



2022

GROWING THE GIRLS' GAME



A GUIDE TO GROWING THE GIRLS' GAME

The purpose of this resource is to provide insight, advice and practical information to support the following areas:

1. Starting up a new girls team or section at a club
 2. Age-bands from 2022-23 season
 3. Recruitment and retention of players
 4. Playing opportunities and competitions
 5. Local partnerships
 6. Volunteers, coaches & match officials
 7. Age Band Guidance for Coaches:
 - Under 12
 - Under 14
 - Under 16
 - Under 18
 8. Further Reading
- (You can skip to the section you want by clicking on the page description)**



STARTING UP A NEW GIRLS TEAM OR SECTION AT A CLUB



INTRODUCING GIRLS' RUGBY AT YOUR CLUB

STEP BY STEP...



[CLICK HERE FOR A DETAILED CHECKLIST](#)

AGE BANDS FROM 2022-23 SEASON



GUIDING PRINCIPLES OF AGE GRADE RUGBY:

PLAYER CENTRED

DEVELOPMENT DRIVEN

COMPETITION SUPPORTED



WE PLAY
RUGBY

	YEAR 7 UNDER 12	YEAR 8 UNDER 13	YEAR 9 UNDER 14	YEAR 10 UNDER 15	YEAR 11 UNDER 16	YEAR 12 UNDER 17	YEAR 13 UNDER 18
CURRENT	U13		U15		U18		
NEW	U12 GIRLS SINGLE AGE BAND*	U14 GIRLS DUAL AGE BAND		U16 GIRLS DUAL AGE BAND		U18 GIRLS DUAL AGE BAND	
RULES OF PLAY	REG 15 APPENDIX 6 (ALIGNED TO U12 BOYS)	REG 15 APPENDIX 8 (ALIGNED TO U14 BOYS)		REG 15 APPENDIX 9 (ALIGNED TO U15-18 BOYS)		REG 15 APPENDIX 9 (ALIGNED TO U15-18 BOYS)	

Visit www.englandrugby.com/regulations

*Please read additional detail regarding flexibility for U11s

MORE ABOUT AGE GRADE RUGBY

SUMMER ACTIVITY FRAMEWORK

RECRUITMENT AND RETENTION OF PLAYERS



RECRUITMENT AND RETENTION OF PLAYERS

Building your local network is a key element to identifying your player pool – where are your players going to come from?

Once you have established where the potential players are, it is just as important to spend time considering the following:

- who are they (age, background)
- what are you going to offer – do you have enough capacity to provide a variety of options?
- how are you going to recruit?
- what format of rugby?
- will it take place at the club, school, college or other at first?
- consider competing sports/activities, be age specific.

The key to player retention is **ENJOYMENT!** If your players have fun, enjoy spending time with their friends, feel that they are part of the club, you will be well on the way to a long-term sustainable team.

CLICK HERE FOR MORE INFORMATION AND GUIDANCE

OPPORTUNITIES & CHALLENGES

**APPLY THESE
FINDINGS TO YOUR
RECRUITMENT AND
RETENTION PLANS**

SUPPORTING TEENAGE GIRLS TO BE ACTIVE IN THE 'NEW NORMAL'

**GIRLS VALUE PHYSICAL
ACTIVITY MORE NOW AND
WANT TO DO MORE**



Agree that doing physical activity and keeping fit is more important than ever



will definitely/ probably put more effort into being fit and active in the future

BUT

THEY NEED SUPPORT



are concerned they have lost their fitness



worry it will be hard to get back into the habit of sport and exercise after the pandemic



have lost confidence in their sporting ability



are worried about being in large groups again

OPPORTUNITIES & CHALLENGES

APPLY THESE
FINDINGS TO YOUR
RECRUITMENT
AND RETENTION
PLANS

PUBERTY AND SPORT

The 'Big Sister Project', designed by girls for girls is a supportive and kind space to get girls to discover their journey to getting active together whilst enabling them to navigate the changes of puberty.

Click here to learn more: [The Big Sister Project](#)

AROUND 7 IN 10 AVOID BEING ACTIVE WHEN ON THEIR PERIOD

(REGULARLY/SOMETIMES)



Managing periods is challenging for all girls, regardless of how *sporty* they are, and can lead to long term absences and habits that are difficult to reverse.

CREATE PLANS THROUGH THE LENS OF A TEENAGE GIRL TO ENSURE THEY ARE:

- **ACCESSIBLE**
- **ENGAGING**
- **EXCITING**

8 PRINCIPLES FOR SUCCESS

1



NO JUDGEMENT

Agree that doing physical activity and keeping fit is more important than ever

5



BUILD INTO EXISTING HABITS

Agree that doing physical activity and keeping fit is more important than ever

2



VOKE EXCITEMENT

Agree that doing physical activity and keeping fit is more important than ever

6



GIVE GIRLS A VOICE AND CHOICE

Agree that doing physical activity and keeping fit is more important than ever

3



LEAR EMOTIONAL REWARD

Agree that doing physical activity and keeping fit is more important than ever

7



CHAMPION WHAT'S IN IT FOR THEM

Agree that doing physical activity and keeping fit is more important than ever

4



OPEN EYES TO WHAT'S THERE

Agree that doing physical activity and keeping fit is more important than ever

8



EXPAND IMAGE OF WHAT 'SPORTY' LOOKS LIKE

Agree that doing physical activity and keeping fit is more important than ever

PLAYING OPPORTUNITIES & COMPETITIONS



GUIDING PRINCIPLES OF AGE GRADE RUGBY

PLAYER CENTRED

DEVELOPMENT DRIVEN

COMPETITION SUPPORTED

PLAYING OPPORTUNITIES AND COMPETITIONS

Young people tell us that, above all else, they want to **have fun playing rugby with their friends**. Both expert opinion and the RFU's own research have shown that emphasis has historically been placed on winning, with evidence of over playing the able players and under playing those less able players to achieve results.

Age Grade Rugby puts inclusivity and each player's skill development first, with the increasing intensity of competition introduced later. Young players will start with festivals and triangulars and progress to knockouts, tournaments and leagues as they get older and develop their game.

