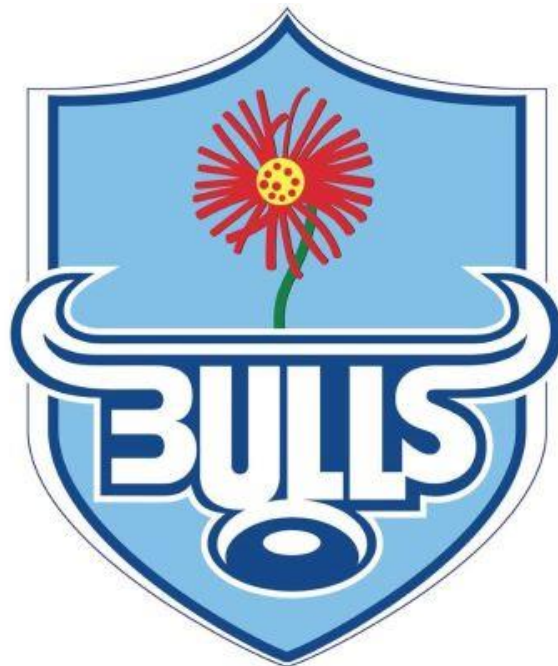


BULLETJIE RUGBY



COACHES MANUAL



Manual For The Mini Rugby Coach

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MINI RUGBY

A. PHILOSOPHY AND OBJECTIVES

PHILOSOPHY

- The fifteen man game is simply too complicated for beginners.
- Beginners are too young for severe physical contact. Full eight- man scrums, line-outs and rough lose games, including dangerous pile-ups, tend to scare the younger players and their parents.
- In ordinary rugby, most boys are not being utilised to their optimal potential. A small number of the boys get to handle the ball more often and usually they are slightly stronger than the others.
- Mini Rugby is an easy game and coaching is simple, although it does contain the main elements of fifteen man rugby.
- The playing field is smaller than that for normal rugby, with fewer players in each team. This means that players are more involved in the game and player involvement means enjoyment of the game.
- Each player receives more opportunities to handle the ball and this offers more scope for individual skills development.
- It is easier to score tries and this is very valuable for individual players. The player feels the success and this is an important element of the learning process.
- It is important to teach the players to stick to the rules of the game. The winning motive should not be of the utmost importance.

OBJECTIVES

- To introduce young players to the game of rugby.
- To develop and cultivate basic rugby skills, e.g. ball handling.
- To recruit and develop rugby players.
- To create a love for the game of rugby amongst young players
- To involve the parent community in rugby, especially in coaching.
- To provide the boys with opportunities to play in matches.
- To introduce young beginners to the joys of team sports.
- To encourage personal development.
- To give the child the opportunity to develop his own identity.

POLICY

1. MINI RUGBY PRACTICES

- Coaching must strictly comply with the Mini Rugby Coaching Manual.
- The coach must apply the Code of Conduct conscientiously.
- Coaches must ensure safe practice sessions.
- A love for the game must be developed through enjoyable practice sessions.
- Discipline: must be strict, but sympathetic.

2. TEAM COMPOSITION

- Teams may not be selected on the basis of strength (power).
- No A, B, C or D teams - give each team a name.
- Mini Rugby teams are open to boys and girls.
- Girls are not allowed to play contact rugby.

3. AGE GROUPS

- U/6 Pre-primary school children not younger than 5 years and not older than 6 years.
- U/7 children (the year in which they turn 7)
- U/8 children (the year in which they turn 8)
- It is the responsibility of the school/club to see to it that the children are playing in the correct age groups. If possible, birth certificates must be available.

4. REFEREES

- Referees must have a sound knowledge of the rules and apply them accordingly.
- The referee must see to it that linesmen are appointed before the start of any match.
- The referee must be fit and capable to officiate in matches.

5. COACHES - DURING MATCHES

- During U/6, U/7 and U/8 matches, only one coach per team may be on the field of play.
- No parents are allowed on the playing field.

6. FIRST AID

- The home school/club is responsible for first aid.
- First aid must be visible and evenly distributed.
- NB: Sufficient first aid must be available.
- Only specialised first aid providers may apply and provide first aid.
- No match may be played if first aid is not available.
- If any blood or open wounds occur, the injury must be attended to immediately and the player must leave the field.
- The home school/club must ensure that the fields used for matches are properly demarcated, fenced in and are safe.

7. COMPETITION

- NO winning motive! The aim is to develop a love for the game and allow children to enjoy playing the game.

8. CODE OF CONDUCT

- Codes of conduct are prepared to remind administrators, coaches, parents and spectators of the fact that Mini Rugby needs to be administered, organised and presented as a game to benefit young children who wish to play the game.

9. BEHAVIOR OF SPECTATORS AND OFFICIALS

- If a person is guilty of misconduct and fails to comply with the code of conduct, the organiser must request the guilty party to leave the area.
- NO spectators are allowed on the playing fields.

- NO aggression of any parent will be allowed.
- NO liquor is allowed at Mini Rugby practice sessions or matches.

10. CODE OF CONDUCT FOR SPECTATORS

- Remember that the players are participating in organised sports. They are not miniature Springboks.
- Behave yourself in an exemplary fashion and with dignity. Do not curse or use foul language to insult coaches or referees.
- NO aggressive behaviour will be allowed.
- Recognise good play by your own team, as well as the other team.
- Show respect for your team's opponents.
- Disapprove of violence on the field of play at all times.

11. CODE OF CONDUCT FOR PLAYERS

- Play to enjoy the game, not to keep your parents or the coach happy.
- Play according to the rules of the game
- Never, ever question the referee's decision. Give the captain or the coach the opportunity to ask questions.
- Control yourself and never lose your temper.
- Be a good sportsman. Give credit for and recognise good playing skills. This applies to your own team as well as the opposition.
- Treat all other players in exactly the same way you would want to be treated. Do not treat other players unfairly and do not bully or mock them.
- Remember the game is aimed at:
 - enjoyment
 - developing skills and
 - feeling good.

12. CODE OF CONDUCT FOR PARENTS

- Do not force an unwilling child to play Mini Rugby.
- Remember that the child must enjoy playing, not the parent.
- Encourage your child to play according to the rules of the game.
- Teach your child that offering your best is just as important as winning, to help them accept the results of games without undue disappointment.
- Show your child that losing a game may be just as important because it tells you that you can improve and it teaches you good sportsmanship.
- Never humiliate a player by shouting at them if they make mistakes, or lose a game.
- Remember that children learn best by following examples.
- Never question the referee's judgment or integrity in public. These people give their valuable time and effort to teach the players.
- Support all efforts to keep undue verbal and physical violence from Mini Rugby.
- Acknowledge the value and importance of volunteer coaches and referees. They give their time and apply their expertise to teach these players and mould them for their futures.
- Acknowledge a good game played by the players, irrespective of a game being won or lost.

