

AGE BAND GUIDANCE FOR COACHES

2023



England
Rugby



GROWING THE GIRLS' GAME

This next chapter provides advice and guidance specific to each age band.

Click on the age band you are interested in to be taken to that section

Under 12s



WHO ARE YOUR PLAYERS?

- Age 11 or 12 years old / Year7 (secondary)
- First year at secondary school, new friends, new sports to try, youngest in their school, little fish in a big pond.
- Fear or excitement about the new environment
- Early stages of puberty

AND

- Be an existing player who is used to being with the boys and/or playing with players who are experienced

OR

- Trying a new sport for the first time. Could be unsure about contact, or really enthusiastic to learn contact.

**GET TO KNOW YOUR PLAYERS, SO
YOU CAN PLAN YOUR SESSIONS TO
SUPPORT THEIR DEVELOPMENT**



TOP TIPS FOR COACHES

TACKLE HEIGHT

Please note, video resources used throughout this document were filmed prior to the 2023 tackle height domestic law variation. Please ensure your coaching and refereeing of the game is in line with the current laws of the game - [click here](#)

VARIETY IS KEY

Allow players to explore different actions and playing positions.

Try games that use transferable skills, such as football, netball, Aussie-rules.

Mix technique practice with decisions making, dialling the pressure up and down as needed.

MAKE FRIENDS

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands. Coaches may find it useful to contact other local clubs with U12 in order to work together.

BUDDY UP

Ask experienced players to help new players, developing leaders and coaches of the future (be careful not to over burden an experienced player, we still want them to be a player and to feel like they are learning as well)

Or use a buddy system to increase connections across friendship groups

MIX IT UP

Try Different groupings dependent on the activity:

Eg; Mix experienced and new players to help integrate the team

Separate experienced and new players for some activities to enable experienced players to be challenged and new players to feel confident.

Skill zones are great for this.

Player	Rugby Experience	Rules of play (max for age band)	Coaching focus to enable progression	Build into	Other
No rugby Played	Potentially playing other sports, may have watched rugby.	Full contact, with scrum, ruck, maul	Basic actions of: Pass and Catch Tackle Principles of play: For example, 'go forward'	More decision making around pass, tackle. Introduce ruck and maul, scrum body position	Games for understanding Skill zones for technique
Only played TAG/Touch	Non contact, running and passing and catching the ball. Some game understanding	Full contact, with scrum, ruck, maul.	Continue pass and catch Introduce tackle Principles of play: For example, 'contest possession'	More decision making around pass, tackle. Introduce ruck and maul, scrum body position	Games where there is a breakdown to help game understanding to realign
Played U11 age grade	9-a-side	→ 12-a-side	Exploration of some positional skills for all players (players will not need to 'pick' a position)	Train all players to be able to be in the scrum - (body position relevant to tackle, ruck, maul)	
	3 in scrum no push with contested strike	→ 5 in scrum no push with contested strike	Scrum body position for all 5 players	5 v 5 with contested strike, giving scrum half opportunities to pick up the ball and pass	Continue to use Activate to support physical development and injury prevention
	2 v 2 at ruck and maul	→ Unlimited number at ruck and maul	Decision making on whether the player needs to go into the ruck or maul or can stay out	Continue to work on body position and effective technique	Continue game understanding around breakdown
	No handoff	→ Handoff allowed below armpit	Encourage exploration of use of handoff	Continue to promote ball in two hands and transfer for hand off if needed	

Players who do not wish to play contact rugby can play non contact versions of the game: For more information [click here](#)

THE 4 BUILDING BLOCKS TO READINESS

Using insight from our Athletic Performance Department we have identified four key building blocks in preparing players for the start of the season or introducing new players into the sport. These can be used to help coaches to plan progressive sessions.

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 4



- Game / Team Specific
- Position Specific

STAGE ONE

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

At the start of pre-season, or when a player is new into the sport, we would use building blocks 1 and 2 to gradually introduce movements and fitness, before (re)introducing contact and rugby movements and skills.

[TABLE OVERVIEW](#) **COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES**



**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players in new age group → New player/coaches working together | <ul style="list-style-type: none"> → Integrate players back into a new rugby environment → Connection building → Confidence building | <ul style="list-style-type: none"> → Try some non-contact activity with U14 girls and U12 boys (if relevant) to help with transition to new age band/out of the U11 mixed team. → Players choose a game/rules/warm ups (empower / discover) → Focus on social conversation not rugby specific (freedom) |
|---|---|--|

Game Fitness

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> → Graduated increase in activity to reduce injury risk → Players new to sport need to get used to new physical movements | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Stop/Start | <ul style="list-style-type: none"> → ACTIVATE <ul style="list-style-type: none"> • Exercise and games → Non-rugby specific games <ul style="list-style-type: none"> • Keep ball • Crazy tap touch to raise heart rate and encourage different movements → Team races or relays → Functional movement skill zones <ul style="list-style-type: none"> • Combination movement walks |
|---|--|---|

Actions

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> → Developing core skills → Introducing new actions to players | <ul style="list-style-type: none"> → Catch → Pass → Ball carry | <ul style="list-style-type: none"> → Game Zone – can still be non rugby specific games, with ‘rugby actions’ Stuck in the Mud → Skill Zone – introduce, develop or stretch the action in small groups or individually → Individual Competition – challenge individuals to beat their score |
|--|---|---|

Game Preparation

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> → Graduated increase in contact to reduce injury risk → Small sided games with smaller pitch means gradual increase in running volume | <ul style="list-style-type: none"> → Falling → Game understanding | <ul style="list-style-type: none"> → Game Zone – Any direction tag can progress to passing backwards, or rugby pass. → Skill Zone – Preparing to tackle games Piggy in the Middle to introduce a defender and supporting the ball carrier |
|--|---|---|

STAGE TWO

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 3



- Contact Development
- Rugby Skill Development

As players have started to build up their general movement skills and game fitness, we continue to gradually develop contact skills and rugby specific movements and skills. This may not follow a linear process and coaches are encouraged to progress and regress sessions to support the needs of the individuals.

