



COBHAM RUGBY

Active Start

Males and Females 0-6

Fitness and movement skills development as a FUN part of daily life



FUNDamentals

Males 6-9 Females 6-8

Learn all FUNDamental movement skills and build overall motor skills
Play many sports

Focus on the ABCs of Athleticism: ability, balance, coordination, and speed



Learning to Train

Males 9-12 Females 8-11

Learn overall sport skills

Acquire sport skills that will be the cornerstone of athletic development

Play a variety of sports focusing on developing skills in three sports in particular



Training to Train

Age is growth-spurt dependent
Males 12-16 Females 11-15

Build an endurance base, develop speed and strength towards the end of the stage, and further develop and consolidate sport specific skills

Select two favourite sports based on predisposition



Training to Compete

Age varies depending on sport
Males 16-23 +/- Females 15-21 +/-

Optimize fitness preparation and sport, individual, and position specific skills and learn to compete internationally



Training to Win

Ages are sport specific based on national and international normative data
Males 19 +/- Females 18 +/-

Podium Performances



Active for Life

Enter at any age

A smooth transition from an athlete's competitive career to lifelong physical activity and participation in sport



Mini & Youth

Long Term Athlete Development (LTAD)

Player & Coach Pathway

Best Practice

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Rev 1 15 Feb 2014

Rev2 21 March 2014 (post input from AVH, JC, WD and SH)

Rev3 23 March 2014 (branding + amendments)

Rev 4 23 March 2015

Rev 5 18 April 2015

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Objectives/Rationale

- To create an Active, Purposeful, Enjoyable and Safe environment, where all players may develop to the best of their ability.
- To place the **player** at the forefront of all decisions
- To consider the wider implications of player's development including the 5 C's

Confidence

Character

Creativity

Competence

Connection

- To adopt the Long Term Player Development model as a template to retain & develop young players and to encourage their continued adult participation, preferably at Cobham RFC, but regardless at any club.
- To provide coaches with a structure within which they can develop all players.
- To place the needs of the child first and encourage an atmosphere and environment where enjoyment is paramount and winning matches is neither the sole nor most important measure of success.
- To encourage players and parents to participate in, and contribute to Club activities
- Encourage key personality traits such as determination, leadership and intrinsic motivation as well as desire to be a 'lifelong player' and member
- Standardise delivery across all age groups
- Give direction to our players, coaches and parents
- Have a long term result in mind rather than short term success – a focus on the process rather than the results
- Ensure that no skills are 'neglected'
- Ensure that key skills are worked on at key physical development stages
- Identify key age groups that require 'specialist' coaching

Paul Markham – Club Coaching Coordinator

Explanation of Long Term Player Development (in general terms)

Phase 1 – FUNdamentals

This phase is appropriate for boys aged 6 to 9 (club will use for U5s too) and girls aged 6 to 8. The main objective should be the overall development of the player's physical capacities and fundamental movement skills.

The key points of this phase are:

Participation in as many activities as possible

Speed, power and endurance are developed using FUN games

Appropriate and correct running, jumping and throwing techniques are taught using the ABC's of athletics

Introduction to the simple rules and ethics of sports

Strength training with exercises which use the child's own body weight

Training programs, based on the school year, are structured and monitored but not periodised (this means breaking their season into smaller chunks, say 4-6 weeks, and working towards shorter term goals)

Develop the player's JACK'S BRATS:

Jumping

Agility

Coordination

Kinesthetics (learning by doing, exploring, discovering)

Speed

Balance

Running

Awareness

Throwing

Striking

The first 'critical period of speed development' will occur during this phase, age 6-8 for girls and 7-9 for boys respectively. Linear, lateral and multi-directional speed should be developed and the duration of the repetitions should be around 5 seconds. Fun and games should be used for speed training and the volume of training should be low.

Phase 2 - Learning to train

This phase is appropriate for boys aged 9 to 12 and girls aged 8 to 11. The main objective should be to learn all fundamental sports skills.

