



# RUGBY DEVELOPMENT



- **Great Munster Clubs, Schools & Rugby Communities.**
- **Better Players, Coaches & Referees.**

**#MunsterStartsHere**

# Schools Development Programme 2018-2019

## General Aim of a school development programme:

*To provide a template for Rugby Playing Schools to assist with the development & implementation of an effective, long-term Technical System*

*Every player and every Coach will have the best experience in Rugby the school can provide underpinned by the ethos & values of that school*

(N.B) This programme is aligned to the IRFU Rugby Faculty and LTPD programme



## Effective Coaching



Technical Direction/RugbyFaculty/2012



## How it works!!

1. Meet the Principal and Games Master
2. Meet the Coaches and present the Programme. Identify the schools technical 'champion' of the programme.
3. Workshop the 4 Modules and offer session templates, skill cards and video resources for first school term
4. Workshop discussions every 6 weeks to collectively trouble shoot, problem solve and plan next 6-week session plans
5. Facilitate other rugby requests - including S&C, Unit Development, Specialist Skill Development and Team Play Strategic/Tactical alignment



Technical Direction/RugbyFaculty/2012



## Rugby Development Model 2018



Keith Murphy 2018

# 2018/19 School Calendar

Calendarpedia  
Your source for calendars

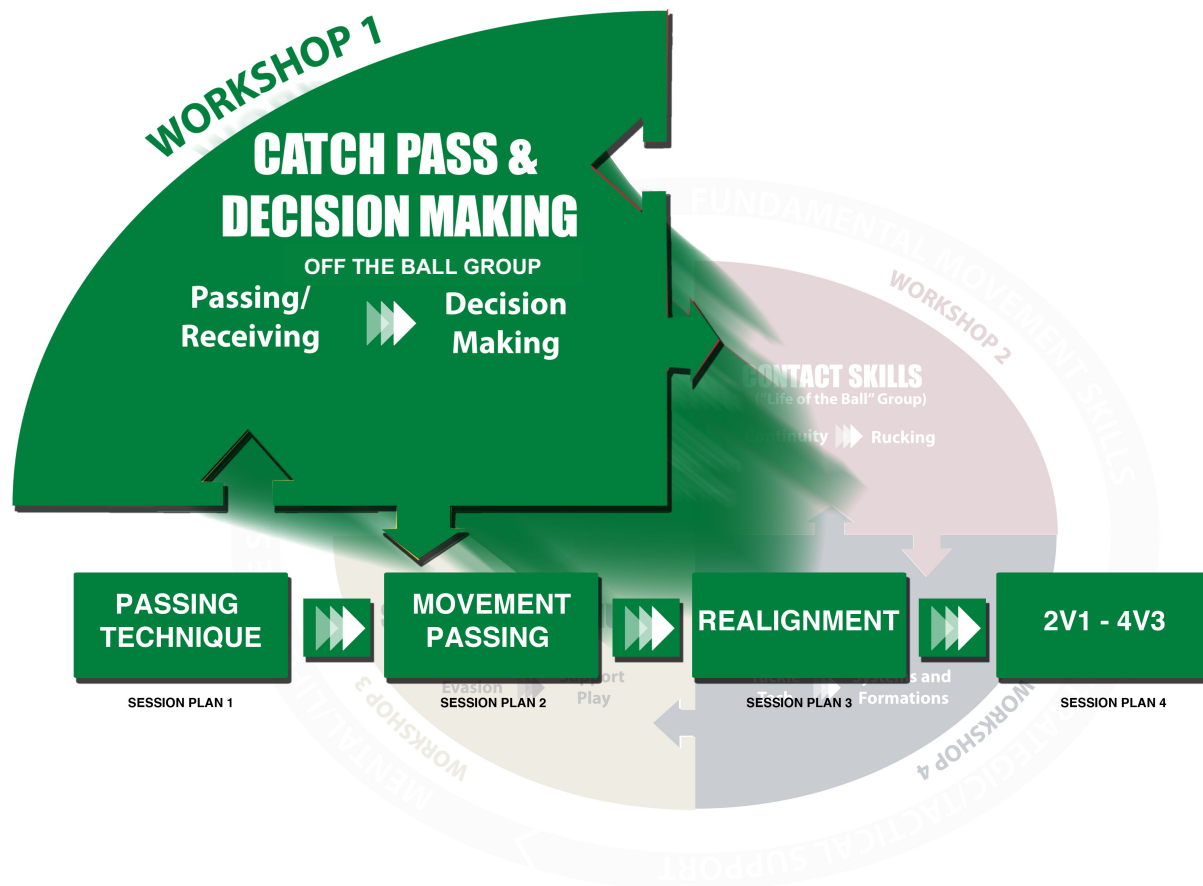
2018																															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Aug	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
Sep	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo
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2019																															
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Jan	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th
Feb	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
Mar	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su
Apr	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We
May	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr
Jun	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo
Jul	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We

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Don't forget to print your calendar!

# Rugby Development Plan 2018-2019

## Development Session 1: Catch-Pass and Decision Making



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## *Session Plan (1) - Individual Passing Technique*