[TABLE OVERVIEW](#) **COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES**



**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|---|---|---|
| <ul style="list-style-type: none">→ Social Connection→ Recruitment and Retention of players in new age group→ New player/coaches working together | <ul style="list-style-type: none">→ Integrate players back into a new rugby environment→ Connection building→ Confidence building | <ul style="list-style-type: none">→ Try some non-contact activity with U14 girls and U12 boys (if relevant) to help with transition to new age band/out of the U11 mixed team.→ Players choose a game/rules/warm ups→ Focus on social conversation not rugby specific |
|---|---|---|

Game Fitness

- | | | |
|---|--|---|
| <ul style="list-style-type: none">→ Continue graduated increase in activity to reduce injury risk→ Progression in frequency and intensity in practice/games→ Introduction to movements specific to Tackle/Ruck/Scrum→ Preparing players to transition to 5 in a scrum/ or learn scrum body position for first time | Functional Movements including: <ul style="list-style-type: none">→ Tower of power→ Running→ Change of Direction→ Jump/Land | <ul style="list-style-type: none">→ ACTIVATE game→ Game Zone: Small Sided Games – more connections, touches and involvements<ul style="list-style-type: none">• Tackles make friends→ Skill Zones<ul style="list-style-type: none">• Squat |
|---|--|---|

Actions

- | | | |
|---|---|--|
| <ul style="list-style-type: none">→ Developing core skills→ Improve confidence with evasion and contact skills→ Introduce and explore positional skills | <ul style="list-style-type: none">→ Catch→ Pass→ Ball carry→ Tackle→ Kick→ Hook ball backwards with foot→ Ruck→ Preparing to scrum | <ul style="list-style-type: none">→ Game Zone – can still be non rugby specific games, with ‘rugby actions’ Stuck in the Mud→ Skill zones – for example tackle progressions, Squat→ Individual Competition – challenge individuals to beat their score→ Exploration of positional skills for everyone |
|---|---|--|

Game Preparation

- | | | |
|--|---|---|
| <ul style="list-style-type: none">→ Graduated increase in contact to reduce injury risk→ Larger pitch sided games with gradual increase in running volume | <ul style="list-style-type: none">→ Falling→ Game understanding→ Preparing to tackle/scrums→ Physical robustness – ie little and often preparation for contact | <ul style="list-style-type: none">→ Game Zone – Two Touch→ Skill Zone – Wrestling games tackle technique→ Small sided conditioned contact games |
|--|---|---|

STAGE THREE

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 4



- Game / Team Specific
- Position Specific

As players become accustomed to the rules of play for their age band and prepare for competition, coaches can progress to position specific activity and game/team specific preparation. At this age group players are still growing and developing and we suggest allowing players the opportunity to try multiple positional skills.

[TABLE OVERVIEW](#) **COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES**

DON'T FORGET...

The new rules of play are the maximum you can play to.

Play to the level of your players to ensure their safety and enjoyment.



SESSION PURPOSE – WHY IT IS REQUIRED

SESSION FOCUS – WHAT YOU NEED TO DO

TYPE OF ACTIVITY – HOW YOU CAN ACHIEVE IT

Behaviours

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players in new age group → New player/coaches working together | <ul style="list-style-type: none"> → Social connection to new team → Connection building → Confidence building | <ul style="list-style-type: none"> → Try some non-contact activity with U14 girls and U12 boys (if relevant) to help with transition to new age band/out of the U11 mixed team. → Buddy system for new players |
|---|---|--|

Game Fitness

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> → Graduated increase in activity to reduce injury risk → Progression in frequency and intensity in practice/games → Introduction and progressions in movements specific to Tackle/ Ruck/ Scrum | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Jump/Land → Tower of power | <ul style="list-style-type: none"> → Game Zone: Small Sided Games – with and without contact (game specific activities like over-head catching, squatting) Game zone and skill zone example → Skill Zones – can increase decision making or intensity if players are competent |
|--|---|--|

Actions

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> → Developing core skills → Developing position specific actions | <ul style="list-style-type: none"> → Catch and pass → Ball carry → Kick → Hook → Tackle → Ruck and Maul | <ul style="list-style-type: none"> → Game Zone: increased numbers, position specific restart. Scrum, kick. Tower Of Power Touch (You would not follow the progression to make this contested 1v1) → Skill Zone -develop or stretch actions and/or physical movements – Tag the Tail → Individual Competition – decision making, or increased pressure → Decreased space on pitch with more numbers – to improve confidence with contact skills and evasion skills |
|--|---|---|

Game Preparation

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> → Ensuring player safety in contact → (Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others.) → Progression in scrum moves from 3 to 5 no push (new role to learn) → Game understanding of new rules | <ul style="list-style-type: none"> → Scrum → Game understanding → Positional Skills | <ul style="list-style-type: none"> → Game Zone with specific focus on tackle ruck or set piece – Drop Off Game → Skill Zones – Tower Of Power Actions, and Tower of power Key points → Small sided conditioned contact games |
|---|--|---|

SIGNPOSTING TO RESOURCES AND COURSE BOOKING LINKS

Learn about [HEADCASE](#)

[Click here](#) to access the **ACTIVATE** e-learning

BOOK YOUR COURSE [HERE](#)

Kids First [U12](#) On Demand
U12 Rules of Play - [Reg15.6](#)

Course:	TackleSafe	Kids 1st Contact course and e-learning.	England Rugby Coaching Award	CCD Principles of Scrummaging Click here for e-learning
Brief Course information:	This course helps to support safe, effective coaching and officiating of the tackle.	This course helps you to Safely coach and referee the contact areas of the game, in order to support an ERCA coach.	This course supports you to safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching

TO LOOK AT THE ENGLAND RUGBY TRAINING COURSES
[CLICK HERE](#)

Under 14s



PLAYERS ARE:

- Age 13 and 14 years old. Year 8 and Year 9 at secondary school.
- Feeling more established at secondary school, starting to think about exams
- Used to playing alongside girls in teams at school or at U12 at club.
- At varying stages of puberty

AND COULD BE:

- Exploring other sports and physical activities in and out of school
- Trying a new sport for the first time, may be unsure about contact, or really enthusiastic to learn contact.