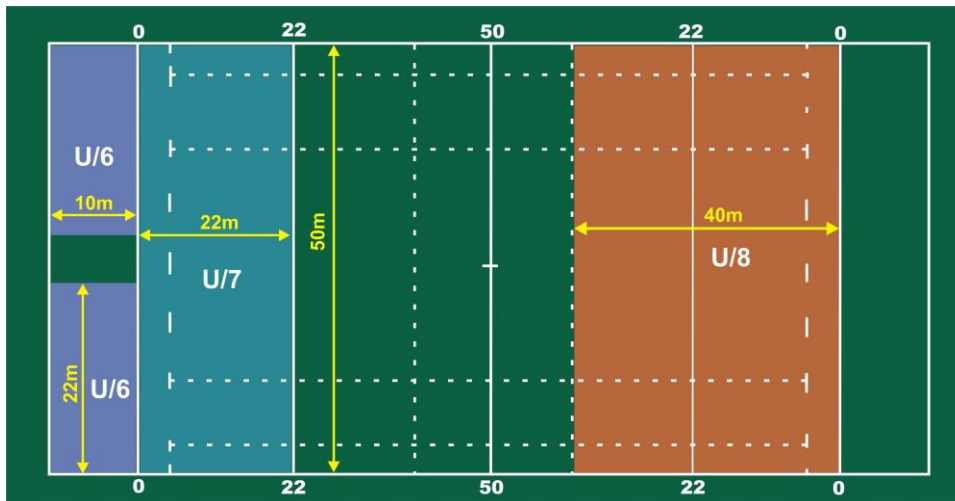
13. CODE OF CONDUCT FOR COACHES

- Remember a player must respect his coach.
- Offer sincere encouragement when the child deserves it and set a good example.
- Coaches may never shout at players or hit them or touch them (e.g. removing them physically from an off-side position) during matches.
- Set reasonable standards bearing in mind the child's available time, energy and enthusiasm.
- Remember that they also have other interests and that they have to set time aside for other activities.
- Teach your players that the rules of the game apply to all players and that the rules may not be bent or broken.
- Give all players a fair chance to play for the team. Average weak players have the same need to participate and deserve the same opportunities.
- Remember that children play for the fun of the game.
- Never humiliate a player by shouting at him, cursing him or making remarks when he makes mistakes or if a match has been lost.
- Assist your team to develop respect for the qualities of opponents, the judgment of referees and coaches of other teams.
- Follow doctor's orders when you have to decide about the inclusion of a player following recovery from an injury.

B. FORMAT AND RULES

1. FORMAT

1.1 SIZE OF THE FIELD (RUGBY FIELD)



1.1. SIZE OF THE FIELD (RUGBY FIELD)

- U/6: The dead ball line and goal line serve as touch lines and the goal border line as the goal line.
- U/7: The goal line and the 10m line can be used as touch lines.
- U/8: The goal line and the 10m dotted line can be used as touch lines.
- The normal touch lines serve as the scoring line.
- The uprights are not utilised at all.
- The 15m dotted line is used as 22m line; only valid for the U/8 fields.
- An imaginary line straight across the uprights serves as centre line.

1.2. AGE GROUPS

- U/6 Pre-primary school children not younger than 5 years and not older than 6 years.
- U/7 children (the year in which they turn 7)
- U/8 children (the year in which they turn 8)
- It is the responsibility of the school/club to see to it that the children are playing in the correct age groups. If possible, birth certificates must be available.

1.3. PLAYERS IN TEAM (ALL AGE GROUPS)

- U/6: Six players in a team. Reserves (up to 4)
- U/7: Seven players in a team. Reserves (up to 5)
- U/8: Eight players. Three up front and five as backs. Reserves (up to 6)

1.4. DURATION OF A MATCH

- U/6: Ten minutes maximum
 - with one minute break
- U/7: Fifteen minutes maximum

- with one minute break
- U/8: Twenty minutes maximum
 - with one minute break

1.5. STARTING THE GAME

- Kick-off from the "centre line". The latter is straight across the uprights of the ordinary field.
- The only time the ball is kicked is during kick-off. No ground kicks out of hand.
- The kick-off involves:
 - U/6: an ordinary kick (out of hand)
 - U/7: an ordinary kick.
 - U/8: a drop-kick
- The kick must be directed at the opposition. The ball may not be kicked over the heads of the opposition.
- All members of the opposing team have to be 5m away from the centre line.
- Players must remain static until the opposing team has received the ball before they may rush forward.
- Restart after a try: The team that have scored a try receive the kickoff.

1.6. SCRUM (ONLY FOR U/8 TEAMS)

A MINI SCRUM CONSISTS OF THE FOLLOWING THREE PLAYERS:

- Loose head prop
- Hooker
- Tight head prop

WHEN IS A SCRUM AWARDED?

- When the ball is passed forward.
- In case of a knock-on, first apply the advantage rule.
- When the ball fails to appear from a maul, the team in possession throws the ball in.
- When the ball is kicked.

GENERAL RULES: SCRUMMING

- No pushing allowed in the scrum.
- The team that throws the ball in must hook the ball. Make sure that all the players bind properly.
- The scrummers must not break up before the ball has been passed to the flyhalf (warn and call for another scrum).
- The opposing scrumhalf must remain behind the back feet of his scrum (warn and call for another scrum).
- Both backlines must remain 5m away from the scrum until the ball is passed to the attacking backline.
- The opponents may only run up to defend once the ball has reached the flyhalf.
- Players must rotate positions. When a scrum is awarded a new player must take the position in a scrum and backline alternatively. Every player must experience all the different positions in a scrum and the backline during a game.

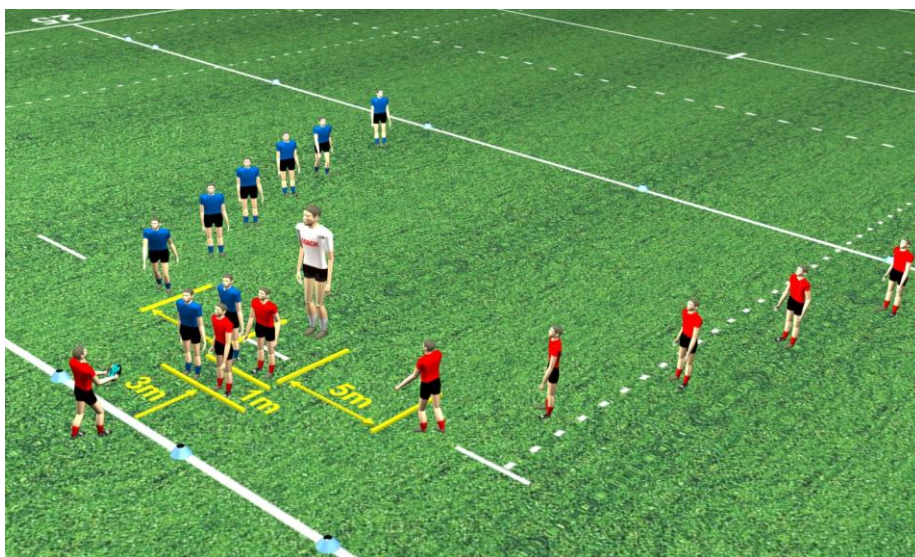
BINDING OF PLAYERS IN A SCRUM



- All players in the front row must bind properly with the entire arm - and stay bound while the scrum is being formed.
- Players must remain bound while the ball is being thrown in and also while the ball is still in the scrum.
- The hooker binds with his arms either under or over the arms of his props.
- Either way, he has to bind properly around their torsos or alternatively bind under their arm-pits.
- The hooker may not be supported by his props to the extent that he does not have weight on his legs.