The format at various ages ensures that young players play the right rugby at the right time. These formats are supported by the regulations of the Age Grade game and have been developed by scientific research and studies on player development in sport.

The principle behind the Rules of Play is to provide a **playing format with building blocks** to the 15-a-side game that allows players time to get to grips with the basics of running and catching the ball before contact and specialism is gradually introduced – which positively impacts on player safety.

The Under 19 Law Variations remain at the scrum and the phased line out introduction starts at Under 14. The rules ensure there is one consistent game format at each age group in clubs and schools.

**THE AGE GRADE CALENDAR PROVIDES A FRAMEWORK FOR
ACTIVITY THROUGHOUT THE SEASON.**

YOU CAN FIND THE DETAILS HERE

GUIDING PRINCIPLES OF AGE GRADE RUGBY

PLAYER CENTRED

DEVELOPMENT DRIVEN

PLAYING OPPORTUNITIES AND COMPETITIONS

The 'Competition menu' highlights the formats which may be played at each age group.

Locally Organised Competitions and Playing Offers

Constituent bodies and clubs organise their own playing opportunities that are shaped to meet the needs of the players. Format and frequency of these is important to ensure they are developmentally appropriate for the players as are the '8 Principles for Success'.

These activities may include:

- Festivals and fixtures – enjoyable competitive style playing opportunity arranged between clubs, and/or by the CB
- Pitch Up & Play/Pitch up & Train events – hosted by clubs through the season to bring developing teams together to provide opportunities for training and matches.
- Allianz Inner Warrior Camps – a planned recruitment session with an emphasis on welcoming new players and introducing rugby in a fun and exciting way. Find out more [HERE](#)

Contact your CB Women & Girls Lead for more information on what is planned in your CB.

RFU Competitions

The National Girls' Cup is a 64 team competition for established teams at U16 and U18 age groups.



LOCAL PARTNERSHIPS AND NETWORKS



**GROW THE
GAME
TOGETHER**

**YOUR LOCAL NETWORK
IS VITAL TO LONG TERM
SUCCESS**

LOCAL PARTNERSHIPS / CLUSTERS

Definition of a 'Cluster' – **an informal and short-term arrangement between clubs to aid the growth and development of the players and teams involved.**

Players from different clubs can cluster together in their age grades to train and play when they start out – this is at the development level, where increasing participation is the priority. Games should be about enjoyment and player development, where players have the opportunity to play with and against different teams, and try playing different positions.

Club identity is very important, and girls will want and need to feel a sense of belonging to their club. As the girls game has grown over the years, the need for clubs to work together effectively has been evident, but the club identity must be retained.

Ultimately, the more sustainable teams that are in a local area, the more appropriate the playing opportunities available and less travel required. There are other benefits such as coach and referee development and support for volunteers.

One of England Rugby's Game Objectives is to add to flourishing rugby communities: Support clubs to sustain and grow themselves and to reflect society. RFU local staff and CB volunteers are well positioned to support and advise clubs when starting a new playing offer.



**GROW THE
GAME
TOGETHER**

**YOUR LOCAL NETWORK
IS VITAL TO LONG TERM
SUCCESS**

LOCAL PARTNERSHIPS / CLUSTERS

- ✓ **HAVE AN AGREED PURPOSE**
- ✓ **A SHORT-TERM SOLUTION**
- ✓ **A DATE/TARGET OF WHEN TO AIM TO PLAY AS A STANDALONE CLUB TEAM**
- ✓ **ENSURE KEY INDIVIDUALS IN EACH CLUB ARE IN AGREEMENT ON THE PLAN (CHAIR, SAFEGUARDING OFFICER, GMS OFFICER)**
- ✓ **CB SUPPORTED AND APPROVED**
- ✓ **TAKE PART IN AND/OR HOST LOCAL PLAYING OPPORTUNITIES**
- ✗ **WILL COMPETE IN NATIONAL CUP COMPETITION**
- ✗ **CHANGE, COMBINE OR CREATE A NEW TEAM/CLUB NAME**
- ✗ **NEED TO PROVIDE DIFFERENT TRAINING/PLAYING KIT**

WHAT DOES AN EFFECTIVE PARTNERSHIP LOOK LIKE?

Clear agreement and action plan from clubs involved with the aim to grow their own sections. Collaboration between volunteers involved to offer positive playing opportunities in the short term

GROW THE GAME TOGETHER

**YOUR LOCAL NETWORK
IS VITAL TO LONG TERM
SUCCESS**

BUILD YOUR NETWORK

Establishing strong relationships with local stakeholders will be key to your success and sustainability. Think about how your club can support schools and colleges to offer different formats of the game and how you might align your club offer to provide for players who may wish to continue playing these formats.

England Rugby is working with partners such as the Youth Sport Trust, Association of Colleges (AoC) and others to grow the game in schools, colleges and universities. The aim of this work is to maximise the number of girls introduced to rugby and to create a pipeline of players into community clubs.

In the education sector we are driving participation through The Touch Union (our non-contact format) and our reduced contact format - XRugby. These formats are easier to deliver and most importantly, provide a safe and enjoyable introduction to rugby aligned to the wants and needs of new players.