**GET TO KNOW YOUR PLAYERS, SO
YOU CAN PLAN YOUR SESSIONS TO
SUPPORT THEIR DEVELOPMENT**



TOP TIPS FOR COACHES

THE RULES OF PLAY ARE THE MAXIMUM THRESHOLD THAT CAN BE PLAYED TO. IF REDUCING THE PITCH SIZE, PLAYING WITH LESS PLAYERS, GOING FOR UNCONTESTED SCRUMS OR MODIFYING CONTACT AT THE BREAKDOWN ARE NECESSARY TO BE PLAYER-CENTRED THIS IS FINE AND ENCOURAGED AS GOOD PRACTICE.

TACKLE HEIGHT

Please note, video resources used throughout this document were filmed prior to the 2023 tackle height domestic law variation. Please ensure your coaching and refereeing of the game is in line with the current laws of the game - [click here](#)

VARIETY IS KEY

Allow players to explore different actions and playing positions.

Try games that use transferable skills, such as football, netball, Aussie-rules.

Mix technique practice with decisions making, dialling the pressure up and down as needed.

MAKE FRIENDS

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands. Coaches may find it useful to contact other local clubs with U14 in order to work together.

BUDDY UP

Ask experienced players to help new players, developing leaders and coaches of the future (be careful not to over burden an experienced player, we still want them to be a player and to feel like they are learning as well)

Or use a buddy system to increase connections across friendship groups

MIX IT UP

Try Different groupings dependent on the activity:

Eg; Mix experienced and new players to help integrate the team

Separate experienced and new players for some activities to enable experienced players to be challenged and new players to feel confident.

Skill zones are great for this.

Player	Rugby Experience	Rules of play (max for age band)	Coaching focus to enable progression	Build into	Other
No rugby Played	Playing other sports, may have watched rugby	Full contact, with scrum, ruck, maul, kicking, some lineout	Movement skills & basic actions of: Run, catch and pass, kick & tackle	Ground based movement skills. More decision making around run, pass, kick, tackle. Introduce ruck and maul, scrum body position	Games for understanding Skill zones for action based and movement skill based technique
Only played TAG/ Touch	Non contact, running and passing and catching the ball. Some game understanding	Full contact, with scrum, ruck, maul, some lineout	Continue catch and pass Introduce kicking, tackle & other ground based movement skills, including fall to floor.	More decision making around run, pass, kick, tackle. Introduce ruck and maul, scrum body position	Skill zones to allow introductions to actions, physical movements and ground based contact.
Played previously	12-a-side	15-a-side ➔	Exploration of some positional skills (players will not need to 'pick' a position)	Train all players to be able to be in the scrum- (the body position is relevant to tackle, ruck, maul)	
	5 in scrum no push with contested strike	8 in scrum fully contested ➔	Build up scrum body position under pressure for all positions Individual positional skills (number 8 control of ball)	Number 8 can now pick from the base of the scrum. Explore this tactically giving all opportunity.	Continue to use Activate to support physical development and injury prevention
	No lineout	No lift uncontested lineout ➔	Jump and landing safely. Overhead throwing and catching skills	Exploration of catching above head and throwing skills to allow lots of players opportunities to upskill in Game Zones and Skill Zones	Allow players not in lineout to explore positioning, and be creative with how they will attack and defend from the lineout
	9 must pass at the scrum	9 can run or pass ➔	Decision making for players on when to run, and when to pass and when to kick	8, 9 and 10 practising tactical decision making in defence and attack	Continue game understanding around breakdown
	Only kick permitted is out of hand and drop kick restart.	Can now also fly-hack, box kick, drop goal and kick conversions ➔	Allowing all players opportunities to explore their kicking	Skill zones to practise technique and decision making	

Players who do not wish to play contact rugby can play non contact versions of the game: For more information [click here](#)

THE 4 BUILDING BLOCKS TO READINESS

Using insight from our Athletic Performance Department we have identified four key building blocks in preparing players for the start of the season or introducing new players into the sport. These can be used to help coaches to plan progressive sessions.

BLOCK 1



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- Contact Development
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BLOCK 2



- Re introduce contact
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- Sport Specific Movements

BLOCK 4



- Game / Team Specific
- Position Specific

STAGE ONE

BLOCK 1



- General Fitness
- Fundamental Movements
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BLOCK 2



- Re introduce contact
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At the start of pre-season, or when a player is new into the sport, we would use building blocks 1 and 2 to gradually introduce movements and fitness, before (re)introducing contact and rugby movements and skills.

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WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|---|--|--|
| <ul style="list-style-type: none">→ Social Connection→ Recruitment and Retention of players in new age group→ New player/coaches working together | <ul style="list-style-type: none">→ Integrate players back into a new rugby environment→ Build connections as a new team→ Build confidence | <ul style="list-style-type: none">→ Allow some non-contact/multi-sport mixed age group activity with U12/16s to help with transition to new age group.→ Ensure players feel involved in content and progression pace of sessions - use feedback and informal chat (empowerment) |
|---|--|--|

Game Fitness

- | | | |
|--|---|---|
| <ul style="list-style-type: none">→ Graduated increase in activity to reduce injury risk→ Non rugby specific, general movement to prepare bodies new to the sport or returning from a break | <ul style="list-style-type: none">→ Functional Movements→ Running→ Change of Direction→ Stop/Start | <ul style="list-style-type: none">→ ACTIVATE→ Game Zone: Small Sided Games – more connections, touches and involvements - Beat the Square→ Multisport games American Football Touch |
|--|---|---|

Actions

- | | | |
|---|---|---|
| <ul style="list-style-type: none">→ Developing core skills that underpin the game | <ul style="list-style-type: none">→ Catch→ Pass→ Running with the ball→ Kick | <ul style="list-style-type: none">→ Game Zone: small sided games – Interceptors→ Skill Zone: can be exploration of actions, or functional movements→ Passing game→ Individual Competition - pass to target |
|---|---|---|

Game Preparation

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|--|--|---|
| <ul style="list-style-type: none">→ Graduated increase in contact to reduce injury risk→ Gradual introduction of new rules of play, to allow learning and development | <ul style="list-style-type: none">→ Falling→ Kicking skills | <ul style="list-style-type: none">→ Game Zone can include falling / landing on the ground→ Stuck in the mud→ Skill Zones to be technique based or exploration |
|--|--|---|

STAGE TWO

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 3



- Contact Development
- Rugby Skill Development

As players have started to build up their general movement skills and game fitness, we continue to gradually develop contact skills and rugby specific movements and skills. This may not follow a linear process and coaches are encouraged to progress and regress sessions to support the needs of the individuals.