The key points of this phase are:

Further develop fundamental movement skills

Learn general overall sports skills

Continue to develop strength with medicine ball, Swiss ball and own body-weight exercises as well as hopping-bounding exercises

Continue to develop endurance with games and relays

Introduce basic flexibility exercises

Continue to develop speed with specific activities during the warm-up, such as agility, quickness and change of direction

Develop knowledge of warm up, cool down, stretching, hydration, nutrition, recovery, relaxation and focusing

Training programs are structured and based on short term goals (4-6 weeks)

Be aware of school conflicts and boys playing too much rugby at the start of secondary education.

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Phase 3 - Training to train

This phase is appropriate for boys aged 12 to 16. The main objective should be the overall development of the player's physical capacities (focus on aerobic conditioning) and fundamental movement skills.

The key points of this phase are:

Further develop speed and sport-specific skills

Develop the aerobic base - after the onset of Peak Height Velocity (PHV)

Learn correct weight lifting techniques – link with the senior part of the club / school teachers

Develop knowledge of how and when to stretch, how to optimise nutrition and hydration, mental preparation, how and when to taper and peak

Establish pre-competition, competition and post competition routines

The strength training window for boys begins 12 to 18 months after PHV – growth spurt

There are two windows of opportunity to strength training for girls

Window one is immediately after PHV

Window two begins with the onset of menarche (the first menstrual period)

Special emphasis is also required for flexibility training due to the sudden growth of bones, tendons, ligaments and muscles

A 60% training to 40% competition ratio (includes competition and competition-specific training) is recommended

Phase 4 - Training to compete

This phase is appropriate for boys aged 16 to 18. The main objective should be to optimise fitness preparation, sport/event specific skills and performance.

The key points of this phase are:

50% of available time is devoted to the development of technical and tactical skills and fitness improvements

50% of available time is devoted to competition and competition-specific training

Learn to perform these sport specific skills under a variety of competitive conditions during training

Special emphasis is placed on optimum preparation by modelling training and competition

Fitness programs, recovery programs, psychological preparation and technical development are now individually tailored to the athlete's needs

Double and multiple short term goal setting is the optimal framework of preparation

Phase 5 - Training to win

This phase is appropriate for boys aged 18+ and girls aged 17+. The main objective should be to maximize fitness preparation and sport/event specific skills as well as performance.

The key points of this phase are:

All of the player's physical, technical, tactical, mental, personal and lifestyle capacities are now fully established and the focus of training has shifted to the maximization of performance

Player's train to peak for major competitions

Training is characterized by high intensity and relatively high volume with appropriate breaks to prevent over training

Training (drills) to competition (matches / game play) ratio in this phase is 25:75, with the competition percentage including competition-specific training activities

How this will be achieved

The Club

- Draft a Job Description for, assist in development and train age group coaches
- Provide coaches with a Player Development Programme that will enable them to plan and deliver appropriate coaching sessions applicable to their age group.
- Set minimum standards for coach CPD and Award courses per age grade.
- Encourage coach attendance at, and opportunities to attend formal and informal CPD events
- Encourage a coach to player ratio of 1:8, where practically possible. This will allow 2 coaches to work with 16-20 players. One coach coaching and the other observing, perhaps pulling several players out to hone in on a specific technical development.
- Encourage coaches to work in pairs, such that one delivers and the other can observe and/or pull a small group out to demonstrate a skill on a personal level and give individual feedback one on one.
- Encourage coaches to provide individual feedback through open communication with players as to their development
- Encourage age group management to maintain a coach qualification register
- Encourage sharing of coaching best practice across age groups.

The Coach

- Ensure that all players receive coaching appropriate to their physical, mental and skill development.
- Produce an annual programme of coaching that caters for the Long Term Development of every player, perhaps lead by head coach
- Coaching based on positive reinforcement and open communication
- Ensure that all players have access to an equitable amount of playing time over the season.
- Ensure that all players have the opportunity to try various positions, dependant upon their physical, mental and skill development and get opportunities for progression.
- Be prepared to coach, encourage and assist other age groups in their development and be open to learning from other coaches and age groups.
- Be forthcoming and transparent with regards selection – give reasons and ways for the unselected player to earn their position
- Coaches should actively become referees to enhance their coaching capability and assist the club with game management. Minimum one referee for each game grouping.
- Head coaches to maintain a register (use a parent volunteer) of coaches and their development (as per coach spreadsheet)
- Coaches to take responsibility for their own development.