**A GUIDE HAS BEEN DEVELOPED TO SUPPORT
VOLUNTEERS AND THOSE WORKING IN EDUCATION TO
DEVELOP MUTUALLY BENEFICIAL LINKS, [CLICK HERE](#).**



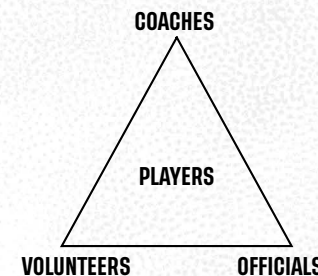
COACHES, VOLUNTEERS & MATCH OFFICIALS



GROW THE GAME TOGETHER

COACHES, VOLUNTEERS & OFFICIALS ARE VITAL TO LONG TERM SUCCESS

VOLUNTEERS, COACHES & MATCH OFFICIALS



Behind every player and local rugby club is a team of people helping to make things happen and provide a fun and enjoyable experience. As we all know you don't have to have experience of rugby to get involved, just enthusiasm and a passion to make a difference. The resources outlined below can help your club and CB encourage more people to help grow the game, whether as a volunteer, coach or official. You can find information and role descriptors [here](#)

England Rugby Coaching & Match Officials Awards – link to Course booklet

Visit 'Keep Your Boots On' for more information about coaching and refereeing including:

- Take up the whistle – encourage players to have a go at refereeing, no pressure, great way to learn and experience the game from a different angle
- Support networks available for women who are new to coaching and refereeing – the RFU is working to increase the number of women involved in the game, to act as role models and leaders to support the future growth of the game

Encourage parents who are new to the game to get involved – **KidsFirst Contact Rugby Course**

Ensure your coaches and volunteers are appropriately trained and suitable to work with young people - find out more about courses available [HERE](#).

Everyone engaged in a Regulated Activity must undertake a DBS check through their club, in accordance with **RFU Regulation 21**

Bring new people to the game to help out off the field, '**Building Your Inclusive Volunteer Team**' provides ideas on how to inspire, recruit and engage more volunteers, from both within and outside of your club.

The **Women & Girls Game Leadership Network** provides the opportunity for rugby leaders to connect and collectively develop the women and girls game.



AGE BAND GUIDANCE FOR COACHES



COACHING PRINCIPLES FOR EACH AGE BAND

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


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

U12

U14

U16

U18



U12

WHO ARE YOUR PLAYERS?

Get to know your players, so you can plan your sessions to support their development

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

AND

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

OR

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

TOP TIPS FOR COACHES



PLAYER FIRST APPROACH - WATCH HERE

Make Friends

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands.

Buddy Up

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

Or use a buddy system to increase connections across friendship groups

Mix it up

Try Different groupings dependent on the activity:

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

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

Skill zones are great for this.

Variety is key

Allow players to explore different actions and playing positions.

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

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

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

THE 4 BUILDING BLOCKS TO READINESS

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



BLOCK 1

Activate
General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 3

Activate
Contact Development
Rugby Skill
Development



BLOCK 2

Activate
Re Introduce contact
Rugby Skills
Sport Specific Movements



BLOCK 4

Activate
Game/Team Specific
Position Specific

STAGE ONE



BLOCK 1

General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players in new age group • New player/coaches working together 	<ul style="list-style-type: none"> • Integrate players back into a new rugby environment • Connection building 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U13 girls and U12s to help with transition to new age band. • Players choose a game/rules/warm ups (empower / discover) • Focus on social conversation not rugby specific (freedom)
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Players new to sport need to get used to new physical movements 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Stop/Start 	<ul style="list-style-type: none"> • ACTIVATE Exercise and games • Non-rugby specific games Keep ball Crazy tap touch to raise heart rate and encourage different movements <ul style="list-style-type: none"> • Team races or relays • Functional movement skill zones Combination movement walks
Actions <ul style="list-style-type: none"> • Developing core skills • Introducing new actions to players 	<ul style="list-style-type: none"> • Catch • Pass • Carry 	<ul style="list-style-type: none"> • Game Zone- can still be non rugby specific games, with 'rugby actions' Stuck in the Mud • Skill Zone – introduce, develop or stretch the action in small groups or individually • Individual Competition – challenge individuals to beat their score
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury • Small sided games with smaller pitch means gradual increase in running volume 	<ul style="list-style-type: none"> • Falling • Game understanding 	<ul style="list-style-type: none"> • Game Zone – Any direction tag can progress to passing backwards, or rugby pass. • Skill Zone – Preparing to tackle games Piggy in the Middle to introduce a defender and supporting the ball carrier

STAGE TWO



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements



BLOCK 3

Contact Development
Rugby Skill
Development

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players in new age group • New player/coaches working together 	<ul style="list-style-type: none"> • Integrate players back into a new rugby environment • Connection building • Confidence building 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U13 girls and U11 mixed team to help with transition to new age band. • Players choose a game/rules/warm ups • Focus on social conversation not rugby specific
Game Fitness <ul style="list-style-type: none"> • Continue graduated increase in activity to reduce injury • Progression in frequency and intensity in practice/games • Introduction to movements specific to Tackle/Ruck/Scrum • Preparing players to transition to 5 in a scrum/ or learn scrum body position for first time 	Functional Movements including: <ul style="list-style-type: none"> • Tower of power • Running • Change of Direction • Jump/Land 	<ul style="list-style-type: none"> • ACTIVATE game • Game Zone: Small Sided Games – more connections, touches and involvements • Tackles make friends • Skill Zones • Squat
Actions <ul style="list-style-type: none"> • Developing core skills • Improve confidence with evasion and contact skills • Introduce and explore positional skills 	<ul style="list-style-type: none"> • Catch • Pass • Carry • Tackle • Kick • Hook ball backwards with foot • Ruck • Preparing to) scrum 	<ul style="list-style-type: none"> • Game Zone Touch Pass Tackle • Skill Zone – introduce, develop or stretch the action in small groups or individually - Tackle progressions / Squat • Individual Competition • Exploration of positional skills for everyone; kicking, hooking, overhead catching - Kick pass game
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury • Larger pitch sided games with gradual increase in running volume 	<ul style="list-style-type: none"> • Falling • Game understanding • Preparing to tackle/scrum • Physical robustness – ie little and often preparation for contact 	<ul style="list-style-type: none"> • Game Zone – Two Touch • Skill Zone - Wrestling games tackle technique • Small sided conditioned contact games

STAGE THREE

DON'T FORGET....