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Behaviours

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> → Social Connection for new group → Recruitment and Retention of players in new age group → Support growth of person and player | <ul style="list-style-type: none"> → Continue to build connections across coaching and playing group → Continue to build confidence of individuals | <ul style="list-style-type: none"> → Allow some non-contact/multi-sport mixed age group activity with U12/16s to help with transition to new age group. → Players choose a game/rules/warm ups → Introduce buddy system with players changing age groups |
|---|--|---|

Game Fitness

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> → Continue graduated progressions in activity frequency and intensity to reduce injury risk → Players new to sport need to get used to new physical movements → Introduction to movements specific to Tackle/Ruck/Scrum/Lineout | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Stop/Start → Jump/Land → Wrestle | <ul style="list-style-type: none"> → ACTIVATE exercises and games → Game Zone: Small Sided Games – more connections, touches and involvements - Magic Circle → Skill Zones: technique focus for new skills, can raise intensity for short bursts for competent skills → Hop and Stick → Evasion → Wrestling Games |
|---|--|---|

Actions

- | | | | |
|---|---|--|--|
| <ul style="list-style-type: none"> → Developing core skills → Gradual introduction of new rules and actions needed → Preparing to jump/throw/ catch overhead → Preparing to scrummage | <ul style="list-style-type: none"> → Catch → Pass → Maul → Kick → Tackle | <ul style="list-style-type: none"> → Jump/ catch/throw → Ruck → Scrum body position → Ball carry | <ul style="list-style-type: none"> → Game Zone: use rules/ constraint in the games to support the actions you want to practise → Ruck and Tackle → Skill Zone – Tag Steal Combo |
|---|---|--|--|

Game Preparation

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> → Continue graduated increase in contact to reduce injury risk → Ensuring player safety in contact | <ul style="list-style-type: none"> → Falling → Preparing to Tackle → Preparing for Scrum → Preparing for lineout | <ul style="list-style-type: none"> → Game Zone – introduce tactical decision making – Team Run Touch → Skill Zone – continue to focus on technique and decision making – Beat the defender – Squat |
|---|--|--|

STAGE THREE

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 4



- Game / Team Specific
- Position Specific

As players become accustomed to the rules of play for their age band and prepare for competition, coaches can progress to position specific activity and game/team specific preparation. At this age group players are still growing and developing and we suggest allowing players the opportunity to try multiple positional skills.

TABLE OVERVIEW COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

DON'T FORGET...

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Play to the level of your players to ensure their safety and enjoyment.



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**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> → Social connections with new age band → Recruitment and retention of player in new age group → New players/coaches working together | <ul style="list-style-type: none"> → Connection building with new age band → Continue to build confidence in individuals | <ul style="list-style-type: none"> → Continue to allow some non-contact mixed age group activity where required, to help with transition to new age group → Spend time getting to know new U14 players, buddy system with existing players |
|--|--|--|

Game Fitness

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> → Continue progression in frequency and intensity in practice/games → Introduction and progressions in movements specific to Tackle/Ruck/ Scrum/Lineout jump and throw | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Stop/Start → Jump/Land → Wrestle | <ul style="list-style-type: none"> → <u>ACTIVATE</u> → Game Zone: Small Sided Games – more connections, touches and involvements progressing to larger sided games to increase running volume – <u>Scan Touch</u> → Skill Zones: increased intensity for competent actions – <u>Obstacle course/Jump pad</u> |
|---|--|---|

Actions

- | | | | |
|---|--|---|---|
| <ul style="list-style-type: none"> → Continue developing and stretching core skills → Continue developing and stretching contact skills → Developing position specific skills for new rules of play. | <ul style="list-style-type: none"> → Catch → Running with ball → Tackle → Maul → Jump | <ul style="list-style-type: none"> → Pass → Kick → Ruck → Scrum → Overhead throw | <ul style="list-style-type: none"> → Game Zone: use rules/constraints to support actions being coached – <u>Overhead pass Netball</u> → Skill Zone: can be used to stretch or develop actions – <u>2 v 2 Scrum</u> → Position specific skill sessions, allowing players to try a variety of positions – <u>Lineout throw footage/Drop Kick masterclass</u> |
|---|--|---|---|

Game Preparation

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> → Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. → Gradual introduction of new rules to allow for learning | <ul style="list-style-type: none"> → Falling and presenting the ball → Tackling with decision making → Scrum → Kicking tactically → Lineout jump and throw | <ul style="list-style-type: none"> → Game Zone with specific focus on tackle, ruck or set piece – <u>Scrum Touch</u> → Skill Zone: to practise specific element of set piece/position specific actions – <u>No 8 control, Lineout preparation</u> → Small sided conditioned contact games |
|--|---|--|

SIGNPOSTING TO RESOURCES AND COURSE BOOKING LINKS

Learn about
[HEADCASE](#)

[U14 rules of play](#)

BOOK YOUR
COURSE [HERE](#)

[Click here](#) to access the
ACTIVATE e-learning

Course:	TackleSafe	England Rugby Coaching Award	CCD Principles of Scrummaging Click here for e-learning	CCD Principles of the Lineout	Breakdown Masterclass e-learning Click here
Brief Course information:	This course helps to support safe, effective coaching and officiating of the tackle.	This course supports you to Safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	John Mitchell masterclass in the breakdown.

