



UNDER 7 PATHWAY MANUAL



australian
RUGBY

COACH DEVELOPMENT

The ARU and its Member Unions are pleased to be able to provide you the Under 7 Coaching Manual. Within you will find 16 session plans to help you kick-start this challenging season of coaching, teaching, training and motivating the beginner player.

What is Under 7 Rugby all about?

Under 7 Rugby is about developing the basic Rugby skills of six and seven year old children. For many, this may be their first experience practicing rugby skills and playing small-sided rugby games.

The games within this manual focus on introducing players to the core rugby skills that will set them up for a life in the game. They include:

- Evasion, Catch and pass, Tag defence, Scrum and Lineout.

All games are by nature - fun, safe and highly active and aim to provide the best environment for children to learn, develop and enjoy the game of Rugby.

How to coach Under 7 Rugby?

It is most important that you as the coach are seen as fun, and not as the finger waving instructor. You are expected to deliver a safe and enjoyable modified introduction to the great sport of Rugby Union and not a 'technical coaching program'.

The training sessions in this coaching manual each last 40 minutes; anything beyond this amount of time will be difficult for players to handle.

Each session includes four small-sided games, preceded by a warm-up and followed by a cool-down. The games are based on core Rugby skills and focus on providing a **REAL** Rugby experience for all players – which is short form for:

- **Rugby** practice and competition that is an **Enjoyable, Active, Learning** experience

The session guidelines are as follows:

Timings	Games
0 – 4 minutes	Warm-up
5 – 12 minutes	Evasion
13 – 20 minutes	Catch and pass
21 – 28 minutes	Scrum or lineout
29 – 36 minutes	Tag defence
37 – 40 minutes	Cool-down

How to play Under 7 Rugby

Match day consists of two 15 minute halves of seven-a-side Rugby tag. It is played between both teams on a 1/4 field and managed by a referee.

Under 7 law and game style is designed to increase activity levels and promote attacking play. The focus is on providing players more opportunities to carry the ball, run into space, support team-mates and score tries.

These sessions have been developed with this philosophy in mind and will help your players gain improved skills, a greater sense of achievement and higher levels of enjoyment as a result.

The Tag Defined

- › A tag **MUST** be:
 - a two-handed touch, and
 - on the shorts only
- › Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs.
- › The referee **MUST** apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence.
- › Players' jerseys should be tucked in.
- › Referee will call "TAG" if performed correctly, or "PLAY ON" if not.
- › Once the referee has called "TAG", the coach may then call "TURN AND PASS".
- › Once tagged, players are required to stop as quickly as possible and turn and pass to a team mate. They are not required to return to the mark where they were tagged.
- › There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence.
- › To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team.

Below is a season matrix for coaches to refer to before each session. In your manual you will find 16 sessions that should take you to the end of the season.. The below pathway principles have been developed as part of the ARU national literacy for the pathway age groups.

All games are by nature to be fun, safe and highly active and aim to provide the best environment for your players to learn, develop and experience the game of rugby.

ELEMENT	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 5	SESSION 6	SESSION 7	SESSION 8
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 9	SESSION 10	SESSION 11	SESSION 12
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 13	SESSION 14	SESSION 15	SESSION 16
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

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Date	Venue	Attendance
Main objective of the week		Main objectives of the session Practice of Rugby Skills

Activity outline. Relays, Practices and Games

1. Passing Circle Practice
2. Coach's Call Practice
3. Sydney Harbour Bridge Game
4. Rugby Octopus Game

Don't forget	Injuries/other comments	Session evaluation

SESSION PLAN 1

Passing Circle Practice

Overview

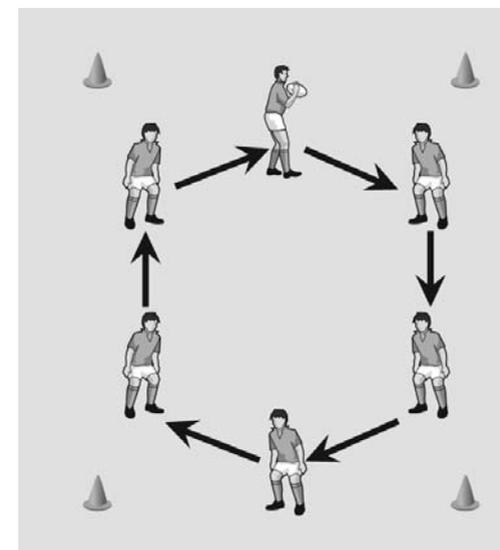
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left. Once the ball is caught the pass is repeated clockwise around the circle for continued for a number of rotations.

Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

Equipment

- › 4 markers and 1 ball.



Coach's Call Practice

Overview

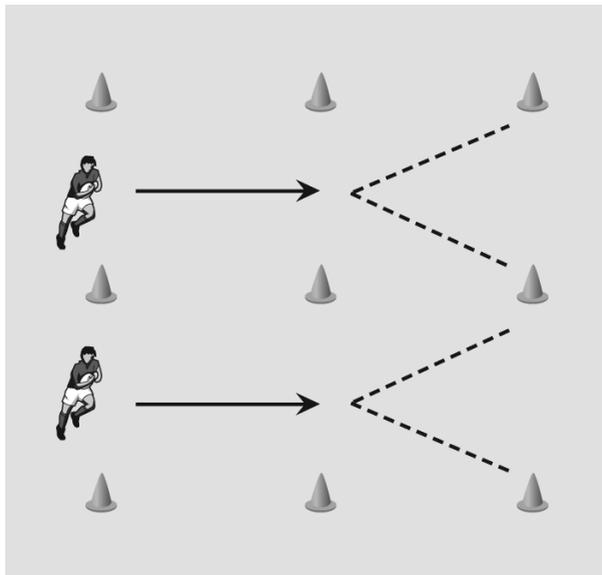
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and as the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). Players score a try at the designated marker and finish by jogging around the outside and return to the end of the line.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.
- › Slow down, before bending down with both hands to place the ball.

Equipment

- › 9 markers and 4 balls.



Sydney Harbour Bridge Game

Overview

In a 10m x 5m grid, two groups of 4 players align in a line behind a leader at one end. When instructed the first two players stand to face each other, offset to the left, and engage using the scrum engagement sequence. The next two players of the team crawl under the 'Sydney Harbour Bridge' one at a time before completing another scrum engagement. The original engagement breaks up and the process continues until they reach the end of the grid.

Coaching Points

- › Both players should call the engagement sequence in unison: Crouch, Touch Pause, Engage to Crouch – Bind – Set.
- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Players should bind with the right hand on the midline of their team-mates back.



Equipment

- › 4 markers.

Rugby Octopus Game

Overview

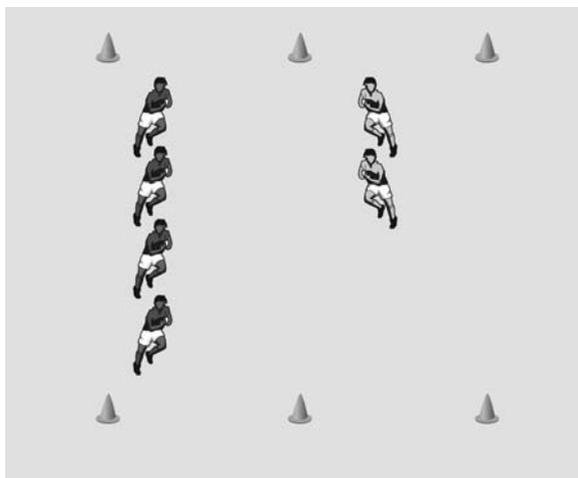
In a 10m x 10m grid runners (fish) begin at one end face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fishes attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with two-hand on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes if they run close enough to them and turn them in to seaweed also. The game finishes when all the fishes have been turned into seaweed.

Coaching Points

- > When tagging the fish, the head should be positioned safely to the side.
- > Try to trick the fish by calling "Rugby Octagon" or similar. Those that 'jump the gun' can become seaweed.
- > If fish move outside the grid then they become seaweed.

Equipment

- > 6 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Game

Activity outline. Relays, Practices and Games

1. Passing Circle Chase Game
2. First In Game
3. Lineout Captain Ball Game
4. Stuck in the Mud Game

Don't forget	Injuries/other comments	Session evaluation

Passing Circle Chase Game

Overview

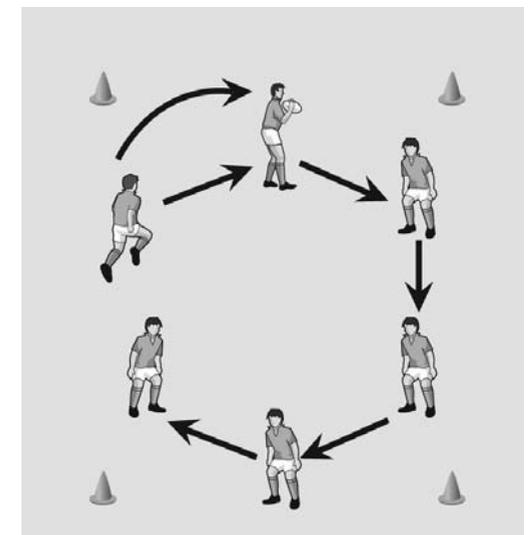
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left, then exiting the circle and running clockwise around it. Once the ball is caught the pass is repeated clockwise around the circle until it is back to the start. The passing circle chase is then repeated for each player.

Coaching Points

- › When catching, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › Push with the fingers of both hands to release it to the receiver.
- › Turn outwards and repeat the passing circle.

Equipment

- › 4 markers and 1 ball.



First In Game

Overview

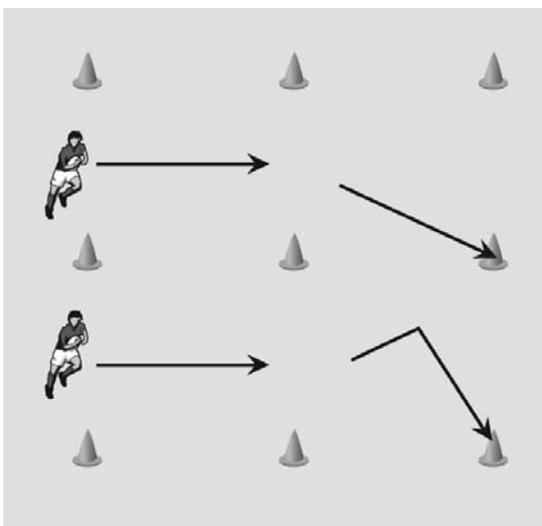
In 10m x 10m adjacent grids, three different colour markers are situated at the far end. Two lines of players begin in the centre at the other end. When the coach calls a particular colour, a player runs down each of the grids and they change direction, either to the left, middle or the right, to get to the required marker first. The player first in scores a try, and then they both jog around the outside and return to the end of the line.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Slow down and bend the knees when changing direction to enable smaller steps.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 9 markers and 4 balls.



Lineout Captain Ball Game

Overview

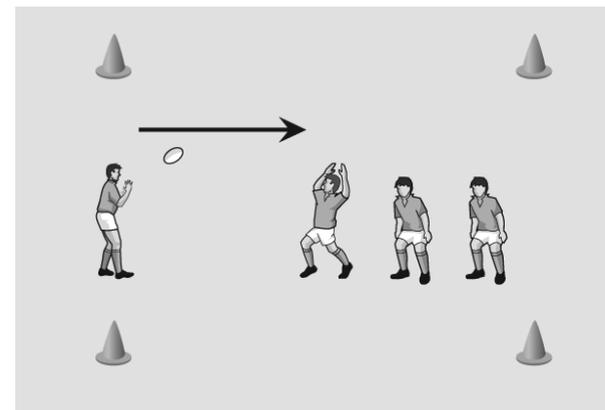
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 1m from the other players who are standing in a line single file. When instructed the ball is thrown to the player first in line, who catches the ball and returns it before sitting down. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 4 markers and 2 balls.