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

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



BLOCK 3

Contact Development
Rugby Skill
Development



BLOCK 4

Game/Team Specific
Position Specific

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players in new age group • New player/coaches working together 	<ul style="list-style-type: none"> • Social connection to new team (1st Aug) • Connection building • Confidence building 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U13 girls and U12s to keep connections • Buddy system for new players
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Progression in frequency and intensity in practice/games • Introduction and progressions in movements specific to Tackle/Ruck/ Scrum 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Jump/Land • Tower of power 	<ul style="list-style-type: none"> • ACTIVATE • Game Zone: Small Sided Games – with and without contact (game specific activities like over-head catching, squatting) • Game zone and skill zone example • Skill Zones – can increase decision making or intensity if players are competent
Actions <ul style="list-style-type: none"> • Developing core skills • Developing position specific actions 	<ul style="list-style-type: none"> • Catch and pass • Carry • Kick • Hook • Tackle • Ruck and Maul 	<ul style="list-style-type: none"> • Game Zone: increased numbers, position specific restart. Scrum, kick. Tower Of Power Touch (You would not follow the progression to make this contested 1v1) • Skill Zone -develop or stretch actions and/or physical movements - Tag the Tail • Individual Competition - decision making, or increased pressure • Decreased space on pitch with more numbers – to improve confidence with contact skills and evasion skills
Game Preparation <ul style="list-style-type: none"> • Ensuring player safety in contact • (Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others.) • Progression in scrum moves from 3 to 5 no push (new role to learn) • Game understanding of new rules 	<ul style="list-style-type: none"> • Scrum • Game understanding • Positional Skills 	<ul style="list-style-type: none"> • Game Zone with specific focus on tackle ruck or set piece - Drop Off Game • Skill Zones - Tower Of Power Actions, and Tower of power Key points • Small sided conditioned contact games

SIGNPOSTING TO RESOURCES AND COURSE BOOKING LINKS

**LEARN ABOUT
HEADCASE**

**CLICK HERE
TO ACCESS
THE ACTIVATE
E-LEARNING**

**BOOK YOUR
COURSE HERE**

**TO LOOK AT
THE ENGLAND
RUGBY TRAINING
COURSES
CLICK HERE**

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

A photograph of four girls' rugby players on a grassy field. In the foreground, a player in a maroon jersey with 'Allianz INNER WARRIOR' on the back is being tackled by a player in a blue and white striped jersey. They are both smiling and looking at a yellow rugby ball. In the background, two other players are sitting on the grass, also smiling. A rugby ball with 'ALBERT' on it lies on the grass in the foreground. A large red square with the text 'U14' is overlaid in the center.

U14

PLAYERS ARE:

- Age 13 and 14 years old. Year 8 and Year 9 at secondary school.
- Feeling more established at secondary school, starting to think about exams
- Used to playing alongside girls in teams at school or at U12 (or U13)
- At varying stages of puberty

AND COULD BE

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

Get to know your players, so you can plan your sessions to support their development



TOP TIPS FOR COACHES



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

Make Friends

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands.

Buddy Up

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

Or use a buddy system to increase connections across friendship groups

Mix it up

Try Different groupings dependent on the activity:

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

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





Skill zones are great for this.

Variety is key

Allow players to explore different actions and playing positions.

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

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

Who?	Experience?	Rules of play (max for age band)	Coaching focus progression	Build into	Other
No rugby played	Playing other sports, may have watched rugby	Full contact, with scrum, ruck, maul, kicking, some lineout	Movement skills & basic actions of: Run, catch and pass, kick & tackle	Ground based movement skills. More decision making around run, pass, kick, tackle. Introduce ruck and maul, scrum body position	Games for understanding Skill zones for action based and movement skill based technique
Only played TAG/ touch	Non contact, running and passing and catching the ball. Some game understanding	Full contact, with scrum, ruck, maul, some lineout	Continue catch and pass Introduce kicking, tackle & other ground based movement skills, including fall to floor.	More decision making around run, pass, kick, tackle. Introduce ruck and maul, scrum body position	Skill zones to allow introductions to actions, physical movements and ground based contact.
Played U12 (or U13 girls previously)	12-a-side 	15-a-side	Exploration of some positional skills (players will not need to 'pick' a position)	Train all players to be able to be in the scrum- (the body position is relevant to tackle, ruck, maul)	
	5 in scrum no push with contested strike 	8 in scrum fully contested	Build up scrum body position under pressure for all positions Individual positional skills (number 8 control of ball)	Number 8 can now pick from the base of the scrum. Explore this tactically giving all opportunity.	Continue to use Activate to support physical development and injury prevention
	No lineout 	No lift uncontested lineout	Jump and landing safely. Overhead throwing and catching skills	Exploration of catching above head and throwing skills to allow lots of players opportunities to upskill in Game Zones and Skill Zones	Allow players not in lineout to explore positioning, and be creative with how they will attack and defend from the lineout
	9 must pass at the scrum 	9 can run or pass	Decision making for players on when to run, and when to pass and when to kick	8,9 and 10 practising tactical decision making in defence and attack	
	Only kick permitted is out of hand and drop kick restart.	Can now also fly-hack, box kick, drop goal and kick conversions	Allowing all players opportunities to explore their kicking	Skill zones to practise technique and decision making	

THE 4 BUILDING BLOCKS TO READINESS

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



BLOCK 1

Activate
General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 3

Activate
Contact Development
Rugby Skill
Development



BLOCK 2

Activate
Re Introduce contact
Rugby Skills
Sport Specific Movements



BLOCK 4

Activate
Game/Team Specific
Position Specific

STAGE ONE



BLOCK 1

General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> Social Connection Recruitment and Retention of players in new age group New player/coaches working together 	<ul style="list-style-type: none"> Integrate players back into a new rugby environment Build connections as a new team Build confidence 	<ul style="list-style-type: none"> Allow some non-contact / multi sport mixed age group activity with U12/14s to help with transition to new age group Ensure players feel involved in content and progression pace of sessions - use feedback and informal chat (empowerment)
Game Fitness <ul style="list-style-type: none"> Graduated increase in activity to reduce injury Non rugby specific, general movement to prepare bodies new to the sport or returning from a break 	<ul style="list-style-type: none"> Functional Movements Running Change of Direction Stop/Start 	<ul style="list-style-type: none"> ACTIVATE Game Zone: Small Sided Games – more connections, touches and involvements - Beat the Square Multisport games American Football Touch
Actions <ul style="list-style-type: none"> Developing core skills that underpin the game 	<ul style="list-style-type: none"> Catch Pass Running with the ball Kick 	<ul style="list-style-type: none"> Game Zone: small sided games - Interceptors Skill Zone: can be exploration of actions, or functional movements Passing game Individual Competition - pass to target
Game Preparation <ul style="list-style-type: none"> Graduated increase in contact to reduce injury Gradual introduction of new rules of play, to allow learning and development 	<ul style="list-style-type: none"> Falling Kicking skills 	<ul style="list-style-type: none"> Game Zone can include falling / landing on the ground Stuck in the mud Skill Zones to be technique based or exploration