**Session Aims:** To develop competent individual passing technique

**Player No's:**

**Equipment Required:** Balls, cones, Pitch Space, Bibs, (Slalom Poles for progressions?)

**RPE:** Low Intensity

<b>Time/ Duration</b>	<b>Content</b>	<b>Activities &amp; Detail</b>	<b>Teaching Points</b>
<b>5 mins</b>	<b>Activity 1 - Individual Passing Technique</b>  <b>Self – Directed Learning</b>	<b>* Static 3's – 100 passes</b>	<b>1. Hands up to receive 2. Head Snap, arms follow through, fingers spread to target</b>
<b>10 mins</b>	<b>Warm Up</b>	<b>* 'Keep Ball' - 2 Grids * Dynamic Collective FMS</b>	<b>1. Hands up and to target (turn-over if not identified - Consequence)</b>
<b>10 mins</b>	<b>Game 1</b>	<b>* Possession 'Numbers' Game - 2 Grids * Equal Attack v Defence * Pitch Size: approx 3m per player</b>	<b>1. Hands up and to target 2. Head Snap, arms follow through, fingers spread to target (turn-over if not identified - Consequence)</b>
<b>5 mins</b>	<b>Activity 2 - Individual Passing Technique</b>	<b>* Feeder Pass - 'Walking Drill' - 4 Grids * 6 players per grid * Grid Size: 3m wide (Progress to 5m wide)</b>	<b>1. Hands up and to target 2. Head Snap, arms follow through, fingers spread to target 3. Dominant leg and hand in unison</b>
<b>10 mins</b>	<b>Game 2</b>	<b>* Touch Game - 3 Grids * Equal Attack v Defence * Pitch Size - min 22m wide (Progressions - (1) scoring team keep possession (2) all players must finish inside 5m line)</b>	<b>1. Hands up and to target 2. Head Snap, arms follow through, fingers spread to target 3. Dominant leg/hand unison (turn-over if not identified - Consequence)</b>
<b>5 mins</b>  <b>Session Duration: _____ mins</b>	<b>Warm Down</b>	<b>Static Stretch Session Debrief</b>	<b>Session Review with Player feedback (open ended questions to check for understanding and positive re-enforcement)</b>

## ***Coach Self Reflection***

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

### **Rugby Curriculum Checklist:**

#### ***(b) 'early' group***

- movement, anticipation & communication
- positioning – appropriate depth & width
- running onto the ball – receiving & passing
- lateral support & introduce channel support
- long, short & switch passes

<b>Evident</b>	<b>Not Evident</b>



## Session Plan (2) - Passing Technique with Movement

**Session Aims:** To develop competent passing technique with movement

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space, slalom poles

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
5 mins	Activity 1 - Individual Passing Technique  Self – Directed Learning	* Static 3's – 100 passes	1. Hands up to receive 2. Head Snap, arms follow through, fingers spread to target
10 mins	Warm Up	* 'Gates' - 2 Grids * Dynamic Collective FMS	1. Communication 2. Spatial Awareness 3. Pass execution using key factor analysis
5 mins	Activity 1 - Movement Passing	* Crusaders" (3 drills) * Challenges players with Pace and accuracy	Pass execution using key factor analysis
10 mins	Game 1	* Overload touch (2 grids) * More numbers in Attack v Defence * ID and exploit space with accuracy	1. Communication 2. Spatial Awareness 3. Accuracy of Pass using Key factor Analysis 4. Develop pace
5 mins	Activity 2 - Pass with Pressure	* Race the Slalom (2 grids) Challenge players to pass under pressure  (progression to wider passes)	1. Hands up and to target 2. Check defender (slalom pole) 3. Head Snap, arms follow through, fingers spread to target 4. Dominant leg and hand in unison
10 mins	Game 2	* "2 Pass touch" (2 grids) * Equal Attack v Defence * Challenge players to pass and support (Progressions - scoring team keep possession)	1. Communication 2. Spatial Awareness 3. Accuracy of pass using key factor analysis 4. Develop speed and accuracy of pass in movement (turnover if not identified)
5 mins  Session Duration: mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## *Coach Self Reflection*

What were the session objectives and do you feel these were achieved?	
Improvements (What would you do differently?)	
Next Session (Player Progressions)	

### Rugby Curriculum Checklist:

#### *(b) 'early' group*

- movement, anticipation & communication
- positioning – appropriate depth & width
- running onto the ball – receiving & passing
- lateral support & introduce channel support
- long, short & switch passes

Evident	Not Evident

## Session Plan (3) - Realignment

**Session Aims:** To develop competent realignment with effective passing technique

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
5 mins	Activity 1 - Individual Passing Technique  Self – Directed	* Static 3's – 100 passes	1. Hands up to receive 2. Head Snap, arms follow through, fingers spread to target
10 mins	Warm Up	* 'End Ball' - 2 Grids * Dynamic Collective FMS	1. Communication 2. Spatial Awareness 3. Pass execution using key factor analysis
5 mins	Activity 1 -	* Box Drill - Race the Ace (3 Grids) * Challenge players with pace and accuracy	Pass execution using key factor analysis
10 mins	Game 1	* Kiwi Touch	1. Communication 2. Realignment 3. Speed and accuracy of realignment off the ball
5 mins	Activity 2 -	* 4's realignment Lateral 4's with right pass, realign around the corner, left pass returning back	1. Communication 2. Depth and Width 3. Pass execution using key factor analysis
10 mins	Game 2	* Modified Kiwi touch with players out of the game	1. Communication 2. Realignment 3. Speed and accuracy of realignment off the ball
5 mins  Session Duration: _____ mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## ***Coach Self Reflection***

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

### **Rugby Curriculum Checklist:**

#### ***(b) 'early' group***

- movement, anticipation & communication
- positioning – appropriate depth & width
- running onto the ball – receiving & passing
- lateral support & introduce channel support
- long, short & switch passes

