



UNDER 6 PATHWAY MANUAL



australian
RUGBY

COACH DEVELOPMENT

The ARU and its Member Unions are pleased to be able to provide you the Under 6 Coaching Manual for this season. Within you will find 16 session plans to guide you through this challenging season of coaching, teaching, training and motivating the beginner player.

What is Under 6 Rugby all about?

Under 6 Rugby is about developing the basic Rugby skills of five and six year old children. Many of your players will have acquired general movement and co-ordination skills through their previous sport and play experiences i.e. running, jumping, stopping, turning, chasing etc.

However this may be their first experience practicing rugby skills and playing small-sided rugby games. The games within this manual focus on introducing beginner players to the core rugby skills that will set them up for a life in the game. They include:

- Evasion, Ball Handling, 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 6 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 program consists of 16 sessions, each lasting 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, and Learning** experience

Through each of the session plans in this booklet, the activities are listed in the following order:

Timings	Activity Number	Games Core Focus
0 – 4 minutes		Warm-up
5 – 12 minutes	1	Ball Handling
13 – 20 minutes	2	Evasion
21 – 28 minutes	3	Scrum or Lineout
29 – 36 minutes	4	Tag Defence
37 – 40 minutes		Cool-down

How is an Under 6 Rugby Match-Day run?

The first period involves two small-sided games which will develop players' 'ball handling' and 'tag defence' skills. The two games should be Activities 1 and 4 from that week's session plan. This will mean your players will already know the game they are playing.

Set-up will require co-ordination between the coaches of both teams before play begins.

Who runs the activities?

EITHER each team plays the game on their own co-ordinated by their coach,

OR both teams can play the games together, with the home or first named team's coach running the first game and the other coach running the second game.

This is followed by two 10 minute halves of seven-a-side Rugby tag with a brief half-time.

Timings	Games	Participants	Set up
0 - 5 minutes	Activity 1 from that week's session plan	Teams either individually or together	Grid one
6-10 minutes	Activity 4 from that week's session plan	Teams either individually or together	Grid two
12-22 minutes	Seven-a-side Rugby Tag First Half	Teams opposing each other	1/4 field - 40m x 25m
25-35 minutes	Seven-a-side Rugby Tag Second Half	Teams opposing each other	1/4 field - 40m x 25m

The Laws of U6 Rugby tag aim to increase activity levels and promote attacking play. The focus is providing players more opportunities to carry the ball, run into space, support team-mates and score tries.

This match day combination is considered a more appropriate experience for an Under 6 player. A great deal of research has been done with this age group and you will discover the players will gain improved skills, a greater sense of achievement and higher levels of enjoyment as a result of the changes.

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.

S E A S O N M A T R I X

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				

C O N T E N T S

Introduction	3	Session Plan 10	63
Session Plan 1	9	Try Scoring Relay	65
Passing Unders and Overs	11	Funnel Game	66
Animal Walks Relay	12	Lineout Captain Ball Game	67
Scrum Angry Cat Practice	13	3v3 Rugby Tag Game	68
Apples and Oranges Game	14	Session Plan 11	69
Session Plan 2	15	Ball-in-Hand Relay	71
Apples and Oranges Game with Ball	17	2v1 Attack Game	72
Ball-in-Hand Relay	18	Scrum Clusters Game	73
Lineout Jump and Land Practice	19	4v3 Rugby Tag Game	74
Rugby Octopus Game	20	Session Plan 12	75
Session Plan 3	21	Run and Swerve Relay	77
Rugby Octopus Game with Ball	23	2v1 Attack Game	78
Try Scoring Relay	24	Lineout Leader Ball Game	79
Scrum Unders and Overs Game	25	4v4 Rugby Tag Game	80
Stuck in the Mud	26	Session Plan 13	81
Session Plan 4	27	Grip and Carry Race	83
Offload Stuck in the Mud	29	Round the Body	84
Run and Swerve Relay	30	Lineout Throw and Catch	85
Lineout Jump and Catch Practice	31	5v5 Rugby Tag Game	86
Bugs and Spiders Game	32	Session Plan 14	87
Session Plan 5	33	Race to Try	89
Bugs and Spiders Game with Ball	35	1v1 Tag	90
All One Way Practice	36	Scrum Engagement Sequence Practice	91
Scrum Engagement Sequence Practice	37	Passing Circle Chase	92
Tag Ball Game	38	Session Plan 15	93
Session Plan 6	39	Ball in Hand Race	95
Hand-to-Hand Circle Game	41	Tag Ball	96
Coach's Call Practice	42	Lineout Captain Ball Game	97
Lineout Piggy in the Middle Game	43	Tag Rush	98
Tag Ball Game	44	Session Plan 16	99
Session Plan 7	45	Pick and Run Race	101
Passing Circle Game	47	Pat the Ball	102
Coach's Call Practice	48	2v2 Tag Challenge	103
Sydney Harbour Bridge Game	49	5v5 Rugby Tag Game	104
Rugby Octopus Game with Ball	50	Coaching Resources	105
Session Plan 8	51	Age Group Law Summary	107
Passing Circle Chase Game	53	Player Report Card	110
First In Game	54	Group Management Tools	111
Lineout Captain Ball Game	55	Playing Certificate	114
Offload Stuck in the Mud	56	Coaching Checklist	115
Session Plan 9	57		
Handling Relay	59		
Funnel Game	60		
Scrum Clusters Game	61		
2v2 Rugby Tag Game	62		

Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Passing Unders and Overs
2. Animal Walks Relay
3. Scrum Angry Cat Practice
4. Apples and Oranges Game

Don't forget	Injuries/other comments	Session evaluation

SESSION PLAN 1

Passing Unders and Overs

Overview

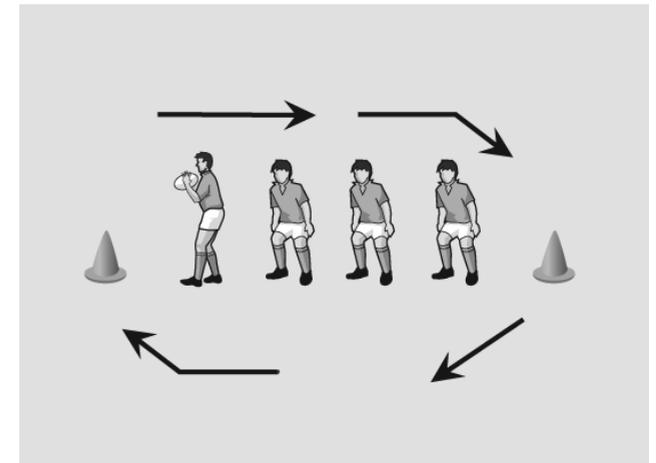
In a 5m x 5m grid two groups of 3-4 players standing in a line single file are provided a ball. When instructed the ball is passed by the player at the front of the line through their legs to the player behind. The second player then transfers the ball to the player behind by passing it softly over their head. This passing unders and overs is repeated until the player at the end of the line receives the ball. They then run to the front of the line and the players behind them shuffle back. The process is repeated until the players are back to their starting positions.

Coaching Points

- › When receiving the ball, reach out for the ball with soft fingers.
- › When transferring the ball, push the fingers of both hands to release it to the receiver.
- › Encourage players to chant 'under' and 'over' with each pass.

Equipment

- › 4 markers and 2 balls.



Animal Walks Relay

Overview

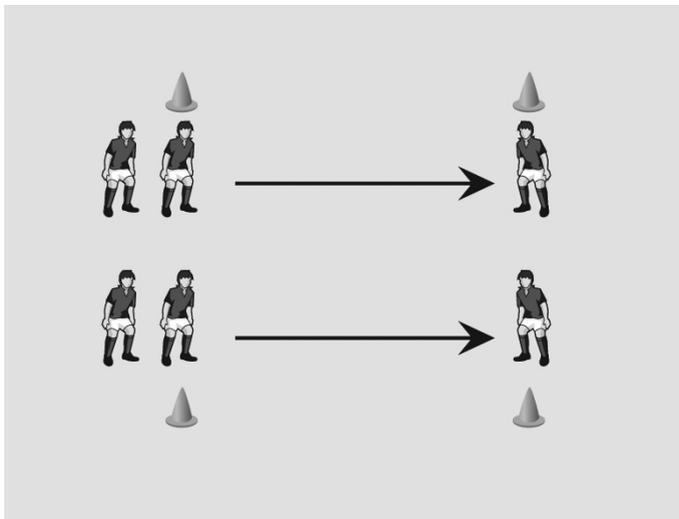
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed they move across the grid walking like an animal and when they reach the other side the next player goes. They finish when they have returned to their starting position.

Coaching Points

- › Dinosaur – long strides with a slight lunge.
- › Crab – crawling on all fours.
- › Kangaroo – two legged jumps.
- › Rabbit – on all fours flicking legs up behind.
- › Lizard – on all fours, alternate arms and legs move forward at the same time.

Equipment

- › 4 markers.



Scrum Angry Cat Practice

Overview

Players position on their hands and knees in their own space within a 5m x 5m grid. When directed they will assume a good scrum body position with a flat back and then an 'angry cat' poor scrum body position – by altering the control of the trunk and pelvis muscles. They will hold this position until the coach calls stop.

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.

Equipment

- › 4 markers.



Apples and Oranges Game

Overview

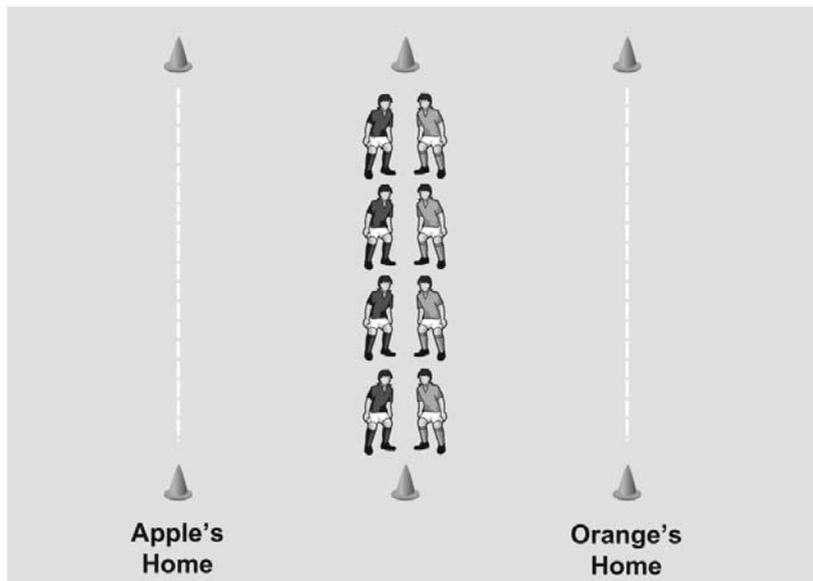
In a 10m x 10m grid, two teams form lines in the middle facing each other. One team is known as 'apples', the other as 'oranges'. When the coach calls either apples or oranges, that team must try and get 'home', without being tagged one-handed by players from the other team. The coach should call teams out in a random order.

