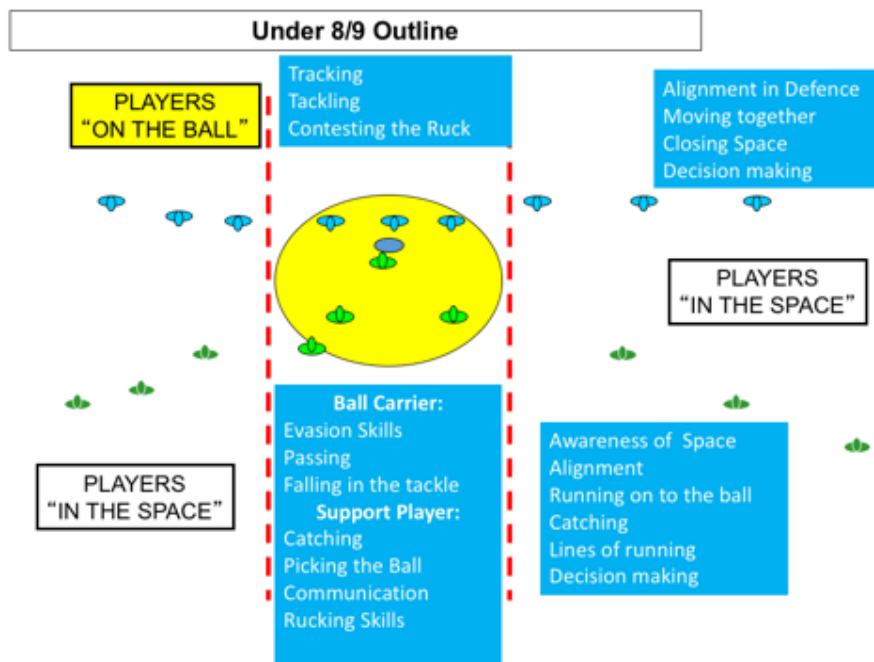
Player: Fun & Participation Introduction to individual skill development and contact

Coach: Guide 90% Teacher 10%

Principles: Go Forward – Support – Continuity

S&C: Beginners to Intermediate level of Physical Literacy

Game: Multi - Phased with emphasis on continuity (*confidence in contact – Ball in two hands*)



Emphasis: Understanding the two groups

Achieved Through: Conditioned Games – Reduced Individual Skill Development

Under 10 & 11

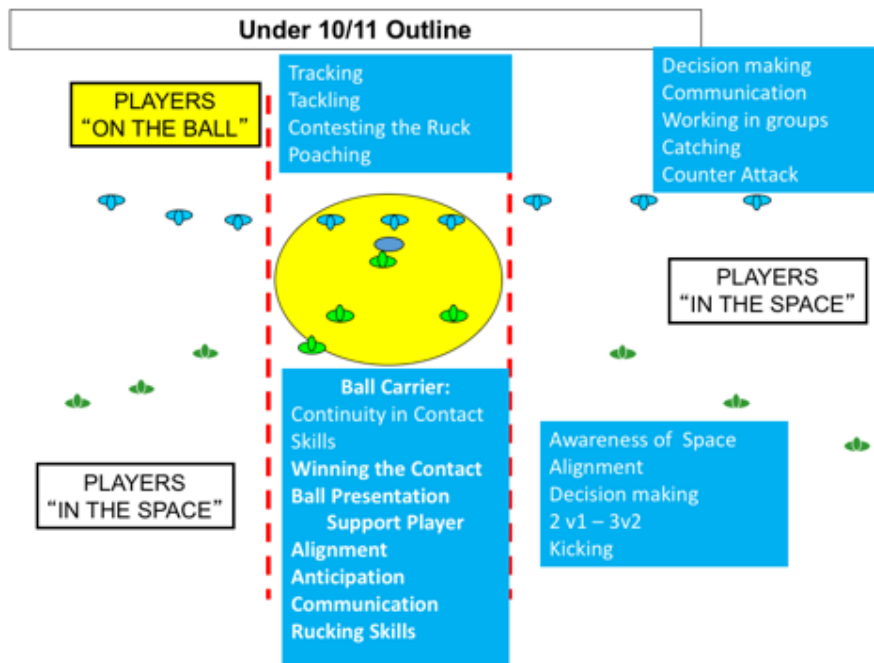
Player: **Fun & Participation Team Skills development**

Coach: **Guide 75% Teacher 25%**

Principles: **Gain Possession – Go Forward – Support – Continuity**

S&C: **Consolidate Intermediate Level of Physical Literacy**

Game: **Understanding the use of Unit skills to gain possession to get to General Movement**



Emphasis: **How and when to use the individual skills in the two groups to benefit the team**

Achieved Through: **Conditioned Games to isolate group development – reduced group activities – individual skill development.**

Under 12

Player: **Fun & Participation Team Skills development**

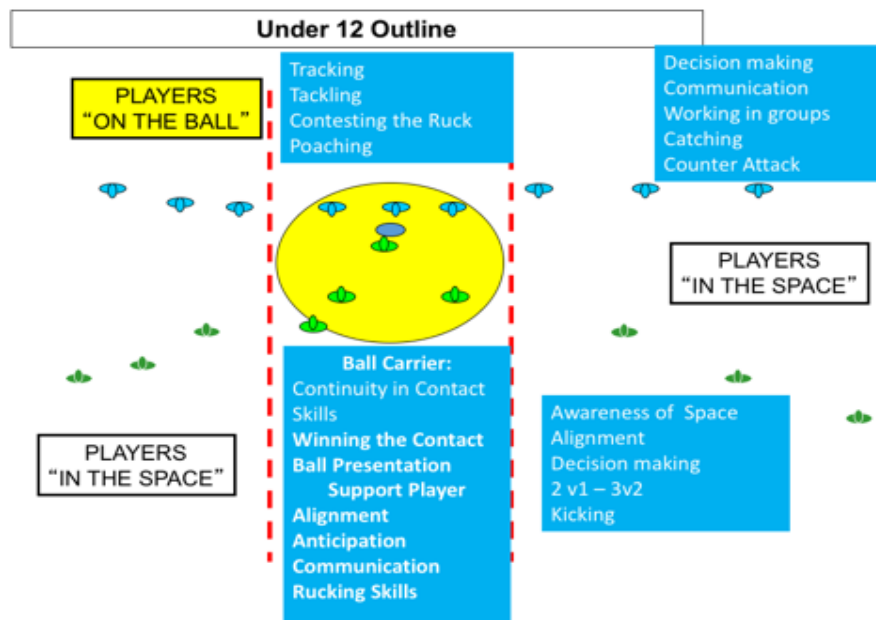
Coach: **Guide 50% Teacher 50%** (*Players should now be starting to work together in mini groups self – correcting for the reduced activities*)

Principles: Gain Possession – Go Forward – Support – Continuity

S&C: Players should be reaching a mature level of Physical Literacy

Exercise Streams	
Stability	Run
Squat	Accelerate
Clean	Agility
Lunge	Push
Step Up	Pull
Jump	Ground Mobility

Game: The game should look like the diagram with players knowing if they are **on the ball** or **in the space**



Emphasis: Transition between Attack & Defence – uninterrupted movement & Expression (*introduction to full pitch near from time to time during the season*)

Achieved Through: Conditioned Games to isolate group development – reduced group activities – individual skill development