STAGE TWO



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements



BLOCK 3

Contact Development
Rugby Skill
Development

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection for new group • Recruitment and Retention of players in new age group • Support growth of person and player 	<ul style="list-style-type: none"> • Continue to build connections across coaching and playing group • Continue to build confidence of individuals 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with U12 girls or U16 girls to help with transition to new age band • Players choose a game/rules/warm ups • Introduce buddy system with players changing age groups
Game Fitness <ul style="list-style-type: none"> • Continue graduated progressions in activity frequency and intensity to reduce injury • Players new to sport need to get used to new physical movements • Introduction to movements specific to Tackle/Ruck/Scrum/Lineout 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Stop/Start • Jump/Land • Wrestle 	<ul style="list-style-type: none"> • ACTIVATE exercises and games • Game Zone: Small Sided Games – more connections, touches and involvements - Magic Circle • Skill Zones: technique focus for new skills, can raise intensity for short bursts for competent skills • Hop and Land • Evasion • Wrestling Games
Actions <ul style="list-style-type: none"> • Developing core skills • Gradual introduction of new rules and actions needed • Preparing to jump/throw/ catch overhead • Preparing to scrummage 	<ul style="list-style-type: none"> • Catch • Ruck • Pass • Scrum body position • Maul • Carry • Kick • Tackle • Jump/catch/throw 	<ul style="list-style-type: none"> • Game Zone: use rules/ constraint in the games to support the actions you want to practise • Ruck and Tackle • Skill Zone - Tag Steal Combo
Game Preparation <ul style="list-style-type: none"> • Continue graduated increase in contact to reduce injury • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Falling • Preparing to Tackle • Preparing for Scrum • Preparing for lineout 	<ul style="list-style-type: none"> • Game Zone – introduce tactical decision making - Team Run Touch • Skill Zone – continue to focus on technique and decision making - Beat the defender - Squat

STAGE THREE

DON'T FORGET....

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

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



BLOCK 3

Contact Development
Rugby Skill
Development



BLOCK 4

Game/Team Specific
Position Specific

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social connections with new age band • Recruitment and retention of player in new age group • New players/coaches working together 	<ul style="list-style-type: none"> • Connection building with new age band • Continue to build confidence in individuals 	<ul style="list-style-type: none"> • Continue to allow some non-contact mixed age group activity where required, to help with transition to new age group • Spend time getting to know new U14 players, buddy system with existing players
Game Fitness <ul style="list-style-type: none"> • Continue progression in frequency and intensity in practice/games • Introduction and progressions in movements specific to Tackle/Ruck/ Scrum/Lineout jump and throw 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Stop/Start • Jump/Land • Wrestle 	<ul style="list-style-type: none"> • ACTIVATE • Game Zone: Small Sided Games – more connections, touches and involvements progressing to larger sided games to increase running volume - Scan Touch • Skill Zones: increased intensity for competent actions – Obstacle course / Jump pad
Actions <ul style="list-style-type: none"> • Continue developing and stretching core skills • Continue developing and stretching contact skills • Developing position specific skills for new rules of play. 	<ul style="list-style-type: none"> • Catch • Pass • Running with ball • Kick • Tackle • Ruck • Maul • Scrum • Jump • Overhead throw 	<ul style="list-style-type: none"> • Game Zone: use rules/constraints to support actions being coached - Overhead pass Netball • Skill Zone: can be used to stretch or develop actions - 2 v 2 Scrum • Position specific skill sessions, allowing players to try a variety of positions - Lineout throw footage / Drop Kick masterclass
Game Preparation <ul style="list-style-type: none"> • Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. • Gradual introduction of new rules to allow for learning 	<ul style="list-style-type: none"> • Falling and presenting the ball • Tackling with decision making • Scrum • Kicking tactically • Lineout jump and throw 	<ul style="list-style-type: none"> • Game Zone with specific focus on tackle, ruck or set piece - Scrum Touch • Skill Zone: to practise specific element of set piece/ position specific actions - No 8 control , Lineout preparation • Small sided conditioned contact games

SIGNPOSTING TO RESOURCES AND COURSE BOOKING LINKS

**TO LOOK AT THE
ENGLAND RUGBY
TRAINING COURSES
CLICK HERE**

**LEARN ABOUT
HEADCASE**

**CLICK HERE
TO ACCESS
THE ACTIVATE
E-LEARNING**

**BOOK YOUR
COURSE HERE**

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



England
Rugby



U16

PLAYERS ARE:

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

AND COULD BE

- Used to playing alongside girls in teams at school or at U15/U18s Age groups
- Trying a new sport for the first time, may be unsure about the contact, or really enthusiastic to learn contact
- Under pressure with academic studies and exams
- Worried about their physical appearance

Get to know your players, so you can plan your sessions to support their development



TOP TIPS FOR COACHES



**THE RULES OF PLAY ARE THE MAXIMUM
THRESHOLD THAT CAN BE PLAYED TO.**

**IF REDUCING THE PITCH SIZE, PLAYING WITH
LESS PLAYERS, GOING FOR UNCONTESTED
SCRUMS OR MODIFYING CONTACT AT THE
BREAKDOWN ARE NECESSARY TO BE PLAYER-
CENTRED THIS IS FINE AND ENCOURAGED AS
GOOD PRACTICE.**

Make Friends

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands.