Stuck in the Mud Game

Overview

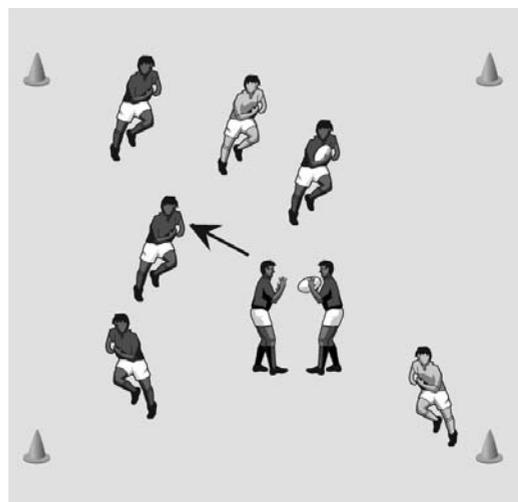
In a 10m x 10m grid runners (with only 2 balls between them) evade one defender. When a runner is tagged with two-hands on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by passing the ball to a free team-mate. The game continues for 2 minutes or until all runners are stuck.

Coaching Points

- › Players should use small steps to evade each other.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Key points when tagged are:
 1. To present the ball, stop and turn to face team-mates adopting a lowered body position. Remember to hold the ball close to the body.
 2. To pass the ball, push with the fingers of both hands to release it to the receiver.

Equipment

- › 4 markers and 2 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Hand-to-Hand Line Practice
2. Funnel Game
3. Scrum Clusters Game
4. 2v2 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Hand-to-Hand Line Practice

Overview

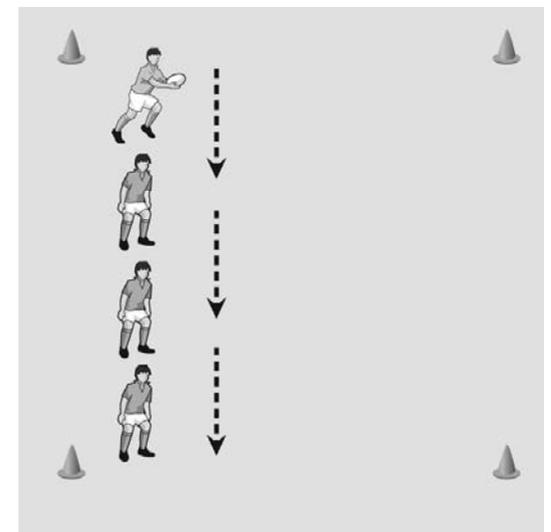
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession twists towards the receiver adjacent to him, reaching with the ball in two hands. The receiver reaches for the ball and takes it from their grasp before hand-to-hand passing it further along the line. When the ball reaches the end player it is returned hand-to-hand back to the starting player.

Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.

Equipment

- › 4 markers and 1 ball.



Funnel Game

Overview

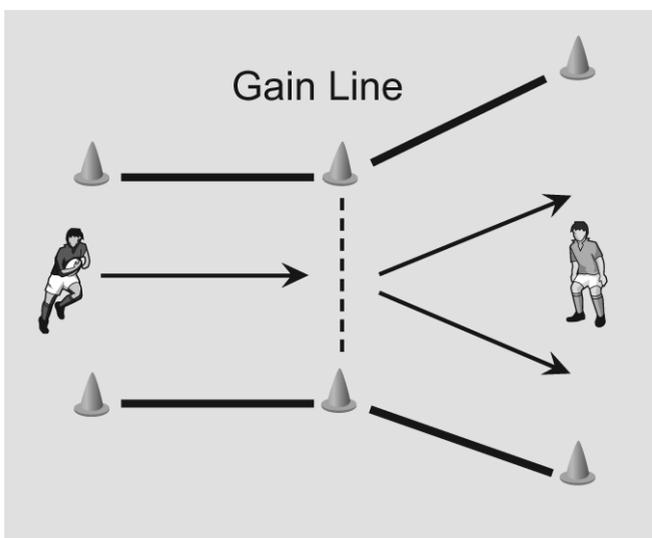
A 5m x 5m grid opens to 10m wide at the end. An attacker begins at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players can mark their greatest territory gain with a coloured marker.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.

Equipment

- › 6 markers



Scrum Clusters Game

Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. The coach then assembles a walla scrum as follows:

1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.

Coaching Points

- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Both Props bind around the Hooker's waist.
- › The Hooker binds over both prop's shoulders taking a grip near the armpits.

Equipment

- › 4 markers



2v2 Rugby Tag Game

Overview

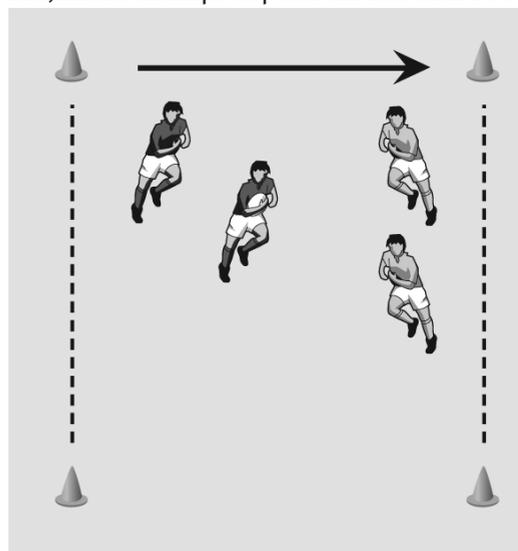
In a 10m x 10m grid, two attackers and two defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 8 markers and 2 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Standing Passing Chain Practice
2. Funnel Game
3. Lineout Captain Ball Game
4. 3v3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Standing Passing Chain Practice

Overview

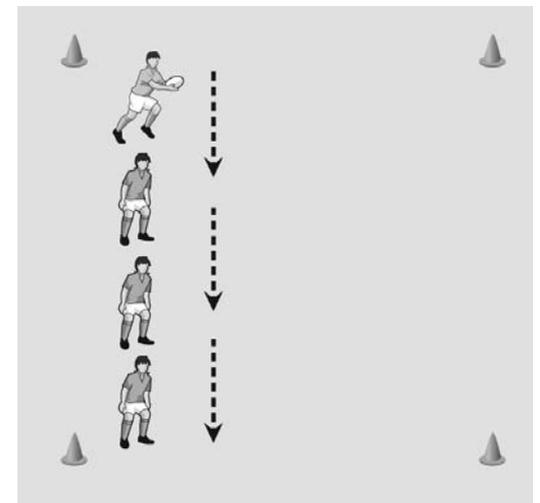
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession twists towards the receiver adjacent to him, and passes them the ball. The receiver reaches for the ball, catches it and passes it further along the line to the next player. When the ball reaches the end player it is passed back to the starting player.

Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.

Equipment

- › 4 markers and 1 ball.



Funnel Game

Overview

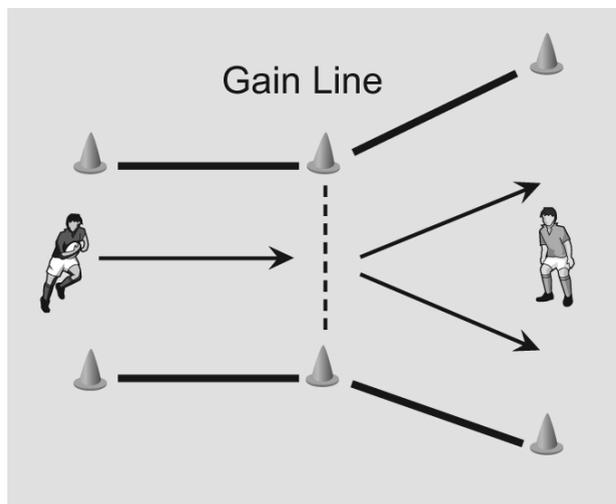
A 5m x 5m grid opens to 10m wide at the end. An attacker begins with a ball at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks with the ball from the same end. If they reach the end before being tagged they score a try.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 6 markers and 2 balls.



Lineout Captain Ball Game

Overview

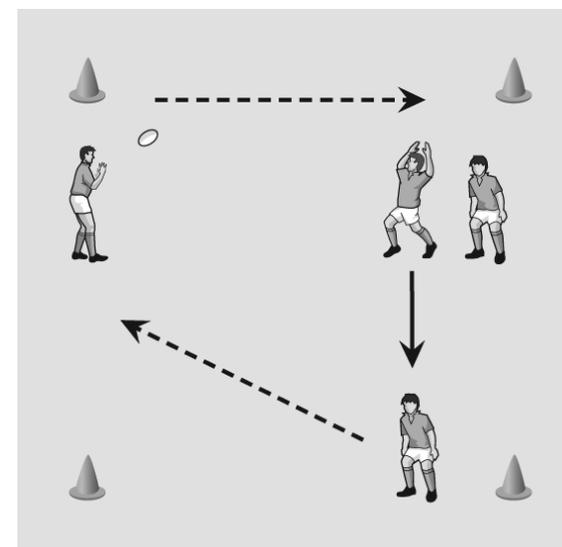
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. Another player stands along side the line of players as the receiver, ready to receive the ball after the throw and catch. When instructed the ball is thrown to the player first in line, who catches the ball and passes it to the receiver. The receiver then passes it back to the thrower. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 4 markers and 2 balls.



3v3 Rugby Tag Game

Overview

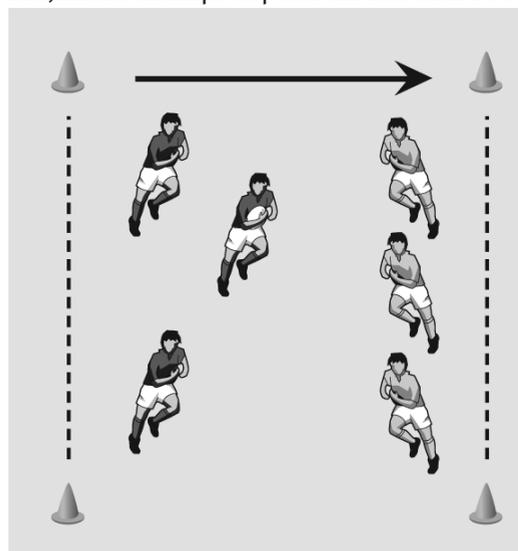
In a 10m x 10m grid, three attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Walking Passing Chain Practice
2. 2-v-1 Attack Game
3. Scrum Clusters Game
4. 4-v-3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Walking Passing Chain Practice

Overview

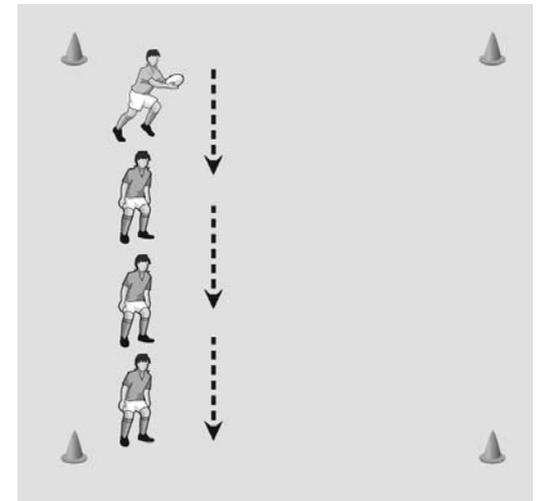
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession walks the line forward and passes the player adjacent to them the ball. The receiver reaches for the ball, catches it and passes it further along the line to the next player. When the ball reaches the end, the players stop, turn around and return, passing the ball walking in the other direction back to the starting position.

Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › Receivers should aim to be a small step behind the passer to ensure the pass travels adjacent to them or backwards.

Equipment

- › 4 markers and 1 ball.



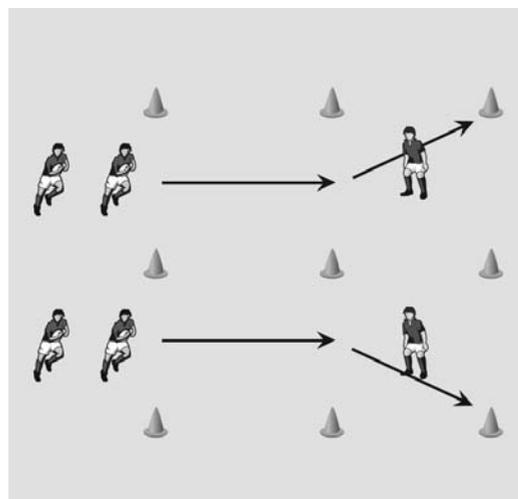
2v1 Attack Game

Overview

A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to evade the defender and score a try. When instructed, the support player leaves 2 seconds after the first and supports his team-mate from depth. If his team-mate is tagged, the coach calls TAG, TURN AND PASS and the pass is made to the support player who catches the ball and scores the try.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tagged on the shorts simultaneously.
- › The support player should remain 2m behind their team-mate ready to receive a pass.



