

# 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

# BREAK-OUT GAMES



THEME  
BALL CARRY  
CONTINUITY



THEME  
SPACIAL  
AWARENESS



THEME  
CONTINUITY  
DECISION  
MAKING



THEME  
TIME  
PRESSURE

# FIJI GAME - (U5 + U7)



**FIJI RUGBY**

## GAME THEME

Ball Carry / Continuity

## GAME

Each player has two touches before they make a pass (double touch)

# FRANCE GAME - (U5 + U7)



**FRANCE  
RUGBY**

**GAME THEME**  
Ball Movement

**GAME**  
The attack **MUST** make 3 passes before  
scoring + **EVERY PLAYER HAS TO TOUCH**  
The **BALL**

# SAMOA GAME - (U5 + U7)



## GAME THEME

Ball Movement / Decision Making / Continuity

## GAME (4v4)

### UNMILTED TOUCHES

U5-U6 – Every player must take 3 steps before passing once touched

U7 Game - Every touched players must go to ground and pop to support player.

# ALL BLACKS GAME - (U5 + U7)



## GAME THEME

Ball Carry / Ball Movement  
Decision Making

## GAME

Attack has unlimited touches but have  
2minutes to score. Then other teams' ball

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



## ULSTER GAME

- NORMAL GAME OF RUGBY.
- ADAPT LAWS IN ATTACK AND DEFENCE IN SESSION OBJECTIVES.

# 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