Age Group	Welfare / Safety Courses			Foundation Courses					Personal Development Courses (CPD)																				
	CRB No.	SPYP	First Aid	TAG	RR	Start Coaching + Experience - Children RU	ABC	5Cs	Kids First - Small Sided Games	Contiunity Pre Contact	Continuity Post Contact	Back Play	Continuity in Attack	Defence in Phase Play	Attack from Set Piece	Game Planning	Goal Setting	Performance Analysis	Performance Profiling	Planning & Periodisation	Ruck and Maul	Team Selection	Kicking Game	Lineout Game	Scrum Factory	Scrum Factory 2	ELRA		
5																													
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TEAMWORK - RESPECT - ENJOYMENT - DISCIPLINE - SPORTSMANSHIP



Blue are mini/midi CPD, Brown are Youth CPD which are there to give knowledge to inexperienced coaches



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TEAMWORK - RESPECT - ENJOYMENT - DISCIPLINE - SPORTSMANSHIP

Coaches' job Description

Reporting to: Director of Youth Rugby, Age Group Head Coach, Club Coaching Co-ordinator.

This job description is intended to address the responsibilities of Coaches regardless of age group and of the Club to the Coaches.

We expect that Coaches will, with the Club's support, provide the highest possible standards of coaching throughout Mini & Youth Rugby.

At any Coaching level throughout mini/youth rugby, the following will apply:

The Club will support Coaches in this by facilitating attendance at:

RFU approved coaching courses

Other relevant courses/seminars run by accredited third parties

Coaching clinics, workshops, conferences etc. as recommended by the Club Coaching Co-ordinator, including CPDs.

Mentoring and guidance from Senior Team coaches, where applicable.

Coaches must be fully aware of the Laws of Rugby relevant to their age group as defined by the IRB and the RFU continuum, and Club policies such as (but not limited to):

Child Safeguarding

Health & Safety

Fair Play

Anti-Bullying

Equity

Player's and Parent's Conduct Codes

General Responsibilities

To work closely with and take direction from the age group Head Coach and Age Group Manager and Club Coaching Co-ordinator

To maintain coaching qualifications as required by the RFU/Club coaching co-ordinator

To stand in for the Head Coach when they are absent

To promote the game of Rugby Football

To promote the Rugby code of conduct as defined by the RFU

To promote fair play and inclusion at all times.

To promote Cobham RFC at every opportunity.

Do their best to ensure that players gain the maximum enjoyment and benefits from playing the game.

Club Related Responsibilities

To support and encourage links between Parents and Club.

Attend Rugby related meetings as and when requested by the Club.

To support and communicate with all RFU and Rugby Officers, Team Managers, Coaches, Child Safeguarding representatives/officers and First Aiders as and when required.

To help ensure fixtures are managed and in place for the relevant age group.

To follow all Club procedures as required, such as disciplinary proceedings involving players.

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Qualifications:

The Coach should be registered with the RFU and hold a current coaching License

There should be a Senior Club Coach affiliated with each of the Mini and Junior sections of the Youth Section and should hold the RFU level 2 certificate in coaching rugby union.

Each age group from U7 to U12 should have at least one coach qualified at (or working towards) RFU approved Level one.

All coaches for age groups from U13 to U18 should be Level 2.

Head coach at Youth rugby must hold a minimum of Level 2 qualification or be working towards.

All other coaches should at least hold one of the “RFU Foundation”, “Start Rugby” or “Rugby Ready” Certifications, and be preparing for the Level one certification.

Coaches should attend the required CPDs to ensure that qualification is maintained.

Coaches must hold a current DBS disclosure form, which should be applied for via the Club Child Safeguarding Officer(s) no later than two (2) weeks after taking up coaching duties with any youth age group, or any situation where players under the age of 18 are involved.

Purpose: (APES)

To create an Active, Purposeful, Enjoyable and Safe environment where all players may develop to the best of their ability.