Equipment

- › 9 markers and 2 balls.

Scrum Clusters Game

Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. They move around randomly until the coach calls CLUSTERS. Upon hearing this, the Hookers (no.2s) take their position, and then the Loosehead Props (no.1s) bind onto their left hand side, followed by the Tighthead Prop (no.3) on their right hand side.

Coaching Points

1. Hooker (no.2) stands in half-crouch position.
 2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
 3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.
- › The feet should be shoulder width apart or a touch wider.
 - › The knees should be bent at right angles, directly below hips,
 - › The back should be in its 'natural' straight position.
 - › The shoulders should be pulled back and the chest pushed through towards the ground.
 - › The head should be off the chest with the eyes looking forward.
 - › Both Props bind around the Hooker's waist.
 - › The Hooker binds over both prop's shoulders taking a grip near the armpits.

Equipment

- › 4 markers.



4v3 Rugby Tag Game

Overview

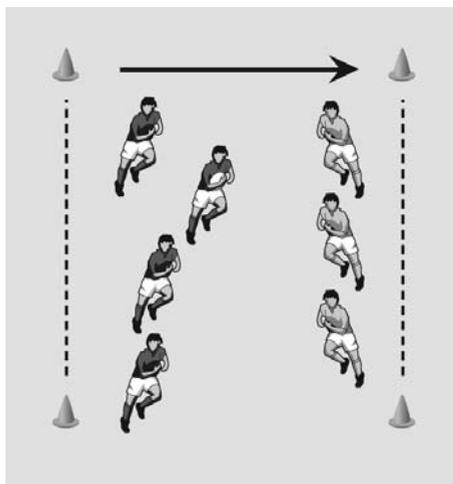
In a 10m x 10m grid, four attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Jogging Passing Chain Practice
2. 2v1 Attack Game
3. Lineout Leader Ball Game
4. 4v4 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Jogging Passing Chain Practice

Overview

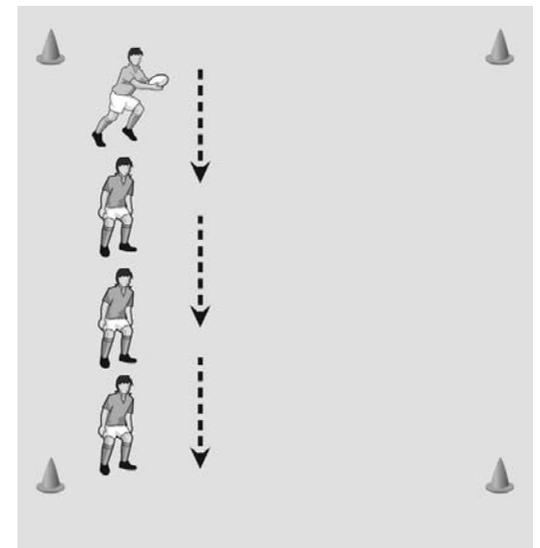
In a 10m x 10m grid, 3-4 players stand in a line spaced 2m apart. A player at one end holds the ball. When instructed, the player in possession jogs the line forward and passes the player adjacent to them the ball. The receiver reaches for the ball, catches it and passes it further along the line to the next player. When the ball reaches the end, the players stop, turn around and return passing the ball jogging in the other direction back to the starting position.

Coaching Points

- › When passing, turn the head and shoulders towards the receiver and transfer the ball across the body towards the receiver in a pendulum motion.
- › When receiving, turn the head and shoulders towards the target and reach out for the ball with soft fingers.
- › Receivers should aim to be a small step behind the passer to ensure the pass travels adjacent to them or backwards.

Equipment

- › 4 markers and 1 ball.



2v1 Attack Game

Overview

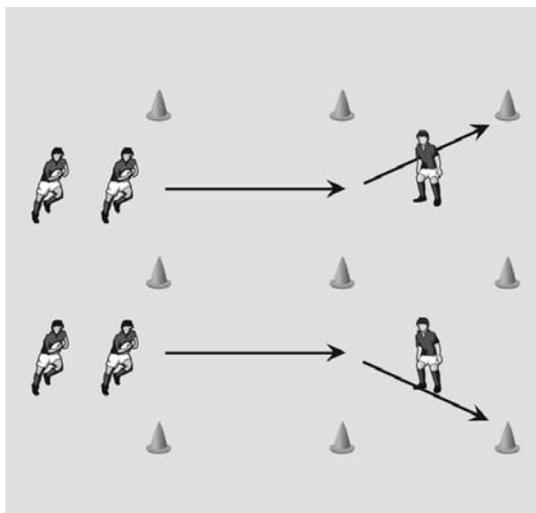
A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to commit the defender and pass to their support player. The support player leaves 1 second after the first to ensure he supports his team-mate from depth. If a successful pass is made to the support player they catch the ball run forward and score a try.

Coaching Points

- › The attacker should accelerate quickly to 'cross' gain line.
- › The attacker should initially run at the defender attempting to 'fix' them.
- › Once the defender is committed (fixed) they should turn their head and shoulders and pass the ball to their support player.
- › The support player should remain 1m behind and to the side of their team-mate ready to receive a pass.

Equipment

- › 9 markers and 2 balls.



Lineout Leader Ball Game

Overview

In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. When instructed the leader throws the ball to the first player in line who catches it and runs around the back of the line of players, forward around the leader, and back to their original position. The ball is then thrown back to the leader who throws to the next person in line.

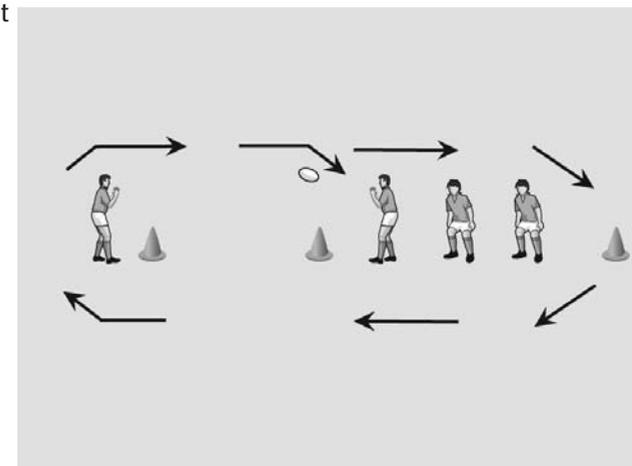
This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 6 markers and 2 balls.



4v4 Rugby Tag Game

Overview

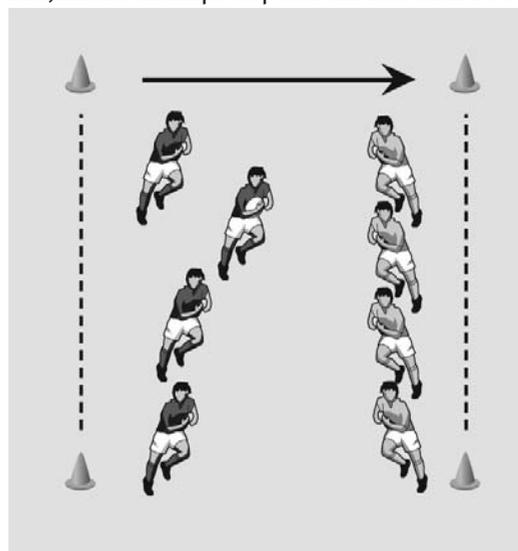
In a 20m x 20m grid, four attackers and four defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › When tagging, the head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the two-handed tag on the shorts simultaneously.
- › Once tagged, coaches should call TAG, TURN AND PASS.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › When scoring the try, bend at the ankles, knees and hips to place the ball with both hands.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Invasion Game.
2. 3v3 Rugby Tag.
3. Lineout Throw Turn and Catch.
4. Tag Modified Rugby.

Don't forget	Injuries/other comments	Session evaluation

Invasion Game

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard tag field.

The game is played as a game of touch with all tags resulting in a pass restart.

The defence must return to an on-side position at each tag. The attack is allowed a maximum of 6 tags before possession rotates.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.

Equipment

- › 4 markers and 1 ball.



3 v 3 Rugby Tag

Overview

In a 10m x 10m grid 3 attackers and 3 defenders oppose each other as in a game of tag. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders.

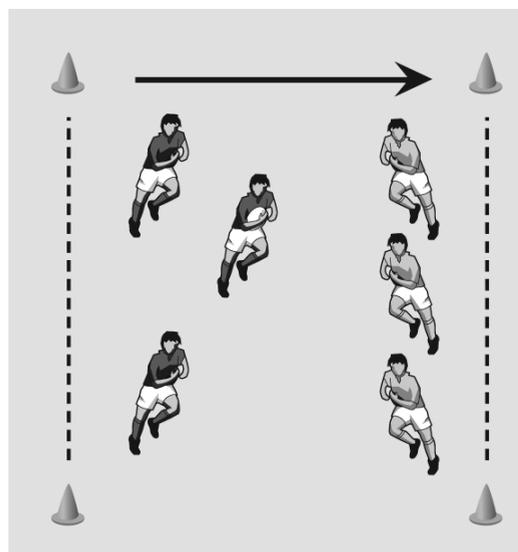
Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.

Equipment

- › 4 markers and 1 ball.



Lineout Throw and Catch

Overview

Players are positioned in their own space within a grid. When instructed the player throws the ball in the air. While the ball is in the air the player performs a 180-degree rotation before catching the ball.

Players can jump in the air to catch the ball before landing with back straight and knees bent on landing to soften the force

Variations:

- › 270-degrees rotation.
- › 360-degrees rotation.

Coaching Points

- › The accuracy of throw should be developed before the force of the throw.
- › Only the pads of the fingers and thumbs should touch the ball.
- › There should not be any noise produced i.e. 'slapping' when the ball is being handled.
- › Seek to 'minimise' rather than 'maximise' the forces on the ball.

Equipment

- › 4 markers and 1 ball.



Tag Modified Rugby

Overview

Two teams of between 4–7 players oppose each other on a field no larger than a standard Tag field. The standard laws of Tag Rugby apply with the variation that all Tags that result in a territory loss will result in a turn over of possession.

Players pass the ball across the line before coach blows the whistle for them to attack.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.
- › When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Start on Ground Race.
2. Grip and Carry Race.
3. Lineout Captain Ball.
4. 5 v 5 Tag Rugby.

Don't forget	Injuries/other comments	Session evaluation

Start on Ground Race

Overview

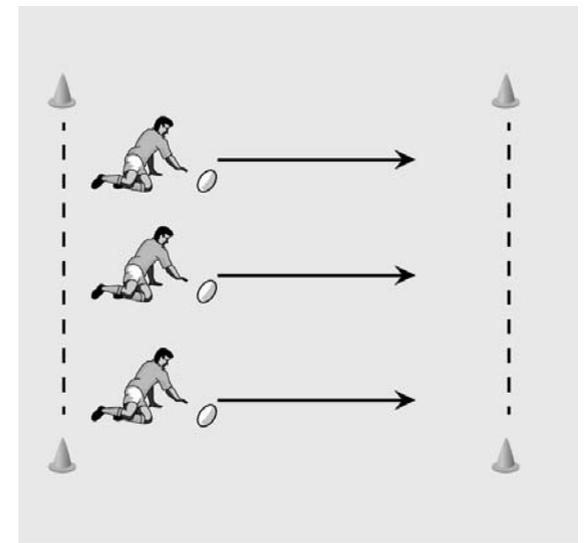
In a 10m x 10m grid all players commence lying on the ground on one side of the grid. When instructed players get to their feet, pick up the ball and run across the grid. Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- › Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Carry the ball in 2 hands.
- › Place the ball with 2 hands.

Equipment

- › 4 markers and 1 ball.



Grip and Carry Race

Overview

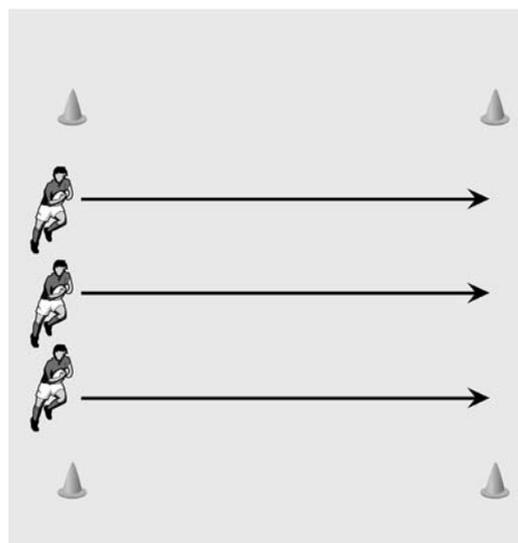
In a 10m x 10m grid all players commence on one side of the grid. Players run on the spot with small, fast steps (pitter-patter). When instructed players run across the grid. They finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Carry the ball in 2 hands.
- › Place the ball with 2 hands.

