# PLAYER DEVELOPMENT BUILDING MINI FOUNDATIONS



# BUILDING

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 SPACIAL AWARENESS



THEME
CONTINUITY
DECISION
MAKING



THEME
TIME
PRESSURE

### FIJI GAME - (U11 + U12)





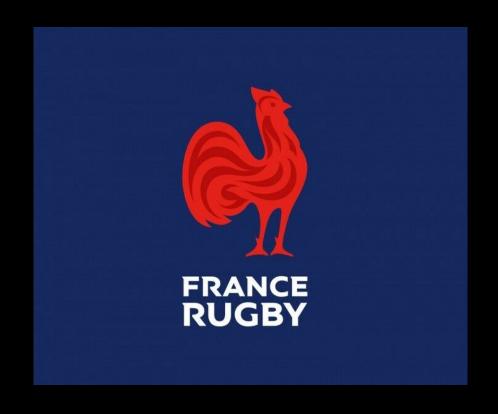
**GAME THEME**Ball Carry / Continuity

**GAME**The attack must score within 6 phases

Defence – Grab hold

## **FRANCE GAME - (U11 + U12)**





# **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 PROMATE 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