<b>Evident</b>	<b>Not Evident</b>

## Session Plan (4) - Decision Making

**Session Aims:** To develop competent Decision Making Skills with effective passing technique

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

<b>Time/ Duration</b>	<b>Content</b>	<b>Activities &amp; Detail</b>	<b>Teaching Points</b>
<b>5 mins</b>	<b>Activity 1 - Individual Passing Technique</b>  <b>Self – Directed Learning</b>	<b>* Static 3's – 100 passes</b>	<b>1. Hands up to receive</b> <b>2. Head Snap, arms follow through, fingers spread to target</b>
<b>10 mins</b>	<b>Warm Up</b>	<b>* Lateral Fours</b> <b>* Dynamic Stretch</b> <b>* Lateral Fours with pressure</b> <b>* Dynamic Stretch</b>	<b>1. Communication</b> <b>2. Pass execution using key factor analysis</b>
<b>10 mins</b>	<b>Activity 1 -</b>	<b>* 2v1 - realign to depth and width</b> <b>* 2v1v1 - realign to depth and width initially</b>	<b>1. Pass execution using key factor analysis</b> <b>2. Communication</b> <b>3. Space manipulation and exploitation</b>
<b>8 mins</b>	<b>Game 1</b>	<b>* Overload attack</b> <b>Commence with 2 grids (20mx20m) – approx. 8v3 - add defenders to progress</b>	<b>1. Communication</b> <b>2. Realignment</b> <b>3. Pass execution using key factor analysis</b> <b>4. Space manipulation and exploitation</b>
<b>15 mins</b>	<b>Activity 2 -</b>	<b>* 3v2 lateral continuous</b> <b>* 3v2 (staggered)</b> <b>* 3v2v1</b> <b>* 4v2v2</b> <b>* 4v3 lateral</b>	<b>1. Communication</b> <b>2. Depth and Width</b> <b>3. Pass execution using key factor analysis</b>
<b>10 mins</b>	<b>Game 2</b>	<b>* Overload attack (2 grids - 30mx30m)</b> <b>Progress to 8v5 - add defenders as appropriate</b>	<b>1. Communication</b> <b>2. Depth and Width</b> <b>3. Pass execution using key factor analysis</b>
<b>5 mins</b>  <b>Session Duration: mins</b>	<b>Warm Down</b>	<b>Static Stretch</b> <b>Session Debrief</b>	<b>Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)</b>



## ***Coach Self Reflection***

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

### **Rugby Curriculum Checklist:**

#### ***(b) 'early' group***

- movement, anticipation & communication
- positioning – appropriate depth & width
- running onto the ball – receiving & passing
- lateral support & introduce channel support
- long, short & switch passes

<b>Evident</b>	<b>Not Evident</b>

# Rugby Development Plan 2018-2019

## Development Session 2: Contact Skills



## Session Plan (1) - Continuity through Off Load Techniques

**Session Aims:** To develop competent Continuity Skills with effective passing technique

**Player No's:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
8 mins	Warm Up	<ul style="list-style-type: none"> <li>* Touch Off Load</li> <li>* Dynamic Stretch</li> <li>* Touch Off load</li> <li>* Dynamic Stretch</li> </ul> (2 sec off load or turnover)	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pass execution using key factor analysis</li> <li>3. Off load in, out, after tackle</li> <li>4. Depth, angles and alignment</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* Hit shield channel (5m wide) - groups of 4/5 - 5m apart. Step into bag, wide base, off load</li> <li>** Demo and Key factors important**</li> </ul>	<ol style="list-style-type: none"> <li>1. Contact and off load execution using key factor analysis</li> <li>2. Communication</li> <li>3. Exaggerate step, Hard edge, wide base, Off load tech</li> </ol>
5 mins	Game 1	<ul style="list-style-type: none"> <li>* Scrag Off load - 1D v 1A only</li> <li>* 2 grids 20mx20m apart</li> <li>* Focus on technical development of off load in tackle</li> </ul>	<ol style="list-style-type: none"> <li>1. Contact and off load execution using key factor analysis</li> <li>2. Communication</li> <li>3. Exaggerate step, Hard edge, wide base, Off load tech</li> <li>4. Support play with depth, angles and pace</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* Linear Channel (8m wide) - 5m apart - Scrag tackle - 4/5 Attackers - Off load out of tackle or off ground</li> <li>** Demo and Key factors important **</li> </ul>	<ol style="list-style-type: none"> <li>1. Contact and off load execution using key factor analysis</li> <li>2. Communication</li> <li>3. Exaggerate step, Hard edge, wide base around tackler</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* Scrag Off Load - 1D v 1A only</li> <li>* 2 grids 30mx30m apart</li> <li>* Focus on off load out of tackle or from ground</li> <li>* Player must execute out of tackle by moving defender - turnover if not out of tackle</li> </ul>	<ol style="list-style-type: none"> <li>1. Contact and off load execution using key factor analysis</li> <li>2. Communication</li> <li>3. Exaggerate step, Hard edge, wide base around tackler</li> </ol>
5 mins  Session Duration: <u>    Mins    </u>	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (2) - Continuity - 'Carry to Presentation'

**Session Aims:** To develop competent Continuity Skills with effective passing technique

**Player No's:**

**Equipment Required:** Balls, cones, pitch space

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	* Hit Shield Game - Even number on hit shields v Attack - 20mx20m grid (2 grids if possible) * Dynamic stretch with Upper body FMS	1. Communication 2. Key factors for contact skills 3. Turnover regularly
10 mins	Activity 1 -	* 1v1 Carry tech on hit shields with emphasis on Acceleration into contact, head and hip position and aggressive leg drive * Lateral activity with multiple coaches focusing on tech ** Demo and Key factors very important **	1. Communication 2. Key factors for contact skills 3. Safety a priority 4. Positive reinforcement and encouragement
10 mins	Game 1	* Equal Numbers modified contact game with emphasis on 1D v 1A contact. * Attacker to 'fight in carry' with leg drive - KHS (Knee Hip Shoulder) presentation * Turnover if not executed	1. Communication 2. Key factors for contact skills 3. KHS presentation 4. Safety a priority 5. Positive reinforcement and encouragement
10 mins	Activity 2 -	* Gauntlet drill - split player capacities or based on size for younger players * 1m wide Gauntlet with minimum 6 hit shields ** 1 isolated shield to develop presentation skills	1. Communication 2. Key factors for contact skills 3. Safety a priority 4. Positive reinforcement and encouragement 5. KHS presentation
10 mins	Game 2	* Modified Contact game - progress from game 1 and no ground contest	1. Communication 2. Key factors for contact skills 3. Safety a priority 4. Positive reinforcement and encouragement
5 mins  Session Duration: _____ mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)



## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (3) - Continuity - 'Present to Clean'