Equipment

- › 4 markers and 1 ball.



Lineout Captain Ball Game

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

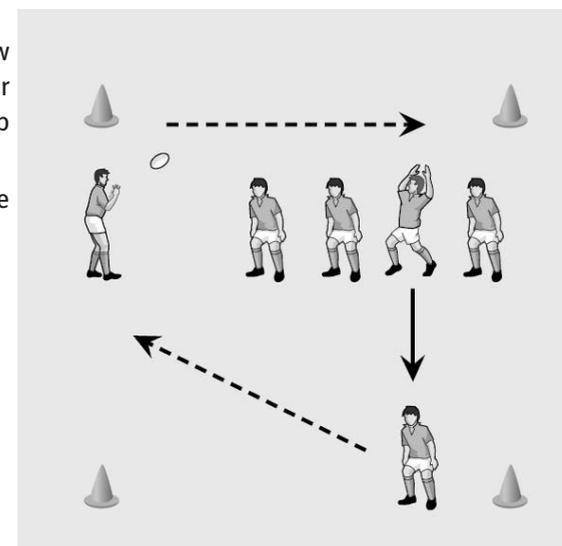
Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- › Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- › Stand in a balanced position.
- › Holding the ball in 2 hands allows for greater power and control with younger players.
- › Underarm throws are often the preferred option.
- › Step forward with the throw.
- › The thrower should follow through at the target with their arms. They should also step forward after the throw.
- › Catchers should jump to receive the ball early.

Equipment

- › 4 markers and 1 ball.



5 v 5 Rugby Tag Game

Overview

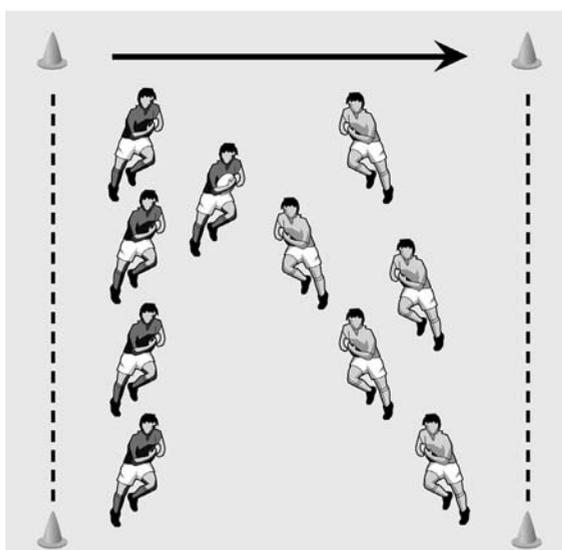
In a 10m x 10m grid 5 attackers and 5 defenders oppose each other. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders. Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Start on the Ground 1v1.
2. One Step Pass.
3. Scrum Clusters.
4. 1 v 1 Tag Evasion.

Don't forget	Injuries/other comments	Session evaluation

Start on the Ground 1v1

Overview

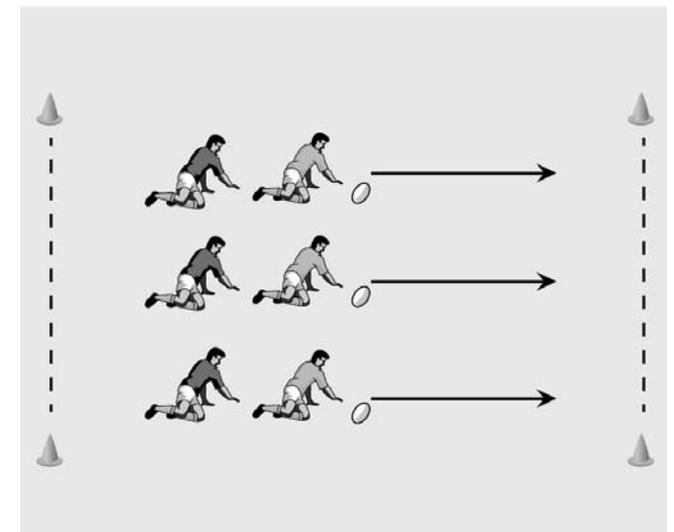
In a 10m x 10m grid all players commence lying on the ground on one side of the grid. When instructed players get to their feet, pick up the ball and run across the grid. The second player is situated behind the ball runner who aims to tag the player before they cross the line. Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- › Bend at the ankles, knees and hips to pick up the ball with 2 hands.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Carry the ball in 2 hands.
- › Place the ball with 2 hands.

Equipment

- › 4 markers and 1 ball.



One Step Pass



Overview

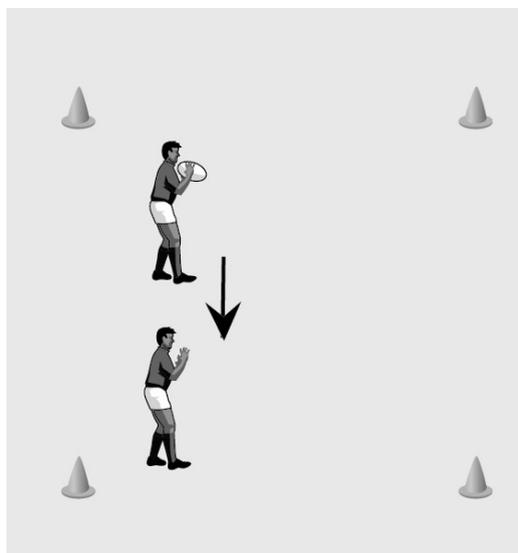
Two players line up facing the same way 1m apart- with one ball the players must perform a short pass to his partner. Players must take one step forward when passing the ball. Ball carrier aims to keep hips square, point to target, follow through and fire wrist.

Coaching Points

- › Eyes to target
- › Hips square and eyes up
- › Fire wrists- Hands above elbows point and shoot
- › Players can progress running down the field passing in pairs
- › Start with a short pass and vary the width when consistent correct technique is shown

Equipment

- › 4 markers and 1 ball.



Scrum Clusters



Overview

In a 10m x 10m grid, players are assigned the numbers 1, 2 and 3. The coach then assemble a scrum as follows:

1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.

Coaching Points

- › The feet should be shoulder width apart or a touch wider.
- › The knees should be bent at right angles, directly below hips,
- › The back should be in its 'natural' straight position.
- › The shoulders should be pulled back and the chest pushed through towards the ground.
- › The head should be off the chest with the eyes looking forward.
- › Both Props bind around the Hooker's waist.
- › The Hooker binds over both prop's shoulders taking a grip near the armpits.

Equipment

- › 4 markers.



1 v 1 Tag Evasion

Overview

In a 10m x 10m grid an attacker begins on one side and a defender begins on the opposite side of the grid. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker.

Attempts where the tag was made from the front do not count.

Coach to question players:

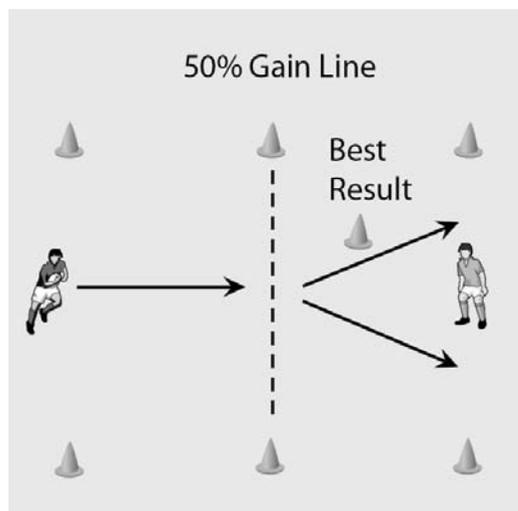
- > 'What are you trying to do?'
- > 'What did you do?'
- > 'What was the result?'

Coaching Points

- > The attacker should accelerate quickly to 'cross' gain line.
- > The attacker should initially run at the defender attempting to 'fix' them.
- > Once the defender is committed (fixed) they should change their direction and run to 'space' not at a 'face'. This will force the defender to make the tag from behind or the side.
- > Carrying the ball in 2 hands will improve evasion.
- > Questioning the players on their choice of tactics will develop decision-making.

Equipment

- > 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Opposed Direction Change.
2. Two Player Passing Chain.
3. Unders and Overs.
4. Tag Rush 4 v 2.

Don't forget	Injuries/other comments	Session evaluation

Opposed Direction Change

Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. An opposing player is fixed in the centre of the final grid section.

When instructed players run down the grid length. At the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

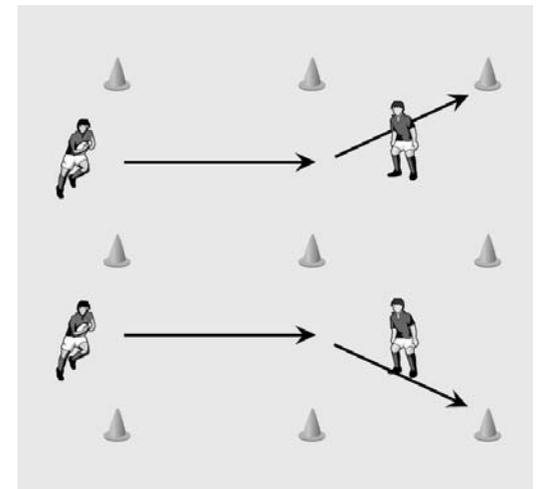
Attacking players must avoid the tag of the fixed defender. Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Maintain foot speed when changing direction by shortening strides.
- › Carry the ball in 2 hands.
- › Bend at the ankles, knees and hips to place the ball with 2 hands.

Equipment

- › 4 markers and 1 ball.



Two Player Passing Chain

Overview

In a 10m x 10m grid with 2 players align on one side with a ball. The ball carrier passes and trails as primary support. The receiving player runs at pace then places the ball. The primary supporter reacts by changing their running line to pick up the ball and continue running.

Variations:

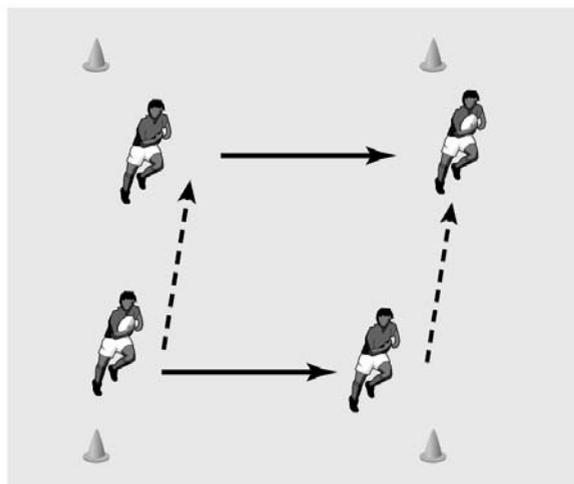
- › Convert the activity to a relay.

Coaching Points

- › Only pass to players that can take the ball forward therefore placing the passer in an on-side position.
- › The primary supporter should remain on the inside and in depth of the player they passed the ball to.
- › A rough guide is to remain 1 pass inside and about 2 or 3 metres back.
- › This position should only change as a reaction to the ball becoming available.
- › The primary supporter should accelerate in reaction to the ball

Equipment

- › 4 markers and 1 ball.



