

Under 14

Player: **Explore positions - activities - games** (*Full Pitch*)

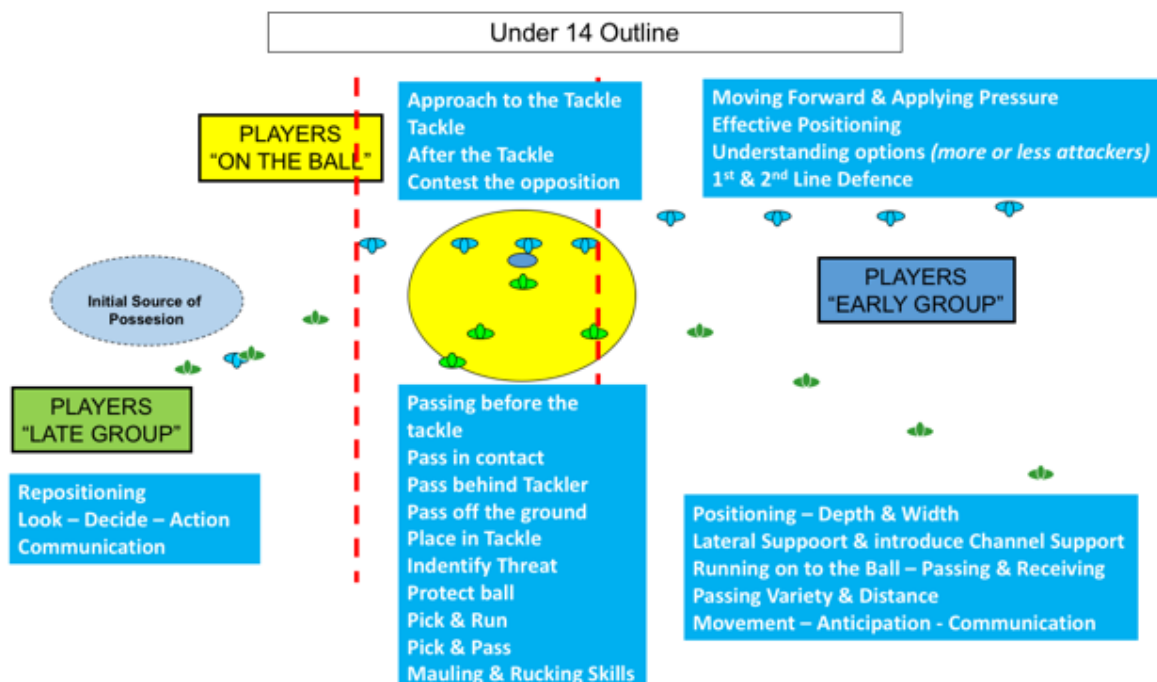
Coach: **Teacher 75% Guide 25%**

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

S&C: Skills (**F.M.S.**) – **Flexibility – Speed – Stamina** (**MSE**)

Game: **Introduction & Development of 15-side rugby**

Units: **Understanding basic roles & responsibility in Scrum – Lineout – Restarts – Backline . Developing a link between winning the ball and using the ball at 1st phase**



Emphasis: Collective Organisation – Awareness – Movement – Communication. Key Factor Analysis

Achieved Through: Team Play - reduced group play and a high level of Key Factor corrections of the Individual Skills

Under 16

Player: **Focus on his position and improving his skills**

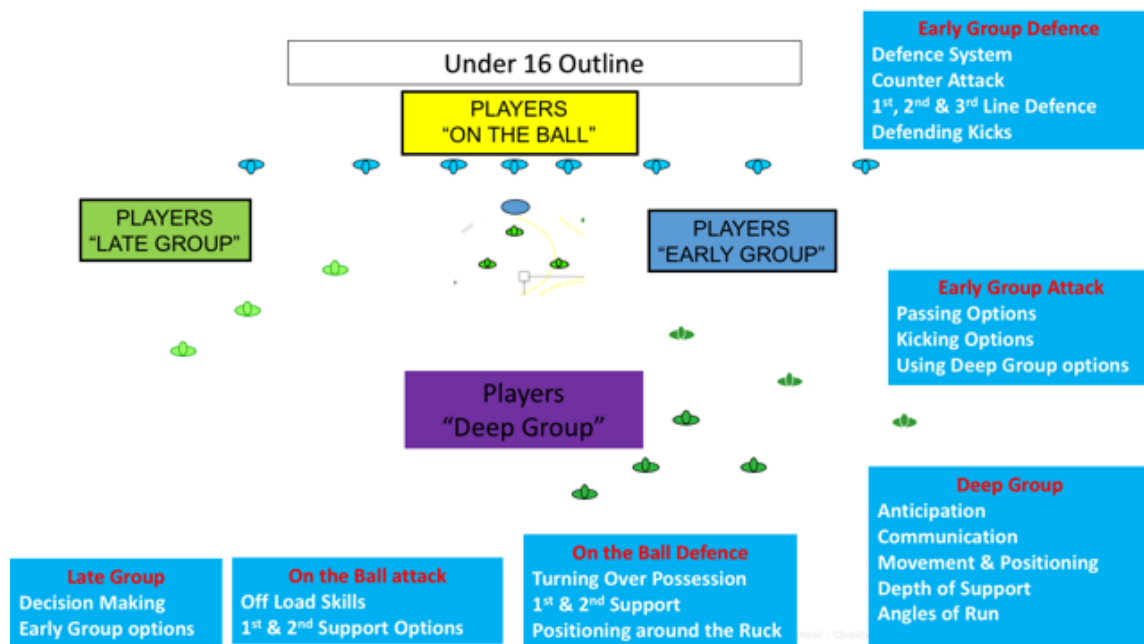
Coach: **Teacher 50% Challenger 50%**

Principles: Gain Possession – Go Forward – Support – Continuity – Apply Pressure – Score Points Defence Contest Possession – Counter Attack

S&C: Introduction to Gym techniques – MSE – Speed – Strength – Core
(Players require a Periodisation plan for season)

Game: Players developing strategic understanding using the tools provided by coaches to navigate the game

Units: Development of sub-units within units *(9-10, Thrower-Lifters – Jumper, Back 3 etc.)*



Emphasis: Collective and group skill development and challenging the Key factors under pressure. Introduction to roles and responsibilities.

Achieved Through: Challenging the players through game activities and reduced workshops where the players focus on improvement and understanding