Coaching Points

- › When tagging, the head should be positioned safely to the side of the player to be tagged.
- › The arm should reach out in front to make the tag on the shorts.

Equipment

- › 6 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Apples and Oranges Game with Ball
2. Ball-in-Hand Relay
3. Lineout Jump and Land Practice
4. Rugby Octopus Game

Don't forget	Injuries/other comments	Session evaluation

Apples and Oranges Game with Ball

Overview

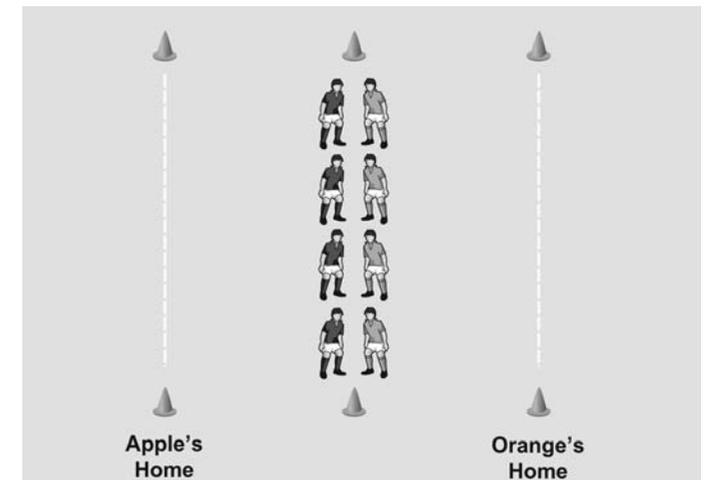
In a 10m x 10m grid, two teams form lines in the middle facing each other. One team of players each with a ball are known as 'apples', the other as 'oranges'. When the coach indicates, players pass the ball to each other. When the coach calls either apples or oranges, that team must try and get 'home' to score a try, without being tagged one-handed by players from the other team. The coach should call teams out in a random order.

Coaching Points

- › When tagging, the head should be positioned safely to the side of the player to be tagged.
- › The arm should reach out in front to make the tag on the shorts.

Equipment

- › 6 markers and 4 balls.



Ball-in-Hand Relay

Overview

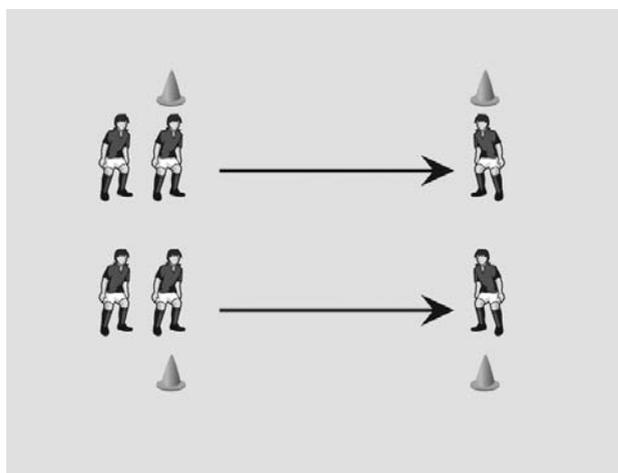
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, the first player in each group on the starting side is provided a ball and runs across the grid. When they reach the other side of the grid the player hands the ball off to their team-mate. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Hand the ball off directly into your team-mates hands.
- › As a progression, players can throw the ball in the air and catch it whilst running.

Equipment

- › 4 markers and 2 balls.



Lineout Jump and Land Practice

Overview

In a 5m x 5m grid, players are positioned in their own space facing the coach. When instructed, they bend their knees and raise their hands upwards to chest height before springing up into the air. This is repeated a set number of times.

Coaching Points

- › Players should aim to jump and land on the same spot.
- › Bend the knees to soften the landing also.

Equipment

- › 4 markers.



Rugby Octopus Game

Overview

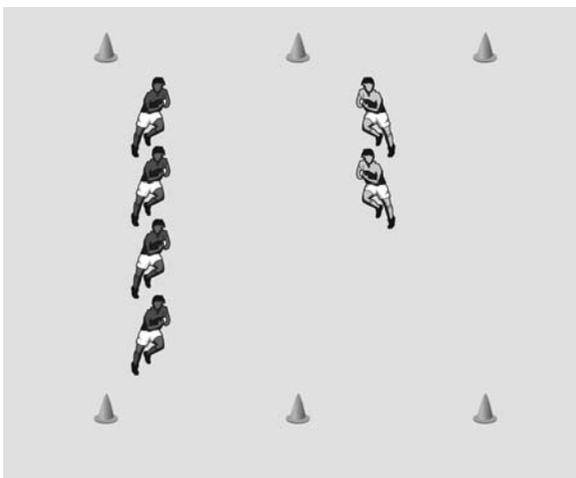
In a 10m x 10m grid runners (fish) begin at one end face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fish attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with one-hand on the shorts, they stop and 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 and games

Activity outline. Relays, Practices and Games

1. Rugby Octopus Game with Ball
2. Try Scoring Relay
3. Scrum Unders and Overs Game
4. Stuck in the Mud Game

Don't forget	Injuries/other comments	Session evaluation

Rugby Octopus Game with Ball

Overview

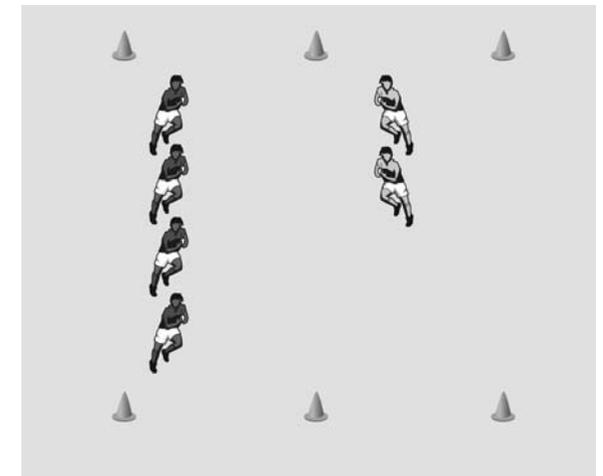
In a 10m x 10m grid runners (fish) begin at one end holding a ball, and face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fish attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with one-hand on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes with the ball 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 and 4 balls



Try Scoring Relay

Overview

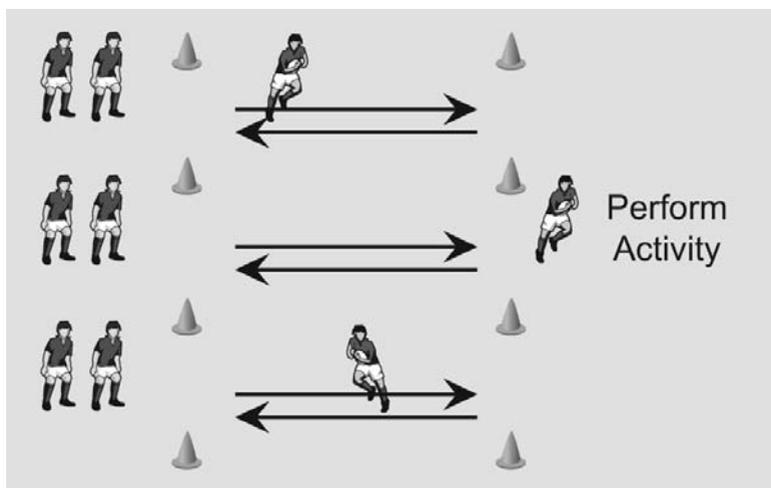
Players commence on one side of a 5m x 5m grid. When instructed, they run across the grid holding the ball in two hands and score a try by placing the ball on the ground. They then run back to the starting position where they hand-off the ball to the next player.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Carry the ball in two hands when running.
- › When stationary, perform around-the-body activities.
- › As a progression, players can stop and perform an activity a predetermined number of times when they reach the other side of the grid, before returning to the starting position.

Equipment

- › 6 markers and 3 balls.



Scrum Unders and Overs Game

Overview

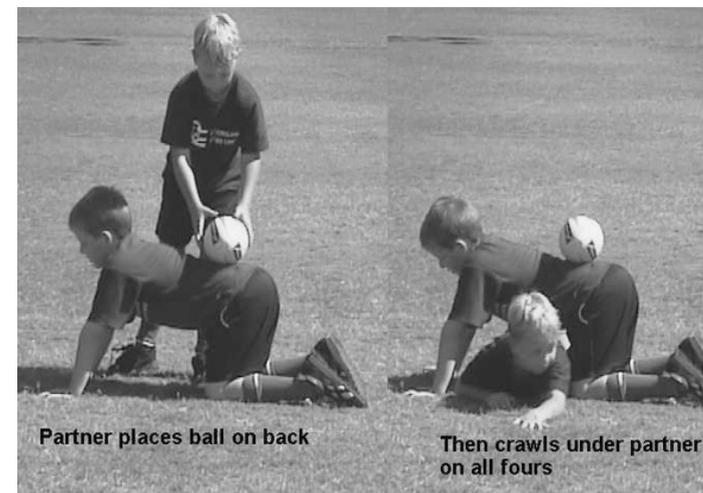
In a 5m x 5m grid, two groups of 3-4 players align in a line behind a leader at one end. When directed the first player assumes a good scrum body position on their knees. The next player then places the ball on their lower back and crawls under them before moving round to the end of the line. All players crawl under the leader while the ball is maintained on their lower back. Once finished, the roles are rotated for a new race.

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.

Equipment

- › 4 markers and 2 balls.



Stuck in the Mud

Overview

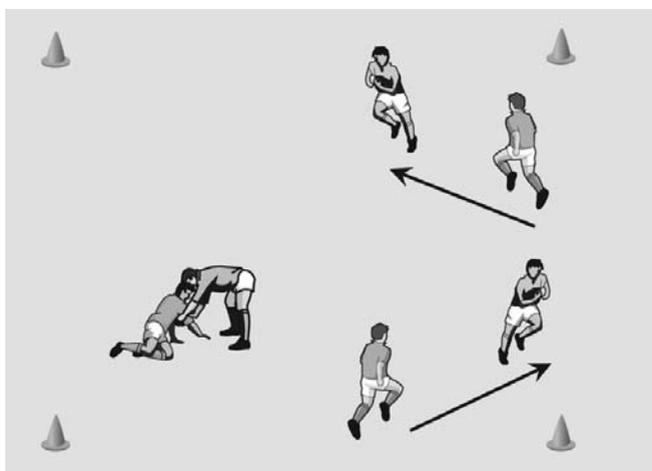
In a 10m x 10m grid runners evade two defenders. When a runner is tagged with one-hand on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by another runner crawling between their legs. The game continues for 2 minutes or until all runners are stuck.

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 arm should reach in front to make a one-handed tag on the shorts.