1.7. LINE-OUT (ONLY FOR U/8 TEAMS)

GENERAL RULES: LINE-OUT



- When a team causes the ball to go out of play, a line-out is called with the opponents throwing the ball in.
- Three players per side in line-out

- One player to throw the ball in and two jumpers
- The front player in the line-out must stand 2-3m away from the side-line.
- One meter between the two lines of players must be maintained.
- One jumper and one fetcher. The jumper must catch the ball with both hands. The fetcher to provide the ball to the scrum half
- The player delivering the ball to the line out must pass the ball under hand from between legs upwards.
- The defending hooker must stand inside of the 2m line until the ball has been thrown in.
- The players who win the ball in the line-out may not drive forward.
- The opponents (including the hooker), must bind and may not hang loose (may not heave or drive the opponents).
- The scrumhalf may not break. He must pass the ball to his backline.
- Players in the line-out may break as soon as the ball reaches the flyhalf.
- The two backlines must apply the 5m rule and the opposing team may not run up to defend until the ball has been passed to the flyhalf (penalty kick).
- Players must rotate positions. When a line-out is awarded a new player must take the position in a line-out and backline alternatively. Every player must experience all the different positions in a line-out and the backline, during a game.

1.8. BACKLINE

- Only for U/8 players.
- Consists of a scrumhalf, flyhalf and outside backs. (5 Backs)

BENEFITS OF THE MINI BACK-LINE

- Players learn to take up their correct positions.
- It is easier to teach players to run straight.
- More emphasis can be placed on good ball handling.
- Positional changes can be made to determine a player's best position.
- The mini back-line provides players with a better perspective of back-line play.

1.9. MAULS

- The players may not hold on to the ball (warn and penalise).
- Players may not play the ball from the wrong side of the maul (penalty kick).
- NB • See to it that mauls don't last too long (not longer than 5 sec) – The team in possession of the ball may tap-kick and continue playing.

2. RULES

2.1 PENALTIES

WHEN IS A PENALTY AWARDED?

- Off-side . Tap kick on the spot indicators by referee
- Foul play - warn and penalise - if the player persists player is sent to the cooler (behind the dead-ball line) for five minutes/ or replaced.
- NB: Opponents must move back 5m. The attacking side may not take the tap kick until the defenders have fallen back 5m. No quick tap kick may be taken. The referee takes the ball and hands it to the attacking side.
- The player executing the tap-kick may not rush forward. He must pass the ball before he may participate in the game again. Always use a different player to take the tap-kick.

- When players are driving in from a line-out, warn and penalise on the spot (U/8).

2.2 THE KNOCK-ON

- Knock-on of the ball occurs when a player tries to catch the ball and loses it forward.
- If the ball carrier loses the ball forward, advantage is given to the defending side, until the next transgression.
- Play is then turned over to the opponents (scrum for U/8).
- The defenders fall back 5 meters and the attackers perform a tap-and-go (U/6 – U/7)

2.3 OFF-SIDE

- The off-side line is always the centre of the ball. In U/8 scrums, the throw-in line is the off-side line (back-line 5m away).
- All defenders who are over the off-side line during the passing of the ball, are off-side.
- When the defenders are off-side, the defenders fall back 5 meters and the attackers perform a tap-and-go (no advantage).

2.4 PHYSICAL CONTACT (Where Rip rules are applied)

WHEN DELIBERATE PHYSICAL CONTACT OCCURS, THE FOLLOWING IS APPLICABLE:

- At the first physical contact, a warning is given.
- At the second physical contact, a penalty kick is awarded by allowing the opposite side a tap-and-go.
- At recurring transgressions, a 5 metre fall-back is applied.
- The ball carrier is not allowed to hand-off the defender.
- The ball carrier may not be bumped or pushed over the side line (the ball must remain in the ball carrier's hands.)
- No ripping, smack-downs or grabbing of the ball is allowed.
- The ball carrier is not allowed to use the ball to bump off a defender.
- Players are not allowed to dive onto a loose ball. The ball must be picked up and played or passed to a team mate.
- Defenders are not allowed to grab or hold on to a ball carrier before "ripping".

PHYSICAL CONTACT U/8

- Non-contact rugby with the Rip format for U/8 players is recommended so that players can familiarize themselves with playing from scrums and line-outs.
- After the Bulletjie Season ends a transition phase for Contact Rugby will comments for U/8 players to prepare them for u/9 rugby.

2.5 RIP RULES FOR U/6 to U/8



THE RIBBON

Dimensions for U/6, U/7 & U/8

- Width – 5cm
- Length – 30cm

- The format of the ribbons must be standardised.
- Ribbons should not be folded into the pants or sewn on to the pants.
- Ribbons should always hang freely on both sides **vertically on the** hips of the pants.

THE 'RIP'

THE 'RIP', IS THE RIPPING OFF OF A RIBBON WHICH IS ATTACHED TO THE PLAYER'S BELT (ONE ON EACH SIDE).

- The ball carrier must always have two ribbons attached to his belt.
- When the ball carrier's ribbon is 'ripped', he must pass the ball to a team mate within three seconds or three steps.
- After passing the ball, the player must re-attach the ribbon to his belt before taking part in the game again.
- The player executing the 'rip', must shout "rip", and hold the ribbon up in the air.
- The referee must acknowledge the 'rip'.
- The player who performed the 'rip' must place the ribbon down on the grass immediately after this action and continue with play.

THE 'RIP'



3. GENERAL

- No charging down or wrestling for possession is allowed.
- No physical contact is allowed. Only the ball carrier may be “ripped”.
- If the ball touches the ground during a pass or is lost backwards, play may be continued.
- No kicking is allowed, except at the start of the game.
- No diving onto the ball is allowed.
- The ball carrier is allowed to dive while scoring a try.
- The player who scores a try must be wearing 2 ribbons.
- Should a player with only 1 ribbon score a try, the referee must immediately blow his whistle, and give 5 meter advantage to the defending side.
- Defending players are not allowed to grab the ball carrier by his clothes in an attempt to drag him closer for the “rip”.
- Always reprimand players in the presence of coaches.

- Players are not allowed to wear watches or anything else that can injure other players.
- Jerseys should be tucked in the pants.
- NB – The ball always remains the off-side line.
- Players should be reprimanded if any unlawful or foul play occurs.
- Encourage running rugby and discourage selfish play.
- Referees must blow the whistle early in order to prevent dangerous situations.
- To assist with the interpretation of the rules, one coach per team may be on the field during play.
- Work progressively towards the end of the season with no coaches on the field.
- Don't blow for minor errors; rather let the game flow as this provides more opportunity for the players to play the ball.
- NO battering-ram charges will be allowed after a penalty kick.
- If an infringement occurs on the scoring line or within the goal area and the defending team receives a penalty kick, the penalty kick must be taken 5m from the goal line.
- When the scrumhalf breaks away without passing the ball after a scrum or line-out – a penalty is given at the place of the infringement.
- No forward passing is allowed.