Principal Responsibilities (TREDS)

To uphold the RFU core values of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship

To work with a team of coaches to deliver player centered, quality rugby sessions promoting the coaching and playing ethos of Cobham RFC.

To regularly check that the venue and all activities conform to Cobham RFC minimum operating standards, making the safety of participants paramount (which includes health and safety, safeguarding and rugby specific guidance)

Ensure all equipment is in a safe condition and correctly maintained

How we will Measure Success

- **Monitoring player retention at each age group**
- **Monitoring player recruitment at each age group**
- **By the use of the RFU Proficiency Awards to measure skill development**
- **Monitoring coach retention at each age group**
- **Monitoring coach development through attendance at RFU Formal CPD**
- **Measuring the numbers of players who continue to play adult rugby.**

Selection Policy

Teams should be selected using the Fours A's basis in the order shown:

Attitude – the coaches are mostly volunteers who give up their time to develop and improve their players. Therefore players (and parents at young ages) who do not try hard or give up, turn up late, forget their mouth guard, don't respond to email, refuse to listen, mess around, don't help set up and clear away reduce the amount of time the coaches/managers have to do their jobs. The right attitude is a life skill as well as a crucial rugby skill.

Attendance – turning up every week should be recognised. Some children do have other draws on their time which is fully acceptable, as long as the coaching team are informed in a timely manner. Boys who play for schools pre Xmas should also not be forgotten but equally at the same time we should not to allow a dominant advanced player to walk straight back into a side, regardless of the game. They are probably getting enough rugby already and we must understand how the player who has sat in the role for 2-3 months feels, when displaced.

Availability – players need to confirm their availability in a timely manner. Let coaches know early if you have something planned later in the season. Managers should be tracking this, a couple of months ahead and maintaining a register of attendance.

Ability - this is not only the individual skills needed to play a particular position (and remember playing in many positions is a coaches LTAD requirement) but also a requirement to use those skills for the benefit of the whole team.

Please make sure your players understand the seven, Sunday rules:

Switch on before you arrive and be ready to train/play

Arrive 5 minutes before the allocated time

Unselfish players make great rugby teams

Never blames others, concentrate on you doing your best

Do as your coach asks. He will always listen to you though, at an appropriate time

Accept who you are playing with and always do your best to help them perform at their best

It is always "yes" on the pitch and discuss later. Referee's are always right even when they are wrong.

Coaching and Coach Development

The majority of coaches will be volunteers in our environment. Coaching children in a child centred environment has some responsibilities. However, the enjoyment from coaching through the ages will far out way the responsibilities you will have.

Coaches need to always act as good role models, good citizens who uphold the 5 core values of rugby; Teamwork, Respect, Enjoyment, Sportsmanship, Discipline.

Adopt a child centred and inclusive approach

Demonstrate good interpersonal skills & communicates with all players

Create and maintain a **positive** learning environment.

Be open minded and adaptable to change

Possess and adopt self-reflective skills (Plan – Do - Review)

Demonstrate fairness & objectivity in dealing with and assessing others

Be innovative in helping others learn and improve

Encourage feedback

Adopt an interactive rather than lecturing approach – particularly as children move through the age groups

Continue to develop their understanding and knowledge of the game

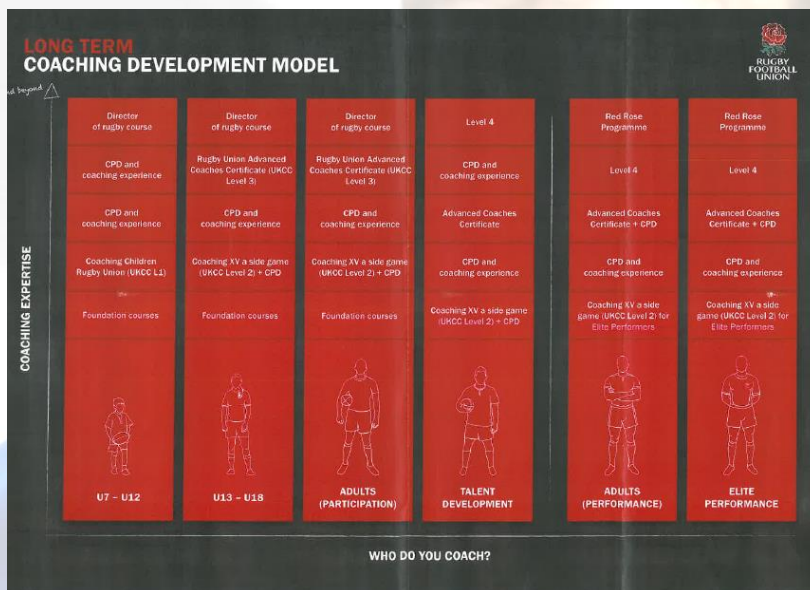
Ensure coaching is done in a safe environment and best practices is observed at all times