Equipment

- › 4 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Offload Stuck in the Mud
2. Run and Swerve Relay
3. Lineout Jump and Catch Practice
4. Bugs and Spiders Game

Don't forget	Injuries/other comments	Session evaluation

Offload Stuck in the Mud

Overview

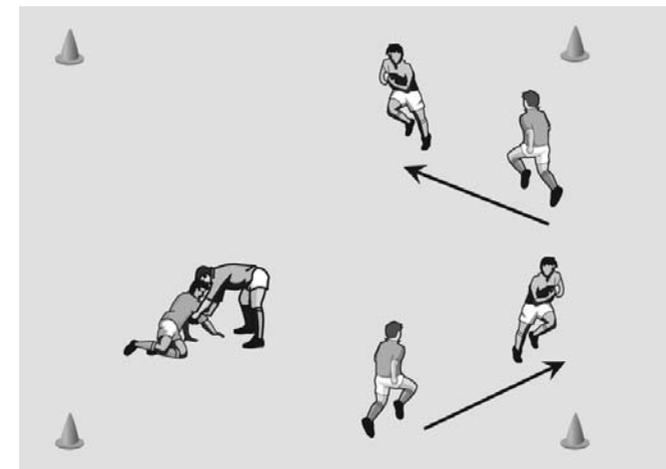
In a 10m x 10m grid runners (two only with a ball) evade two defenders. When a runner is tagged with one-hand on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by offloading to another runner. The game continues for 2 minutes or until all runners are 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 arm should reach in front to make a one-handed tag on the shorts.
- › The offload is a soft pass delivered with both hands.

Equipment

- › 4 markers and 2 balls.



Run and Swerve Relay

Overview

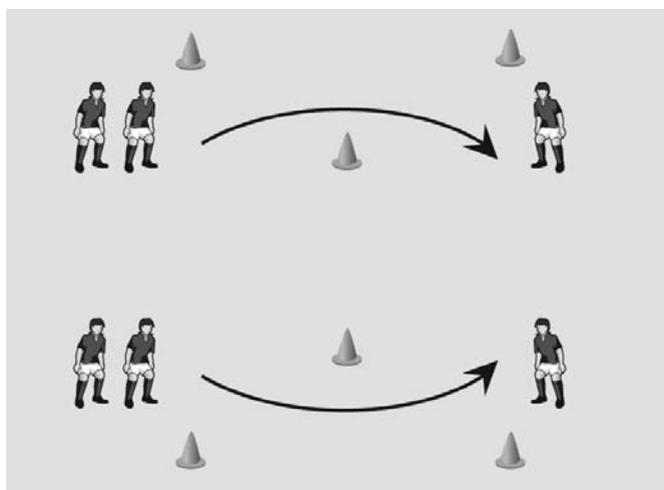
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, players run across the grid swerving around the marker before handing the ball off to their team-mate. Their team-mate then repeats the task back across the grid. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Hand the ball off directly into your team-mates hands.

Equipment

- › 6 markers and 2 balls.



Lineout Jump and Catch Practice

Overview

In a 5m x 5m grid players are paired up, one as the thrower with a ball, the other as the jumper and catcher. When instructed the ball is thrown to the jumper, who catches the ball and passes it back to the thrower. This is repeated five times before the roles are 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



Bugs and Spiders Game

Overview

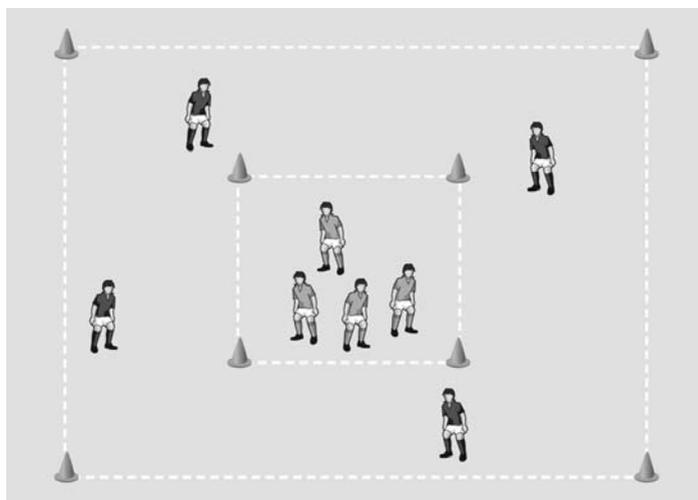
A smaller 2m x 2m grid is centred within a larger 7m x 7m grid. The centre grid is a 'safe' area for one team of players (bugs). Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid at the end of each turn. Continue until all bugs are tagged.

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 arm should reach in front to make a one-handed tag on the shorts.

Equipment

- › 8 markers.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Bugs and Spiders Game with Ball
2. All One Way Practice
3. Scrum Engagement Sequence Practice
4. Tag Ball Game

Don't forget	Injuries/other comments	Session evaluation

Bugs and Spiders Game with Ball

Overview

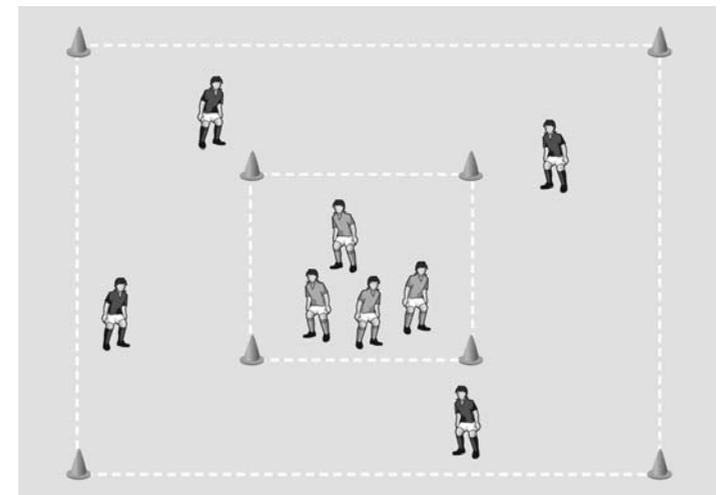
A smaller 2m x 2m grid is centred within a larger 7m x 7m grid. The centre grid is a 'safe' area for one team of players (bugs) each with a ball. Another group of players, (spiders) begin in the outer grid space. When instructed the bugs must attempt to get outside the large grid without being tagged by the spiders. Those tagged join the spiders, while those that make it outside the grid return to the 'safe' grid at the end of each turn. Continue until all bugs are tagged.

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 arm should reach in front to make a one-handed tag on the shorts.

Equipment

- › 8 markers and 4 balls



All One Way Practice

Overview

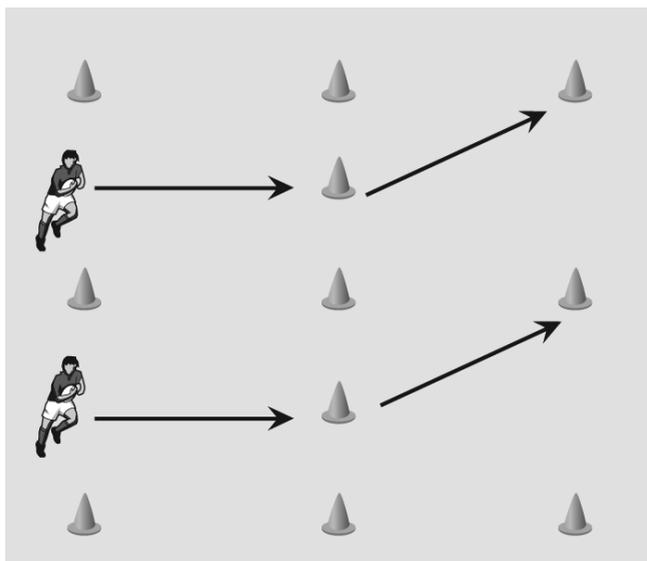
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and change direction at the centre marker, either to the left or the right (coach to instruct before they start). They jog around the outside and return to the end of the line.

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.

Equipment

- › 11 markers.



Scrum Engagement Sequence Practice

Overview

In a 5m x 5m grid, players on their knees pair up. When directed they will assume a good scrum body position opposite their partners with a flat back, and bodies offset to the left.

On the coaches instruction CROUCH, players will raise their right arms at right angles to provide a safe space under their armpit for their team-mate to place their head upon engagement.

The coach will then call TOUCH, and the players reach forward and touch the top of their team-mates shoulder with their right hand, before retracting back to the starting position.

The coach then calls SET and they hold their body position. Upon hearing this, they move forward placing their head in the safe space and reach for a bind on the midline of their opponents back with their right hand. The left hand can remain on the ground as support . They will hold this position until the coach calls break.

Coaching Points

- › Both players should call the engagement sequence in unison: Crouch, Touch and 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.

Tag Ball Game

Overview

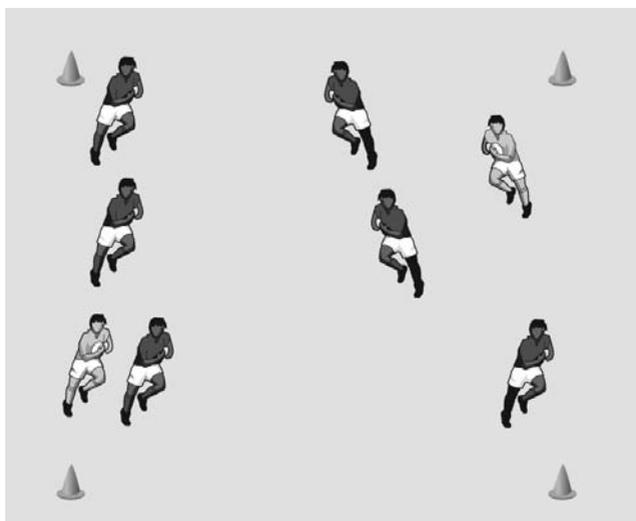
In a 10m x 10m grid runners evade one defender, holding a ball with two hands. When a runner is tagged with the ball on the shorts by a defender, they exit the grid, retrieve a ball and return as a defender.

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 with the ball.

Equipment

- › 4 markers and 6 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Hand-to-Hand Circle Game
2. Coach's Call Practice
3. Lineout Piggy in the Middle Game
4. Tag Ball Game

Don't forget	Injuries/other comments	Session evaluation

Hand-to-Hand Circle Game

Overview

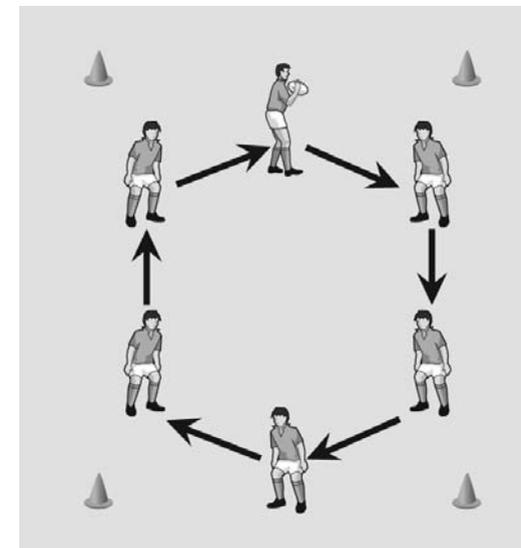
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. The player in possession twists towards the receiver on their left, reaching with the ball in two hands. The receiver reaches for the ball and takes it from their grasp. This is repeated clockwise around the circle for 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 balls.