**Session Aims:** To develop competent Continuity Skills with effective presentation and clean out skills

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space, hit shields, poles

**RPE:** Medium Intensity

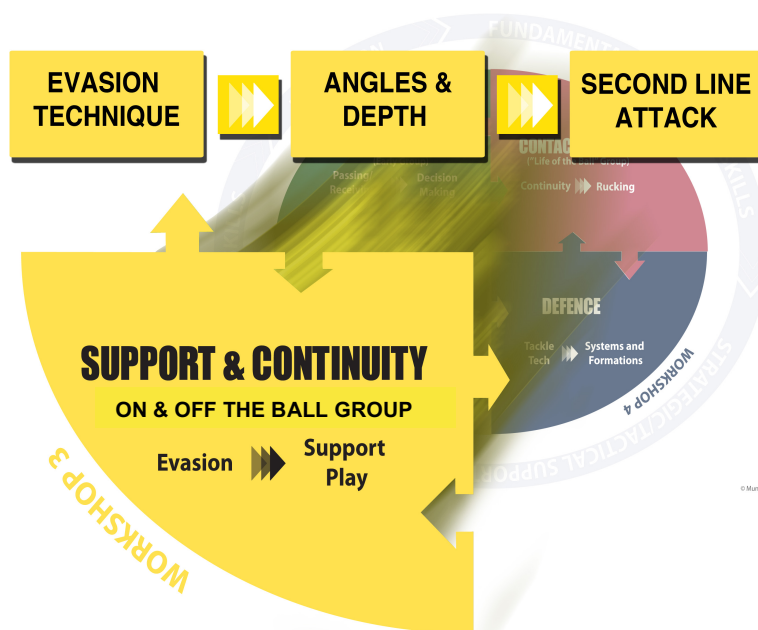
Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* Simulated 'Present to Clean' Touch Game</li> <li>* Equal Numbers</li> <li>* Simulate Clean out - focus on body height with ground touch with hand - turnover if not executed</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. KHS (Knee hip shoulder) presentation</li> <li>3. Decelerate on approach</li> <li>4. Target Ball line</li> <li>5. Low body height</li> <li>6. Win the space beyond the ball</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* Static Clean drill</li> <li>* 1v1 activity</li> <li>* Defender on hit shield - extra hit shield on ground with ball for simulation</li> <li>* Attacker in upright position 1m apart with front clean focus</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Hands up - Head Up</li> <li>3. Identify target area</li> <li>4. Straddle Ball line</li> <li>5. Low body height, flexing to extending</li> <li>6. Decelerate on approach - accelerate to clean beyond the ball</li> </ol>
8 mins	Game 1	<ul style="list-style-type: none"> <li>* 'Carry to Clean' Game</li> <li>* Equal numbers</li> <li>* Half defence on hit shields</li> <li>* Re-inforce 'carry' teaching points to presentation to clean</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Hands up - Head Up</li> <li>3. Identify target area</li> <li>4. Straddle Ball line</li> <li>5. Low body height, flexing to extending</li> <li>6. Decelerate on approach - accelerate to clean beyond the ball</li> </ol>
15 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* Carry and Clean Drill</li> <li>* Pole Drill</li> <li>* ID v 1A (Carrier) and 1A (Cleaner)</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Effective Carry</li> <li>3. Effective presentation</li> <li>4. Clean - hand up-head up</li> <li>5. ID target area</li> <li>6. Straddle ball line</li> <li>7. Low body height, flexing to extending with spine alignment</li> <li>8. Decelerate on approach, accelerate through contact winning space beyond the ball</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* 'Carry to Clean' Game</li> <li>* Equal numbers</li> <li>* Half D on hit shields</li> <li>* Re-enforce Carry, presentation and clean out</li> </ul>	Same as above
5 mins Session Duration: _____mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

# Rugby Development Plan 2018-2019

## Development Session 3: Support & Continuity



## Session Plan (1) - Evasion Techniques

**Session Aims:** To develop competent and effective Support Play and Continuity Techniques

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* Modified 'Links' Game</li> <li>* 2-3 Grids</li> <li>* Focus on Evasion Techniques</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and evasion with side step</li> <li>3. Side step key factors include - hand brake, transfer weight and acceleration terminology</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* 1v1 Evasion drill with scoring zones</li> <li>* 3mx3m and 5mx5m multiple grids working</li> <li>* Focus on Evasion techniques</li> </ul>	<ol style="list-style-type: none"> <li>1. Side step and acceleration key factors</li> <li>2. Side step - slow on approach, feint away from defender, handbrake, transfer weight, accelerate</li> <li>3. Acceleration - slow to offset defender and accelerate into space</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* 'Your It' Game</li> <li>* 2-3 grids</li> <li>* Focus on Evasion Techniques</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and evasion with side step</li> <li>3. Side step key factors include - hand brake, transfer weight and acceleration terminology</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* Coloured grid drill - 3m and 5m grids</li> <li>* Coach calls colour</li> </ul>	<ol style="list-style-type: none"> <li>1. Effective reactions</li> <li>2. Side step and acceleration key factors</li> <li>3. Side step - slow on approach, feint away from defender, handbrake, transfer weight, accelerate</li> <li>4. Acceleration - slow to offset defender and accelerate into space</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* T-bone Touch</li> <li>* Equal numbers game</li> <li>* 1D v 1A</li> <li>* Turnover if evasion not evident</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and evasion with side step</li> <li>3. Side step key factors include - hand brake, transfer weight and acceleration terminology</li> </ol>
5 mins  Session Duration: mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)



## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (2) - Angles & Depth Techniques

**Session Aims:** To develop competent and effective Support Play through lines and angles of running.

**Player No's:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* 'One Touch Off-load'</li> <li>* 2 Grids - 20mx20m</li> <li>* Emphasise support play and lines of running (<i>The branches not the Tree trunk!</i>)</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and anticipation development to support play</li> <li>3. Change of angle focus</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* 2v2 static overs and unders</li> <li>* 5mx5m grid</li> <li>* Understanding before action drill</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Rule of thumb - unders/unders, overs/unders and overs/overs</li> <li>3. Focus of definitive change of angle to off set defenders</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* 'One touch Off-Load' progression</li> <li>* 2 grids - 30mx30m</li> <li>* Emphasise support play and lines of running</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and anticipation of ball carrier's actions</li> <li>3. Change of angle focus to off set defence</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* 'Axis Group' Movement</li> <li>* Work off dead ball situations with scrum half</li> <li>* 3D v 3A to start</li> <li>* Measure outcomes through tackle line or gain line successes</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and anticipation development of support play.</li> <li>3. Definitive angle change by ball carrier</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* Game - 15v15</li> <li>* Turnover if no 'Axis' showing in open play</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Pace, Acceleration and anticipation of ball carrier's actions</li> <li>3. Change of angle focus to off set defence</li> </ol>
5 mins  Session Duration: mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (3) - 2nd Line Attack