Unders and Overs

Overview

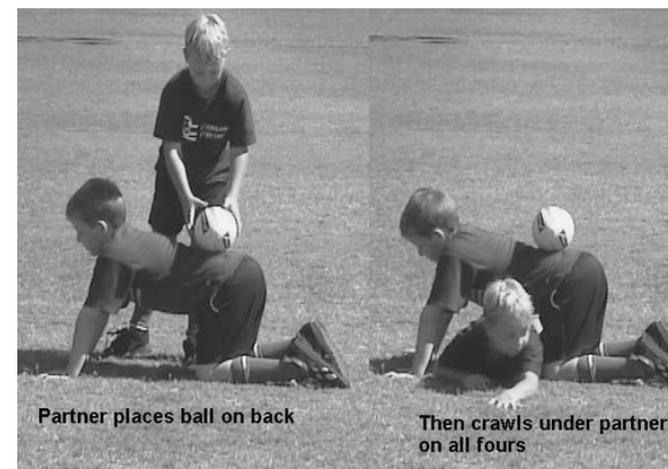
In a 10m x 10m grid, groups of players align behind a leader at one end, 1 ball per team. When directed the first player assumes a scrum position on all fours. The next player places the ball on the lower back. They then crawl under the player followed by other player. The ball must be maintained on the back. Roles are then rotated for a new race.

Coaching Points

- › The head should be in a fully extended position with no rotation.
- › The back should be in its 'natural' straight position.
- › Shoulders and chest should be square.
- › The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- › The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- › The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- › The feet should be shoulder width plus 15 cm apart.

Equipment

- › 4 markers and 1 ball.



Tag Rush 4 v 2

Overview

In a 10m x 10m grid 3 runners start on one side of the grid opposing 1 defender. When instructed the runners attempt to cross the grid without being tagged. Tagged players sit out. The last player left becomes the next defender.

Variations:

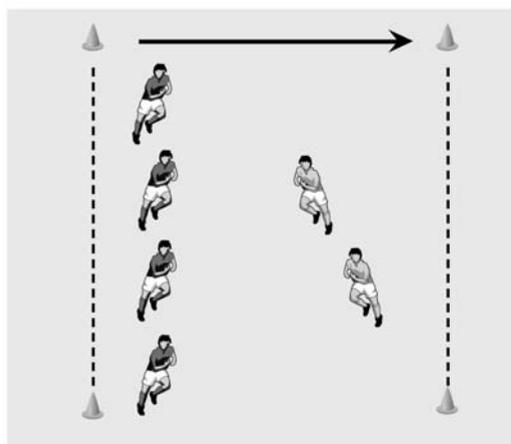
Tagged players become additional defenders.

Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.
- › The player should aim for 2 handed contact simultaneously on shorts.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Rugby Rounders
2. Two Player Passing Chain
3. Wallaby Bridge
4. Tag Rush 6 v 4

Don't forget	Injuries/other comments	Session evaluation

Rugby Rounders

Overview

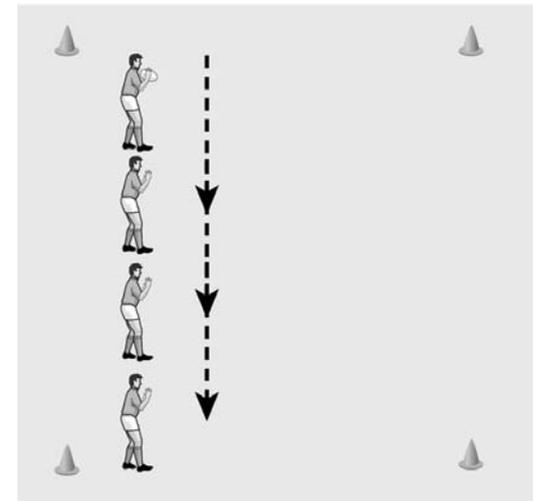
In a 10m x 10m grid 4 players stand in a line double arms distance between players, one player with a ball. When instructed, the player in possession reaches with the ball in 2 hands towards the next player on the left. This player reaches and takes the ball from the grasp of the player. This action is continued to the left end, and then continued to the right. The measure is the number

Coaching Points

- › Turn the shoulders towards the target.
- › Both arms provide the force for the pass equally as they swing or push towards the target.
- › The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- › The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- › The hands and arms should follow through pointing at the target.
- › The receiver should reach to catch the ball before it reaches their body.

Equipment

- › 4 markers and 1 ball.



Two person Passing Shuttle

Overview

In a 10m x 10m grid 3 attackers attempt to score against 2 defenders. Defenders tag the player in possession, who then turns for a ball take.

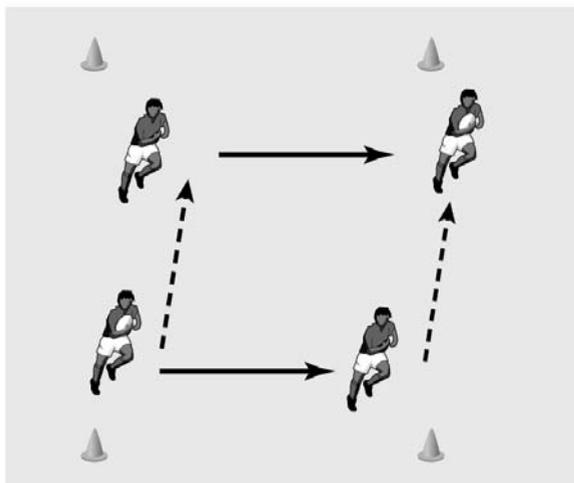
The defender marks the ball take by placing their hands on the ball carrier's shoulders. One supporting player completes the ball take and passes to the other who continues the attack.

Coaching Points

- › Tagged players should turn inside towards their support to increase the speed of the ball take.
- › Hold the ball out from the body at chest height.
- › Do not release the ball until a support player has a 2 handed grip of the ball.
- › Supporting players taking the ball must pass it to another player.
- › Attacking players should seek to continue the attack in the direction where space exists.

Equipment

- › 4 markers and 1 ball.



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Wallaby Bridge

Overview

At one edge of a 10m x 10m grid teams of 4 players form a single file line.

When instructed the first 2 players move forward and complete a scrum engagement.

The other members of the team crawl under the engagement before completing another scrum engagement. The original engagement breaks up and the process continues.

Coaching Points

- › All players should maintain a strong body position.
- › The head should be in a fully extended position with no rotation.
- › The back should be in its 'natural' straight position.
- › Shoulders and chest should be square.
- › The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- › The hooker binds over prop's shoulders taking a grip below their shoulder blades.
- › The left prop (loosehead) binds on the hooker first.
- › Both props bind around the hooker's waist.
- › Both players should call the engagement sequence in unison: **Crouch Touch Set.**

Equipment

- › 4 markers and 1 ball.



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Tag Rush 6 v 4

Overview

In a 10m x 10m grid 6 runners start on one side of the grid opposing 4 defenders. When instructed the runners attempt to cross the grid without being tagged. Tagged players sit out. The last player left becomes the next defender.

Variations:

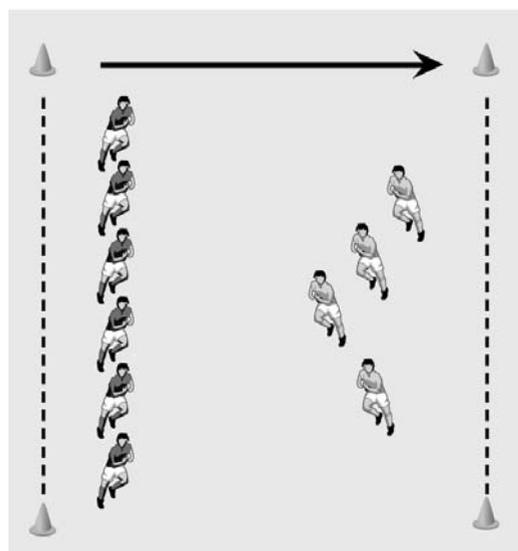
Tagged players become additional defenders.

Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.
- › The player should aim for 2 handed contact simultaneously on shorts.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Bugs and Spiders.
2. 2 v 1 Lateral Support.
3. Lineout Leader Ball.
4. 4 v 2 invasion tag.

Don't forget	Injuries/other comments	Session evaluation

Bugs and Spiders

Overview

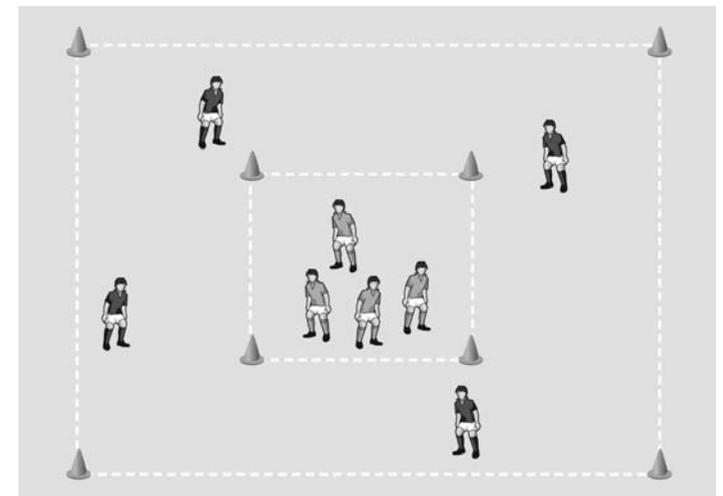
A smaller grid is centred within a larger grid at a ratio of 1:3. The centre grid is a 'safe' grid for one team of players (bugs). Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid and continue until all bugs are tagged.

Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.

Equipment

- › 4 markers and 1 ball.



2 v 1 Lateral Support

Overview

In a 10m x 10m grid. 2 attackers commencing on one side of the grid attacking 1 defender. They must score without being touched or making an error. If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Question:

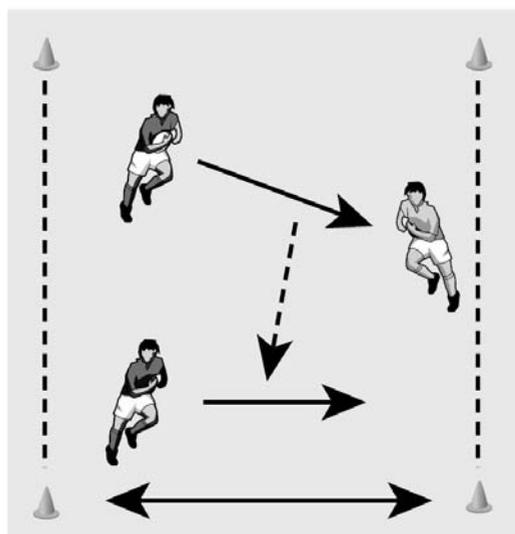
- › What did you see? (face or space)

Coaching Points

- › The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- › The support player should run at 'space' but should run close enough that only a short pass is required from the ball carrier.
- › If the defender commits to tag the ball carrier, then the ball carrier should pass.
- › If the defender tries to remain on the outside shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with the option of a pass behind.
- › If the defender drifts towards the support player then the ball carrier is in space and should continue to run through it.

Equipment

- › 4 markers and 1 ball.



76

Lineout Leader Ball

Overview

1 player with a ball stands 3m from a group of up to 4 players standing in a line one behind each other. Another player stands along side the line of players as a scrum half would besides a lineout.

When instructed the leader throws the ball to the first player in line.

This player catches the ball and passes to the player alongside who then passes to the original thrower. This process is repeated in order for all players in line.

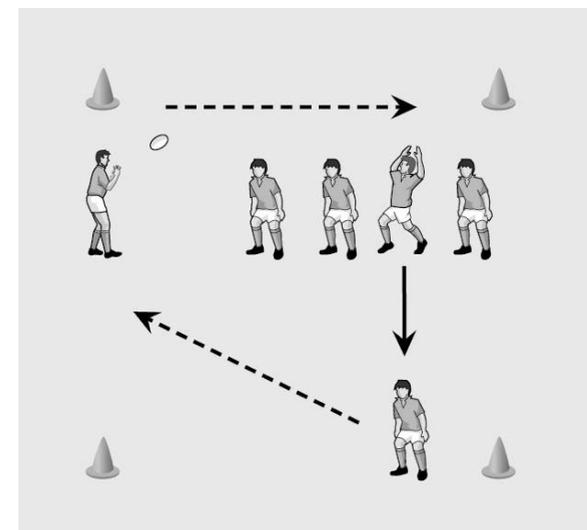
Positions can then be rotated. This activity works best as a race among teams.

Coaching Points

- › Tactically the thrower must identify and aim at their target. However the ball must be thrown high enough to clear any players in front.
- › Stand in a balanced position.
- › Holding the ball in 2 hands allows for greater power and control with younger players.
- › Underarm throws are often the preferred option.
- › Step forward with the throw.
- › The thrower should follow through at the target with their arms. They should also step forward after the throw.
- › Catchers should jump to receive the ball early.

Equipment

- › 4 markers and 1 ball.