Coach's Call Practice

Overview

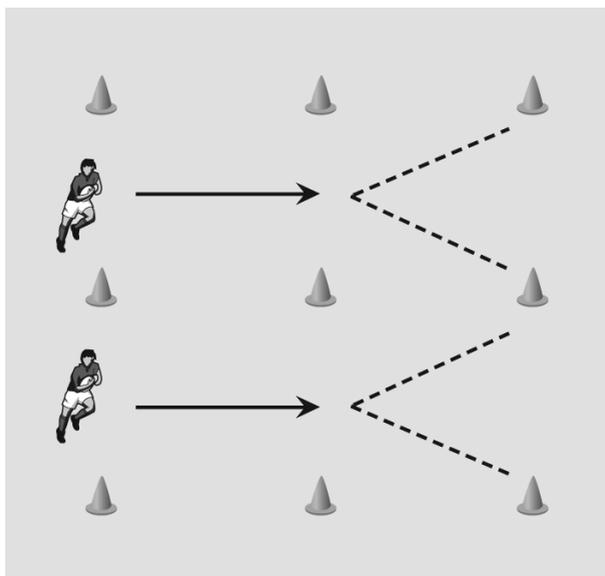
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and as the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right).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

Equipment

- › 9 markers.



Lineout Piggy in the Middle Game

Overview

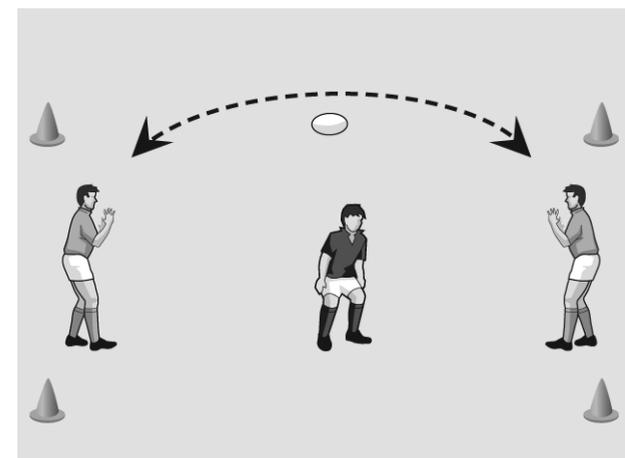
In a 10m x 5m grid groups of three players are provided a ball. Two players (3m apart) throw the ball to each other avoiding the piggy in the middle who attempts to jump and catch the ball. If the piggy gains possession the thrower becomes the piggy and the roles reverse.

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.
- › The thrower must aim at the other player, high enough to clear the piggy.
- › To catch the ball cleanly, reach hands towards ball watching the ball meet your fingers.

Equipment

- › 4 markers and 3 balls.



Tag Ball Game

Overview

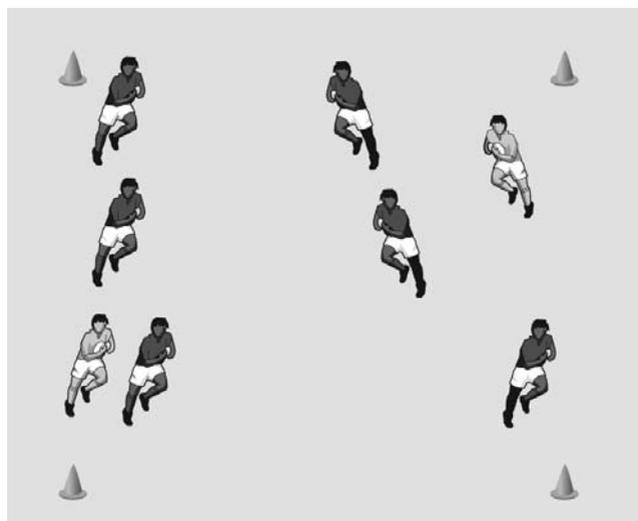
In a 10m x 10m grid runners evade two defenders, each holding a ball with two hands. When a runner is tagged with the ball on the shorts by a defender, they exit the grid, retrieve a ball and return as a defender.

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 with the ball.

Equipment

- › 4 markers and 6 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

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

Don't forget	Injuries/other comments	Session evaluation

Passing Circle Game

Overview

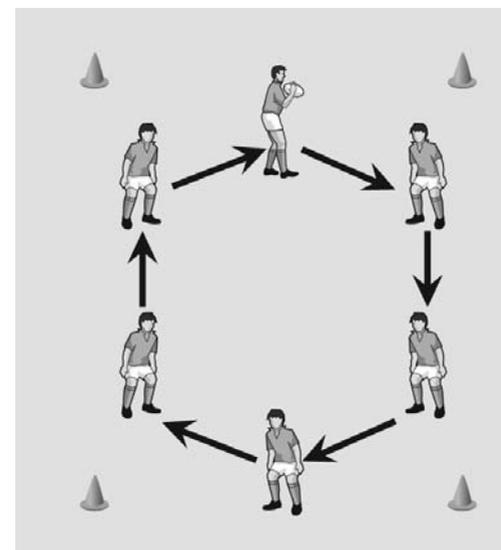
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left. Once the ball is caught the pass is repeated clockwise around the circle for continued for a number of rotations.

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

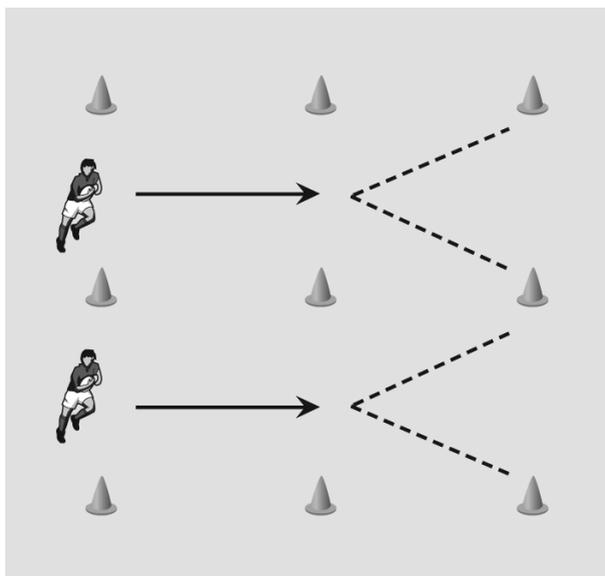
In 10m x 10m adjacent grids players begin in the centre at one end. When instructed, players run down the grid and as the players approach the edge of the first grid section the coach will call for a uniform change of direction to a designated corner marker at the end of the final grid section (left/right). 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.
- › 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 teammates back.

Equipment

- › 4 markers.



Rugby Octopus Game with Ball

Overview

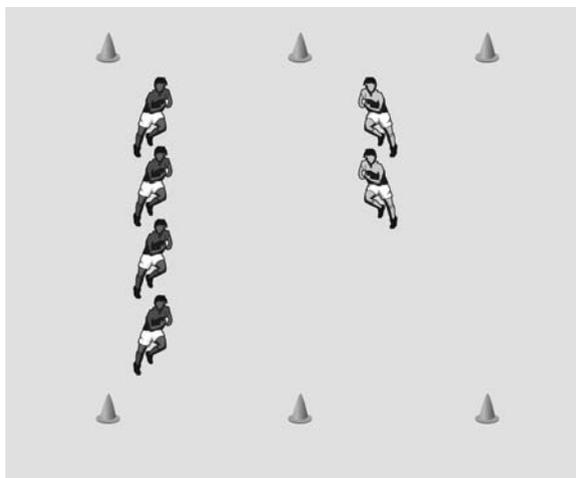
In a 10m x 10m grid runners (fish) begin at one end holding a ball, and face two defenders (octopus) positioned in the centre of the grid. When the coach calls RUGBY OCTOPUS, the fish attempt to run to the other side of the grid without getting tagged. If an octopus tags a fish with two-hands on the shorts, they stop and lower to their knees and become seaweed. Seaweed can't move their legs but can tag the fishes with the ball 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 and 4 balls



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

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

Don't forget	Injuries/other comments	Session evaluation

Passing Circle Chase Game

Overview

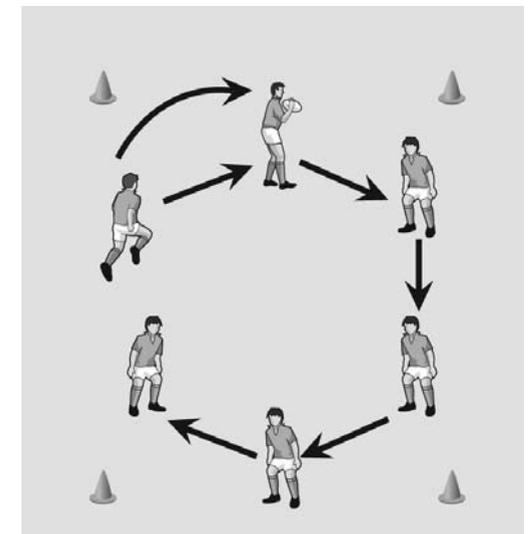
In a 10m x 10m grid players stand in a circle, facing inwards and spaced 2m apart. When instructed, one player with the ball begins by passing it to the player on their left, then exiting the circle and running clockwise around it. Once the ball is caught the pass is repeated clockwise around the circle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

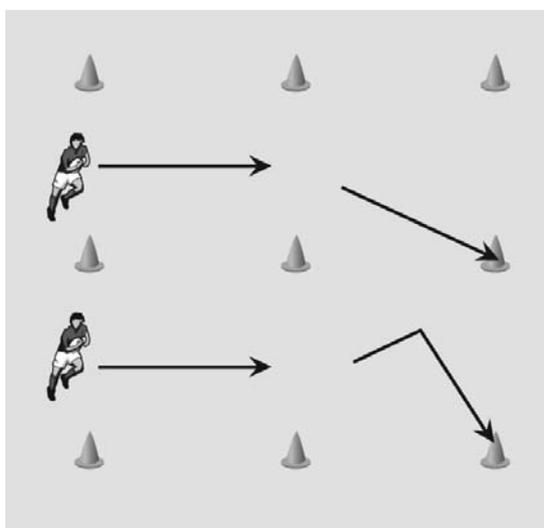
In 10m x 10m adjacent grids, three different colour markers are situated at the far end. Two lines of players begin in the centre at the other end. When the coach calls a particular colour, a player runs down each of the grids and they change direction, either to the left, middle or the right, to get 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