(Active, Purposeful, Enjoyable & Safe – APES)

Be aware of the Cognitive, Physical, Emotional and Social development of children

Coaching development (Continuous **P**ersonal **D**evelopment) should be a part of your personal plan and CPD should be an active part of your desire to become as good a coach as you can be. This document has been written as short as possible, whilst maintaining the right amount of ethos the club believes is right for child development. Much more detailed understanding of these principles will be delivered in RFU CPD and Award courses.

Below is a link to the RFU coaching model. We have also highlighted in each age group in this document, the CPD and award courses we feel are best practice, at and for those age groups, for coaches and head coaches. We will provide a commitment to provide these at the Club where there is the demand.



<http://www.englandrugby.com/my-rugby/coaches/>

Player Development

Young children join rugby clubs from and for a number of different reasons. Once in a “team” environment the very young learn best in situations where they are having fun, being with their friends. They want to carry the ball as often as possible. They want to score as many tries as they can. The majority do not worry about winning. As children get older (youth) winning is still not their most important goal, their technical development comes more to the fore, but winning will start to play more of a focus.

Adults place pressure on children with adult led conditions, such as winning. Winning or competitive nature is a dominant animal feature and is part of society. We are looking to develop the children who come into our club to fall in “love” with rugby and stay playing when they are adults. When they are adults there is plenty of time for winning. In any game there is usually a winner and a loser, but often young children do not develop as well as they could if a coach develops strategies just to win. In fact, as children become older, there is also evidence that does suggest somebody who always wins does not know how to loose. This feature often makes them leave the sport and the competitive environment because they do not know how to strive for development and accept that a mindset of learning and developing is better than a closed mindset of always expecting to win. This falls in part of the cognitive, emotional and social development of humans that most of us usually have no training or understanding of.

In Appendix 2 you will find a development model for children. This is quite a large overview but is an ideal method to help understand what our aims could be broken up into. In Appendix 1 is an example for U8 annual plan as an age group example.

The club would strongly recommend; we have no hard and fast streaming in the mini years. Players should be allowed and encouraged to move between groups where appropriate from a safety perspective and a confidence level of each player; that all players play in a league game/festival at some time and that all squad members get on in league and friendly games, no matter what the score might be.

Coaching Plans

Annual Plan

As stated above Appendix 2 shows an annual U8 player plan as an example of how to use the player development model.

Weekly Plans

A coaching session should typically be broken up into manageable portions e.g. U13s 4 x 30 minutes, 6 x 20 minutes dependent on session, age and level of participants. Coaches should plan their sessions to bring in a variety of skills such that the physical loading is not excessive, to account for weather, etc.

Training and playing time should adhere to the RFU regulations. This could affect your insurance cover. This cannot be negotiable and should not be worked around with set up time, registration, breaks, etc. included in the time allocation.

A warm up should always include a rugby ball and conducted at part effort slowly raising the body temperature and working muscles slowly (at no time should we be running players around a field, nor should we be stretching until the body is fully warm). A session should also include a warm down period where muscles can be sufficiently stretched and lactose removed from tired muscles. The shorter sessions should be built up of a game/skill/game philosophy. Such that the children learn most by doing, the coach is able to assess who can and can't and then a relatively short period demonstrating and then getting players to perform the skill. Then put back into a condition game to emphasise the skill. Coaches should be prepared, when success is not achieved and recognise it and change the session to achieve success rather than pursuing personal goals. If still not having success, then have a back up plan. Remember, time and space create or remove pressure. Always plan more than there is time for so that you can adjust and take into account weather, numbers, etc.

