



ENGLAND RUGBY

GIRLS U16 DEVELOPING PLAYER PROGRAMME



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CONTENTS

Overview

- England Rugby Player Pathway
- Exploring Boundaries

Under 16 Development – Explore

- Purpose
- Principles
- Themes

1. Delivery

- Requirements
- Support resources

2. Delivery Checklist and Actions

3. Budget Tracker

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OVERVIEW

England Rugby Player Pathway

The England Rugby Player Pathway is an integral part of the structure that supports England Teams. The Player Pathway is in place to provide a coherent, challenging and nurturing journey for individuals and is delivered alongside the club, school, college and university game.

It is recommended that anyone working in the pathway has taken time to read the England Rugby Development Framework which determines the guidance, actions and requirements in this document.

[England Rugby Development Framework](#) (on-line link)



Fig. 1 Player Pathway – England Rugby Development Framework

England Rugby Developing Player Programme - ERDPP

This handbook sets out the guidelines for delivery of the England Rugby Developing Player Programme (ERDPP). Each year a review will take place, to ensure that the programme adapts and evolves to meet the Rugby Football Union (RFU) strategic objective; “Create the best possible high-performance system for England Rugby – Develop effective and integrated pathways for players, coaches and match officials”.

The intention of this booklet is to outline the purpose and principles of the Girls CB Under 16 ERDPP;

- How it supports the player first and foremost
- Provide a framework for delivery (the operational aspects)
- Make available clear guidance on the conditions and regulations that support an appropriate delivery plan

Provide templates for submission of;

- Basic delivery plan
- Basic budget plan

Under 16 Development – EXPLORE STAGE

The CB Under 16 ERDPP sits within the Explore phase of the pathway, it has a focus on understanding and recognising potential, delivered through skill development and acquisition, game understanding and the physical components that help a player unlock their potential.

Every journey is unique as no two players are the same, therefore this framework is designed to be just that, a framework. The experiences and input required for each person will vary; nevertheless, we expect that the central pillars highlighted here will form the basis for implementation by those who are involved in the planning, organisation and delivery of the programme.

Whilst joining is optional, it is expected that once players are identified they remain in the programme until conclusion, unless through choice or behaviours.

Underpinned by the following NINE key principles, plans should provide a programme that is inclusive and accessible, creates a culture of learning and development, and generates quality experiences for all involved.

- 1.** A pathway that is Player Centred, Development Driven and Competition Supported
 - Player Centred means meeting the needs of that individual player and the emphasis is on them, with a focus on potential rather than current ability, and the importance is on enjoyment and encouraging a life-long love of rugby
 - Development Driven means recognising the various stages in a player’s journey and providing the opportunities to develop physical literacy, skills and self-confidence to enjoy the sport
 - Competition Supported means providing appropriate meaningful playing opportunities that enable further development and exploration of resilience, leadership and rugby’s core values, Teamwork, Respect, Enjoyment, Discipline, Sportsmanship
- 2.** Support a learning journey that provides a safe and sympathetic environment, the opportunity to practice and develop the skills required and support lifestyle choices to maximise potential
- 3.** An emphasis on the “Principles of the Game”, delivered through a “Game Zone – Skill Zone” model that focuses on raising player potential
- 4.** Utilise the ‘Skills Framework’, the ‘Interconnected Components’ and ‘FITT’ principles to support the planning of sessions (see Skill Framework booklet for more details)
- 5.** Deliver an integrated playing and training programme and establish a greater connection between all key stakeholders
- 6.** Consider the impact and the playing & training load on the individual
- 7.** Reduce the consequences of early selection, de-selection and specialisation
- 8.** Provide clarity on the nomination and selection processes, the different stages of the pathway and deliver consistent feedback
- 9.** Develop an appropriately skilled workforce

There are three themes, identified as being critical to the design and planning of activity, to measure success and enable appropriate support. These themes have been fundamental in creating this framework:

- 1.** Delivery Requirements
- 2.** Roles and Responsibilities
- 3.** Delivery Checklist and Actions
- 4.** Budget Tracker

1. Delivery Requirements

The RFU has developed this guidance to support and inform everyone involved in the Age Grade Game.

Responsibility for the programme will reside with Rugby Development Department of the RFU.

The CB will be responsible for all aspects of the Girls ERDPP. They will seek nominations from clubs and schools, providing clear guidance on selection, assessment criteria and will operate in line with national start and end dates.

The ERDPP is designed to complement and not conflict with club, school rugby. To reinforce this position there will be **NO** in season ERDPP training, joint training or playing opportunities on Sundays, except where indicated in the annually produced Age Grade Calendar.