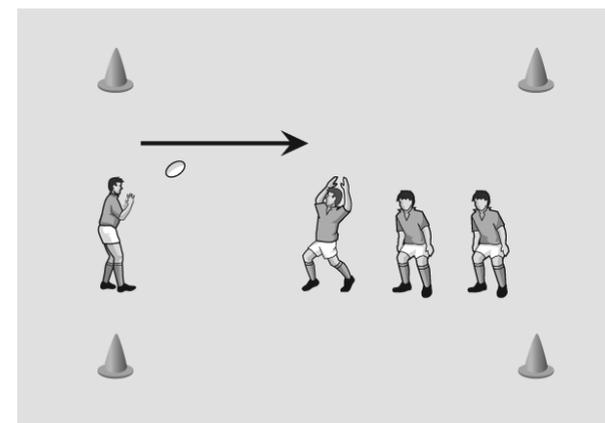
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 1m from the other players who are standing in a line single file. When instructed the ball is thrown to the player first in line, who catches the ball and returns it before sitting down. This is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



Offload Stuck in the Mud

Overview

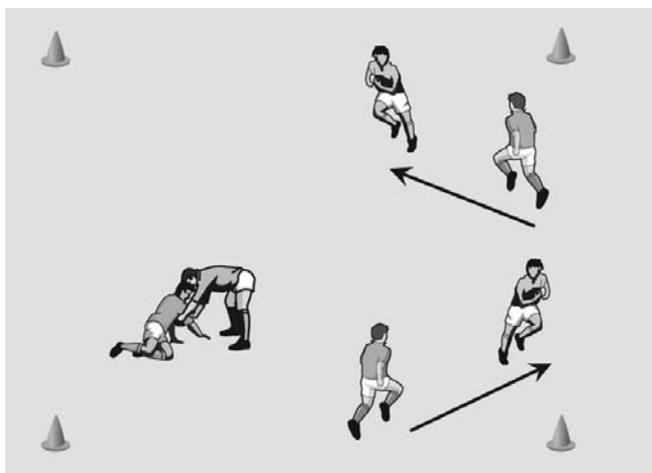
In a 10m x 10m grid runners (two only with a ball) evade two defenders. When a runner is tagged with two-hands on the shorts, they must remain stationary (stuck) with legs astride. Stuck players can be released by offloading to another runner. The game continues for 2 minutes or until all runners are 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 arm should reach in front to make a one-handed tag on the shorts.
- › The offload is a soft pass delivered with both hands.

Equipment

- › 4 markers and 2 balls.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Handling Relay
2. Funnel Game
3. Scrum Clusters Game
4. 2v2 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Handling Relay

Overview

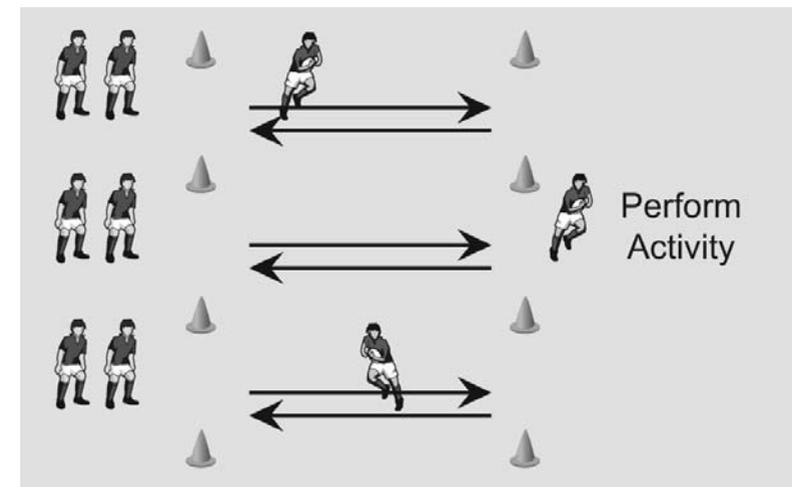
Players commence on one side of a 5m x 5m grid. When instructed, they run across the grid holding the ball in two hands. When they reach the other side of the grid the player stops and performs an activity a predetermined number of times and then runs back to the starting position where they hand-off the ball to the next player.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Carry the ball in two hands when running.
- › When stationary, perform throw-and-catch activities.

Equipment

- › 6 markers and 3 balls.



Funnel Game

Overview

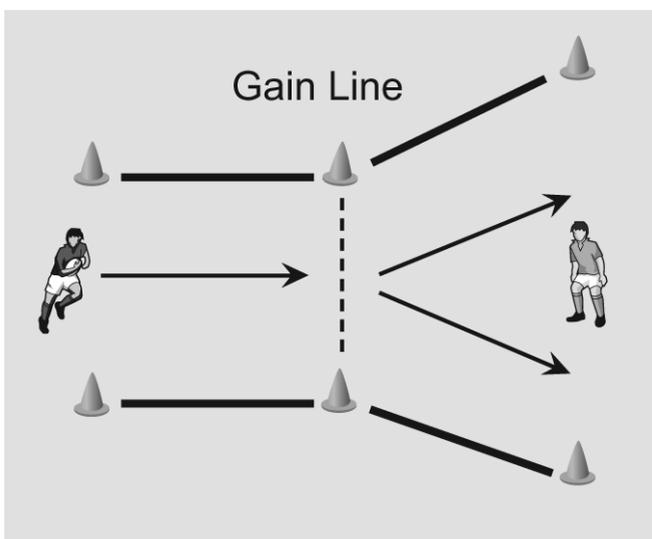
A 5m x 5m grid opens to 10m wide at the end. An attacker begins at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks from the same end. The player reaching the gain line first will gain a space advantage. Players can mark their greatest territory gain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

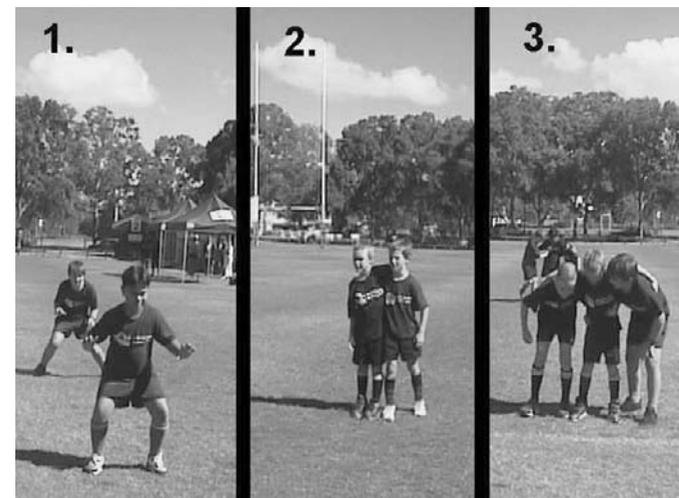
1. Hooker (no.2) stands in half-crouch position.
2. Loosehead Prop (no.1) binds onto Hooker from left hand side.
3. Tighthead Prop (no.3) binds onto Hooker from the right hand side.

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

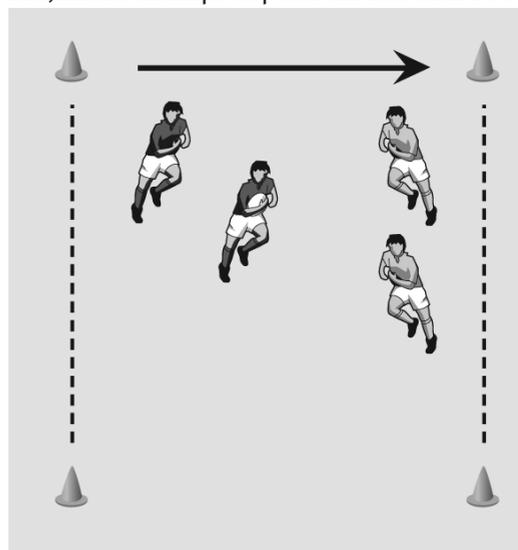
In a 10m x 10m grid, two attackers and two defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

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 and games

Activity outline. Relays, Practices and Games

1. Try Scoring Relay
2. Funnel Game
3. Lineout Captain Ball Game
4. 3v3 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Try Scoring Relay

Overview

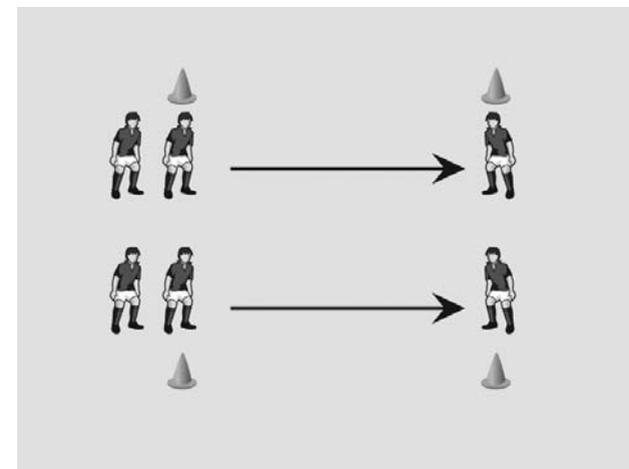
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, players run across the grid and score a try by placing the ball on the ground in front of their team-mate. Their team-mate picks up the ball and repeats the task back across the grid. They finish when they have returned to their starting position.

Coaching Points

- › Initiate running speed with short, quick steps.
- › Carry the ball in two hands when running.
- › Slow down, before bending down with both hands to place the ball.
- › Do not allow players to dive when scoring a try.
- › As a progression, add a lateral pass between lines of players.

Equipment

- › 4 markers and 2 balls.



Funnel Game

Overview

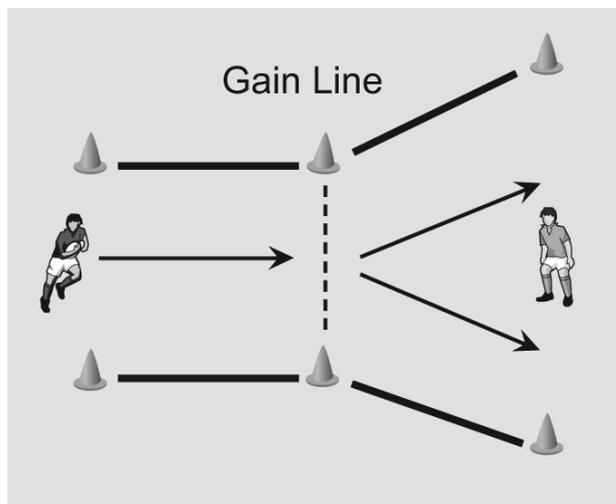
A 5m x 5m grid opens to 10m wide at the end. An attacker begins with a ball at the narrow end and a defender begins at the wide end of the grid. Players have 3 alternate attacks with the ball from the same end. If they reach the end before being tagged they score a try.

