



NLD Pitch Up & Play Guide

Build It & We Will Come!

Thinking of hosting a Pitch Up & Play event? The points below will give you the confidence to host a safe and successful PUaP:

Food - Having a provision for attending players and parents to buy food is welcome but by no means essential. Please provide a food option if you can but don't let it be a barrier to hosting if you can't. Please don't provide food for some and not others e.g. 'home' players only.

Car parking – At busy PUaPs you can expect upwards of 100 vehicles. If you can normally cope with several minis and junior squads visiting, you should be fine.

Organisation and Coaching – Make a plan in advance for pitch use and timings but be prepared to adapt this on the day. Have a coach co-ordinator/manager to lead the organisation on the day. 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.

Safety and first aid – Make use of the NLD Rugby Safe Risk Assessment template and your club Rugby Safe lead to create a risk assessment for the day. Ensure that you have at least one resident 1st Aider in attendance and then ask each squad attending to bring their own 1st Aider and make sure there is at least one designated to each pitch.

Pitches – 4 pitches are advisable to host all U12s, U14s, U16s and U18s, however 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). You can still host with fewer pitches – you will have to let NLD and attending clubs know in advance the restrictions so a decision can be made on splitting age groups or geographical locations.

Referees – Make sure in advance that there is sufficient refereeing resource attending. A qualified referee is recommended for U18s and U16s, a competent coach can usually manage the lower age groups. Ask each club 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 - Ask those attending to bring their own balls/cones etc if needed but be prepared to supply the less portable things like pads for training. NLD have pitch marker flags we can make available.

Changing rooms>Showers – These should ideally be available and be allocated by age group - clubs can share to fill them up - if not available then please let attending clubs know in advance.

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Communication – Good communication is essential. Contact attending clubs in advance to confirm timings, facilities and requirements re referees and 1st aiders. Request estimated numbers from attending clubs and share your plan for the day – it is up to you and the attending clubs to decide if you want to focus on matches, joint training, workshopping a particular skill e.g. line outs, or a mixture.

On the day – 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.

Suggested running order of events (please adapted as suits you):

12:30 Arrival

13:00 Photos (players always disappear at the end of the session)

13:05 1st Aiders meeting

13:10 Coaches Meeting

13:15 Age group warm-up

13:30 Break into forwards & backs. Group based skills training in age groups.

14:15 Conditional coached game focusing on theme of training session

15:00 Warm down and wrap up

Any questions – please contact Head of Girls Rugby on
girlsrugbylead@nldrfs.co.uk or via the NLD Girls' Whatsapp group