3.1 RESPONSIBILITY OF HOST SCHOOL/ORGANISATION TO SECURE THE SAFETY OF THE FIELD OF PLAY

- It is important to note that the primary responsibility to ensure that everything is in place on match day lies with the HOSTING school/club/organisation and not the referee. The referee is only the secondary or back-up control to verify that everything is in order on the day.
- Should the playing fields and grounds not confirm to SA Rugby safety standards, then referees will be mandated to call these games off. Referees are entitled to decide whether it is safe for a player or safe for the game to continue.
- Objections to the ground – The referee will attempt to resolve the issues but must not start a match if any part of the ground is considered to be dangerous.
- Before any match can continue, the following needs to be controlled for:
 - Advertising hoardings, poles, pylons and barriers must ideally be 5m from the touchlines of a rugby field. If one or more of the mentioned obstacles cannot be removed they must be suitably covered up to provide maximum protection to the players. If areas of the playing surface comprise an asphalt/tartan track it should be suitably covered as well.
 - That the minimum medical requirements are in place at the venue:
 - At least 1 qualified first aider in attendance at a rugby field.
 - A complete set of spinal board, neck collar, spider harness and head blocks at a rugby field. If none of these items is available at a rugby field, no game can continue or start.
 - Each coach and referee of the participating teams have been controlled for their active BokSmart Certification status.
 - That the duly completed Team lists are provided to the hosting school organiser beforehand to allow for control of the Under-age and School Age-banding Regulations.
- When inspecting the playing enclosure, it is important to study the pitch itself and look for any obviously dangerous aspects that may be prevalent.
- Some key checks to consider include but are not limited to the following:
 - Check the ground and playing surfaces:
 - The ground is level and free of holes.

- There are no exposed sprinkler heads or hard plastic/metal ground spikes or flag supports.
- There is no broken glass, rubbish or stones.
- There are no cement barriers, shot put rings, drains, protruding steel pipes- or structures, ditches, walls, buildings, fences, rails, stands, pylons, overhead lights or the like within the SA Rugby stipulated playing enclosure.
- There are no other movable objects such as dust bins, scrum machines, steel rollers, tyres, school bags, chairs or the like within the playing enclosure.
- Goal posts are appropriately padded.
- Marker flags will flex on impact with no sharp edges.
- No advertising hoardings within the playing enclosure.
- Equipment is stable and will not collapse.
- Spectators and vehicles proximity to the playing enclosure must be managed appropriately.

3.2 RESPONSIBILITIES OF THE REFEREE

The referee should manage the game correctly by:

- Explaining to the coaches and players, before the game, what infringements you are serious about and be consistent.
- Know the 10 general rules.
- Take control of the game, be firm and keep to your decisions.
- Blow your whistle loud and clearly, when an infringement is committed.
- Talk loudly, frequently and clear, and warn the players when minor offences occur, before you blow your whistle.
- Let the game flow whenever possible.
- Talk to the coaches if the same infringement occurs frequently.
- Do not get involved in arguments with the supporters.
- Report any incidents to the organiser.
- Handle all injuries as if serious and know where the First Aid facilities are.

3.3 RESPONSIBILITIES OF THE TOUCH JUDGE

- Must be a coach, no children.
- Show the referee when the ball is outside the playing area or when an injury has occurred.
- Keep the supporters $\pm$ 2m from the playing field and make sure that no supporter goes onto the field during a game.

3.4 GENERAL ARRANGEMENTS FOR THE SUCCESSFUL CONDUCTING OF A GAME

- The correct size of the ball (no. 3)
- Is First Aid available?
- Are touch judges available?
- Is the demarcation of the field done correctly?
- Is drinking water available?
- Correct ribbons, hanging freely
- Velcro on the prescribed areas of the pants.
- Shirts or tops tucked into shorts.
- ONE coach per team on the field.
- Upright protectors - check the playing area to ensure whether it is safe.
- Correct number of players in each team.

- Does the referee have his own whistle?
- Does the referee wear the correct clothing? Shirt to be in a different colour, than those of the teams to avoid clashing.
- Does the referee know the rules for that specific game?
- Is there a 2m open space between the playing field and the supporters?
- Do the opponents wear different colours to avoid clashing?

C. THE MINI RUGBY COACH

1. A COACH STRIVING FOR SUCCESS MUST:

- Ensure that the players are at ease during practice sessions and matches.
- Encourage good relations between "Players".
- Give correct information about the game and practice techniques to enhance their game.
- Must have the ability to work with parents, teachers and all other relevant parties.
- Adhere to general basic principles in accordance with school education policies.

2. TO ENSURE THAT THE PLAYERS EXPERIENCE MAXIMUM ENJOYMENT OF THE GAME A COACH HAS TO:

- Plan his practice session in advance.
- Arrive early enough to help with the preparations that will ensure that all the necessary equipment is at hand.
- Know the names of his players.
- Be enthusiastic and in high spirits.
- Introduce effective demonstration techniques.
- Have a personal interest in the development of each player's game and his basic techniques.

3. DURING THE PRACTICE SESSION A COACH HAS TO TAKE THE FOLLOWING INTO ACCOUNT:

- Begin and end the session on time.
- Take the necessary precautionary measures to prevent injuries "Boksmart".
- Anticipate dangerous situations and introduce adjustments.
- Inform parents about the safety aspects included in sessions (e.g. contact confidence and safety).
- Be patient and tolerant when players are learning new techniques.
- Never raise your voice at players.
- Praise players who mastered the techniques correctly and be enthusiastic when encouraging the players.
- Frequent rest periods are essential; players lose concentration easily and can become bored and tired.
- A young child's strength and co-ordination is limited.
- Slower progression is preferable as it gives players enough time to develop skills.
- The players must be given the opportunity to discover the mastering of techniques by themselves.
- Ample time must be granted for the children to play.

D. THE MINI RUGBY PRACTICE SESSION

1. GUIDELINES

- Practice may not last longer than 60 minutes.
- The time allocated per session is a guideline and can be adapted by the coach.
- REMEMBER: Players must gradually be introduced to the formal game of rugby. Initially no contact must be made.

2. A PRACTICE SESSION SHOULD INCLUDE THE FOLLOWING:

- Introductory warm-up games.
- Technique development (skills).
- Rugby related games.

2.1 INTRODUCTORY WARM-UP GAMES

OBJECTIVE

- To provide the players with an opportunity to get used to rugby by means of informal play.

GUIDELINES

- Having fun and playing with the ball is a priority during this phase.
- All players have to maintain a high level of activity.
- It also serves as warm-up exercises preparing players physically and mentally for the practice.
- Improves muscle and joint flexibility.

2.2 TECHNIQUE DEVELOPMENT AND CONTACT

- When a specific technique has been mastered and can be successfully applied in a game situation against opponents, it can be called a skill.

AIM

- To establish the player's skills by means of technique development.

TIP

- Techniques have to be acquired informally.
- Use simple exercises with only a few key words.
- Ensure that the training sessions are exciting to prevent players becoming bored.

THE COACH HAS TO TAKE THE FOLLOWING ASPECTS INTO ACCOUNT DURING THIS PHASE

- Start with the simplest, easiest and the well known.
- Use progression steps when teaching techniques: walk, run and sprint.

PROCEDURE TO TEACH THE TECHNIQUES

- The coach explains and demonstrates.
- Players get the opportunity to practice the technique.
- The coach evaluates and corrects.
- Introduce technique related games to apply the techniques that have been acquired.

2.3 RUGBY RELATED GAMES

AIM

By means of a rugby related game, the child progresses to the formal game situation.

NOTE

- The level of development determines when a player is introduced to Mini Rugby and the rules of the game.
- Avoid contact games.

E. GROUP ORGANISATION

1. GENERAL

- Make sure the playing field is safe and has been demarcated."Boksmart"
- Make sure that all the relevant equipment is available and on the rugby field.
- Divide players in rows and name a different group leader every time.
- Keep an attendance-roll.
- First explain to the player the whole exercise session.
- Ensure that players react immediately on demands, use a whistle e.g.: one whistle to start proceedings, two whistles – every-body stop immediately and keep quiet.
- Keep discipline and order.
- Ensure that the demonstrations and explanations are easy to understand.