77

4 v 2 invasion tag

Overview

In a 10m x 10m grid 4 attackers in possession commence at one grid end against 2 defenders at the other. A score is made when an attacking player gains possession beyond the end line. Players in possession can not run but can pass in any direction.

Variations:

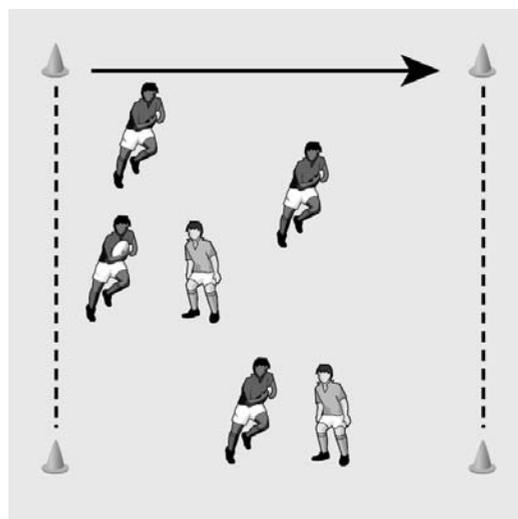
- › Possession and roles turns over when a player is tagged
- › Players can run in possession

Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.
- › The player should aim for 2 handed contact simultaneously on shorts.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. 4 v 2 Stuck in the Mud
2. 3 v 1 Lateral Support
3. Lineout Captain Ball
4. 5 v 3 invasion tag

Don't forget	Injuries/other comments	Session evaluation

4 v 2 Stuck in the Mud

Overview

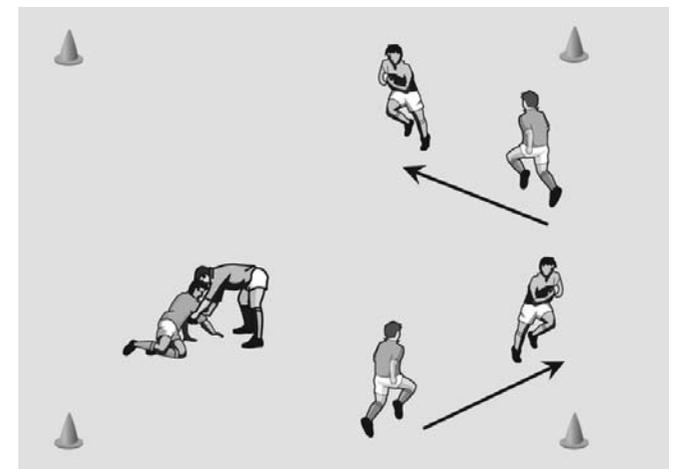
In a 10m x 10m confinement grid 4 runners evade 2 defenders. When a runner is tagged they must remain stationary (stuck) with legs astride. Stuck players can be released by another runner crawling between their legs. The game continues for 2 minutes or until all runners are stuck then roles rotate.

Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.
- › The player should aim for 2 handed contact simultaneously on shorts.

Equipment

- › 4 markers and 1 ball.



3 v 1 Lateral Support

Overview

In a 10m x 10m grid 3 attackers commence on one side of the grid to attack 1 defender. The middle player should commence with possession. They must score without being touched or making an error. If they are successful they continue for 10 attempts. Roles rotate on an unsuccessful attempt.

Question:

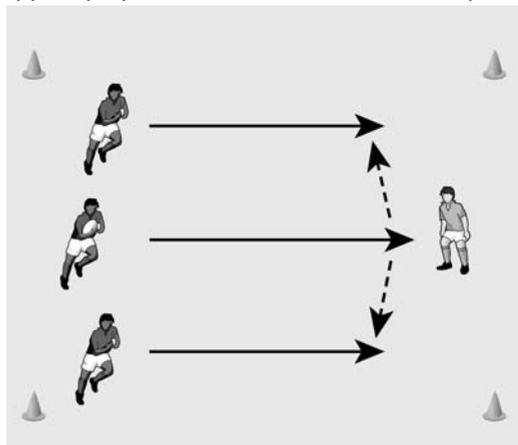
- › What did you see? (face or space)

Coaching Points

- › The ball carrier should attempt to run at the 'face' of the defender in an attempt to make him commit to tackle the ball carrier.
- › The support players should run at 'space' but should run close enough that only a short pass is required from the ball carrier. It is important that they maintain their running channel.
- › If the defender commits to tackle the ball carrier, then the ball carrier should pass to the appropriate supporter.
- › If the defender tries to remain on either shoulder of the ball carrier, then the ball carrier should try and beat him on the inside with option of a pass behind or pass inside if it exists.
- › If the defender drifts towards the support player then the ball carrier is in space and should run himself.

Equipment

- › 4 markers and 1 ball.



Lineout Captain Ball

Overview

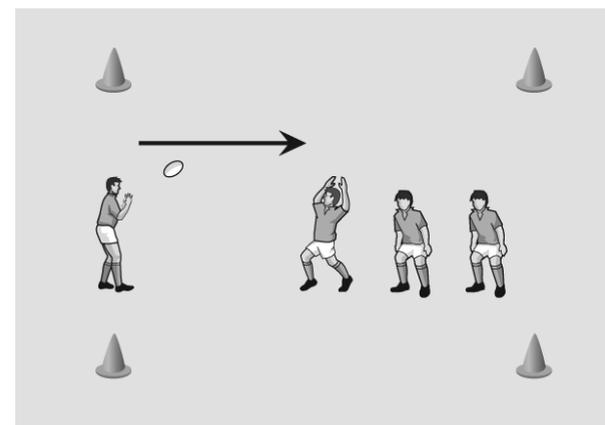
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 1m from the other players who are standing in a line single file. When instructed the ball is thrown to the player first in line, who catches the ball and returns it before sitting down. This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

Coaching Points

- › To grip the ball correctly, hold out in front with thumbs on top and fingers underneath the midline of the ball.
- › Stand in a balanced position and step forward with the throw.
- › Underarm throws are often the preferred option.
- › Catchers should jump to receive the ball early lifting their hands upwards and forwards from chest height.

Equipment

- › 4 markers and 2 balls.



5 v 3 Invasion Tag

Overview

In a 10m x 10m grid 5 attackers in possession commence at one grid end against 3 defenders at the other. A score is made when an attacking player gains possession beyond the end line.

Players in possession can not run but can pass in any direction.

Variations:

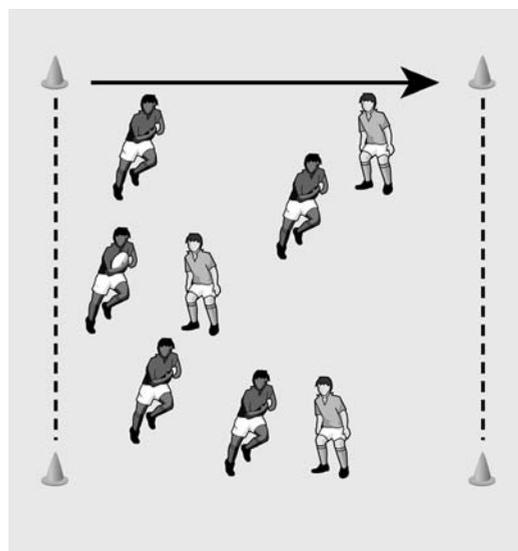
- › Possession and roles turns over when a player is tagged
- › Players can run in possession

Coaching Points

- › Taggers should track evaders from one side to reduce their options.
- › Taggers stride length should be reduced to maintain a high stride frequency when pursuing. This will increase the ability to change direction without sacrificing speed.
- › The head should be positioned safely to the side or behind the player to be tagged.
- › The arms should reach in front to make the tag.
- › The player should aim for 2 handed contact simultaneously on shorts.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. First in.
2. Jogging Passing Chain.
3. Angry Cat partner pushes.
4. Ball Take Tag.

Don't forget	Injuries/other comments	Session evaluation

First in

Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. When instructed players run down the grid length. When the player reaches the marker at the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

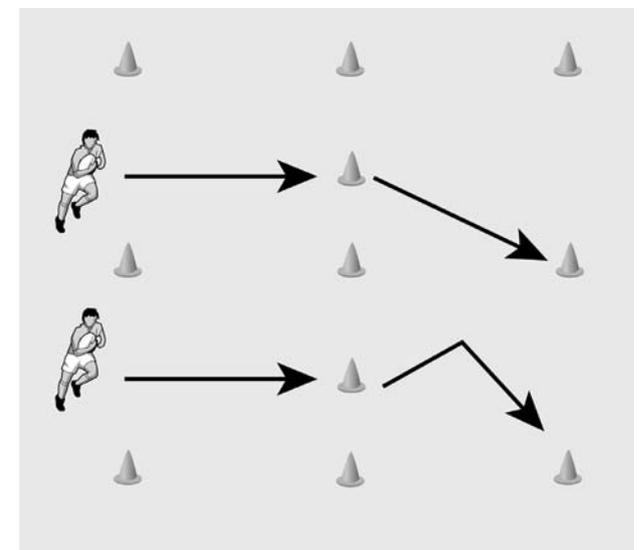
Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Maintain foot speed when changing direction by shortening strides.
- › Carry the ball in 2 hands.
- › Bend at the ankles, knees and hips to place the ball with 2 hands.

Equipment

- › 4 markers and 1 ball.



Jogging Passing Chain

Overview

On one side of a 10m x 10m grid 4 players stand in a line greater than double arms distance between players, the player on the extreme left with a ball.

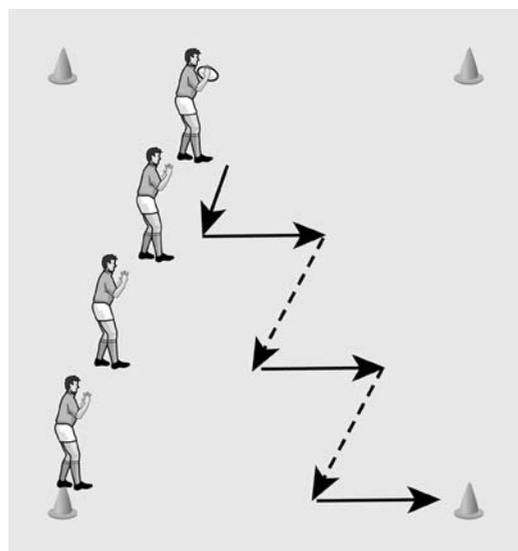
When instructed the players jog and begin passing the ball to the next player on the left. This action is continued to the left end. The players then realign at the other end before repeating the action.

Coaching Points

- › Turn the shoulders towards the target.
- › Both arms provide the force for the pass equally as they swing or push towards the target.
- › The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- › The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- › The hands and arms should follow through pointing at the target.
- › The receiver should reach to catch the ball before it reaches their body.

Equipment

- › 4 markers and 1 ball.



Angry Cat Partner Pushes

Overview

Players position on their hands and knees in scrum position in their own space within a grid. When directed they will change from a good scrum body position to that of an 'angry cat' altering the control of the trunk and pelvis muscles. They will hold this position until the coach calls for release.

One player in the ANGRY CAT position is on the ground. The other player is on his feet. On the coaches whistle the player standing pulls and pushes his partner and aims to find a 'weak spot'. Players to swap positions every 30 seconds.

Coaching Points

- › The head should be in a fully extended position with no rotation.
- › The back should be in its 'natural' straight position.
- › Shoulders and chest should be square.
- › The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- › The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- › The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- › The feet should be shoulder width plus 15 cm apart.
- › Strong body position
- › Head and chin up
- › Squeeze abs

Equipment

- › 4 markers and 1 ball.



Ball Take Tag

Overview

Two teams of between 4 - 7 players oppose each other on a field no larger than a standard Tag field. The standard laws of Tab Rugby apply with the variations that all Tags will result in an immediate and compulsory ball take and that all Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.
- › When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.

Equipment

- › 4 markers and 1 ball.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. Front Tag Evasion
2. Passing Chain Realignment
3. Angry Cat partner pushes-ball place
4. 7-a side tag

Don't forget	Injuries/other comments	Session evaluation

Front Tag Evasion

Overview

In a 10m x 10m grid an attacker begins on one side and a defender begins on the opposite side of the grid. Players have 3 alternate attacks from the same end marking their greatest territory gain with a coloured marker. Attempts where the tag was made from the front do not count.