**TO LOOK AT
THE ENGLAND
RUGBY TRAINING
COURSES
[CLICK HERE](#)**

Under 16s



PLAYERS ARE:

- Age 15 and 16 years old / Year 10 and Year 11 at secondary school.
- At varying stages of puberty

AND COULD BE:

- Used to playing alongside girls in teams at school.
- Trying a new sport for the first time, may be unsure about the contact, or really enthusiastic to learn contact
- Under pressure with academic studies and exams
- Worried about their physical appearance

**GET TO KNOW YOUR PLAYERS, SO
YOU CAN PLAN YOUR SESSIONS TO
SUPPORT THEIR DEVELOPMENT**



TOP TIPS FOR COACHES

THE RULES OF PLAY ARE THE MAXIMUM THRESHOLD THAT CAN BE PLAYED TO. IF REDUCING THE PITCH SIZE, PLAYING WITH LESS PLAYERS, GOING FOR UNCONTESTED SCRUMS OR MODIFYING CONTACT AT THE BREAKDOWN ARE NECESSARY TO BE PLAYER-CENTRED THIS IS FINE AND ENCOURAGED AS GOOD PRACTICE.

TACKLE HEIGHT

Please note, video resources used throughout this document were filmed prior to the 2023 tackle height domestic law variation. Please ensure your coaching and refereeing of the game is in line with the current laws of the game - [click here](#)

VARIETY IS KEY

Allow players to explore different actions and playing positions.

Try games that use transferable skills, such as football, netball, Aussie-rules.

Mix technique practice with decisions making, dialling the pressure up and down as needed.

MAKE FRIENDS

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands. Coaches may find it useful to contact other local clubs with U16 in order to work together.

BUDDY UP

Ask experienced players to help new players, developing leaders and coaches of the future (be careful not to over burden an experienced player, we still want them to be a player and to feel like they are learning as well)

Or use a buddy system to increase connections across friendship groups

MIX IT UP

Try Different groupings dependent on the activity:

Eg; Mix experienced and new players to help integrate the team

Separate experienced and new players for some activities to enable experienced players to be challenged and new players to feel confident.

Skill zones are great for this.

Player	Rugby Experience	Rules of play (max for age band)	Coaching focus to enable progression	Build into	Other
No rugby Played	Playing other sports, may have watched rugby	Full contact, with scrum, ruck, maul, lineout, kicking	Basic actions of: catch, pass, tackle Introduce Principles of Play	More decision making around pass, tackle. Introduce ruck/scrum body position, and basics of jump/lift/throw/kick	Games for understanding. Skill zones for technique.
Only played TAG/ Touch	Non contact, passing and catching the ball. Some game understanding.	Full contact, with scrum, ruck, maul, lineout, kicking	Continue catch and pass Introduce tackle Introduce Principles of Play	More decision making around pass, tackle. Introduce ruck and scrum body position and jump/throw/lift/Kick	Skill zones to allow introductions to actions or physical movements.
Played last season	15-a-side	15-a-side →	Continue exploration of positional skills (late development sport). Continue exploring Principles of play	Continue to develop players technical skills – catch, pass, tackle, kick Developing ruck, maul, scrum body position, jump/throw/lift and kicking.	Developing technical and tactical understanding through exploration of Principles of play
	8 in scrum fully contested	8 in scrum fully contested →	Continue scrum body position under pressure for all positions. Individual positional skills (eg number 8 control of ball)	Tactical decision making for 8,9 and defence from scrum, allowing players to explore options in attack and defence from set piece.	Continue to use Activate to support physical development and injury prevention. Use of skill zones to support players game readiness & game fitness
	Uncontested lineout with a lift	Lift and fully contested lineout →	Jump and landing safely. Lifting technique	Contesting a jump in the air, person throwing to practise with defence there as well.	Compliment with resistance training and /or physical movement activities to help with jump/lift/throw/land. (Activate exercises)

Players who do not wish to play contact rugby can play non contact versions of the game: For more information [click here](#)

THE 4 BUILDING BLOCKS TO READINESS

Using insight from our Athletic Performance Department we have identified four key building blocks in preparing players for the start of the season or introducing new players into the sport. These can be used to help coaches to plan progressive sessions.

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 4



- Game / Team Specific
- Position Specific

STAGE ONE

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

At the start of pre-season, or when a player is new into the sport, we would use building blocks 1 and 2 to gradually introduce movements and fitness, before (re)introducing contact and rugby movements and skills.

[TABLE OVERVIEW](#) **COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES**



**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|---|---|---|
| <ul style="list-style-type: none">→ Social Connection→ Recruitment and Retention of players in new age group→ New player/coaches working together | <ul style="list-style-type: none">→ Integrate players back into a new rugby environment→ Connection building→ Confidence building | <ul style="list-style-type: none">→ Allow some non-contact activity with U14/u18s to help with transition to new age group→ Enable players to choose activities and pace of progressions based on their confidence |
|---|---|---|

Game Fitness

- | | | |
|--|---|--|
| <ul style="list-style-type: none">→ Graduated increase in activity to reduce injury risk→ Players new to sport need to get used to new physical movements | <ul style="list-style-type: none">→ Functional Movements→ Running→ Change of Direction→ Stop/Start | <ul style="list-style-type: none">→ ACTIVATE→ U15s & U16s Snake run→ Game Zone: Small Sided Games / Crab walking keep ball→ Multisport games – Soccerby / American football |
|--|---|--|

Actions

- | | | |
|---|--|---|
| <ul style="list-style-type: none">→ Developing core skills→ Introducing new actions to players | <ul style="list-style-type: none">→ Catch→ Pass→ Ball carry→ Kick | <ul style="list-style-type: none">→ Game Zone: use of different balls - 2 ball touch→ Skill Zone: technique based→ Individual Competition for example – kicking – points based skill challenges |
|---|--|---|

Game Preparation

- | | | |
|---|--|---|
| <ul style="list-style-type: none">→ Graduated increase in contact to reduce injury risk | <ul style="list-style-type: none">→ Falling & wrestling→ Game understanding→ Physical robustness – ie little and often preparation for contact movements | <ul style="list-style-type: none">→ Game Zone which includes falling / presenting→ Skill Zone: Wrestling Games |
|---|--|---|

STAGE TWO

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 3



- Contact Development
- Rugby Skill Development

As players have started to build up their general movement skills and game fitness, we continue to gradually develop contact skills and rugby specific movements and skills. This may not follow a linear process and coaches are encouraged to progress and regress sessions to support the needs of the individuals.