Under 16 Girls ERDPP

- New nominations may be requested after June 1st
- Delivery may commence from August 1st within the designated weeks in the Age Grade Calendar
- Delivery of DPP activity must end on or before March 31st

CB's will ensure that ERDPP

- › Meets the requirements of safeguarding and pitch side care minimum standards
- › Involves a wide base of players within the catchment area (agreed with RFU staff)
- › Provides up to 40 hours delivery time, including playing opportunities
- › Provides and promote clear guidance on the criteria and process for nomination and assessment
- › Nominations are inclusive of all schools and clubs within the catchment area
- › Chooses appropriate venues to minimise player travel time
- › Provides regular parent information events
- › Conducts a yearly stakeholder survey on behalf of the RFU
- › Use RFU Game Management System (GMS) to capture player and coach data
- › Player's don't participate in more than one ERDPP. (Further guidance on the qualification criteria for catchment areas can be found in regulation 15.7.2)

RFU staff will support the CB's to help plan and coordinate the programme.

Please see section 3 for the delivery checklist.

Please see section 4 for budget tracker.

CB and Centre's of Excellence have a responsibility to work together to support the development of players and provide the platform for them to excel.

Coaches working in the programme are expected to attend an induction event, regularly attend CCD opportunities and complete e-Learning resources designed to support coaches working in the pathway.

2. Roles and Responsibilities

It is envisaged that the following roles are created in order to deliver an appropriate programme:

- ERDPP Manager
- ERDPP Lead Coach(s)
- ERDPP Coach(s)

Key responsibilities are as follows

- RFU
 - To provide guidance frameworks for delivery of the ERDPP
 - To support the implementation of the Girls ERDPP
 - To support the development of coaches working in the ERDPP
- CB
 - To deliver against an agreed operational framework, providing a platform for players to succeed
 - To recruit, appoint and develop coaches in ERDPP
 - To operate in the best interests of identified players from its member clubs and schools
- Centre of Excellence
 - To support the CB with recruitment and development of coaches
 - To support the CB in the design of appropriate assessment criteria

3. Further Resources

- › [Activate](#) (on-line link)
- › [Age Grade Calendar](#) (on-line link)
- › [Codes of Practice](#) (on-line link)
- › [England Rugby Development Framework](#) (on-line link)
- › [Half Game](#) (on-line link)
- › [Headcase](#) (on-line link)
- › [Regulation 9 – Player Safety](#) (on-line link)
- › [Regulation 15 – Age Grade Regulations](#) (on-line link)
- › [Regulation 19](#) – Appendix 6 (on-line link)
- › [Regulation 21](#) – Safeguarding (on-line link)
- › [Rugby Safe](#) (on-line link)

4. Delivery Checklist

Name of CB

Governance	Complete
Maintain an accurate record of the delivery team and players on RFU Game Management System (GMS)	
Programme meets min standards for regulation 9, 15 & 21. This will include enhanced DBS checks processed through and approved by the RFU	
Distribution and promotion of the RFU Quality of Experience survey to players and parents in the programme	
Provides and promotes clear and open nomination and assessment process, supported by the national criteria for the programme to all clubs, schools, and nominated players and parents/guardians	
Holds regular stakeholder engagement events to support greater understanding of the programme aims and objectives	
Notes:	
Actions:	

Delivery	
Provides an appropriate delivery plan for the season (including dates, times and venues)	
Utilise the Skills Framework to support player development and session design	
Maintains a wide development base of by working with an appropriate number of players. (agreed locally on a % base of affiliated club players)	
Delivery center(s) chosen to maximise inclusion and accessibility	
Work with aligned CoE partner to ensure opportunities for observation and assessment for next stages are communicated in a timely manner to support players	
Notes:	
Actions:	

Coaching	
Coach appointments to the programme are transparent and inclusive. The CB should engage Premier 15's clubs and RFU partners for the advertisement of roles and recruitment	
Coaches must attend appropriate face to face and e-Learning modules including: <ul style="list-style-type: none"> • Induction programme that includes understanding and aligning coaching philosophies, purposes and principles when working in the pathway • Incorporating Activate and Athletic Skills into sessions • Principles of Selection 	
CB work with RFU staff to provide coach development that meets the wants and needs of the programme and coaches	
Notes:	
Actions:	

5. Budget Tracker

Name of CB

Outgoings	Venue 1	Venue 2	Venue 3	Venue 4	Venue 5		
Facilities	£ -	£ -	£ -	£ -	£ -		£ -
Medical	£ -	£ -	£ -	£ -	£ -		£ -
Medical supplies	£ -	£ -	£ -	£ -	£ -		£ -
Coaching	£ -	£ -	£ -	£ -	£ -		£ -
Training	£ -	£ -	£ -	£ -	£ -		£ -
Total outgoing	£ -	£ -	£ -	£ -	£ -		£ -
Total Incoming							£ -

DOUBLE CLICK ON SPREADSHEET TO INPUT DATA.

CLICK OUTSIDE SPREADSHEET TO COME OUT OF DATA INPUT (save booklet as CB Name – Date)

Guidance: Please break down per venue, please name each venue

1. Facility costs should be actual and not include in kind (e.g. clubhouse, pitch, floodlights, changing rooms)
2. Medical costs should be pitch side care costs only (e.g. physio, St Johns)
3. Medical supplies should be tape, spray, bandages etc.
4. Coaching costs associated to coaching e.g. expenses
5. Training costs to include First Aid, Play it Safe



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