**Session Aims:** To develop competent and effective relationships in attack through 2nd line development and support play

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* Modified touch with 2D touching goal line and 2A always in a 2nd line attack</li> <li>* Turnover if no 2nd line attack evident</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Identify and Scan</li> <li>3. Manipulate Defence</li> <li>4. Create and execute Opportunities</li> <li>5. Catch-Pass key factors applied</li> <li>6. Realignment with depth and width</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* 1+1v1 and 2+1v1</li> <li>* Static dead Ball situations</li> <li>* Left and right side</li> <li>* Scrag tackle</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Manipulate Defence</li> <li>3. Space ID</li> <li>4. Execute with evasion/acceleration</li> <li>4. Catch-Pass key factors applied</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* Modified Scrag - 2D touching goal line - 2nd line attack - turnover if not</li> <li>* 2 pass minimum rule before 2nd line can enter play</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Identify and Scan</li> <li>3. Manipulate Defence</li> <li>4. Create and execute Opportunities</li> <li>5. Catch-Pass key factors applied</li> <li>6. Realignment with depth and width</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* 3+1v3</li> <li>3+2v3</li> <li>4+2v4</li> <li>* Static dead Ball situations</li> <li>* Left and right side</li> <li>* Scrag tackle</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Manipulate Defence</li> <li>3. Space ID</li> <li>4. Execute with evasion/acceleration</li> <li>4. Catch-Pass key factors applied</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* 15v15 'Freeze' Game</li> <li>* Turnover if no 2nd line</li> <li>* Coach to dictate speed of play e.g. ruck speed</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Identify and Scan</li> <li>3. Manipulate Defence</li> <li>4. Create and execute Opportunities</li> <li>5. Catch-Pass key factors applied</li> <li>6. Realignment with depth and width</li> </ol>
5 mins  Session Duration: _____ mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

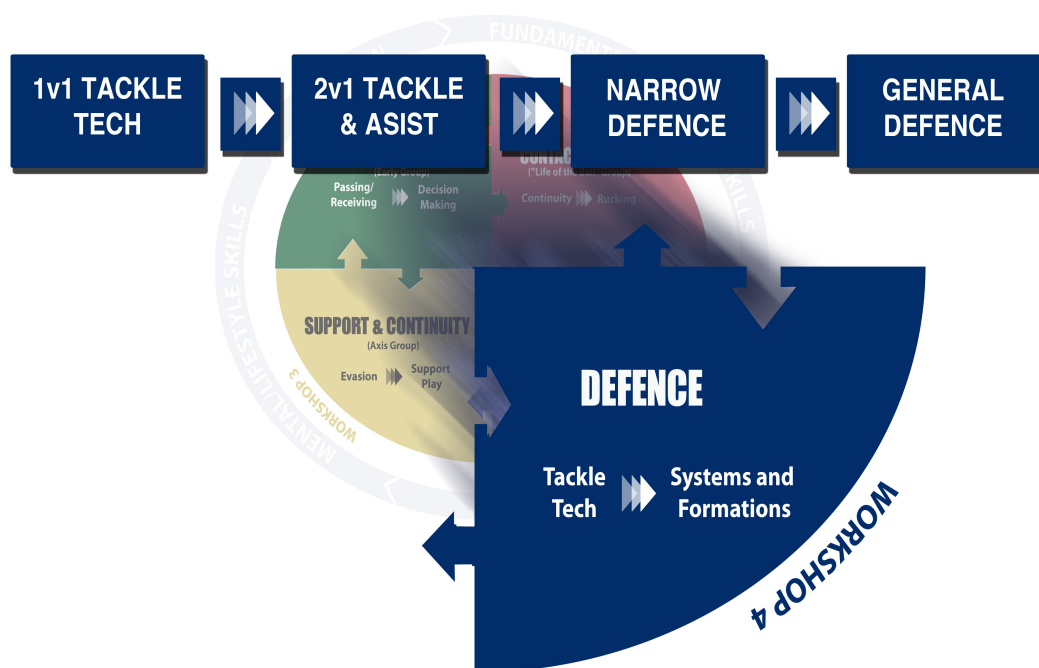
## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	



# Rugby Development Plan 2018-2019

## Development Session 4: Defence



## Session Plan (1) - Tackle technique

**Session Aims:** To develop competent and effective defence through development of individual tackle technique

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* T-Bone Touch Defence</li> <li>* 2 Grids</li> <li>* Focus on Defender Squaring up the Attacker</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Footwork pre engagement</li> <li>3. Square up defender</li> <li>4. Full arm wrap</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* 3 Step tackle tech - hit shields</li> <li>(1)-Shoulder contact - 1mx1m</li> <li>(2)-Shoulder &amp; Arm Wrap - 1mx1m</li> <li>(3)-Shoulder, Arm Wrap &amp; Leg Drive - 1mx1m</li> </ul>	<ol style="list-style-type: none"> <li>1. Feet positioning pre contact</li> <li>2. Slow on approach, set body height &amp; accelerate into contact</li> <li>3. Head up, hips below shoulders, feet positioning</li> <li>4. Cheek to Cheek head positioning - safety protocol</li> <li>4. Shoulder Contact, arm wrap, leg drive</li> <li>5. Emphasise productive back end tackle process</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* T-Bone Touch Defence</li> <li>* 2 Grids</li> <li>* Shoulder contact &amp; arm wrap focus</li> <li>* Coach to modify game - no breakdowns</li> </ul>	<ol style="list-style-type: none"> <li>1. Communication</li> <li>2. Footwork pre engagement</li> <li>3. Square up defender</li> <li>4. Shoulder contact and full arm wrap</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* 3 tackle types - 2mx2m grids</li> <li>* 1D v 1A - Front on tackle</li> <li>* 1D v 1A - Side on</li> <li>* 1D v 1A - Rear tackle</li> </ul>	<ol style="list-style-type: none"> <li>1. Feet positioning pre contact</li> <li>2. Slow on approach, set body height &amp; accelerate into contact</li> <li>3. Head up, hips below shoulders, feet positioning</li> <li>4. Cheek to Cheek head positioning - safety protocol</li> <li>4. Shoulder Contact, arm wrap, leg drive</li> <li>5. Emphasise productive back end tackle process</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* 15v15 Full contact</li> <li>* 2 Grids</li> <li>* Focus on 1v1 tackle contest</li> </ul>	<ol style="list-style-type: none"> <li>1. Feet positioning pre contact</li> <li>2. Slow on approach, set body height &amp; accelerate into contact</li> <li>3. Head up, hips below shoulders, feet positioning</li> <li>4. Cheek to Cheek head positioning - safety protocol</li> <li>4. Shoulder Contact, arm wrap, leg drive</li> <li>5. Emphasise productive back end tackle process</li> </ol>
5 mins  Session Duration: mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (2) - Tackle Assist