Age Group Specifics

Under 5s and Under 6s - Rugby introduction (non contact)

- Encourage the development of Agility, Balance & Coordination (ABC's) by using other non rugby methods (basketball, football, play park games (hopscotch), tennis balls
- Teamwork, Respect, Enjoyment, Sportsmanship, Discipline
- Fun, Fun, Fun
- Parent Volunteers – we are not a crèche
- Parent Understanding of Club Ethos

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Agility, Balance, Coordination (FUNDamentals of Movement) CPD

5Cs CPD

Under 7s and Under 8s - Tag Rugby (non contact)

Key Development Areas

- Continuum
- Teamwork, Respect, Enjoyment, Sportsmanship, Discipline
- Focus on participation and inclusivity [above winning]
- Concentration on skills-based training
- No ability-based divisions
- Coaching based on positive reinforcement
- Coach as role model
- Players, parents and coaches to adhere to Club's Best Practice Policy
- Encourage the continued development of Agility, Balance & Coordination (ABC's)
- Introduce the basic Principles of Play
 - Go Forward
 - Running and evasion skills
 - Support
 - Running & communication
 - Continuity
 - Catching & passing skills
- The main focus must be on the ability to run with the ball and evade defenders. Rugby is an **EVASION** game and must be coached as such.
- Festivals should be entered as appropriate and viewed as a method in which players can test their skills against a wide variety of opponents. Winning a competition is not the reason to enter it.
- All players should play. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required under the New Rules of Play
- Players should be given an opportunity to play with a varied group within the realms of safety.

Coach minimum CPD:

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Developing Children Through Positive Experience in Rugby Union

TAG – Start Coaching Children in Rugby

Coaching Children through Games CPD

Appropriate referee course.

Conditioning awareness – stretching

Head Coach; Coaching Children Rugby Union L1 (pre-requisite Rugby Ready and Scrum Factory). There should be a ratio of 1 Level 1 Coach to each 20 children

Under 9

- Maintain the development of ABC's
- Maintain the development of Running & Evasion skills.
- Continuum Teamwork, Respect, Enjoyment, Sportsmanship, Discipline
- Focus on participation and inclusivity [above winning]
- Concentrate on skills and introduce game management
- Mixed-ability squads to be retained for competitive fixtures
- Coaching based on positive reinforcement
- Coach as role model
- Players, parents and coaches to adhere to Club's Best Practice Policy
- Further develop player's ability to pass and catch the ball – keeping the ball away from contact wherever possible.
- Transitional Rugby, there is total emphasis

for the attack:

- ☐ running with the ball
- ☐ evasion
- ☐ running in support of the ball carrier and passing;

and for the defence:

- ☐ running to tackle the ball carrier
- ☐ prevent them going forward
- ☐ to get back into the game
 - Coach safe and effective methods of tackling
 - Coach safe and effective ways of placing the ball on the floor after a tackle.
 - Triangulars are probably a better environment in which to develop players. Festivals can be entered as appropriate and viewed as a method in which players can test their skills against a wide variety of opponents. Winning a competition is not the reason to enter it.
 - All players should play. All reserves should get match time. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required under the New Rules of Play.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Coaching Children through small sided games

Kids First Continuity pre Contact

Rugby Ready

Appropriate referee course.

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Conditioning awareness - stretching

Head Coach; Coaching Children Rugby Union L1 (pre-requisite Rugby Ready and Scrum Factory). There should be a ratio of 1 Level 1 Coach to each 20 children

Additional:

Under 10

- Further development of ABC's
- Further develop Running & Evasion skills.
- Further develop player's ability to pass and catch the ball – keeping the ball away from contact wherever possible. Decision making practices will help in this area.
- Continuum
- Teamwork, Respect, Enjoyment, Sportsmanship, Discipline
- Focus on participation and inclusivity [above winning]
- Concentrate on skills and introduce game management
- Mixed-ability squads to be retained for competitive fixtures
- Coaching based on positive reinforcement
- Coach as role model
- Players, parents and coaches to adhere to Club's Best Practice Policy
- Coach safe and effective methods of tackling & ball presentation.
- Introduce safe & effective ways to Maul & Ruck. The Maul should be prioritised as players are rarely taken to ground by the initial tackle/challenge
- Introduce the contested 3-player scrum. ALL players should still be encouraged to participate in the scrum in training & games. This should be tempered by physical & mental development.
- Introduce the contested lineout. ALL players should be encouraged to participate in the lineout in training & games. Coaches should be innovative in ways in which they use the lineout and not always throw to the tallest player or the front. ABC's will contemplate this area of the game
- Festivals should be entered as appropriate and viewed as a method in which players can test their skills against a wide variety of opponents. Winning a competition is not the reason to enter it.
- All players should play. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required under the New Rules of Play.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Coaching Children Through Small sided Games

Kids First Continuity post contact

Rugby Ready

Appropriate referee course.

Conditioning awareness - stretching

Head Coach: Coaching Children Rugby L1 (pre-requisite Rugby Ready and Scrum Factory) plus one additional coach (Backs/Forwards split). There should be a ratio of 1 x Level 1 Coach to each 20 children.

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Additional:

Back Attack from Set Piece- Youth

The Lineout game - Youth

Continuity in Attack - Youth

Defence in Phase Play - Youth

Maul & Ruck - Youth

Under 11

- Further development of ABC's
- Further develop Running & Evasion skills.
- Continuum
- Teamwork, Respect, Enjoyment, Sportsmanship, Discipline
- Focus on participation and inclusivity [above winning]
- Concentrate on skills and game management
- Introduction of ability-based squads for competitive fixtures, but whole-age group training and encourage movement between squads
- Coaching based on positive reinforcement
- Coach as role model
- Players, parents and coaches to adhere to Club's Best Practice Policy
- Further develop player's ability to pass and catch the ball – keeping the ball away from contact wherever possible, maintaining Continuity of Play. Decision making practices will help in this area.
- Coach safe and effective methods of tackling & ball presentation
- Develop safe & effective ways to Maul & Ruck. The Maul should be prioritised as players are rarely taken to ground by the initial tackle/challenge
- Introduce the contested 5-player scrum. ALL players should still be encouraged to participate in the scrum in training & games. This should be tempered by physical & mental development.
- Develop the contested lineout. ALL players should be encouraged to participate in the lineout in training & games. Coaches should be continue to be innovative in ways in which they use the lineout and not always throw to the tallest player or the front. ABC's will contemplate this area of the game
- All players should play. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required under the New Rules of Play

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Rugby Ready

Scrum Factory

Appropriate referee course.

Conditioning awareness - stretching

Head Coach Coaching the 15-a-side game L2 (pre-requisite Rugby Ready and Scrum Factory) plus one additional coach at least L1 (Backs/Forwards split)

Additional:

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Back Attack from Set Piece- Youth

The Lineout game - Youth

Continuity in Attack - Youth

Defence in Phase Play - Youth

Maul & Ruck – Youth

Head Coach and anybody doing L2 will need to have done the above CPDs for youth level.

Under 12

- **As above but consider ways to prepare players for the transition to 15-a-side and full size pitch, but don't coach 15-a-side.**
- **At this age players may start to decide which positions they are most suited to but they should all be encouraged to try a variety of positions as they develop**

Under 13 (15-a-side)

Laws

Teamwork, Respect, Enjoyment, Sportsmanship, Discipline

- Core skills as above
- Develop unit play in a team context.
- Introduce basic patterns of play
- Introduce basic defensive systems – Man on Man & Drift
- Introduce the 8-player scrum
- All players should play. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required.
- Changes in a player's position will continue as players to continue to grow and mature.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Rugby Ready

Scrum Factory

Appropriate referee course.

Conditioning awareness – RFU policy on weights, stretching

Head Coach: Coaching the 15-a-side game L2 (pre-requisite Rugby Ready and Scrum

Factory) plus one additional coach at least L1 (Backs/Forwards split)

Additional:

Back Attack from Set Piece- Youth

The Lineout game - Youth

Continuity in Attack - Youth

Defence in Phase Play - Youth

Maul & Ruck – Youth

Head Coach and anybody doing L2 will need to have done the above CPDs for youth level.