Coach to question players:

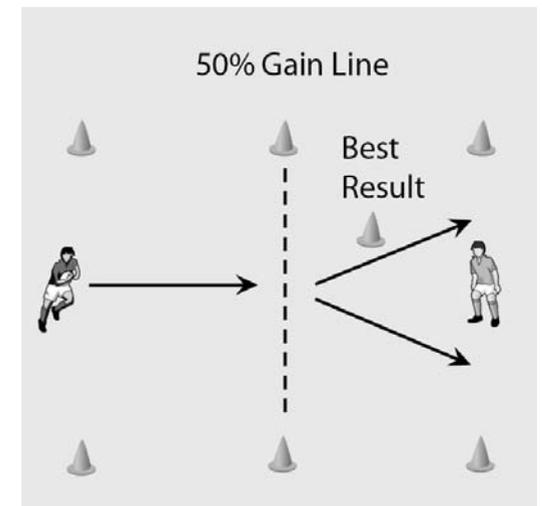
- › ‘What are you trying to do?’
- › ‘What did you do?’
- › ‘What was the result?’

Coaching Points

- › The attacker should accelerate quickly to ‘cross’ gain line.
- › The attacker should initially run at the defender attempting to ‘fix’ them.
- › Once the defender is committed (fixed) they should change their direction and run to ‘space’ not at a ‘face’. This will force the defender to make the tag from behind or the side.
- › Carrying the ball in 2 hands will improve evasion.
- › Questioning the players on their choice of tactics will develop decision-making.

Equipment

- › 4 markers and 1 ball.



Passing Chain Realignment

Overview

On one side of a 10m x 10m grid 4 players stand in a line greater than double arms distance between players, the player on the extreme left with a ball.

When instructed the players jog and begin passing the ball to the next player on the left.

This action is continued to the left end. The players then realign at the other end before repeating the action.

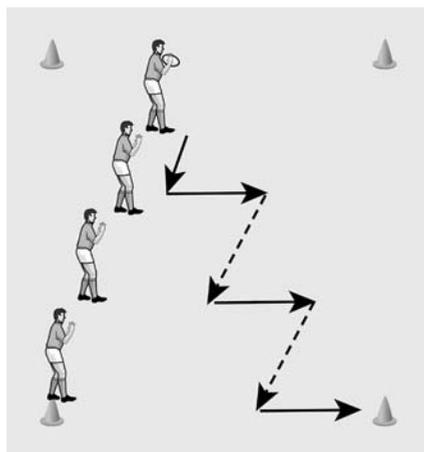
Players once lined up in two teams- offset behind each other to get some depth and also to run onto the pass.

Once the pass reaches the end the last players points the ball on the ground.

All players then realign before the ball is picked up and passed back along the line with players running forward

Coaching Points

- › Turn the shoulders towards the target.
- › Both arms provide the force for the pass equally as they swing or push towards the target.
- › The ball is released from the hands by extending the grip of the fingers and providing a 'push' with the little fingers of both hands.
- › The ball should rotate once around its short axis with the end that originally pointed to the passer arriving first at the receiver.
- › The hands and arms should follow through pointing at the target.
- › The receiver should reach to catch the ball before it reaches their body.
- › Eyes up, looking forward
- › Hands to target, fire wrists and hips square



Angry Cat partner pushes-ball place

Overview

Players position on their hands and knees in scrum position in their own space within a grid. When directed they will change from a good scrum body position to that of an 'angry cat' altering the control of the trunk and pelvis muscles.

They will hold this position until the coach calls for release.

This is the same activity as last session, however a ball is on the ground underneath the player in the angry cat position. On the coaches call it's a contest for the ball. The player on the ground aims to hold onto the ball while progressing to a placement.

One player in the ANGRY CAT position is on the ground. The other player is on his feet. On the coaches whistle the player standing pulls and pushes his partner and aims to find a 'weak spot'. Players to swap positions every 30 seconds.

Coaching Points

- › The head should be in a fully extended position with no rotation.
- › The back should be in its 'natural' straight position.
- › Shoulders and chest should be square.
- › The abdomen and lower back should be stable with strong contraction from the deep postural muscles in the abdomen and lower back.
- › The upper thigh should drop from the hips at right angles to the body, perpendicular to the ground.
- › The knees should be bent at approximately 120 degrees with the ankles bent to ensure maximum ground contact with the feet.
- › The feet should be shoulder width plus 15 cm apart.
- › Strong body position
- › Head and chin up
- › Squeeze abs



Equipment

- › 4 markers and 1 ball.

7 A side tag

Overview

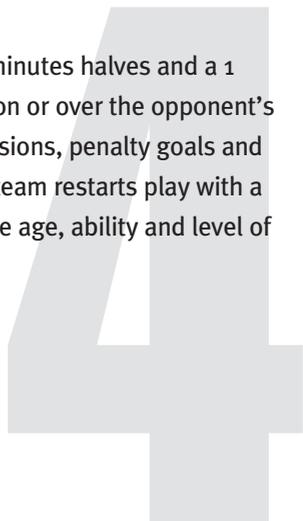
Game time is optional however normal play consists of two 7 minutes halves and a 1 minute half time. A try is scored when a player places the ball on or over the opponent's goal-line, and it is awarded 5 points. In Rugby 7's –Tag, conversions, penalty goals and drop goals are not permitted. Following a try, the non-scoring team restarts play with a tap restart on the halfway line Two options dependent upon the age, ability and level of competition of participants.

Equipment

- > 4 markers and 1 ball.

Coaching Points

- > Bullet



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby Skills Games

Activity outline. Relays, Practices and Games

1. First in
2. Ball Take TAG
3. Wallaby Bridge
4. 7-a side tag

Don't forget	Injuries/other comments	Session evaluation

First In

Overview

In 2 x 10m x 10m adjacent grids the player commences in the centre at one end of the grid. When instructed players run down the grid length. When the player reaches the marker at the edge of the first grid section they will change direction to run to a corner marker of their choice at the end of the final grid section (left/right).

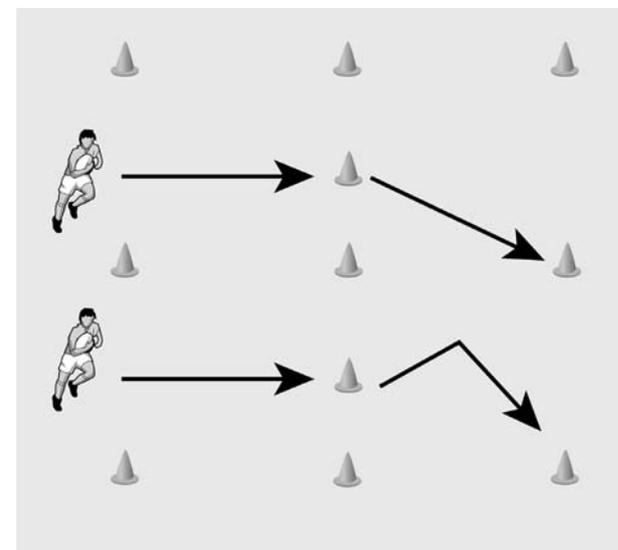
Players finish by scoring a try at the designated marker. Only one player can occupy a marker.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Maintain foot speed when changing direction by shortening strides.
- › Carry the ball in 2 hands.
- › Bend at the ankles, knees and hips to place the ball with 2 hands.

Equipment

- › 4 markers and 1 ball.



Ball Take TAG

Overview

Two teams of between 4 - 7 players oppose each other on a field no larger than a standard Tag field. The standard laws of Tag Rugby apply with the variations that all Tags will result in an immediate and compulsory ball take and that all Tags that result in a territory loss will result in a turn over of possession.

Coaching Points

- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to the ball carrier and also run or position in space as a passing option.
- › The defenders should nominate the attacker they are tracking.
- › They should then track them from one side to limit their attacking options.
- › When tagged the ball carrier should turn towards the person who passed them the ball (Primary Supporter). This player is best placed to complete the ball take.

Equipment

- › 4 markers and 1 ball.



Wallaby Bridge

Overview

In a 10m x 10m grid an attacker and a defender oppose each other as in a game of Walla. The attacker will attempt to score a try within a set number of tags or possession oes to the defender. After making a Walla tag the defender retires 2m to an 'onside' position. Play restarts with a tap kick after each tag or turnover.

Coaching Points

- › The attacker should quickly accelerate to go forward as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › The defender should track the attacker from one side to limit their attacking options.

Equipment

- › 4 markers and 1 ball.



7 A side tag

Overview

Game time is optional however normal play consists of two 7 minutes halves and a 1 minute half time.

A try is scored when a player places the ball on or over the opponent's goal-line, and it is awarded 5 points.

In Rugby 7's -Tag, conversions, penalty goals and drop goals are not permitted.

Following a try, the non-scoring team restarts play with a tap restart on the halfway line

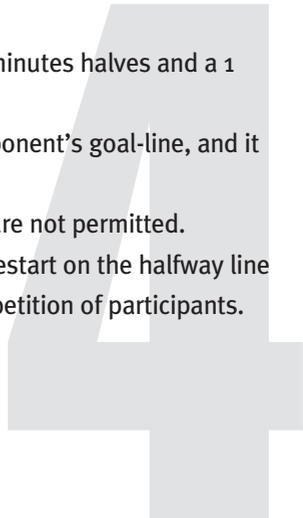
Two options dependent upon the age, ability and level of competition of participants.

Coaching Points

- › Bullet

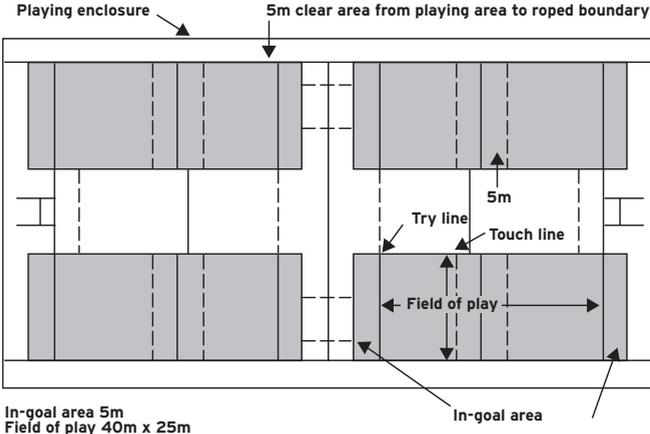
Equipment

- › 4 markers and 1 ball.



Coaching Resources



Competitions	<ul style="list-style-type: none"> No finals series, no competition ladders and no premierships allowed. Coaches are allowed on the field for the duration of the game.
The Ground	<ul style="list-style-type: none"> 40m x 25m maximum (ie. usually 1/4 field)  <p>The diagram illustrates the layout of a rugby field. It shows a rectangular playing enclosure with a 5m clear area from the playing area to the roped boundary. The playing area is divided into two halves by a center line. Each half contains a try line and a touch line. The field of play is 40m x 25m, and the in-goal area is 5m. The diagram also shows the positions of the goalposts.</p> <p>In-goal area 5m Field of play 40m x 25m</p>
The Ball	<ul style="list-style-type: none"> Size 2
Number of Players	<ul style="list-style-type: none"> 7 players Teams must match numbers on the field during play. If either team has fewer than 7 players during play, then teams must share players to get the maximum number of players on the field, while maintaining equal numbers. If a team has few or no reserve players, the coach or manager should inform the opposing team before the game starts that they may be required to share players at some point during the game. Rolling substitutions are allowed and these are unlimited in number, but can only be made when the ball is dead. It is recommended that the maximum size of a team's squad be 10 players.
Time	<ul style="list-style-type: none"> 2 x 15min halves, 5 min half time. There is no time off for injury or other stoppages.
Scoring	<ul style="list-style-type: none"> A try is awarded 5 points. Conversions, Drop Goals and Penalty Goals are not permitted.
Foul Play	<ul style="list-style-type: none"> No tackling allowed (PK). No fending allowed (PK). No kicking allowed in general play (scrum). A red card = sent off and cannot return.