TABLE OVERVIEW COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES



**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players → New player/coaches working together | <ul style="list-style-type: none"> → Continue Connection building → Confidence building | <ul style="list-style-type: none"> → Try some non-contact mixed age group activity with U14/U18 to help with transition to new age band. → Players choose a game/rules/warm ups |
|--|---|---|

Game Fitness

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> → Continue graduated increase in activity to reduce injury risk → Progression in frequency and intensity in practice/games → Introduction to movements specific to Tackle/Ruck/Scrum | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Start/Stop → Jump/Land → Wrestling | <ul style="list-style-type: none"> → Activate through games and exercises → Game Zone – Small Sided Games – more connections, touches and involvements → Skill Zones – use to stretch or develop actions and physical movements – Jump & Land Obstacle Course – YouTube → Skill Zones – Footwork and Evasion |
|--|--|--|

Actions

- | | | | |
|---|--|--|--|
| <ul style="list-style-type: none"> → Developing core skills → Developing contact skills → Develop positional specific skills | <ul style="list-style-type: none"> → Catch and Pass → Ball carry → Tackle | <ul style="list-style-type: none"> → Kick → Ruck and Maul → Scrum | <ul style="list-style-type: none"> → Game Zone - Wizard touch → Skill Zone - Tag the tail → Individual Challenges - Ball ladder |
|---|--|--|--|

Game Preparation

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> → Graduated increase in contact to reduce injury risk → Preparing to perform game specific actions like scrum, Maul, lineout → Ensuring player safety in contact | <ul style="list-style-type: none"> → Tower of Power → Prepare to Scrum → Preparing to tackle/scrums → Prepare to Lineout | <ul style="list-style-type: none"> → Game Zone – Can include tackle and ruck → Skill Zone – technique focused → Some conditioned contact games – Gauntlet |
|--|--|--|

STAGE THREE

BLOCK 3



- Contact Development
- → Rugby Skill Development

BLOCK 4



- Game / Team Specific
- Position Specific

As players become accustomed to the rules of play for their age band and prepare for competition, coaches can progress to position specific activity and game/team specific preparation. At this age group players are still growing and developing and we suggest allowing players the opportunity to try multiple positional skills.

TABLE OVERVIEW COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

DON'T FORGET...

Don't forget – the new rules of play are the maximum, you can still play the rules for lower than this age group if needed



SESSION PURPOSE – WHY IT IS REQUIRED

SESSION FOCUS – WHAT YOU NEED TO DO

TYPE OF ACTIVITY – HOW YOU CAN ACHIEVE IT

Behaviours

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players in new age group → New player/coaches working together | <ul style="list-style-type: none"> → Social connection to new team (1st Aug) → Connection building → Confidence building → Staying connected with leaving players | <ul style="list-style-type: none"> → Try some non-contact mixed age group activity with U14/U18 to help with transition to new age band. → Encourage peer support/Buddy system for new players |
|---|---|--|

Game Fitness

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> → Graduated increase in activity to reduce injury risk → Progression in frequency and intensity in practice/games → Introduction and progressions in movements specific to Tackle/Ruck/ Scrum | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Jump/Land → Tower of power → Wrestle | <ul style="list-style-type: none"> → ACTIVATE → Game Zone: some full size pitch games → Skill Zones: use to stretch/develop players actions - Managing Contact - YouTube → Game Zone – some full sized pitch games: scrum preparation: Scrum touch |
|---|--|--|

Actions

- | | | | |
|---|--|--|--|
| <ul style="list-style-type: none"> → Developing core skills → Developing position specific actions → Develop contact skills → Ensuring player safety in contact | <ul style="list-style-type: none"> → Catch and Pass → Ball carry → Kick → Tackle | <ul style="list-style-type: none"> → Ruck and Maul → Scrum/ Hook → Lineout - Lift/jump/ throw | <ul style="list-style-type: none"> → Game Zone - Ring of chaos → Skill Zone - technical detail/challenge → Individual Competition - decision making, or increased pressure for example - hooker throw - points based skill challenges → Skill zone - squat |
|---|--|--|--|

Game Preparation

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> → Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. → Developing understanding scrum/lineout → Game understanding of laws of the game | <ul style="list-style-type: none"> → Scrum → Game understanding → Positional Skills → Lineout - Lift/jump/throw → Tackle | <ul style="list-style-type: none"> → Game Zone with specific focus on tackle ruck or set piece - Lineout touch → Skill Zones - position specific activity - Lifting - YouTube → Small sided conditioned contact games → Game zone - Decision making - Breakdown masterclass |
|---|---|---|

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Course:	TackleSafe	England Rugby Coaching Award	Developing Advanced Coaching Practice	England Rugby Advanced Coaching Award	CCD Principles of Scrummaging Click here for e-learning	CCD Principles of the Lineout	Breakdown Masterclass e-learning Click here
Brief Course information:	This course helps to support safe, effective coaching and officiating of the tackle.	This course supports you to Safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	This course forms the pre requisite to enrolling on to Part 2 (the assessment) of the England Rugby Advanced Coaching Award. The course runs across the full season, aiming to develop candidates knowledge, skills and behaviours by building on experiences within their environments. Developing Advanced Coaching Practice is a recognised CCD and on successful completion will be added to the candidates GMS profile.	On completion of the Developing Advanced Coaching Practice course coaches can enrol on to Part 2 (competency based assessment). This sees coaches choose a domain specific assessment focusing on knowledge, skills and behaviours.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching	John Mitchell masterclass in the breakdown.