Buddy Up

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

Or use a buddy system to increase connections across friendship groups

Mix it up

Try Different groupings dependent on the activity:

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

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




Skill zones are great for this.

Variety is key

Allow players to explore different actions and playing positions.

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

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

Who?	Experience?	Rules of play (max for age band)	Coaching focus progression	Build into	Other
No rugby played	Playing other sports, may have watched rugby	Full contact, with scrum, ruck, maul, kicking, some lineout	Basic actions of: catch, pass, tackle Introduce Principles of Play	More decision making around pass, tackle. Introduce ruck/scrums body position, and basics of jump/lift/throw/kick	Games for understanding. Skill zones for technique.
Only played TAG/ touch	Non contact, passing and catching the ball. Some game understanding	Full contact, with scrum, ruck, maul, lineout, kicking	Continue catch and pass Introduce tackle Introduce Principles of Play	More decision making around pass, tackle. Introduce ruck and scrum body position and jump/throw/lift/Kick	Skill zones to allow introductions to actions, physical movements and ground based contact.
Played U15 last season	15-a-side 	15-a-side	Continue exploration of positional skills (late development sport). Continue exploring Principles of play	Continue to develop players technical skills – catch, pass, tackle, kick Developing ruck, maul, scrum body position, jump/throw/lift and kicking.	Developing technical and tactical understanding through exploration of Principles of play
	8 in scrum fully contested 	8 in scrum fully contested	Continue scrum body position under pressure for all positions. Individual positional skills (eg number 8 control of ball)	Tactical decision making for 8,9 and defence from scrum, allowing players to explore options in attack and defence from set piece	Continue to use Activate to support physical development and injury prevention. Use of skill zones to support players game readiness & game fitness.
	Uncontested lineout with a lift 	Lift and fully contested lineout	Jump and landing safely. Lifting technique	Contesting a jump in the air, person throwing to practise with defence there as well.	Compliment with resistance training and /or physical movement activities to help with jump/lift/throw/land. (Activate exercises)

THE 4 BUILDING BLOCKS TO READINESS

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



BLOCK 1

Activate
General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 3

Activate
Contact Development
Rugby Skill
Development



BLOCK 2

Activate
Re Introduce contact
Rugby Skills
Sport Specific Movements



BLOCK 4

Activate
Game/Team Specific
Position Specific

STAGE ONE



BLOCK 1

General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players in new age group • New player/coaches working together 	<ul style="list-style-type: none"> • Integrate players back into a new rugby environment • Connection building • Confidence building 	<ul style="list-style-type: none"> • Allow some non-contact mixed age group activity with U14s to help with transition to new age group • Allow some non-contact activity with women's team (if applicable) • Enable players to choose activities and pace of progressions based on their confidence
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Players new to sport need to get used to new physical movements 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Stop/Start 	<ul style="list-style-type: none"> • ACTIVATE • U15s & U16s Snake run • Game Zone: Small Sided Games / Crab walking keep ball • Multisport games – Soccerby / American football
Actions <ul style="list-style-type: none"> • Developing core skills • Introducing new actions to players 	<ul style="list-style-type: none"> • Catch • Pass • Carry • Kick 	<ul style="list-style-type: none"> • Game Zone: use of different balls - 2 ball touch • Skill Zone: technique based - Ring of chaos • Individual Competition • For example – kicking – points based skill challenges
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury 	<ul style="list-style-type: none"> • Falling & wrestling • Game understanding • Physical robustness – ie little and often preparation for contact movements 	<ul style="list-style-type: none"> • Game Zone which includes falling/ presenting • Skill Zone: technique based - Preparing to tackle games / Bear Walk keep ball

STAGE TWO



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements



BLOCK 3

Contact Development
Rugby Skill
Development

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players • New player/coaches working together 	<ul style="list-style-type: none"> • Continue Connection building • Confidence building 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U15 girls and now U16 mixed team to help with transition to new age band. • Players choose a game/rules/warm ups
Game Fitness <ul style="list-style-type: none"> • Continue graduated increase in activity to reduce injury • Progression in frequency and intensity in practice/games • Introduction to movements specific to Tackle/Ruck/Scrum 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Start/Stop • Jump/Land • Wrestling 	<ul style="list-style-type: none"> • Activate through games and exercises • Game Zone: Small Sided Games – more connections, touches and involvements • Skill Zones: use to stretch or develop actions and physical movements - Footwork and evasion / Jump & Land Obstacle Course – YouTube
Actions <ul style="list-style-type: none"> • Developing core skills • Developing contact skills • Develop positional specific skills 	<ul style="list-style-type: none"> • Catch and Pass • Carry • Tackle • Kick • Ruck and Maul • Scrum 	<ul style="list-style-type: none"> • Game Zone - Wizard touch • Skill Zone – technique focus - Tag the Tail • Individual Challenges - Ball ladder
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury • Preparing to perform game specific actions like scrum, Maul, lineout • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Tower of Power • Prepare to Scrum • Preparing to tackle/scrum • Prepare to Lineout 	<ul style="list-style-type: none"> • Game Zone: Can include tackle and ruck • Skill Zone: technique focused • Some conditioned contact games - Gauntlet • Wrestle games

STAGE THREE

DON'T FORGET....