- Place the players with their backs to the sun; ensure that everyone can see you.
- Use routine formations: e.g. line and circles.

TIPS

- Active involvement by the coach (during the practise session), motivate and stimulate the players.
- If a particular exercise is too difficult, stop and scale down.
- Be alert for situations or exercises that can be dangerous.
- Ensure that there is first aid and the necessary equipment available during each practice session.

2. SYSTEMS

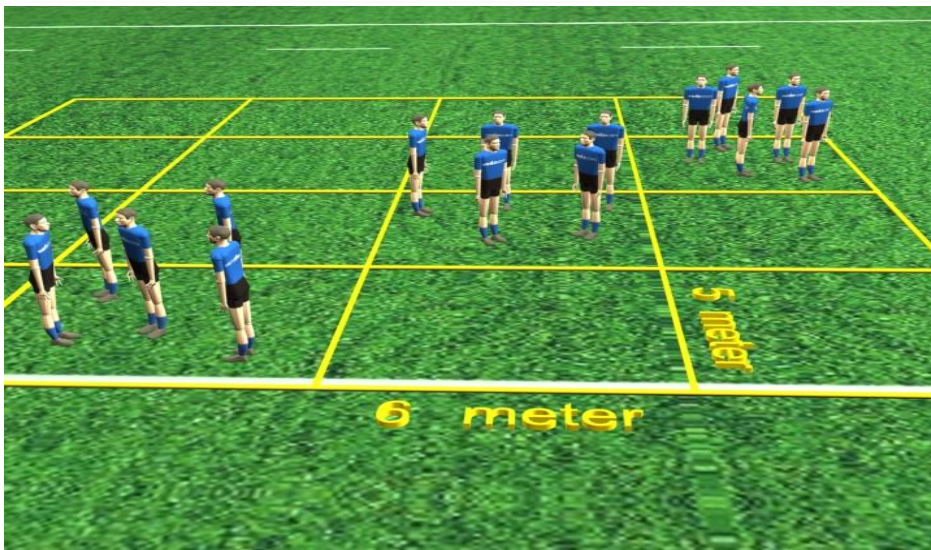
- It is important that the coach uses certain systems during the practice session.
- It helps to keep good order.
- It helps with control and discipline.

SYSTEMS CONSIST OF:

- The grid system
- The channel system
- The circular system
- The line system

2.1 GRID SYSTEM

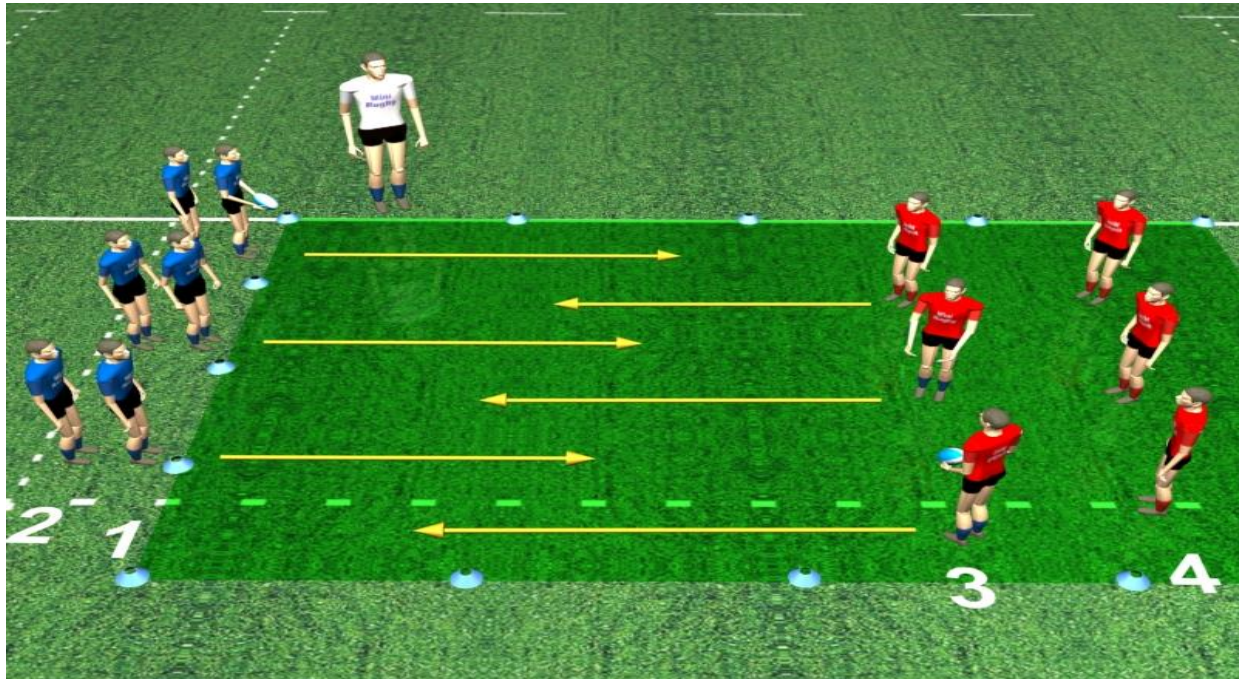
- Makes it easier to organise and maintain discipline, when faced with larger groups of players.
- Ensures that the coach is in control.
- Players can work at a higher rate of intensity and contact between team mates is not lost when they operate within smaller playing fields within the grid.



EXERCISES

- Five players in the grid (5m x 6m)
- Four players handle the ball freely.
- The fifth player tries to intercept the ball.
- All Players provided opportunity at intercepting the ball.

2.2 THE CHANNEL SYSTEM



- Large numbers of players can be divided into smaller entities.
- This system makes it easier for the coach to control the group and to introduce corrections.
- Fitness and skills can be developed simultaneously.
- Each group uses the same techniques and practice methods, which enables the coach to identify and correct mistakes sooner.
- The channel system allows players to run at full speed.
- Groups can play over the width of the field.
- The width of the channel can be varied according to the level of skill, the number of players and the size of the area.

GENERAL

- The channel in which activities are performed must not be too long.
- Use shorter channels for younger players.

EXERCISE

- Players in groups of three next to each other.
- Groups behind one another.
- Group one runs alongside one another handling the ball until they reach the end of the channel.
- The next group repeats the exercise.
- All players get an opportunity to handle the ball in the middle.
- Groups can weave through each other.

2.3 THE CIRCULAR SYSTEM



- Ideally suited for warm-up and individual technique development.
- The coach has better control because the players are relatively close to one another in the circle.
- Circles can either be static or dynamic.
- When making a circle, more than one ball can be used simultaneously.

EXERCISE - SKETS

- Players in a circle, handling the ball clock wise and anti-clock wise.
- Players run in a circle, handling the ball inwards and back to team mates.
- Players run in a circle, placing the ball for the next player to pick up.