Under 18s



PLAYERS ARE:

- Age 17 and 18 years old / Year 12 and Year 13 at Secondary School / 6th Form, or college, or in work/apprenticeships
- At varying stages of puberty

AND COULD BE:

- Under pressure from other factors such as exams/working/social
- Used to playing alongside girls in teams at school
- In more established friendship groups, or at a new college/6th form/work and starting again with friendships
- Trying a new sport for the first time, may be unsure about contact, or really enthusiastic to learn contact

**GET TO KNOW YOUR PLAYERS, SO
YOU CAN PLAN YOUR SESSIONS TO
SUPPORT THEIR DEVELOPMENT**



TOP TIPS FOR COACHES

HAVE A LOOK AT THE [GAME ON](#) PRINCIPLES FOR WAYS YOU CAN ADAPT WITHIN TRAINING AND FRIENDLY GAMES

TACKLE HEIGHT

Please note, video resources used throughout this document were filmed prior to the 2023 tackle height domestic law variation. Please ensure your coaching and refereeing of the game is in line with the current laws of the game - [click here](#)

VARIETY IS KEY

Allow players to explore different actions and playing positions.

Try games that use transferable skills, such as football, netball, Aussie-rules.

Mix technique practice with decision-making, dialling the pressure up and down as needed.

MAKE FRIENDS

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands. Coaches may find it useful to contact other local clubs with U18 in order to work together.

BUDDY UP

Ask experienced players to help new players, developing leaders and coaches of the future (be careful not to over burden an experienced player, we still want them to be a player and to feel like they are learning as well)

Or use a buddy system to increase connections across friendship groups or into the women's team.

MIX IT UP

Try Different groupings dependent on the activity: For example, mix experienced and new players to help integrate the team

Separate experienced and new players for some activities to enable experienced players to be challenged and new players to feel confident.

Skill zones are great for this.

Player	Rugby Experience	Rules of play (max for age band)	Coaching focus to enable progression	Build into	Other
No rugby Played	Potentially playing other sports, may have watched rugby.	Full contact, with scrum, ruck, maul, lineout, kicking	Basic actions of: catch, pass, tackle Introduce Principles of play	More decision making around pass, tackle. Introduce ruck and maul, scrum body position, basics of jump/lift/throw/Kick	Games for understanding. Skill zones for technique.
Only played TAG/ Touch	Non contact, passing and catching the ball. Some game understanding	Full contact, with scrum, ruck, maul, lineout, kicking	Continue catch and pass Introduce tackle Introduce Principles of play	More decision making around pass, tackle. Introduce ruck and maul, scrum body position and jump/throw/lift/Kick	Skill zones to allow introductions to actions or physical movements.
Played last season	15-a-side	15-a-side	Continued exploration and development of positional skills (late development sport).	Development of players' technical skills – catch, pass, tackle. Developing ruck, maul, scrum body position, jump/throw/lift and kicking.	Developing technical and tactical understanding through exploration of Principles of play
	8 in scrum fully contested	8 in scrum fully contested	Continued scrum body position under pressure for all positions. Individual positional skills (e.g. number 8 control of ball)	Tactical decision making for 8,9 and defence from scrum, allowing players to explore options in attack and defence from set piece.	Continue to use Activate to support physical development and injury prevention. Use of skill zones to support players game readiness & game fitness.
	Lift and fully contested lineout	Lift and fully contested lineout	Continued Jump and landing safely practises Continued development of Lifting and throwing technique	Contesting a jump in the air, person throwing to practise with defence there as well.	Compliment with resistance training and /or physical movement activities to help with jump/lift/throw/land. (Activate exercises)

Players who do not wish to play contact rugby can play non contact versions of the game: For more information [click here](#)

THE 4 BUILDING BLOCKS TO READINESS

Using insight from our Athletic Performance Department we have identified four key building blocks in preparing players for the start of the season or introducing new players into the sport. These can be used to help coaches to plan progressive sessions.

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 4



- Game / Team Specific
- Position Specific

STAGE ONE

BLOCK 1



- General Fitness
- Fundamental Movements
- Multisport / General Skills

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

At the start of pre-season, or when a player is new into the sport, we would use building blocks 1 and 2 to gradually introduce movements and fitness, before (re)introducing contact and rugby movements and skills.

[TABLE OVERVIEW](#) **COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES**



**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players in new age group → New player/coaches working together | <ul style="list-style-type: none"> → Integrate players back into a new rugby environment → Connection building → Confidence building | <ul style="list-style-type: none"> → Allow some non-contact mixed age group activity with U16s to help with transition to new age group → Allow some non contact activity with women’s team (if applicable) → Enable players to choose activities and pace of progressions based on their confidence |
|---|---|---|

Game Fitness

- | | | |
|---|--|---|
| <ul style="list-style-type: none"> → Graduated increase in activity to reduce injury risk → Players new to sport need to get used to new physical movements | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Stop/Start | <ul style="list-style-type: none"> → ACTIVATE U18 exercises: Click here → Game Zone: Small Sided Games → Non rugby specific games – netball, rounders, football → Game zone: Drop off touch → Game zone: Bear Walk Keep Ball |
|---|--|---|

Actions

- | | | |
|--|---|---|
| <ul style="list-style-type: none"> → Developing core skills → Introducing new actions to players | <ul style="list-style-type: none"> → Catch → Pass → Ball carry → Kick | <ul style="list-style-type: none"> → Game Zone: use of different balls – Wizard Touch → Skill Zone: technique based → Individual Competition – for example – kicking or passing accuracy – points based skill challenges |
|--|---|---|

Game Preparation

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> → Graduated increase in contact to reduce injury risk → Ensure coaches understand the needs of the individual | <ul style="list-style-type: none"> → Falling → Game understanding → Physical robustness – ie little and often preparation for contact | <ul style="list-style-type: none"> → Game Zone which includes falling/ presenting - Touch rugby, where ball carrier goes to ground when touched to present the ball → Skill Zone: technique based – Tag the tail → Footwork and Evasion |
|--|--|--|

STAGE TWO

BLOCK 2



- Re introduce contact
- Rugby Skills
- Sport Specific Movements

BLOCK 3



- Contact Development
- Rugby Skill Development

As players have started to build up their general movement skills and game fitness, we continue to gradually develop contact skills and rugby specific movements and skills. This may not follow a linear process and coaches are encouraged to progress and regress sessions to support the needs of the individuals.