Under 14

Laws

Author: Paul Markham

18 Apr 2015 Rev5

Teamwork, Respect, Enjoyment, Sportsmanship, Discipline

- Core skills as above
- Further Develop unit play in a team context.
- Develop basic patterns of play
- Develop basic defensive systems – Man on Man & Drift
- All players should play. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required.
- Changes in a player's position will continue as players to continue to grow and mature.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Rugby Ready

Scrum Factory and SF 2

Appropriate referee course.

Conditioning awareness – RFU policy on weights, stretching

Head Coach: Coaching the 15-a-side game L2 (pre-requisite Rugby Ready and Scrum Factory) plus one additional coach at least L1 (Backs/Forwards split)

Additional:

Back Attack from Set Piece- Mini

The Lineout game - Mini

Continuity in Attack - Mini

Defence in Phase Play - Mini

Maul & Ruck – Mini

Head Coach and anybody doing L2 will need to have done the above CPDs for youth level.

Under 15

- Core skills as above
- Laws
- Teamwork, Respect, Enjoyment, Sportsmanship, Discipline
- Further develop unit play in a team context.
- Develop basic patterns of play
- Develop basic defensive systems – Man on Man & Drift
- All players should play. Players go as a squad to festivals/fixtures with the objective of all players in the squad having equivalent playing time, acknowledging that this is a flexible concept which needs to take account of injuries, players having to leave early, equalising teams where required.
- Changes in a player's position will continue as players to continue to grow and mature.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Rugby Ready

Scrum Factory and SF 2

Appropriate referee course.

Conditioning awareness – RFU policy on weights, stretching

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Head Coach: Coaching the 15-a-side game L2 (pre-requisite Rugby Ready and Scrum Factory) plus one additional coach at least L1 (Backs/Forwards split)

Additional:

Back Attack from Set Piece- Mini

The Lineout game - Mini

Continuity in Attack - Mini

Defence in Phase Play - Mini

Maul & Ruck – Mini

Head Coach and anybody doing L2 will need to have done the above CPDs for youth level.

Under 16

- Core skills as above
- Further develop unit play in a team context.
- Develop basic patterns of play
- Develop basic defensive systems – Man on Man & Drift
- Introduce safe methods of lifting/supporting in the lineout
- All players should play. All reserves should get match time
- Changes in a player's position will continue as players to continue to grow and mature.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Rugby Ready

Scrum Factory and SF2

Appropriate referee course.

Conditioning awareness – RFU policy on weights, stretching

Head Coach: Coaching the 15-a-side game L2 (pre-requisite Rugby Ready and Scrum Factory) plus one additional coach at least L2 (Backs/Forwards split)

Additional:

Back Attack from Set Piece- Mini

The Lineout game - Mini

Continuity in Attack - Mini

Defence in Phase Play - Mini

Maul & Ruck – Mini

Head Coach and anybody doing L2 will need to have done the above CPDs for youth level.

Under 17/18

- Core skills as above
- Further Develop unit play in a team context.
- Develop basic patterns of play
- Develop basic defensive systems – Man on Man & Drift
- Develop safe methods of lifting/supporting in the lineout
- With senior coaches introduce players into the adult game
- The club has a dual pathway of U21 competition and Senior 3rd/Cobra (2nd XV) route to Senior rugby starting for some boys who may be physically capable and fall in line with RFU regulations.

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- Changes in a player's position will continue as players to continue to grow and mature.

Coach minimum CPD:

Developing Children Through Positive Experience in Rugby Union

Rugby Ready

Appropriate referee course.

Conditioning awareness – RFU policy on weights, stretching

Head Coach: Coaching the 15-a-side game L2 (pre-requisite Rugby Ready and Scrum Factory) plus one additional coach at least L1 (Backs/Forwards split)

Additional:

Back Attack from Set Piece- Mini

The Lineout game - Mini

Continuity in Attack - Mini

Defence in Phase Play - Mini

Maul & Ruck – Mini

Head Coach and anybody doing L2 will need to have done the above CPDs for youth level.