	<ul style="list-style-type: none"> • A yellow card = 5 mins in the sin-bin and if the time period has not expired when half-time or full-time is called, the temporary suspension ends. • When a yellow or red card is issued, the player may be replaced.
Knock on and Forward Pass	<ul style="list-style-type: none"> • Referees are encouraged to be lenient. • The assumption should be that the ball has gone backwards unless it is clearly and obviously forwards.
Kick-off and Restarts	<ul style="list-style-type: none"> • Kick-offs to begin each half are punt kicks. • The receiving team at a kick-off must be at least 5m back from half-way. • If a kick-off is unsuccessful in any way (eg. wrong kick, doesn't go 5m, goes dead etc), another chance is provided until the kick is successfully taken. • There is a 5m radius circle 'exclusion zone' around a player attempting to field the ball after a kick-off. No opposing player can enter this zone until the receiving player has caught or picked up the ball (PK). • After a try, the non-scoring team takes a tap restart from the centre of the half-way line.
The Tag	<ul style="list-style-type: none"> • A tag MUST be: <ul style="list-style-type: none"> - a two-handed touch, and - on the shorts only. • Tags are not permitted on the jersey above the waist from either in front or behind. A tag is not permitted on the legs. • The referee MUST apply this strictly, as this will allow attacking players to continue running when incorrectly tagged, and reinforce good habits in defence. • Players' jerseys should be tucked in. • Referee will call "TAG" if performed correctly, or "PLAY ON" if not. • Once the referee has called "TAG", the coach may then call "TURN AND PASS". • Once tagged, players are required to stop as quickly as possible and turn and pass to a team-mate. They are not required to return to the mark where they were tagged. • There are no offside lines at a tag for the defence. The players of the team not in possession of the ball do not need to retreat to any line. This ensures game continuity and forward progress for the team in possession by removing a fully set line of defence. • To defend effectively, players may need to be encouraged by their coaches to retreat backwards to remain in front of the attacking team. • No opposing player may block or prevent the tagged player from passing the ball to a teammate (PK). • If a player cannot pass for any reason, a tap restart is awarded to the team in possession.

Lineout setup	<ul style="list-style-type: none"> • No quick throw-ins allowed. • 2 players from each team stand as catchers 1 metre from the opposition players in a single line 3 metres away from the touch line. • The thrower of the team in possession stands opposite their team's first catcher. • The thrower's immediate opponent must stand on their side between the lineout and the touch line, and 2 metres from the line of touch. • There must be a receiver (scrum-half) 2 metres back from the line-out. The receiver must stay in position until they receive the ball from the lineout. • All other players not taking part in the line-out must be back at least 5 metres. • If the setup is not right, the referee awards another lineout with the same team throwing in, so the players can get it right.
Lineout play	<ul style="list-style-type: none"> • The team throwing the ball in must win it. • The ball is passed or knocked to the receiver who must then pass it to a team-mate. • If the wrong team wins the ball or the receiver doesn't pass, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Lineout offside	<ul style="list-style-type: none"> • The lineout does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • Opposition backline players must stay onside and lineout players must stay in the lineout until the line-out is over. • If players are offside, the referee awards another lineout with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Scrum setup	<ul style="list-style-type: none"> • 3 players from each team form the scrum. • Both scrum-halves must stand on the same side of the scrum. • All other players not taking part in the scrum must be back at least 5 metres. • If the setup is not right, the referee awards another scrum with the same team throwing in, so the players can get it right.
Scrum play	<ul style="list-style-type: none"> • Scrum engagement sequence is CROUCH - BIND - SET. When crouched, the distance between opposing front rows should be close enough that players' heads are interlinked approximately ear to ear. There must be a clear non-verbal pause between 'bind' and 'set'. • There is no pushing in the scrum and the team throwing in the ball must win it. • After gathering the ball, the scrum-half must pass it to a team-mate. • If the scrum-half doesn't pass, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).

U N D E R 7 L A W S U M M A R Y

Scrum offside	<ul style="list-style-type: none"> • The scrum does not end until the ball is either played by a team-mate, or touches the ground, after being passed by the receiver. • The defending scrum-half cannot go past the midline of the scrum and must stay within 1 metre of the scrum on the feeding side until it is over. • Opposition players must stay onside or bound until the scrum is over. • If players are offside, the referee awards another scrum with the same team throwing in, so the players can get it right (if there is repeated infringement, a PK may be awarded).
Tap Restarts	<ul style="list-style-type: none"> • All Penalty Kicks (PK) and Free Kicks (FK) are taken as a tap restart. • The opposing team must run back at least 5 metres from the mark. • At a tap restart the ball must be either kicked out of the hands, or put on the ground and kicked a visible distance. The player must not hold the ball and tap with the foot without letting go. Another chance is provided until taken correctly.
In-Goal	<ul style="list-style-type: none"> • If a player grounds the ball in the opposition in-goal, but is tagged in the act of scoring, a try is awarded. • If a player is tagged in the opposition in-goal, the referee should encourage the player to ground the ball and then award the try. • A player is not permitted to 'dive' when scoring a try (either through a defensive line or when in the clear). A player must be on their feet to score a try, otherwise a tap restart is awarded to the team in possession, 5 metres out from the goal line in line with where the player attempted to score the try. • If the ball becomes dead in in-goal, play restarts with a tap restart to the defending team, 5m out from their goal line.

Player Report Card

Player Name:

Team Name:

Coach:

Season:



Skill	Comment
Attack	
Defence	
Individual Skill	
Team Work	
Training	
Behaviour	

Overall Comments:

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Signed:

Date:

For the Coach

Meeting the needs of a Junior Rugby Player

All junior rugby players are different and play sport for a variety of reasons. The most common reasons children play sport are, it's fun, it's with friends, it makes them feel good and it allows them to learn new skills.

- › Children love to play and have fun and that is what junior rugby should focus on. Training sessions should be enjoyable experiences where players participate in a broad range of activities in an atmosphere that is fun and centered on the players.
- › Children delight in the surge of emotions that junior rugby participation provides and enjoy that they can become physically fit along the way. By focusing on activities that encourage maximum involvement, players participate more and become fitter.
- › Children want to learn new skills and improve on ones previously learned. A player who experiences a good performance or receives feedback from a coach will increase their skill level. Furthermore, if success is measured in terms of personal growth and development and not by who won the contest, then they will be motivated to try harder and improve their skills even more.

With this in mind, the primary goal for all junior rugby coaches should be to create an atmosphere at training that is enjoyable, that requires kids to be active, and that is a genuine learning experience.

To make it easier for you to remember, we have developed the credo REAL Rugby. R is for Rugby, E is for Enjoyable, A is for Active and L is for Learning. Kids want your training to be full of RUGBY activities that are ENJOYABLE, ACTIVE, LEARNING experiences. So remember to Keep It REAL; and your players will enjoy the game as much as you do!

Roles and Responsibilities of Junior Rugby Coaches

The role of the junior rugby coach is a combination of four important responsibilities. They are a coach, teacher, trainer and motivator. Good coaches remember to plan and organise activities that allow kids to progress through a series of skills, in an enjoyable way. Coaching kids should involve a lot of fun experiences that focus on co-operation, teamwork and fair play.

The art of good teaching is to explain and demonstrate an activity clearly, facilitate suitable practice, and then modify errors in performance through observation and analysis. Good teachers introduce new things one at a time and keep instructions short and simple. Good trainers understand that all kids are different and develop at different rates. They are aware of the physical and emotional characteristics of their players, and are able to prescribe the appropriate levels of exercise to help them become physically fit.

As a motivator, the coach needs to be sensitive to players needs and appreciate why

they play sport and what they enjoy about sport. Good motivators communicate positively with players, and understand how important regular praise and encouragement is to a player's development.

The junior rugby coach is responsible for reinforcing the ideals of rugby to the players. The desirable qualities of sportsmanship, fair play and teamwork are to be positively rewarded. Players should be allowed to develop skills and learn the game without the presence of external pressure to win premierships. The focus should be on the process rather than the outcome and the safety of the players must be the overriding consideration.

To ensure all players are provided a fair go, they should receive equal game time where possible. Favouritism should not be shown to star players at the expense of others. The junior rugby coach is also responsible for educating the players' parents, so they understand the ideals of rugby and the coaching philosophy. Through a co-operative effort, parents can also assist in providing the players the best rugby experience possible.

Using this resource

This training resource has been designed to assist you through the duration of the junior rugby season. The training sessions and activities have been designed to meet the development needs of your players and provide them with the skills required to succeed in their relevant game style.

Helpful Group Management Tips

A coach's job is made easier by applying good group management skills. Here are twelve helpful group management tips that will make you a better coach.

1. Make your expectations clear – At the beginning of the training session outline with the team your expectations in relation to practice, recovery, discipline, safety and instructions. In particular establish a signal for attention when you want the players to stop what they are doing and listen; ie. whistle or loud phrase.
2. Use grids and small groups for practice – Set up a training grid to manage training space and numbers of groups effectively. Position 12 markers in a 'six pack' and place small groups in each of the six grids for skills practice.
3. Utilise partner activities – For maximum involvement have players pair up and practice skills one-on-one. Encourage players to experiment with skills and to discuss techniques with their partner.
4. Organise your equipment – Ensure enough equipment is ready for the training tasks and set up a 'gear square'. It is important also to establish a system to issue, collect and down gear during sessions; ie. nominate gear stewards, all balls on the ground etc.
5. Adopt an effective teaching position – Demonstrate and deliver instructions from

a central position where you are easily seen and heard. Position your players in a semi-circle facing you, so any potential distractions are behind them; ie. the sun or other training groups. Ensure that you are not wearing sunglasses so you can make eye contact with your players.

6. Utilise volunteers – To allow efficient teaching of the players during practice, ask parents to assist with the co-ordination of simple drills. Place them in the grid at key positions and have them direct the players whilst you observe practice and provide feedback.
7. Ensure safety first – It is important players are prepared adequately for training in particular when practicing contact elements of the game. Attention must be paid to a correct warm up and cool down, suitable recovery periods, use of protective gear including mouth guards and matching of body types where possible.
8. Vary your tone of voice – Use variation to stress different points. ie. softer for individualised instruction, louder for group safety and/or discipline instructions, slower and pronounced for key points, faster for verbal cues given on the run.
9. Teach discipline – Most players misbehave when they are forced to wait and/or do not know what are the expectations of the coach. From the beginning outline what behaviour you expect from them and if necessary put in place a 3 strikes rule. This allows for two repeated warnings for bad behaviour followed by removal to the ‘sin bin’ after the third indiscretion for a designated period of time. The sin bin should be a small marked out area, in view of the coach but away from the distractions of other players at training.
10. Provide recovery and revision – Ensure players have water readily available and allow them to recover and hydrate at regular intervals during the session. Also, use the time before, during and after the session when the players are ‘off task’ to reinforce concepts from the practice.
11. Give regular feedback – Clear and constructive comments make players feel as though their efforts are valued. It is important you praise good effort as much as possible and give specific feedback on players performances based on what they have been taught. Feedback is best received by individuals straight away; and by the team after the drill or game has been completed.
12. Learn to use the whistle – The whistle is a valuable tool to gain your players attention if used sparingly. Practice a number of whistle sounds to display different signals ie. short to stop and start activities, loud and long for discipline, loud and repeated sharply for safety matters; and use them consistently at training for the best effect.

The poster is framed in a thin black border. At the top right is the 'australian RUGBY' logo, with 'australian' in a small font above 'RUGBY' in a larger, bold font, and a stylized white silhouette of a player jumping for a try to the right. Below this is a horizontal line. The word 'CONGRATULATIONS' is written in large, bold, black, sans-serif capital letters. Below that, 'ACCESS CERTIFICATES ON THE PATHWAY WEBSITE' is written in a slightly smaller, bold, black, sans-serif font. The background of the poster features a large, faint, light grey watermark of the 'Try Rugby' logo, which includes the word 'Try' in a large, stylized font and 'Rugby' in a smaller font below it, with a white silhouette of a player jumping for a try to the right. At the bottom left is the Australian Government crest, with 'Australian Government' and 'Australian Sports Commission' written below it. At the bottom right is the 'Try Rugby' logo, with 'Try' in a large, stylized font and 'Rugby' in a smaller font below it, with a white silhouette of a player jumping for a try to the right, and the tagline 'Everyone plays a part.' written below it.

Under 7 Pathway Coaching Checklist

Coaches are encouraged to review and record sessions

ELEMENT	SESSION 1	SESSION 2	SESSION 3	SESSION 4
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 5	SESSION 6	SESSION 7	SESSION 8
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 9	SESSION 10	SESSION 11	SESSION 12
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				

ELEMENT	SESSION 13	SESSION 14	SESSION 15	SESSION 16
Running				
Evasion & Tracking				
Ball Handling				
Catch & Pass				
Body Shape Tag				
Balance and Stability				
Games				



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Australian Government
 Australian Sports Commission