[TABLE OVERVIEW](#) **COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES**



**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|--|---|--|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players → New player/coaches working together | <ul style="list-style-type: none"> → Continue connection building → Confidence building | <ul style="list-style-type: none"> → Ensure some non-contact mixed age group activity with U16s and women’s team (if applicable) to aid transition and connections. → Players choose a game/rules/warm ups |
|--|---|--|

Game Fitness

- | | | |
|--|--|--|
| <ul style="list-style-type: none"> → Continue graduated increase in activity to reduce injury risk → Progression in frequency and intensity in practice/games → Introduction to movements specific to Tackle/Ruck/Scrum | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Start/Stop → Jump/Land → Wrestling | <ul style="list-style-type: none"> → ACTIVATE Games → Game Zone – Small Sided Games – more connections, touches and involvements → Skill Zone – Lineout Jumping Skills Stage 2 → Wrestling Games |
|--|--|--|

Actions

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> → Developing core skills → Developing contact skills → Develop positional specific skills | <ul style="list-style-type: none"> → Catch and Pass → Ball carry → Tackle → Kick → Ruck and Maul | <ul style="list-style-type: none"> → Game Zone → Skill Zone – Lineout Stage 1 → Individual Competition |
|---|---|---|

Game Preparation

- | | | |
|--|--|---|
| <ul style="list-style-type: none"> → Graduated increase in contact to reduce injury risk → Preparing to perform game specific actions like scrum, Maul, lineout → Ensuring player safety in contact | <ul style="list-style-type: none"> → Tower of Power → Prepare to Scrum → Preparing to tackle/scrums → Prepare to Lineout | <ul style="list-style-type: none"> → Game Zone: Ruckers and Tacklers → Game Zone: Minute Maul → Game Zone 2 – Wave Attack → Some conditioned contact games: Touch Pass Tackle |
|--|--|---|

STAGE THREE

BLOCK 3



- Contact Development
- Rugby Skill Development

BLOCK 4



- Game / Team Specific
- Position Specific

As players become accustomed to the rules of play for their age band and prepare for competition, coaches can progress to position specific activity and game/team specific preparation. At this age group, although some players may have set positions and development and stretching of these will be appropriate, some players are still fairly new to the game and are still growing/developing. We suggest allowing players the opportunity to try multiple positional skills to aid learning and enjoyment.



[TABLE OVERVIEW](#) COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

**SESSION PURPOSE –
WHY IT IS REQUIRED**

**SESSION FOCUS –
WHAT YOU NEED TO DO**

**TYPE OF ACTIVITY –
HOW YOU CAN ACHIEVE IT**

Behaviours

- | | | |
|---|---|---|
| <ul style="list-style-type: none"> → Social Connection → Recruitment and Retention of players in new age group → New player/coaches working together | <ul style="list-style-type: none"> → Social connection to new team (1st Aug) → Connection building → Confidence building → Staying connected with leaving players | <ul style="list-style-type: none"> → Ensure some non-contact mixed age group activity with last season's U15 girls and now U16 mixed team to help with transition to new age band. → Encourage peers support/Buddy system for new players |
|---|---|---|

Game Fitness

- | | | |
|---|--|--|
| <ul style="list-style-type: none"> → Game Fitness → Graduated increase in frequency and intensity activity to reduce injury risk → Introduction and progressions in movements specific to Tackle/Ruck/ Scrum/Lineout | <ul style="list-style-type: none"> → Functional Movements → Running → Change of Direction → Jump/Land → Tower of power → Wrestle | <ul style="list-style-type: none"> → ACTIVATE exercises and games - Hop and Stick → Game Zone: some full size pitch games → Skill Zones: use to challenge/develop players actions |
|---|--|--|

Actions

- | | | | |
|--|--|--|--|
| <ul style="list-style-type: none"> → Developing core skills → Developing position specific actions → Develop contact skills | <ul style="list-style-type: none"> → Catch and Pass → Ball carry → Kick → Tackle | <ul style="list-style-type: none"> → Ruck and Maul → Scrum/ Hook → Lineout – Lift/jump/ throw | <ul style="list-style-type: none"> → Game Zone - Pressure Possession → Skill Zone: technical detail/challenge - 1min maul → Individual Competition - decision making, or increased pressure - Two ball challenges |
|--|--|--|--|

Game Preparation

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> → Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. → Developing understanding scrum/lineout → Game understanding of laws of the game | <ul style="list-style-type: none"> → Scrum → Game understanding → Positional Skills → Lineout – Lift/jump/throw → Tackle | <ul style="list-style-type: none"> → Game Zone with specific focus on tackle ruck or set piece - Breakdown master class game zone → Skill Zones: position specific activity → Small sided conditioned contact games - Mind the gap – Adjustable to contact Decision making. |
|---|---|--|

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**TO LOOK AT THE ENGLAND
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COURSES [CLICK HERE](#)**

Course:	TackleSafe	England Rugby Coaching Award	Developing Advanced Coaching Practice	England Rugby Advanced Coaching Award	CCD Principles of Scrummaging Click here for e-learning	CCD Principles of the Lineout	Breakdown Masterclass e-learning Click here
Brief Course information:	This course helps to support safe, effective coaching and officiating of the tackle.	This course supports you to Safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	This course forms the pre requisite to enrolling on to Part 2 (the assessment) of the England Rugby Advanced Coaching Award. The course runs across the full season, aiming to develop candidates knowledge, skills and behaviours by building on experiences within their environments. Developing Advanced Coaching Practice is a recognised CCD and on successful completion will be added to the candidates GMS profile.	On completion of the Developing Advanced Coaching Practice course coaches can enrol on to Part 2 (competency based assessment). This sees coaches choose a domain specific assessment focusing on knowledge, skills and behaviours.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	John Mitchell masterclass in the breakdown