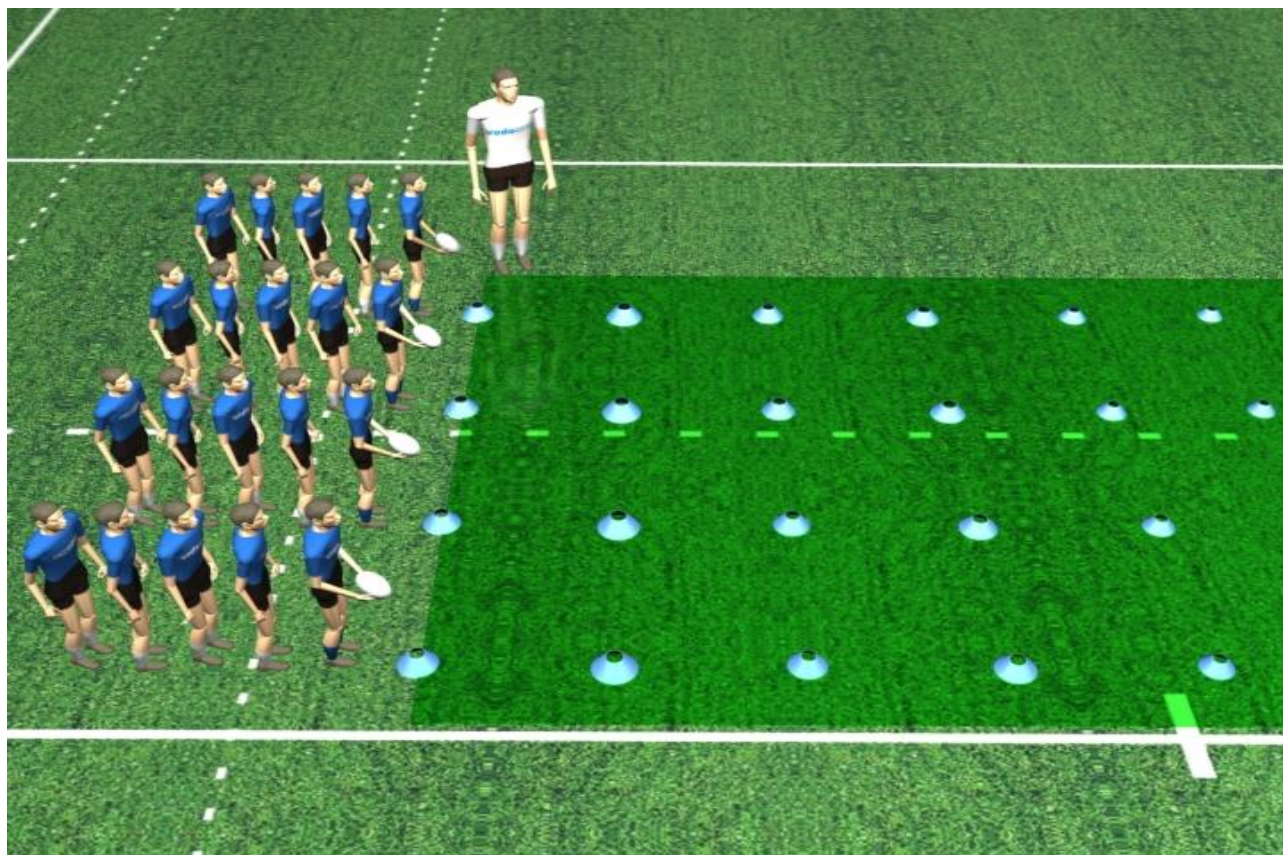
2.4 THE LINE SYSTEM ADVANTAGES AND METHODS

- Players in a line behind one another.
- Suitable for competitions and relays.
- Also suitable to warm-up and during the technique phase.
- Groups can be either static or mobile.

EXERCISE

- Players stand close to each other, and pass the ball down the line and back again.
- Divide group in two groups i.e. 3-3.
- Players practice picking up the ball by means of relay games.

- The first player picks up the ball and puts it on the ground; he then touches the next player who repeats the exercise.
- The players fall in at the back of the line again.
- Players move in a line behind one another applying specific actions.



F. CATCHING AND PASSING 7- 8 YRS OLD

FUNDAMENTALS TO COACH PASSING AND CATCHING OF THE BALL

1. INTRODUCTION: PASSING AND CATCHING OF THE BALL

- One of the core skills for a rugby player is to pass and catch the ball correctly.
- Young rugby player's age group 7-8 must understand the basic principles of catching and passing the ball.
- The quicker a young rugby player understands the core principles of catching and passing the ball as well as applying the technique, the better he will perform.
- It is important that the Mini-rugby coach will be able to understand the fundamentals of catching and passing and assist/teach this in a progressive manner.
- When coaching handling skills, the coach must apply the fun principle (playing games, relays, competition) and participate in the process

2. HANDLING: CATCHING AND PASSING 7-8 YRS OLD

- Fundamentals to coach passing and catching of the ball
- Hold ball in cup of hands (use handprint on ball)

Grip





- Stance: Ball in hands
 - Upper point of ball to face passers chin.
 - Target on ball to face receiver.

Back swing: Pass to the left

- Apply correct grip
- Left leg forward, slightly bent
- Left foot faces receiver
- Dip left shoulder slightly
- Target receiver: hands
- Pull back of ball past right side of body – straight arms
- Ball point down

The Pass

- Target on ball points to receiver – use receivers hands as target
- Place weight on left foot when pass commence
- Bent left knee
- Arms straight, bend elbows when arms pass left knee
- Use wrists to ensure ball travels still (stable) to receiver

The Receiver

- Face the passer
- Eyes on the ball
- Body slightly bent forward
- Hand stretched out to passer: Palms upwards

3. GENERAL

- Place emphasis on correct grip (handprint on ball)
- Use games and exercises in manual to implement –
- Progression is an important component when teaching catching and passing:
 - Stand
 - Walk
 - Jog
 - Run
- Provide ample opportunity to practice passing to left and right



Coaches notes:

BULLETJIE RUGBY

U/7 TRAINING SESSIONS



SECTION D

TRAINING SESSION 1

WARM-UP GAME: TOUCH BALL



LOGISTICS

- Five players in a square
- 5m x 5m square - use cones
- Use one ball

GAME

- One nominated player with a ball must chase the other players within the boundaries of the square.
- Chaser must try and touch as many players (evaders) as possible with the ball in ten seconds.
- The four players (chasers), who are being chased, must try to dodge the attacker.
- Chaser and evader should rotate regularly.

COACHING POINTS

- Evaders run into space, avoid the chaser.
- Players remain within the square area.
- Players to use correct grip when carrying ball (use handprint on ball)
- Coach to demonstrate correct grip.

TRAINING SESSION 1

TECHNIQUE DEVELOPMENT

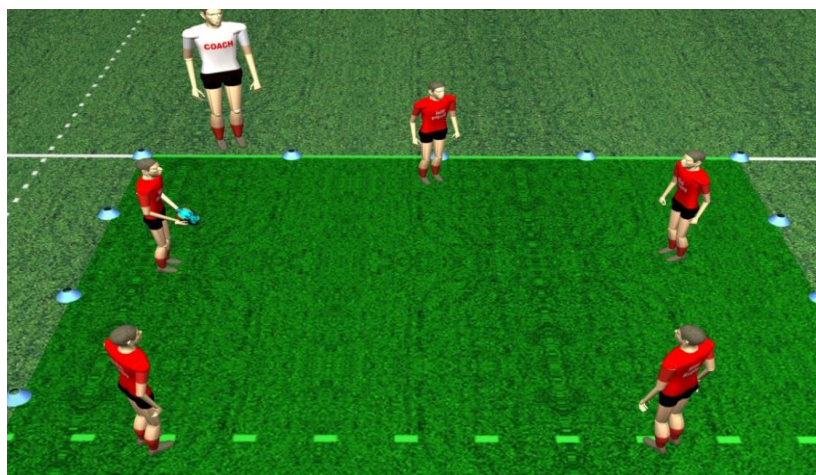
HANDLING OF THE BALL: CATCHING AND PASSING