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

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



BLOCK 3

Contact Development
Rugby Skill
Development



BLOCK 4

Game/Team Specific
Position Specific

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players • New player/coaches working together 	<ul style="list-style-type: none"> • Social connection to new team (1st Aug) • Connection building • Confidence building • Staying connected with leaving players 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U15 girls and now U16 mixed team to help with transition to new age band. • Encourage peer support/Buddy system for new players
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Progression in frequency and intensity in practice/games • Introduction and progressions in movements specific to Tackle/Ruck/ Scrum 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Jump/Land • Tower of power • Wrestle 	<ul style="list-style-type: none"> • ACTIVATE • Game Zone: some full size pitch games - scrum preparation • Skill Zones: use to stretch/develop players actions - Managing Contact – YouTube
Actions <ul style="list-style-type: none"> • Developing core skills • Developing position specific actions • Develop contact skills • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Catch and Pass • Carry • Kick • Tackle • Ruck and Maul • Scrum/Hook • Lineout – Lift/jump/throw 	<ul style="list-style-type: none"> • Game Zone - Flash Touch • Skill Zone: technical detail/challenge - Scrum Touch • Individual Competition - decision making, or increased pressure • For example – hooker throw – points based skill challenges
Game Preparation <ul style="list-style-type: none"> • Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. • Developing understanding scrum/lineout • Game understanding of laws of the game 	<ul style="list-style-type: none"> • Scrum • Game understanding • Positional Skills • Lineout – Lift/jump/throw • Tackle 	<ul style="list-style-type: none"> • Game Zone with specific focus on tackle ruck or set piece - Lineout Touch • Skill Zones: position specific activity - Lifting – YouTube • Small sided conditioned contact games • Game zone- Decision making – Breakdown masterclass

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**BOOK YOUR
COURSE HERE**



Course:	TackleSafe Book On	England Rugby Coaching Award	England Rugby Advanced Coaching Award	CCD Principles of Scrummaging Click here for e-learning	CCD Principles of the Lineout	Breakdown Masterclass e-learning Click here
Brief course information:	This course helps to support safe, effective coaching and officiating of the tackle	This course supports you to Safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	4 face to face days, webinars, practical/video observations and community of practice events. Applicants must have a minimum of 3 years experience as an England Rugby Coaching Award/ Level 2 coach before applying.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	John Mitchell masterclass in the breakdown



U18

PLAYERS ARE:

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

AND COULD BE

- Under pressure from other factors such as exams/working/social
- Used to playing alongside girls in teams at school or at U15/16
- In more established friendship groups, or at a new college/6th form/work and starting again with friendships
- Trying a new sport for the first time, may be unsure about contact, or really enthusiastic to learn contact

Get to know your players, so you can plan your sessions to support their development



TOP TIPS FOR COACHES



**HAVE A LOOK AT THE GAME ON
PRINCIPLES FOR WAYS YOU
CAN ADAPT WITHIN TRAINING
AND FRIENDLY GAMES**

Make Friends

Connect with the coaches across the age bands so you can have joint sessions to increase numbers at training (non-contact) and help support the player transitions into new age bands.

Buddy Up

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

Or use a buddy system to increase connections across friendship groups

Mix it up

Try Different groupings dependent on the activity:

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

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




Skill zones are great for this.

Variety is key

Allow players to explore different actions and playing positions.

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

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

Who?	Experience?	Rules of play (max for age band)	Coaching focus progression	Build into	Other
No rugby played	Potentially playing other sports, may have watched rugby.	Full contact, with scrum, ruck, maul, kicking, some lineout	Basic actions of: catch, pass, tackle Introduce Principles of Play	More decision making around pass, tackle. Introduce ruck/scrum body position, and basics of jump/lift/throw/kick	Games for understanding. Skill zones for technique.
Only played TAG/ touch	Non contact, passing and catching the ball. Some game understanding	Full contact, with scrum, ruck, maul, lineout, kicking	Continue catch and pass Introduce tackle Introduce Principles of Play	More decision making around pass, tackle. Introduce ruck and scrum body position and jump/throw/lift/Kick	Skill zones to allow introductions to actions or physical movements.
Played U18 last season	15-a-side 	15-a-side	Continue exploration of positional skills (late development sport).	Development of players' technical skills – catch, pass, tackle. Developing ruck, maul, scrum body position, jump/throw/lift and kicking.	Developing technical and tactical understanding through exploration of Principles of play
	8 in scrum fully contested 	8 in scrum fully contested	Continue scrum body position under pressure for all positions. Individual positional skills (eg number 8 control of ball)	Tactical and decision making skills from set piece for all players	Continue to use Activate to support physical development and injury prevention. Use of skill zones to support players game readiness & game fitness.
	Lift and fully contested lineout 	Lift and fully contested lineout	Continued Jump and landing safely practises Continued development of Lifting and throwing technique	Contesting a jump in the air, encouraging creativity at the lineout in defence and attack	Compliment with resistance training and /or physical movement activities to help with jump/lift/throw/land. (Activate exercises)

THE 4 BUILDING BLOCKS TO READINESS

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



BLOCK 1

Activate
General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 3

Activate
Contact Development
Rugby Skill
Development



BLOCK 2

Activate
Re Introduce contact
Rugby Skills
Sport Specific Movements



BLOCK 4

Activate
Game/Team Specific
Position Specific

STAGE ONE



BLOCK 1

General Fitness
Fundamental Movements
Multisport/General skills



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players in new age group • New player/coaches working together 	<ul style="list-style-type: none"> • Integrate players back into a new rugby environment • Connection building • Confidence building 	<ul style="list-style-type: none"> • Allow some non-contact mixed age group activity with U14s to help with transition to new age group • Allow some non-contact activity with women's team (if applicable) • Enable players to choose activities and pace of progressions based on their confidence
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Players new to sport need to get used to new physical movements 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Stop/Start 	<ul style="list-style-type: none"> • ACTIVATE exercises • Game Zone: Small Sided Games - drop off touch • • Non rugby specific games - Bear Walk Keep Ball , netball, rounders, football
Actions <ul style="list-style-type: none"> • Developing core skills • Introducing new actions to players 	<ul style="list-style-type: none"> • Catch • Pass • Carry • Kick 	<ul style="list-style-type: none"> • Game Zone: use of different balls - Wizard Touch • Skill Zone: technique based - Ring of Chaos • Individual Competition • For example – kicking or passing accuracy – points based skill challenges
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury 	<ul style="list-style-type: none"> • Falling & wrestling • Game understanding • Physical robustness – ie little and often preparation for contact movements 	<ul style="list-style-type: none"> • Game Zone which includes falling/ presenting - Touch rugby, where ball carrier goes to ground when touched to present the ball • Skill Zone: technique based - Tag the tail, Evasion

