

PLAYER DEVELOPMENT BUILDING MINI FOUNDATIONS



BUILDING MINI FOUNDATIONS

ATTACK

- Where is the space?
- Ball in 2 Hands
- Catch Ball in Motion
- Foot-work
- Fall safe + ball presentation
- Keep ball alive in contact

DEFENCE

- Go Forward - Snap - Wrap
- Low Shoulder Contact
- Below waist tackles
- Speed to Feet

“Core Skills” – 10 to 12 yr olds



BALL MOVEMENT

- Fingers Up
- **Catch Early**
- Stay in Motion
- Square Up
- Don't Touch Cloth
- Turn Head to target
- Elbow High
- **Finish at target**
- Accelerate to block off



BALL CARRY

- Catch Early
- Change Up/Accelerate
- **Footwork**
- Transfer Ball
- Drop Height
- Win Collision
- **Power Through**
- Ball Back to Middle
- **Look for Offload**



TACKLE TECHNIQUE

- Hands Up
- **GO-Load-GO**
- Cheek to cheek
- **Focus on Attackers Hips**
- Foot in the Hoop
- Dip
- Shoulder Contact
- **Leg Drive**
- Snap and wrap



BREAKDOWN

- Look to keep ball alive
- Fall to outside
- Fight forward
- Ground Action
- **Bounce to Present Long**
- Support to chase in early
- Prevent a breakdown
- Deep Clean



BREAK-OUT GAMES



THEME
BALL CARRY
CONTINUITY



THEME
SPACIAL
AWARENESS



THEME
CONTINUITY
DECISION
MAKING



THEME
TIME
PRESSURE

FIJI GAME - (U11 + U12)



FIJI RUGBY

GAME THEME

Ball Carry / Continuity

GAME

The attack must score within 6 phases
Defence – Grab hold

FRANCE GAME - (U11 + U12)



**FRANCE
RUGBY**

GAME THEME

Ball Movement

The Game

Start with equal numbers. 1 team constantly attacks for 1 - 3 minutes. Every time there is a grab, the toucher leaves the field! Minimum 2 passes each play

SAMOA GAME - (U11 + U12)



GAME THEME

Ball Movement / Decision Making / Continuity

GAME

Double Grabs

1 Grab offload— 2 Grab must pop off ground

ALL BLACKS - (U11 + U12)



GAME THEME

Ball Carry / Ball Movement
Decision Making / Breakdown

GAME (stopwatch)

Attack has certain time period/phase total
to score. Least amount of phases is winner

ENCOURAGE GRUBBER KICKS

'THE ULSTER GAME' Mini Laws (NORMAL GAME OF RUGBY)



ULSTER GAME

(Normal game of Rugby)

ATTACK (non-negotiables)

- Minimum of 2 passes from breakdown
- Must have Ball in 2 Hands
- Must Run forward

If players don't do the above then turnover ball to other team!



POTENTIAL GAME ADAPTATIONS



COACH HAS LICENSE TO ADD **ADAPTATION** THROUGHOUT ALL GAMES TO PROMOTE AREAS OF DEVELOPMENT.

ATTACK

- Must make X amount of passes
- Ball carrier must work hard on ground.
- Ball must be delivered in X seconds
- Must get X passes before contact
- Certain number of phases/time to score or get to another zone
- Incentives for 3 passes, offloads, kick to collect, scoring zones etc
- Ball in two hands for turn-over

DEFENCE

- Defence can't enter certain areas of pitch
- X players must be out of the game on their knees at each breakdown
- X players must retreat to their own line after each phase
- Defence can't enter certain areas of pitch.

GENERAL

Level of Contact up or down

Level 1 – 2 Handed touch in tackle position below waist, attacking player to hit ground as soon as they are touched

Level 2 – Ball carrier can offload through tackle; tackler must be below waist.

Level 3 – Game-like conditions, full contact attack and defence

Good Coaching Habits



- Keep explanations simple & brief – what ‘to do’ rather than ‘don’t ..’
- **Maintain energy by good planning, organisation & continuous activities**
- Ensure fun and enjoyment throughout – motivation & positive feedback
- **Provide guidance and check for understanding – use questioning**
- **Explain the ‘why’ with the ‘what’ – give reasons for better understanding**
- **Reinforce the principles of the game (ie we must go forward)**
- Keep participation levels high and provide equal opportunity – maximise reduced activity participation
- **Practice at least two reduced activities in each session –finish with a game when possible**
- Ensure the correct amount of equipment –bibs, markers, balls