LOGISTICS

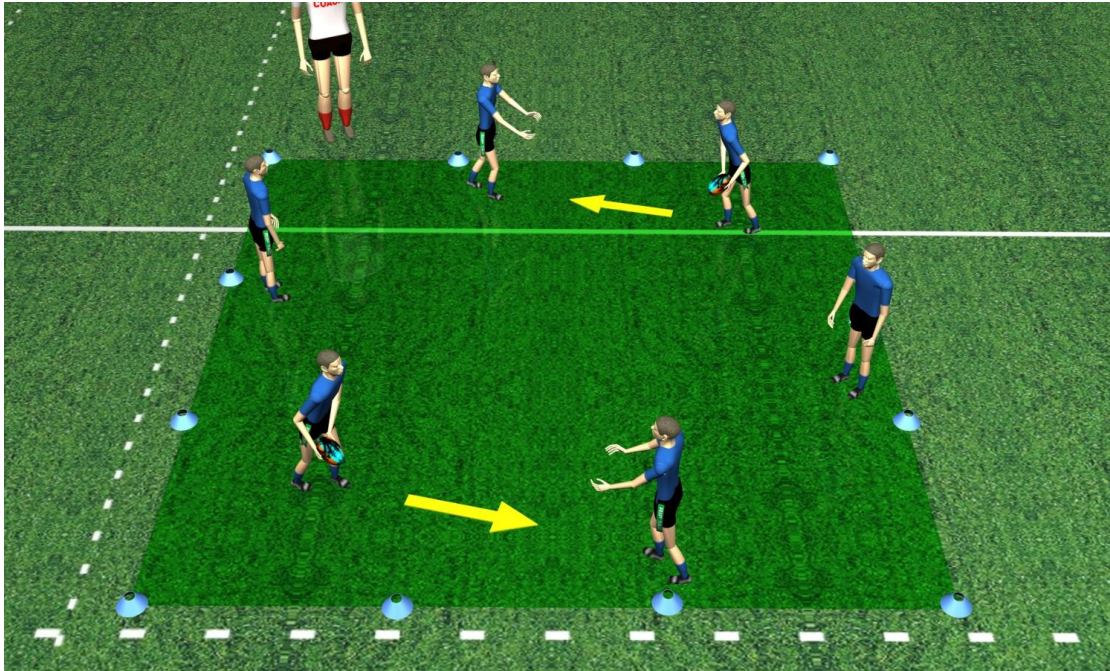
- 5 or more players in a circle
- Use one ball per circle
- Players face inwards.
- Players stand in a small circle handling/passing the ball clockwise and anti-clockwise.
- Increase the size of the circle for longer passes.



EXERCISE 1(a)



EXERCISE 1(b)



EXERCISE 2

EXERCISE 2

- Utilise two balls in the circle, players must pass the balls in the same direction
- Players must try to let the second ball catch up with the first ball. (Competition)

COACHING POINTS

- Coach must explain to the players how to hold the ball correctly (not too technical).
- Receiver of ball to hold hands out as target for passer.
- Passer targets receivers hands when passing ball
- The receiver must keep his eyes on the ball, hands stretched out towards the ball.
- The ball must travel as steady as possible.
- Ball carrier use handprint on ball as guideline.

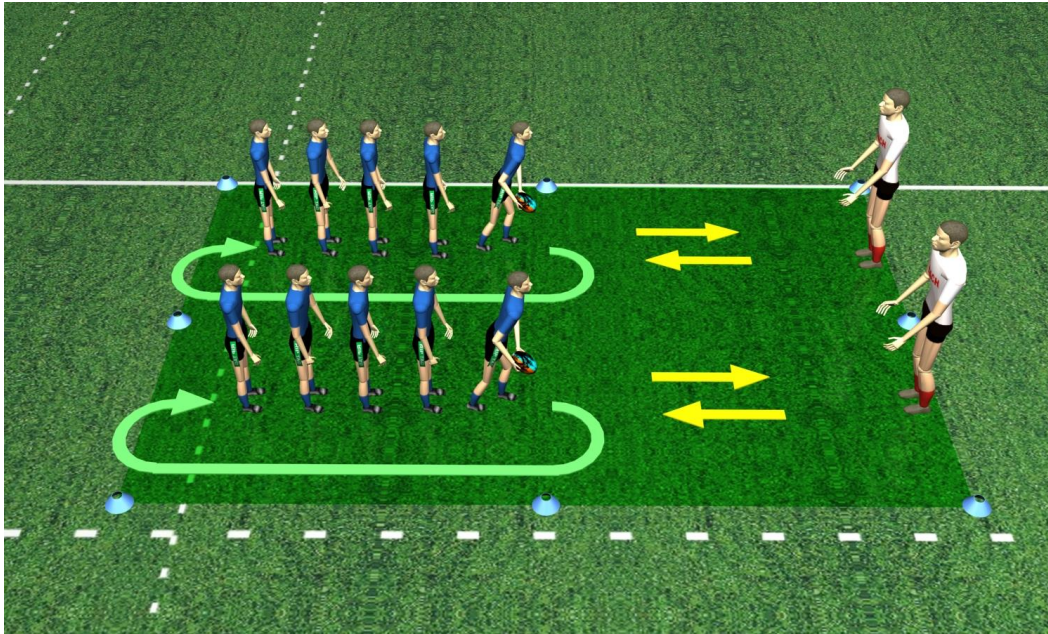
TRAINING SESSION 1

RUGBY RELATED GAME

PLAY A GAME

LOGISTICS

- 5 players in group per channel
- 5m x 10m channels – use cones
- Use one ball per group



- The players queue up behind each other.
- The coach stands 5m away from the front player.
- The front player performs a standing pass towards the coach, turns around and moves to the back of the row.

COACHING POINTS

- Explain and demonstrate the correct grip on the ball while passing. .
- Explain and demonstrate the correct way of passing.
- Swing the ball backwards before passing it forward.
- When passing ball from left side of the body the right foot should be placed forward and bend knee.
- The ball should travel as steady as possible during passing.
- Ball carrier to use handprint on ball as guideline.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Target on ball face receiver
- Use progression:
 - Walking
 - Jogging
 - Fast running

TRAINING SESSION 2

WARM-UP GAME: TOUCH BALL

LOGISTICS

- Five or ten players in a square
- 5m x 5m or 10m x 10m square – use cones
- Use one or two balls.



GAME

- One or two nominated players with a ball each must chase the other players within the boundaries of the square.
- Chaser/s to touch as many players as possible with the ball.
- Once a player has been touched, he must remain standing, legs apart.
- Standing players may only continue with play once a team mate has crawled through their legs.
- Allow as many players as possible to do the chasing.

COACHING POINTS

- Players should run evasively into the space. (evaders)
- Players should remain within the square.
- Players to use correct grip when carrying ball (use handprint on ball).
- Coach to demonstrate grip.