STAGE TWO



BLOCK 2

Re Introduce contact
Rugby Skills
Sport Specific
Movements



BLOCK 3

Contact Development
Rugby Skill
Development

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players • New player/coaches working together 	<ul style="list-style-type: none"> • Continue Connection building • Confidence building 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U15 girls and now U16 mixed team to help with transition to new age band. • Players choose a game/rules/warm ups
Game Fitness <ul style="list-style-type: none"> • Continue graduated increase in activity to reduce injury • Progression in frequency and intensity in practice/games • Introduction to movements specific to Tackle/Ruck/Scrum 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Start/Stop • Jump/Land • Wrestling 	<ul style="list-style-type: none"> • ACTIVATE exercises and games • Game Zone: Small Sided Games – more connections, touches and involvements • Skill Zones: use to challenge or develop actions and physical actions - Wrestling • Lineout preparation Stage 1
Actions <ul style="list-style-type: none"> • Developing core skills • Developing contact skills • Develop positional specific skills 	<ul style="list-style-type: none"> • Catch and Pass • Carry • Tackle • Kick • Ruck and Maul • Scrum 	<ul style="list-style-type: none"> • Game Zone - Two wave attack • Skill Zone – technique focus - Lineout jumping skills • Individual Competition - Ball ladder
Game Preparation <ul style="list-style-type: none"> • Graduated increase in contact to reduce injury • Preparing to perform game specific actions like scrum, Maul, lineout • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Tower of Power • Prepare to Scrum • Preparing to tackle/scrum • Prepare to Lineout 	<ul style="list-style-type: none"> • Game Zone: which could includes tackle and ruck - Ruckers and tacklers • Skill Zone: technique focused - Breakdown master class exercises • Some conditioned contact games

STAGE THREE

DON'T FORGET....

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

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



BLOCK 3

Contact Development
Rugby Skill
Development



BLOCK 4

Game/Team Specific
Position Specific

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

COACHING IDEAS AND LINKS TO SUGGESTED ACTIVITIES

SESSION PURPOSE - WHY IT IS REQUIRED	SESSION FOCUS - WHAT YOU NEED TO DO	TYPE OF ACTIVITY - HOW YOU CAN ACHIEVE IT
Behaviours <ul style="list-style-type: none"> • Social Connection • Recruitment and Retention of players • New player/coaches working together 	<ul style="list-style-type: none"> • Social connection to new team (1st Aug) • Connection building • Confidence building • Staying connected with leaving players 	<ul style="list-style-type: none"> • Ensure some non-contact mixed age group activity with last season's U15 girls and now U16 mixed team to help with transition to new age band. • Encourage peer support/Buddy system for new players
Game Fitness <ul style="list-style-type: none"> • Graduated increase in activity to reduce injury • Progression in frequency and intensity in practice/games • Introduction and progressions in movements specific to Tackle/Ruck/ Scrum 	<ul style="list-style-type: none"> • Functional Movements • Running • Change of Direction • Jump/Land • Tower of power • Wrestle 	<ul style="list-style-type: none"> • ACTIVATE exercises and games - Hop and Stick • Game Zone: some full size pitch games - Scrum Touch • Skill Zones: use to challenge/develop players actions - Regather challenge
Actions <ul style="list-style-type: none"> • Developing core skills • Developing position specific actions • Develop contact skills • Ensuring player safety in contact 	<ul style="list-style-type: none"> • Catch and Pass • Carry • Kick • Tackle • Ruck and Maul • Scrum/Hook • Lineout - Lift/jump/throw 	<ul style="list-style-type: none"> • Game Zone - Pressure Possession • Skill Zone: technical detail/challenge - 1min maul • Individual Competition - decision making, or increased pressure - Two ball challenges
Game Preparation <ul style="list-style-type: none"> • Players need to be able to perform these elements of the game safely to reduce risk of injury to themselves and others. • Developing understanding scrum/lineout • Game understanding of laws of the game 	<ul style="list-style-type: none"> • Scrum • Game understanding • Positional Skills • Lineout - Lift/jump/throw • Tackle 	<ul style="list-style-type: none"> • Game Zone with specific focus on tackle ruck or set piece - Breakdown master class game zone • Skill Zones: position specific activity - Scrum triangles • Small sided conditioned contact games - Mind the gap - Adjustable to contact Decision making.

SIGNPOSTING TO RESOURCES AND COURSE BOOKING LINKS

**TO LOOK AT THE
ENGLAND RUGBY
TRAINING COURSES
CLICK HERE**

**LEARN ABOUT
HEADCASE**

**CLICK HERE
TO ACCESS
THE ACTIVATE
E-LEARNING**

**BOOK YOUR
COURSE HERE**



Course:	TackleSafe Book On	England Rugby Coaching Award	England Rugby Advanced Coaching Award	CCD Principles of Scrummaging Click here for e-learning	CCD Principles of the Lineout	Breakdown Masterclass e-learning Click here
Brief course information:	This course helps to support safe, effective coaching and officiating of the tackle	This course supports you to Safely and effectively coach tackle, scrum and contact areas. It also helps you to design and modify game zones and skill zones to develop confident, competent players.	4 face to face days, webinars, practical/video observations and community of practice events. Applicants must have a minimum of 3 years experience as an England Rugby Coaching Award/ Level 2 coach before applying.	This 2 hour course explores the England Rugby principles of scrummaging and is designed to help coaches, match officials and volunteers explore recent developments in scrum coaching	This 2 hour course explores the England Rugby principles of lineout and is designed to help coaches, match officials and volunteers explore recent developments in lineout coaching.	John Mitchell masterclass in the breakdown

FURTHER READING

England Rugby: Club Education Links

England Rugby: Age Grade Rugby

England Rugby: Development Framework (Player Pathway)

England Rugby: RugbySafe Essential Guides and Templates

England Rugby: Recruiting and retaining volunteers

England Rugby: Inclusion - resources

World Rugby Laws of the Game - Clothing

Women in Sport

This Girl Can



England
Rugby