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

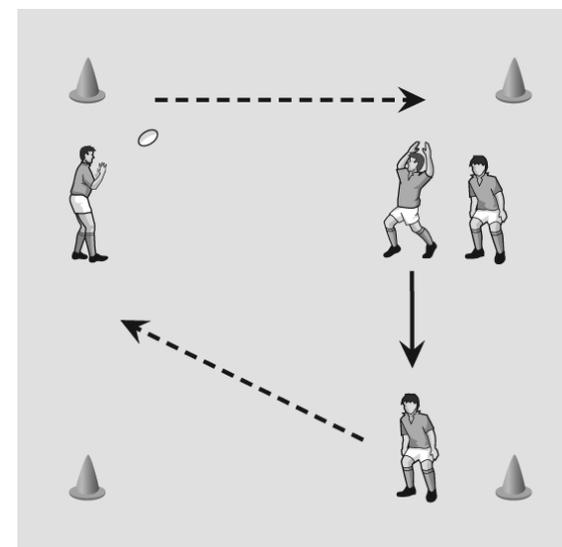
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. Another player stands along side the line of players as the receiver, ready to receive the ball after the throw and catch. When 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

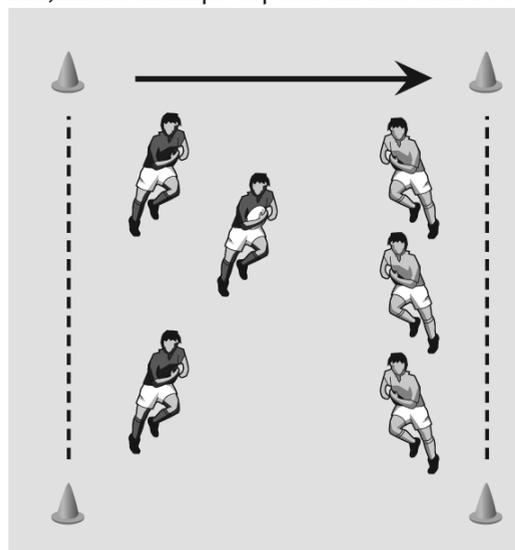
In a 10m x 10m grid, three attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

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 and games

Activity outline. Relays, Practices and Games

1. Ball-in-Hand Relay
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

Ball-in-Hand Relay

Overview

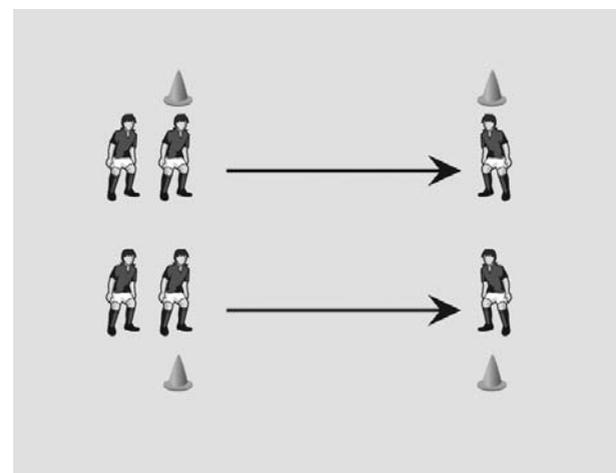
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, the first player in each group on the starting side is provided a ball and runs across the grid. When they reach the other side of the grid the player offloads the ball to their team-mate. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Offload the ball directly into your team-mates hands.
- › As a progression, add a lateral pass between lines of players

Equipment

- › 4 markers and 2 balls.



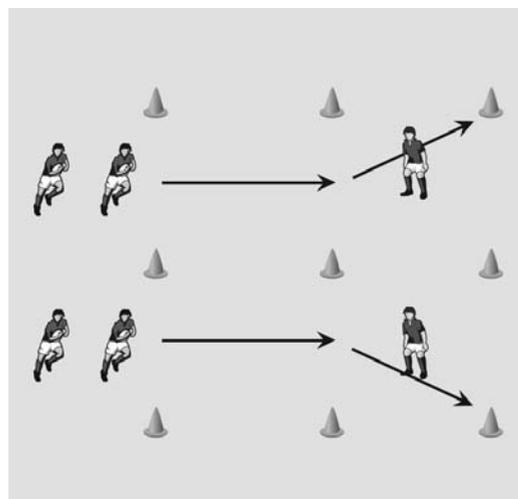
2v1 Attack Game

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

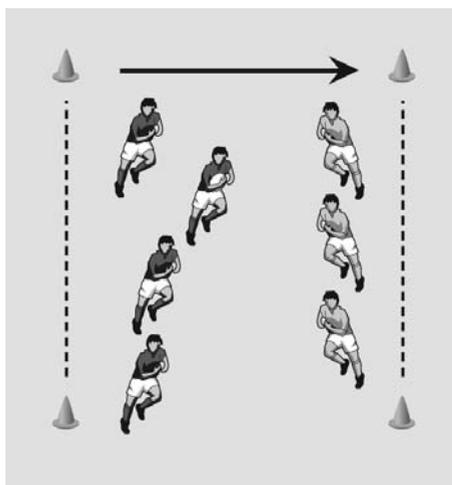
In a 10m x 10m grid, four attackers and three defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

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 and games

Activity outline. Relays, Practices and Games

1. Run and Swerve Relay
2. 2v1 Attack Game
3. Lineout Leader Ball Game
4. 4v4 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Run and Swerve Relay

Overview

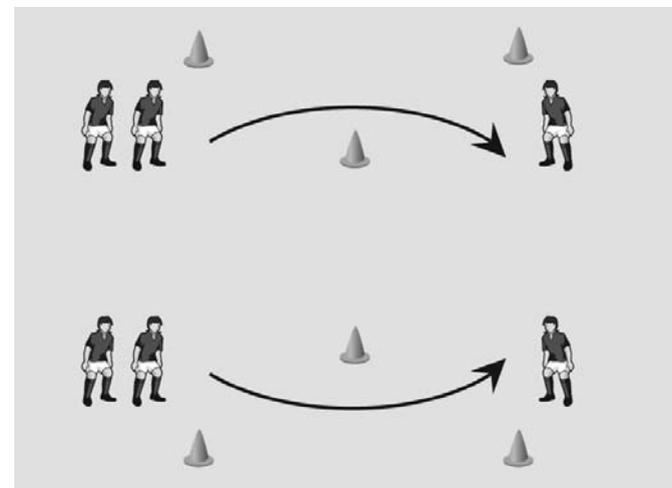
Players commence (relay style) on both sides of a 5m x 5m grid. When instructed, players run across the grid swerving around the marker before offloading the ball to their team-mate. Their team-mate then repeats the task back across the grid. They finish when they have returned to their starting position.

Coaching Points

- › Carry the ball in 2 hands, with 'soft' fingers.
- › Initiate speed with short, quick steps.
- › Offload the ball directly into your team-mates hands.
- › As a progression, race against the clock.

Equipment

- › 6 markers and 2 balls.



2v1 Attack Game

Overview

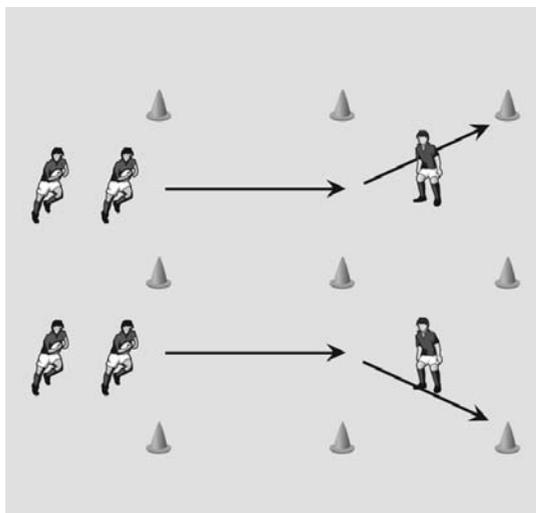
A 5m x 5m grid opens to 10m wide at the end. Two attackers begin at the narrow end and a defender begins at the wide end of the grid. The first player runs forward with the ball and attempts to commit the defender and pass to their support player. The support player leaves 1 second after the first to 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.

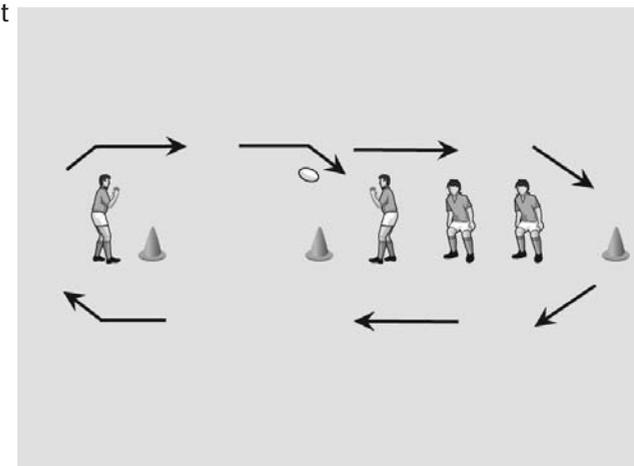
This is repeated for the second player in line until all the players have participated. Positions can then be rotated.

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

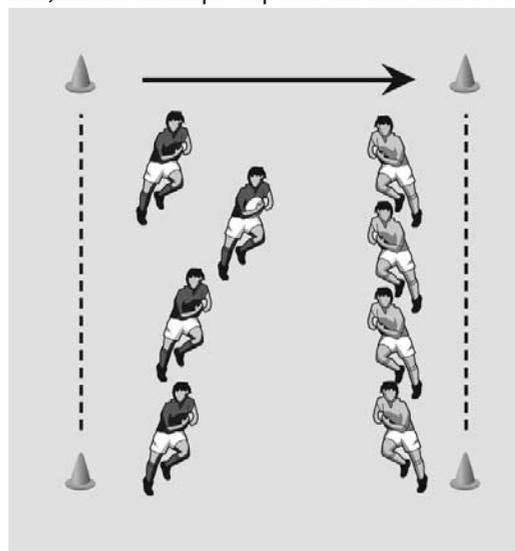
In a 20m x 20m grid, four attackers and four defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

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 and games

Activity outline. Relays, Practices and Games

1. Grip and Carry Race
2. Round the Body
- 3 Lineout Throw and Catch
- 4 5v5 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Grip and Carry Race

Overview

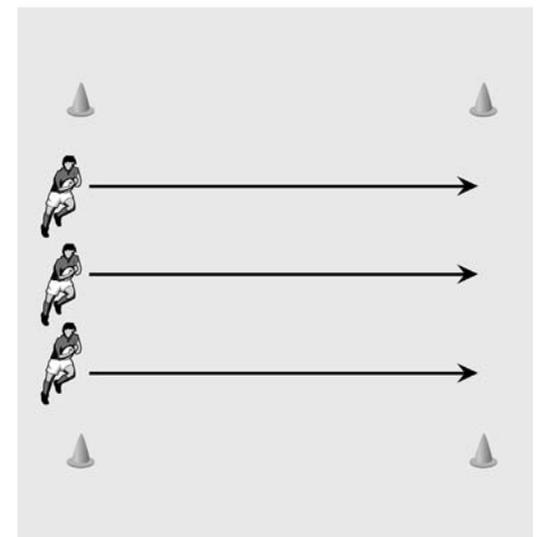
In a 10m x 10m grid all players commence on one side of the grid. When instructed players run across the grid. The race finishes by the player scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- › Carry the ball in two hands when running.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Use two hands when placing the ball.