**Session Aims:** To develop competent and effective tackle and assist techniques in defence

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* 2 handed touch</li> <li>* Attacker presents - nearest defender can steal - tackler not involved</li> <li>* Defender gets 2 seconds to snatch</li> <li>* Coach dictates and modifies</li> </ul>	<ol style="list-style-type: none"> <li>1. Important that Coach knows the law in this area</li> <li>2. Promote listening skills e.g. hands away</li> <li>3. Low body position on approach, wide base, target ball (not ground) with hands</li> <li>4. Tuck head into shoulders and execute leg drive if snatch not executed</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* 1Av2D (Staggered Defenders)</li> <li>* 2Av2D (Staggered Defenders)</li> </ul>	<ol style="list-style-type: none"> <li>1. Promote listening skills e.g. hands away. Understanding before action</li> <li>2. Low body position on approach, wide base, target ball (not ground) with hands</li> <li>3. Tuck head into shoulders and execute leg drive if snatch not executed</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* 2 Handed Grab Tackle game</li> <li>* 1A and 1D on ground</li> <li>* Simulated contest over the ball - 1st support defender gets 2 secs to snatch possession</li> <li>* Modify to player capacities</li> </ul>	<ol style="list-style-type: none"> <li>1. Promote listening skills e.g. hands away. Understanding before action</li> <li>2. Low body position on approach, wide base, target ball (not ground) with hands</li> <li>3. Tuck head into shoulders and execute leg drive if snatch not executed</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* 3A v 3D</li> <li>* 4A v 4D</li> <li>* Relationship building in defence</li> <li>* Focus on 1st support players role and opportunities</li> </ul>	<ol style="list-style-type: none"> <li>1. Promote listening skills e.g. hands away. Understanding before action</li> <li>2. Low body position on approach, wide base, target ball (not ground) with hands</li> <li>3. Tuck head into shoulders and execute leg drive if snatch not executed</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* Full contact game</li> <li>* Modify to ability</li> <li>* 'Freeze' when appropriate to develop understanding of opportunities in defence to 'jackal'</li> </ul>	<ol style="list-style-type: none"> <li>1. Promote listening skills e.g. hands away. Understanding before action</li> <li>2. Low body position on approach, wide base, target ball (not ground) with hands</li> <li>3. Tuck head into shoulders and execute leg drive if snatch not executed</li> </ol>
5 mins  Session Duration: mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (3) - Narrow Defence

**Session Aims:** To develop competent and effective relationships in narrow defence systems

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* 'Raised Hand Touch' (2 grids if large numbers)</li> <li>* 5m penalty if 6D not identifying roles with raised hands and within 6m of ruck</li> </ul>	<ol style="list-style-type: none"> <li>1. Player ID of defensive role</li> <li>2. Re-inforce communication and role identification</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* 'Zig Zag' Breakdown Defence</li> <li>* 7 defenders - 3 breakdowns</li> <li>* 'Zig Zag' formation and coloured cones</li> </ul>	<ol style="list-style-type: none"> <li>1. Develop your sequence (D1,D2,D3, Pos,Neg etc)</li> <li>2. Implement sequence</li> <li>3. Facilitate through understanding and correction</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* Modified touch game (2 grids if large numbers)</li> <li>* Re-enforce sequence off slow rucks</li> <li>* Freeze Game if required to check for understanding</li> </ul>	<ol style="list-style-type: none"> <li>1. Emphasis effective sequencing at breakdown defence</li> <li>2. Emphasise ball placement in attack</li> <li>3. Re-enforce defensive sequence</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* 'Zig Zag' Breakdown Defence</li> <li>* 7 defenders - 3 breakdowns</li> <li>* 'Kick Back' channel with defensive wall</li> </ul>	<ol style="list-style-type: none"> <li>1. Re-enforce understanding of D1,D2,D3 Roles</li> <li>2. Emphasise 'Scanning'</li> <li>3. Emphasise communication</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* Game 1 progression - introduce 1A v 1D tackle contest</li> <li>* Simulate speed of rucks</li> <li>* Re-enforce defensive system or sequence</li> </ul>	<ol style="list-style-type: none"> <li>1. Emphasis effective sequencing at breakdown defence</li> <li>2. Emphasise ball placement in attack</li> <li>3. Re-enforce defensive sequence</li> </ol>
5 mins  Session Duration: _____ mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)

## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	

## Session Plan (4) - General Defence

**Session Aims:** To develop competent and effective relationships in general defence systems and formations

**Player No's`:**

**Equipment Required:** Balls, cones, pitch space,

**RPE:** Medium Intensity

Time/ Duration	Content	Activities & Detail	Teaching Points
10 mins	Warm Up	<ul style="list-style-type: none"> <li>* 'Kick Out'</li> <li>* Overload Attack</li> <li>* 2 Grids if large numbers</li> <li>* Change Defenders and Attackers</li> </ul>	<ol style="list-style-type: none"> <li>1. System Identification</li> <li>2. Communication and formation in defence</li> <li>3. Effective spacing and alignment (toe to heel and inside to outside defence)</li> </ol>
10 mins	Activity 1 -	<ul style="list-style-type: none"> <li>* Decision Making in Defence (Dead ball situation)</li> <li>* 3v3, 4v4, 5v5</li> <li>* 4A v 3D, 5A v 3D, 6A v 4D etc</li> </ul>	<ol style="list-style-type: none"> <li>1. System Identification (man on or drift defence etc)</li> <li>2. Functional Role development (scanning and inside to outside defence)</li> <li>3. Effective communication and alignment</li> <li>4. Emphasis on 'off the line' culture and work-rate</li> </ol>
10 mins	Game 1	<ul style="list-style-type: none"> <li>* 'Bozo'</li> <li>* 2 attack teams v 1 defensive team (Defenders commence on 50m - attack simultaneously attack to the 50m)</li> <li>* 7 touch max to score</li> </ul>	<ol style="list-style-type: none"> <li>1. ID defensive system</li> <li>2. Communication and formation</li> <li>3. Effective spacing</li> <li>4. Emphasis on 'off line' and speed culture</li> </ol>
10 mins	Activity 2 -	<ul style="list-style-type: none"> <li>* Decision Making in Defence (Dead ball situation)</li> <li>* Attack both sides - defence react</li> <li>* Coach modifies and simulates speed of play</li> </ul>	<ol style="list-style-type: none"> <li>1. System Identification (man on or drift defence etc)</li> <li>2. Functional Role development (scanning and inside to outside defence)</li> <li>3. Effective communication and alignment</li> <li>4. Emphasis on 'off the line' culture and work-rate</li> </ol>
10 mins	Game 2	<ul style="list-style-type: none"> <li>* 'Bozo'</li> <li>* 2 attack teams v 1 defensive team (Defenders commence on 50m - attack simultaneously attack to the 50m)</li> <li>* 7 touch max to score</li> <li>* Overload Attack or defence to progress</li> </ul>	<ol style="list-style-type: none"> <li>1. ID defensive system</li> <li>2. Communication and formation</li> <li>3. Effective spacing</li> <li>4. Emphasis on 'off line' and speed culture</li> </ol>
5 mins  Session Duration: _____ mins	Warm Down	Static Stretch Session Debrief	Session Review with Player feedback (open ended questions to check for understanding and positive reinforcement)



## **Coach Self Reflection**

<b>What were the session objectives and do you feel these were achieved?</b>	
<b>Improvements (What would you do differently?)</b>	
<b>Next Session (Player Progressions)</b>	



# IRFU - Technical Curriculum

## Rugby Stages 1-5

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# 1) Stage 1 Rugby

## 1.1 The Coach - Guides 1.2 Players - Play

## 1.3 General Movement - 90%-95%

### 1.3.1 Two groups

#### Defence

##### *(a) players 'on & near' the ball*

running & evasion

handling skills

picking & placing the ball

taking a tackle

tackling

mini-ruck

mini-maul

catching & kicking

supporting the ball carrier

##### *(b) players 'in the space'*

alignment & re-positioning

decision-making

passing & receiving

lateral support

Tackling – 1 on 1

Supporting the tackler & contesting possession

### **1.3.2 Focus**

*(a) individual awareness re. positioning (b) uninterrupted movement & expression (c) transition between attack & defence (d) Principles: Go Forward & Support (e) Reduce & simplify key factors in developing technical competence*

### **1.4 First Phase 5%-10%**

*(a) All Players experience scrum. lineout & backline*

*(b) 1st phase used to restart the game & develop appreciation of the laws*

*(c) 3 stages of Mini rugby (playing numbers, pitch size, equipment, duration, laws)*

### **1.5 Laws - Provide ‘Understanding’**



## 2) Stage 2 Rugby

2.1 The Coach - Teaches 2.2 Players – Explore

2.3 General Movement - 80 %-90 %

**2.3.1 Three groups**

Stage 1 individual skills plus...

*(a) 'life of the ball' group*

*continuity in contact*

*pick & run*

*pick & pass*

*protect ball*

*pass in contact*

*pass behind tackler*

*pass off the ground*

*place in the tackle*

*contest in opposition*

*mauling & rucking skills*

## Defence

### 2.3.2 Focus

anticipation

communication

movement & positioning

depth of support

angles of run

Continuity in Contact skills

- ☐ Defending in small groups (more, equal & less defenders)
- ☐ Effective Positioning (to team mates & opponents)
- ☐ Moving forward & applying pressure
- ☐ 1<sup>st</sup> line & 2<sup>nd</sup> line defence

#### *(b) 'early' group*

- ☐ movement, anticipation & communication
- ☐ positioning – appropriate depth & width
- ☐ running onto the ball – receiving & passing
- ☐ lateral support & introduce channel support
- ☐ long, short & switch passes

#### *(c) 'late' group* as 'Early' Group

#### *(d) introduce the 'Axis' support group*

#### *(a) collective organisation & awareness*

*(b) collective movement & communication*

*(c) Principles: Go Forward; Support & Continuity*

*(d) Key factors- special emphasis on contact skills*

## **2.4 First Phase 10%-20 %**

**2.4.1 Players explore many playing positions depending on size, body shape and speed**

**2.4.2 Introduction to & development of 15-aside rugby 2.4.3 Understanding Roles & responsibilities of playing positions**

**2.4.4 Units**

**2.4.5 Team**

*(a) develop understanding of Unit tasks and basic co-ordination between players in scrum, lineout, backline & restarts*

*(a) Develop link between 'winning' the ball and 'using' the ball at 1st phase*

## **2.5 Laws - Provide 'Structure'**



## 3) Stage 3 Rugby

### 3.1 The Coach - Challenges 3.2 Players – Focused

### 3.3 General Movement 70%-80%

#### 3.3.1 Four groups

Stage 2 plus...

