



Pitch Up & Play

Build It & We Will Come...



Thinking of hosting a Pitch Up & Play event and not sure where to begin? Hopefully the points below will help fill in the gaps and give you the confidence to host?

Food – Having a provision for attending players and parents to buy food is welcome but by no means essential, and no one is expecting you to plan to feed 120 Girls.

Coaching – Have a coach co-ordinator/manager to lead the organisation on the day – probably YOU if you are reading this. With several clubs attending, over multiple age grade squads there will be several visiting coaches willing to help. Ask each squad attending to confirm how many coaches are coming. Invite age grade coaches from your own club to hang about after their morning session to get involved – you might even recruit regular helpers once they've experienced the delights of girls' rugby.

1st Aid – As long as you have a resident 1st Aider who knows where all the relevant stuff is then that is enough. Ask each squad attending to bring a 1st Aider and then make sure there is at least one designated to each pitch.

Car parking – Plan on about 30 cars per age group, so if you are hosting U13s, U15s & U18s expect up to 100 vehicles. If you can normally cope with several minis and junior squads visiting, you should be fine.

4 Pitches – U12/U14/U16/U18 minimum please. You can get away with smaller pitches and no posts for U12s if necessary, but the rest would expect a full-size pitch (depending on numbers).

Refs – Make sure you have options for referees for the games. Don't assume attending squads will bring them. An experienced qualified referee is recommended for U18s, and a competent ref/coach can usually manage the lower age groups. Ask each squad attending for volunteers in advance so you know how many you need to find yourself – look for volunteers from other sections of your club to get them involved.

Kit (Pads, bags etc.) – Ask those attending to bring their own balls/cones etc. if needed. Be prepared to supply the less portable things like pads for training.

Changing rooms/Showers – (Age groups together, clubs can share to fill them up)



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Coordination and planning – Get all the coaches together at the start. Get a few to lead a warm-up, and the rest of you finalise plans for the session. Try not to leave girls standing about at the start too long whilst all the coaches have a huddle.

You can't be too sure what you can do until you see who's come so don't worry about planning a detailed session. There are suggested group-based skills theme on the NLD PUP calendar for each event, so use that to structure a training session and as a focus for games.

Suggested running order of events

Arrive by	12:30
Photos (players always disappear at the end of the session)	13:00
1st Aiders meeting	13.05
Coaches Meeting	13:10
Break into Age group warm-up	13:15
Break into Forwards & Backs. Group based skills training	13:30
Conditional Coached Game focusing on theme of training session	14:15
Warm down and wrap up	15:00

This is how we see things split over the CB. However, please feel free to go to whichever event suits you best.

West

Ashfield
Mansfield
Paviors
Belper
Castle Donnington
Chesterfield Panthers
Dronfield
Glossop
Long Eaton
Matlock
Melbourne

West PUP Co-ordinator

Richard Waterhouse
Chesterfield Panthers
07803 033970

East

Boston
Cleethorpes
Grimsby
Kesteven
Lincoln
Scunthorpe
Newark
Nottingham Casuals
South Notts Sapphires
Sleaford
Market Rasen

East PUP Co-ordinator

Chris Briggs
Lincoln RFC
07876 872348

Any questions – just give us a ring