



England
Rugby

**COLTS COMMUNITY OF
PRACTICE**

21ST FEBRUARY 2017

TEAMWORK RESPECT ENJOYMENT DISCIPLINE SPORTSMANSHIP



In groups of 3 or 4, discuss your objectives in delivering Colts rugby at your Club and the principles by which you work.

- Focus on Players transitioning from Junior Rugby to Senior (Saturday) Rugby.
- Fixture default day/time is Saturday afternoon. Friday/Wednesday evenings?
- Appropriate travel distance/time is key – (45mins – 1hr? 1hr – 1hr 30mins?)
- 45 mins to 1hr travel time has been found to be the most successful.
- Player Centred – Development Driven – Competition Supported.
- Fixtures are managed to make score lines as close as possible. No League or Cup structure to create pressure on score or result.
- Coach communication midweek drives cooperation towards competitive fixtures.
- Coaches speak midweek to discuss age groups involved, fixture time, previous results and how they'll manage the game to be as competitive as possible.
- Selection for fixtures based on *most appropriate fixture*. (Senior fixture Vs Development Team Fixture Vs Colts Fixture).
- Club coaches encouraged to discuss playing opportunities internally to ensure players are playing appropriate fixtures each weekend – which fixture is the most important for the players to play in.

- Flexible format to ensure fixtures take place and are of value/competitive.
- Fixtures played as 15s, 10s, 7s, different length games (3x20mins+10mins).
- Transition supported by social activity.
- Players from senior section encouraged to attend Colts fixtures before/after senior games to aid transition, Colts team included in match day social activities, ensuring that social activities are appropriate for the age of the players involved to reduce disengagement.
- Club appointed Colts coaches/management team.
- Clubs who have seen good transition have Club appointed coaches and managers able and willing to work with senior coaches to support transition.
- Club Training Integration.
- Colts and Seniors training together where appropriate but at least on the same night/same pitch.
- Qualified Level 2 Coaches retain more players.
- Colts coaches are qualified coaches who take responsibility for their own development and work with local CRCs to improve.



THANK YOU