Equipment

- › 4 markers and 1 ball.



Round the Body

Overview

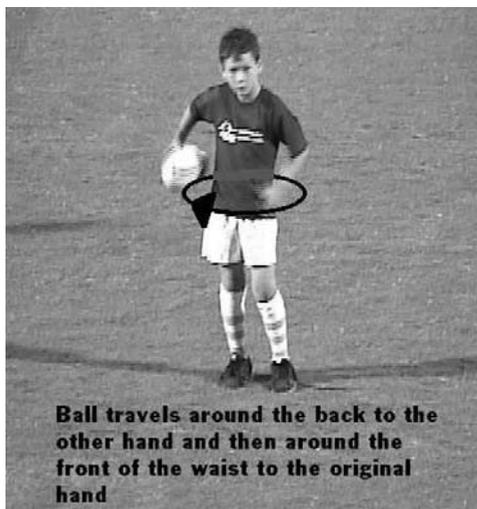
Players with a ball are positioned in their own space within a grid. When instructed the player begins to move the ball around the body. After a set number of rotations the direction is reversed for an equivalent number of rotations.

Variations:

- › Around the Head
- › Around the Ankles
- › Figure 8 of Legs
- › Combination

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.



Ball travels around the back to the other hand and then around the front of the waist to the original hand

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 and catches it without moving. After each successful completion the player progressively throws the ball higher. If the throw is unsuccessful the player should start again.

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 ie. 'slapping' when the ball is being handled.
- › Seek to 'minimise' rather than 'maximise' the forces on the ball.
- › Player should be encouraged to leave the ground and catch the ball once perfect catching technique is demonstrated.

Equipment

- › 4 markers and 1 ball.



5v5 Rugby Tag Game

Overview

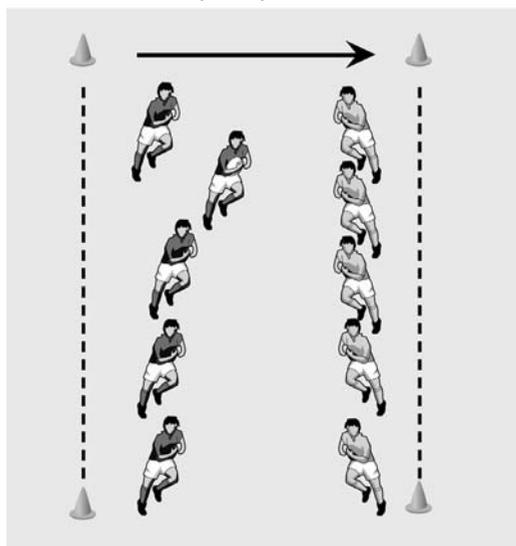
In a 20m x 20m grid, five attackers and five defenders oppose each other in a game of Rugby Tag. The attackers attempt to score a try and the defenders try to prevent them by performing a two-handed tag on the shorts. Possession is changed following a try, knock-on or throw forward.

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 and games

Activity outline. Relays, Practices and Games

1. Race to Try
2. 1v1 Tag
3. Scrum Clusters Body Shape Game
4. Passing Circle Tag

Don't forget	Injuries/other comments	Session evaluation

Race to Try

Overview

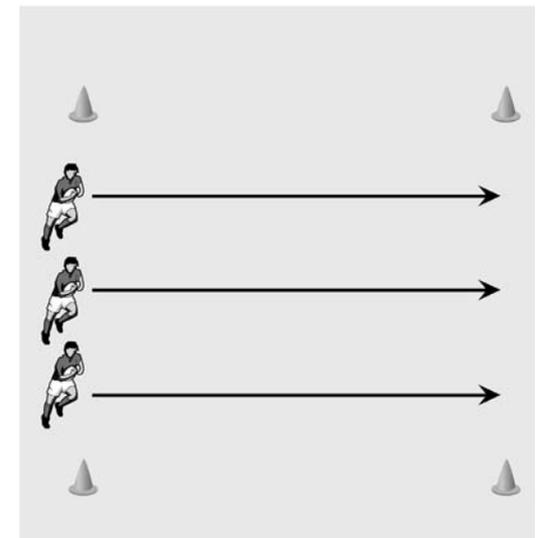
In a 10m x 10m grid all players commence on one side of the grid. When instructed players run across the grid. The race finishes by the player scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- › Carry the ball in two hands when running.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Use two hands when placing the ball when scoring a try

Equipment

- › 4 markers and 1 ball.



1 v 1 Tag

Overview

In a 10m x 10m grid an attacker and a defender oppose each other.

The attacker will attempt to score a try within a set number of tags or possession goes to the defender. After making a tag on shorts the defender retires 2m to an 'onside' position.

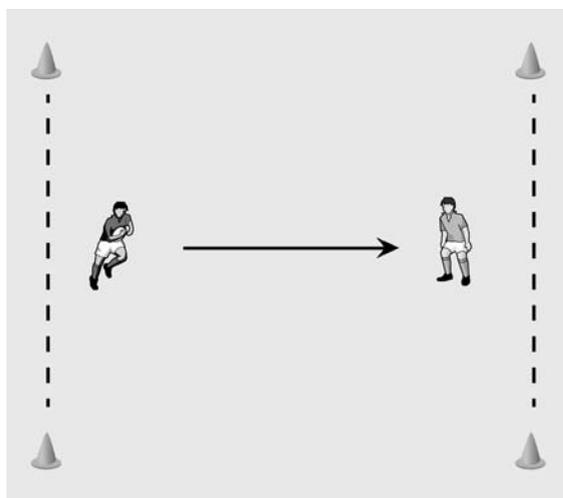
Play restarts with a tap kick after each tag or turnover.

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.



Scrum Clusters Body Shape Game

Overview

In a 5m x 5m grid, players on their knees pair up. When directed they will assume a good scrum body position opposite their partners with a flat back, and bodies offset to the left.

On the coaches instruction CROUCH, players will raise their right arms at right angles to provide a safe space under their armpit for their team-mate to place their head upon engagement.

The coach will then call TOUCH, and the players reach forward and touch the top of their team-mates shoulder with their right hand, before retracting back to the starting position.

The coach then calls SET and they hold their body positions. Upon hearing this, they move forward placing their head in the safe space and reach for a bind on the midline of their opponents back with their right hand. The left hand can remain on the ground as support. They will hold this position until the coach calls break.

Coaching Points

- › Both players should call the engagement sequence in unison: Crouch, Touch, 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.



Passing Circle Tag

Overview

In a 10m x 10m grid 5 to 7 players stand in a circle spaced more than double arms distance between players, one player with a ball. When instructed the player passes the ball to the next player on the left.

This action is continued around the circle. After passing the original passer starts to run around the passing circle to the left. Outside players aim to Tag the ball carrier before he passes the ball. Taggers can move around the outside.

Success is measured by whether the runner or the ball completes the circle first.

Variations:

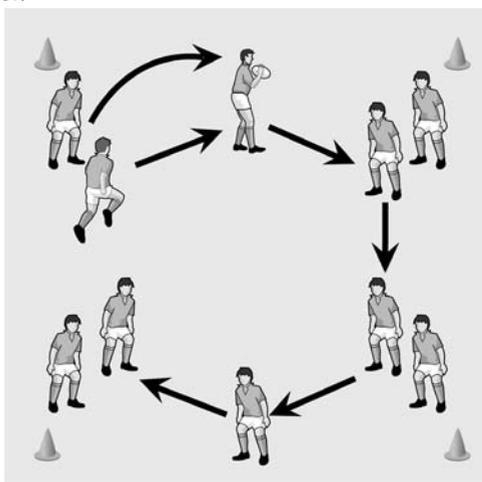
Reverse the direction.

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.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Ball in Hand Race
2. 2 Tag Ball
3. Lineout Captain Ball Game
4. Tag Rush

Don't forget	Injuries/other comments	Session evaluation

Ball in Hand Race

Overview

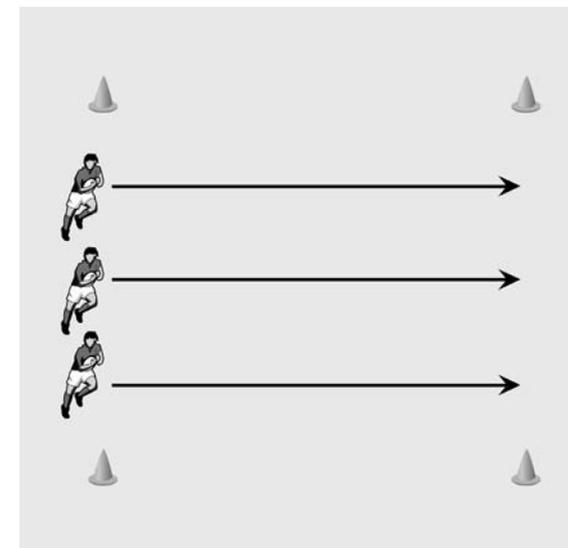
In a 10m x 10m grid all players commence on one side of the grid. When instructed players run across the grid. The race finishes by the player scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

Coaching Points

- › Carry the ball in two hands when running.
- › Initiate running speed with short, quick steps.
- › Lean forward when running.
- › Use two hands when placing the ball.

Equipment

- › 4 markers and 1 ball.



2 Tag Ball

Overview

In a 10m x 10m grid a team of players is evading a team of chasers to avoid being tagged with the ball (4:1 ratio of evaders to chasers). All players must remain inside the grid at all times. When a player is tagged, they sit on the outside of the grid.

Rolls are rotated when all players are tagged or after a set time period.

Variations:

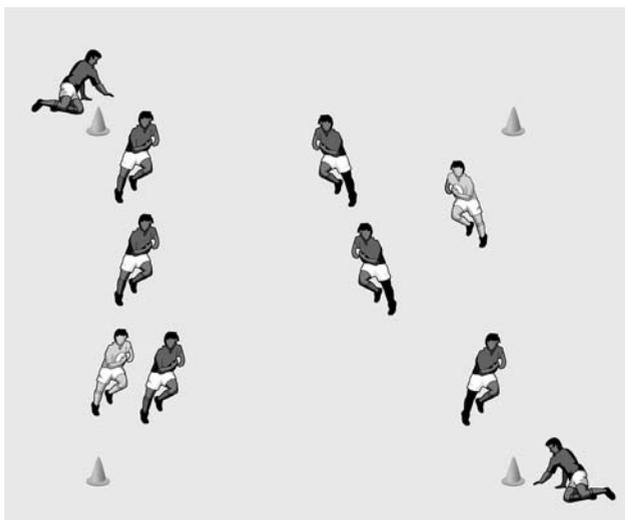
Only provide one ball so chasers must pass.

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.