##### *(a) 'life of the ball' group*

- ☐ off-load skills in contact
- ☐ ball presentation in tackle
- ☐ tackler contesting for possession
- ☐ 1st & 2nd support in the tackle

##### ☐ Pick & Go options *(b) 'early' group*

- ☐ pass & loop
- ☐ spot pass
- ☐ 2nd line support - trailing
- ☐ kicking options   ○ *cross kick*   ○ *chip kick*   ○ *grubber kick*

##### *(c) 'Axis' group*

- ☐ open & blind-side options
- ☐ play off-distributor (no. 9)



- ☐ play with distributor (no. 9)

### 3.3.2 Focus

#### Defence

*(a) effective action & key factor awareness (b) performance (c) establish link to 1st phase play (d) Principles: Maintain possession; Go Forward; Support & Continuity (e) greater emphasis on collective & group skill development*

*(f) Develop greater Transition Play – Attack & Defence*

- ☐ Defending 1<sup>st</sup>, 2<sup>nd</sup> line and 3<sup>rd</sup> line - defending kicks
- ☐ Positioning – ‘Guard & Pillars’
- ☐ Developing Systems – ‘rush defence & drift defence’
- ☐ Counter Attack
- ☐ Contesting & turning over possession in the tackle

*(d) 'late' group*

- ☐ kicking options
- ☐ 2nd line support

### 3.4 First Phase - 20%-30%

**3.4.1 Players identify strongly with specialist playing positions based on physical maturation & potential**

#### 3.4.2 Units

#### 3.4.3 Team

*(a) develop precision of performance with regard to Units. Focus now includes development of sub-units (thrower & jumpers; jumpers & supports; front row; backrow; halfbacks; inside 3 backs; back three backs; etc)*

*(b) greater emphasis now on tactical decision-making as well as technical precision*

*(c) development of formal patterns within units*

*(d) Focus on Performing the Key Tasks of Units & Sub-units accurately*

*(a) develop strong understanding, co-ordination between units winning the ball & units using the ball from 1st phase*

*(b) 1<sup>st</sup> Phase Attack & Defence*

*(c) development of strategic decision making skills*

- ☐ pitch position
- ☐ weather conditions
- ☐ score & time remaining

### **3.5 Laws - Provide 'Challenge'**



## 4) Stage 4 Rugby

### 4.1 The Coach - Facilitates 4.2 Player - Specialises

### 4.3 General Movement - 70%-65%

#### 4.3.1 Four groups

(a) *'life of the ball' group*

(b) *'early' group*

(c) *'Axis' group*

(d) *'late' group*

#### 4.3.2 Focus - Defence

(a) *functional roles within groups*

(b) *problem-solving*

(c) *effectiveness*

(d) *outcomes*

(e) *develop strong link to 1st phase patterns*

(f) *Principles: Maintain possession; Go Forward; Support; Continuity; Apply Pressure*

- ☐ Developing functional roles & decision making
- ☐ Develop range of Defence Patterns for specific attack patterns
- ☐ Reacting effectively to attackers - Numbers, Positioning, Speed of running
- ☐ Slowing ruck ball

- ☐ Standing tackles
- ☐ Counter-rucking

## 4.4 First Phase - 30 %-35 %

**4.4.1 Players have established a specialist playing position and allocate significant time and energy to developing their specialist skills**

### 4.4.2 Units

### 4.4.3 Team

- (a) develop precision of performance with regard to Units. Focus now includes development of sub-units (thrower & jumpers; jumpers & supports; front row; backrow; halfbacks; inside 3 backs; back three backs; etc)*
- (b) greater emphasis on variation & problem-solving with regard to tactical decision-making*
- (c) greater emphasis on developing effective sub-units & detailed functional roles within patterns & Identities of Rugby; i.e. Scrum Lineout Restarts Backline Attack Counter Attack Ruck & Maul Defence*
- (d) Strategic decision making becomes more prominent with player profiles influencing development & choice of patterns*
- (e) Focus on achieving the desired Outcomes for Units & Sub-units (through accurate performance of functional roles)*
- (a) Team patterns (Attack & Defence) are well rehearsed and aligned to team profiles and opposition profiles*
- (b) Team focus is on applying Pressure through achieving Pitch Position; maintaining Possession or accumulating Points*
- (c) 1st Phase Play is aimed at providing or creating a favourable imbalance from which to play in general movement (Attack & Defence)*
- (d) Game Appreciation is developed through simulated team scenarios - 'when; where; why; what'*



## 5) Stage 5 Rugby

### 5.1 The Coach - Empowers 5.2 Player – Innovates

### 5.3 General Movement-60%-65%

#### 5.3.1 Four groups

*(a) 'life of the ball' group (b) 'early' group (c) 'Axis' group (d) 'late' group*

#### 5.3.2 Focus

##### Defence

*(a) innovation & adaptation (b) Transition play - movement between attacking & defending (c) consider opposition strategies & player profiles*

- ☐ Prepare & Adapt to player profiles of own team & opponents
- ☐ Effective Positioning & Movement to reduce attacking options on the pitch
- ☐ Reacting effectively to take advantage & isolate attackers – eg. Strong, big, quick players, players who pass, players who run, etc..
- ☐ Collective ability to choose & apply appropriate defence pattern & system
- ☐ Collective ability to apply pressure on the attack by managing an imbalance of numbers and or time in their favour

## 5.4 First Phase - 35 %-40 %

5.4.1 Players have 'expert' levels of position-specific skills & arrive ready to apply in training

### 5.4.2 Units

### 5.4.3 Team

*(a) Profiling opposition Units and specific preparation dominates preparation*

*(b) Collective Speed of Thinking and Response is critical*

*(c) More time is allocated to Unit & Sub-unit Preparation than Team 1st Phase*

*(d) Repetition is paramount in refining collective understanding & efficiency*

*(a) Strategic planning & preparation is focused on the Opponents*

*(b) Analysis & player workshops underpin training sessions*

*(c) 1st Phase Play is aimed at applying Pressure and creating 'Imbalances'*

*(d) Attack & Defence is considered in three segments of play: The 'Play before' the opposition The 'Play in & on top of' the opposition The 'Play behind' the opposition*

#### 5.4.3.2 Specialist Skills

*(a) Players analyse & develop skills outside of Team practice sessions*

## 5.5 Laws - Determine 'Results'