Lineout Captain Ball Game

Overview

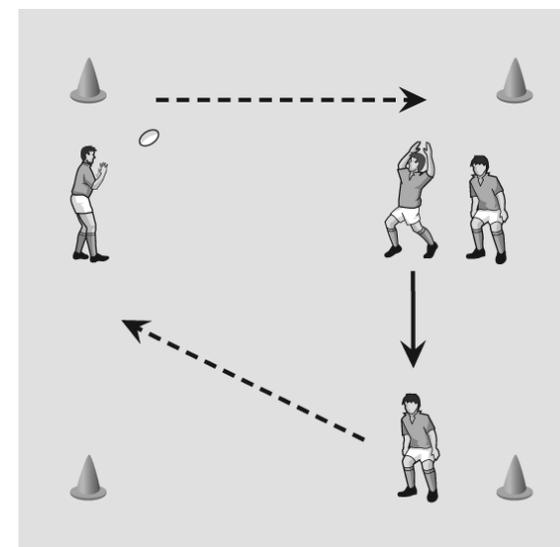
In a 5m x 5m grid two groups of 3-4 players are provided a ball. A player with a ball stands as the thrower 2m from the other players who are standing in a line single file. Another player stands along side the line of players as the receiver, ready to receive the ball after the throw and catch. When 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.



Tag Rush

Overview

In a 10m x 10m grid 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 to sit out.

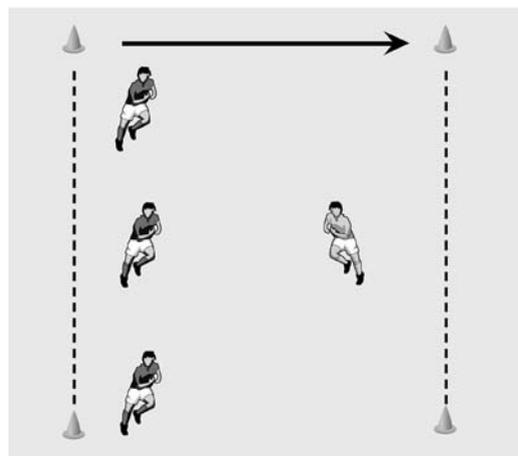
The last player left becomes the next defender.

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.



Date	Venue	Attendance
Main objective of the week		Main objectives of the session Rugby skills and games

Activity outline. Relays, Practices and Games

1. Pick and run race
2. Ball Take Wallaby
3. 2 v 2 tag Challenge
4. 5v5 Rugby Tag Game

Don't forget	Injuries/other comments	Session evaluation

Pick and Run Race

Overview

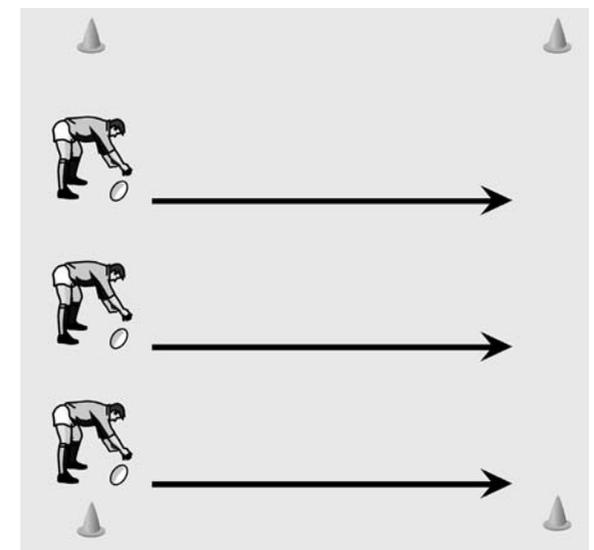
In a 10m x 10m grid all players commence on one side of the grid. When instructed players pick up the ball and run across the grid. Players finish by scoring a try at the opposite side of the grid. Dividing the players into 2 or 3 separate races will allow for recovery.

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.



Ball Take Wallaby

Overview

2 teams of between 4–7 players oppose each other on a field no larger than a standard U6 field. The standard laws of Tag Rugby apply with the variation that all Tags will result in an immediate and compulsory ball take.

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.



2 v 2 Tag

Overview

In a 10m x 10m grid 2 attackers and 2 defenders oppose each other coming from separate ends of the grid.

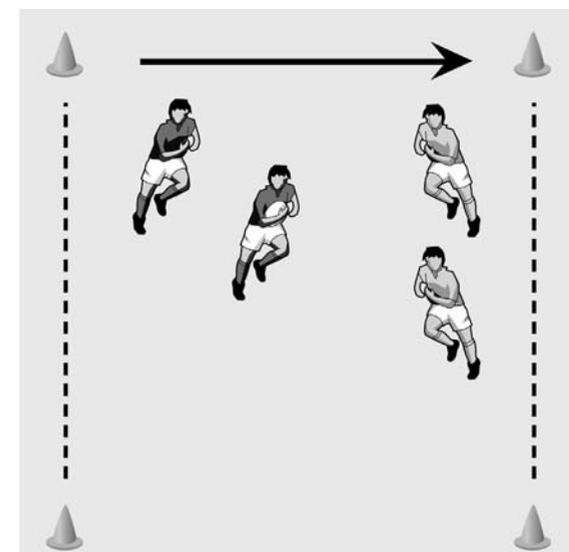
The attackers will attempt to score a try within a set number of tags or if they drop the ball. After making a tag the defenders retire 1m to an 'onside' position. Play restarts with a tap kick after each tag or turnover.

Coaching Points

- › The attackers should quickly accelerate to go forward as far towards the try line-take space, go forward
- › After taking the space the ball carrier should look to pass the ball to a support
- › Both the attackers and defenders are to communicate throughout the drill
- › Progression- Defenders can be staggered and start on the ground
- › Diagram

Equipment

- › 4 markers and 1 ball.



5 v 5 Rugby Tag Game

Overview

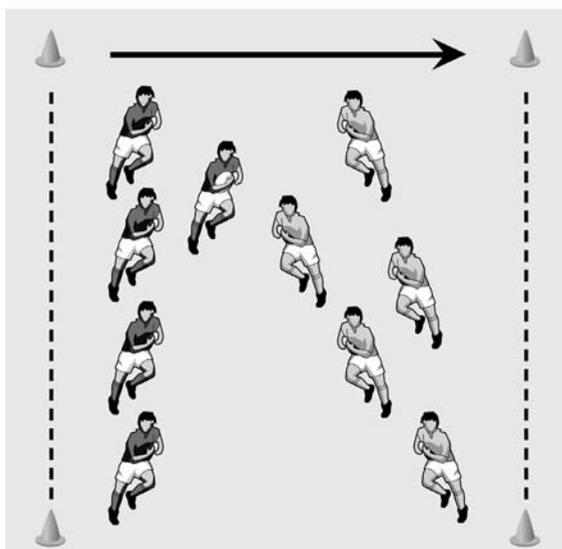
In a 10m x 10m grid 5 attackers and 5 defenders oppose each other. The attackers will attempt to score a try within a set number of tags or possession goes to the defenders. Play starts with a tap kick but continues with an immediate pass or ball take after each tag.

Coaching Points

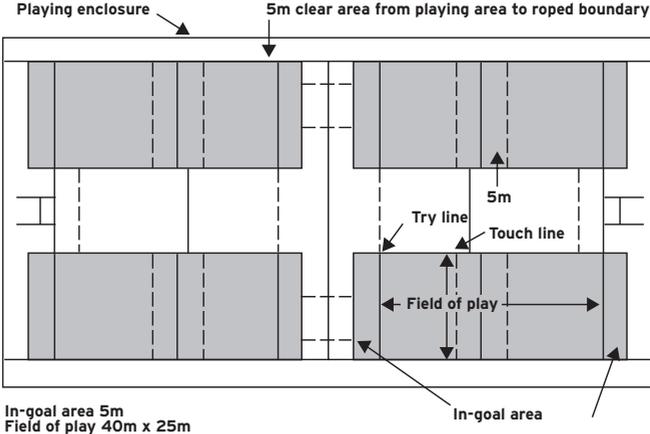
- › The attackers should quickly accelerate to go forward past the player that passed them the ball and as far towards the try line as possible.
- › After running as far forward as possible they should change their angle to run at space to avoid being tagged.
- › Support players should remain close to 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.



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>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"> Two small-sided games are to be played, which are Activities 1 and 4 from that week's activities in the Under 6 Coaching Manual. This is then followed by 2 x 10min halves of tag rugby, with a 5min 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 (tap restart). A red card = sent off and cannot return.

U N D E R 6 L A W S U M M A R Y

	<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	<ul style="list-style-type: none"> • Where a lineout would normally be played, the team which would normally be given the throw-in is awarded a tap restart, 5 metres in from the touch line.

U N D E R 6 L A W S U M M A R Y

Scrum	<ul style="list-style-type: none"> • Where a scrum would normally be played, the team which would normally be given the throw-in is awarded a tap restart at the place where the scrum would be formed.
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:

.....

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.



CONGRATULATIONS

**ACCESS CERTIFICATES ON
THE PATHWAY WEBSITE**



Australian Government
Australian Sports Commission



Everyone plays a part.

Under 6 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				



AUSTRALIAN RUGBY UNION
 PO Box 115
 St Leonards NSW 1590
 t: 02 8005 5555
 f: 02 8005 5699
 e: rugby@rugby.com.au
 w: www.rugby.com.au



BRUMBIES RUGBY
 LPO Box 5039
 University of Canberra, Bruce ACT 2617
 t: 02 6260 8588
 f: 02 6260 8591
 e: info@brumbies.com.au
 w: www.brumbies.com.au



NSW RUGBY UNION
 Locked Bag 1222
 Paddington NSW 2021
 t: 02 9323 3300
 f: 02 9323 3470
 e: enquiries@nswrugby.com.au
 w: www.nswrugby.com.au



NT RUGBY UNION
 PO Box 41937
 Casuarina NT 0811
 t: 08 8945 1444
 f: 08 8945 2060
 e: info@ntrugby.com.au
 w: www.ntrugby.com.au



QUEENSLAND RUGBY UNION
 PO Box 205
 Kelvin Grove DC 4059
 t: 07 3354 9333
 f: 07 3856 6333
 e: rugby@qru.com.au
 w: www.qru.com.au



RUGBYWA
 PO Box 146
 Floreat WA 6014
 t: 08 9383 0700
 f: 08 9387 2804
 e: info@rugbywa.com.au
 w: www.rugbywa.com.au



SOUTH AUSTRALIAN RUGBY UNION
 PO Box 43
 North Adelaide SA 5006
 t: 08 7070 6940
 f: 08 8231 8066
 e: info@sarugby.com.au
 w: www.sarugby.com.au



TASMANIAN RUGBY UNION
 GPO Box 915
 Hobart TAS 7001
 t: 03 6230 8198
 f: 03 6228 0855
 e: admin@tasrugbyunion.com.au
 w: www.tasrugbyunion.com.au



VICTORIAN RUGBY UNION
 PO Box 29
 Parkville VIC 3052
 t: 1300 GO REBELS
 f: 03 9923 6305
 e: info@melbournerebels.com.au
 w: www.melbournerebels.com.au



Australian Government
 Australian Sports Commission