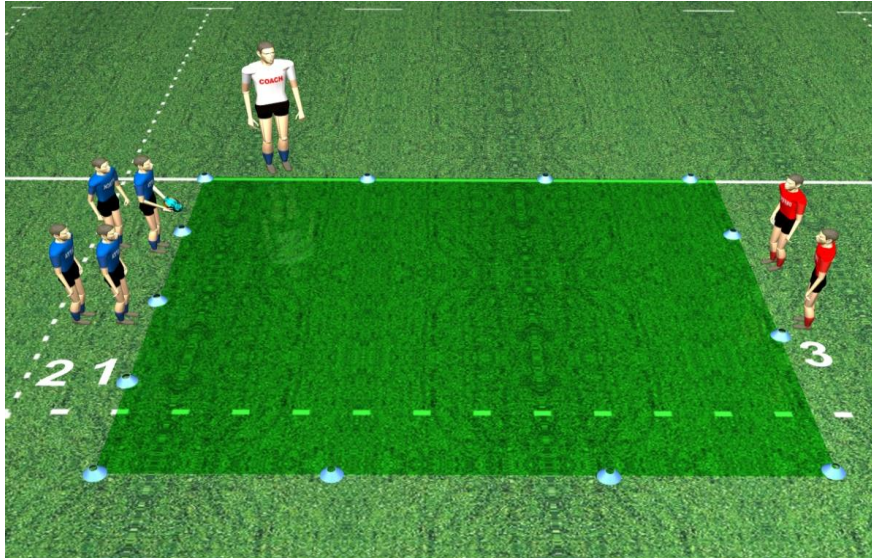
TRAINING SESSION 2

TECHNIQUE DEVELOPMENT

HANDLING OF THE BALL: CATCH AND PASSING

LOGISTICS

- 6 or more players
- 5m x 25m channel – use cones
- One ball per group



EXERCISE 1

- Players placed in pairs next to each other on opposite ends of the channel.
- Group one with the ball is placed in front of group two.
- Group one handles the ball up to group three on the opposite side of the channel.
- Group three does the same up to group two.
- Repeat the exercise.
- For progression use three players per group and handle the ball in the same manner as above exercise.

COACHING POINTS

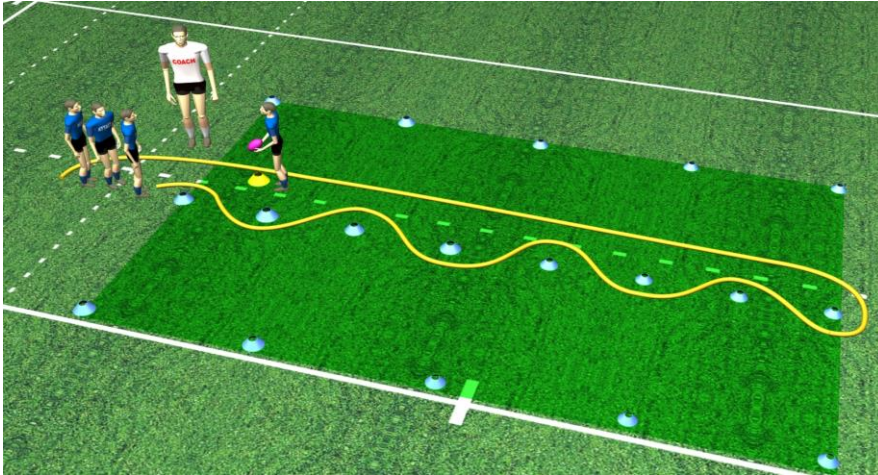
- Coach should demonstrate a running pass (lateral).
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing the ball – target on ball to face receiver.
- The pass: swinging the ball to the back and then forward to the receiver.
- The aim should be to let the ball travel as steady as possible.
- The correct grip of the ball (ball held in the cup of the hands).
- Ball carrier to use handprint on ball as guideline.
- Use progression for example walking, running and sprinting.
- Players can increase the distances.
- Increasing running speed while handling the ball.
- Groups of six present relays.

TRAINING SESSION 2

RUGBY RELATED GAME: PLAY THE GAME

LOGISTICS

- 4 players
- 5m x 10m channel – use cones
- Use one ball



GAME

- The front player must carry the ball, swerve around the cones, turning around the last cone and run back to his group.
- Ball carriers performs a standing (2m) pass to the receiver from the marked cone and takes his place at the back of the row.
- The next ball carrier repeats the exercise.
- Continue until all players had a run with the ball.
- Do relays (competition) with other groups.

COACHING POINTS

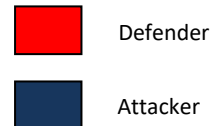
- Explain and demonstrate the correct grip on the ball while passing. .
- Explain and demonstrate the correct way of passing.
- Swing the ball backwards before passing it forward.
- When passing ball from left side of the body the right foot should be placed forward and bend knee.
- Same applies to right hand side of body.
- The ball should travel steady during passing.
- Ball carrier to use handprint on ball as guideline.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Use progression:
 - Walking
 - Jogging
 - Fast running

TRAINING SESSION 3

WARM-UP GAME: INTERCEPT

LOGISTICS

- 5 players in a square.
- 5m x 5m square – use cones
- Use one ball



GAME

- A group of four players (attackers) move freely within the square, passing the ball to one another.
- One defender must try to intercept the ball.
- The attacker with the ball in hand has to stand still.
- If a defender intercepts the ball or an attacker knocks the ball on, the attacker responsible for the mistake becomes the defender.
- Rotate the defenders and the attackers.

COACHING POINTS

- Attackers without the ball should try to position themselves in open spaces, to be able to receive the ball.
- Receivers of the ball should keep their eyes on the ball and reach out towards the ball when the ball is being passed to them.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- The receivers in open space should nominate for the ball.
- Players must remain within the square.
- Coach to demonstrate correct grip. (use handprint)
- Only under hand swing passing to be used.
- Explain the rules to the players.

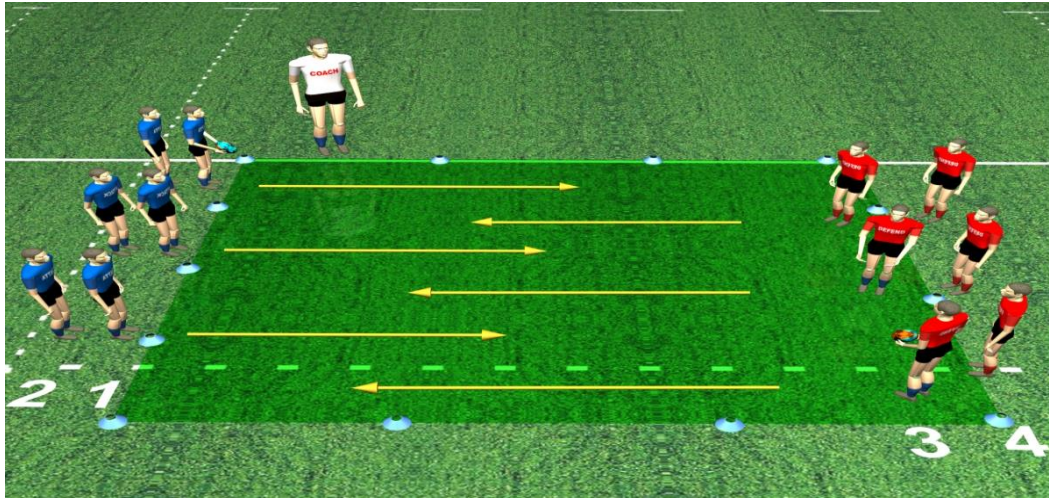
TRAINING SESSION 3

TECHNIQUE DEVELOPMENT

HANDLING OF THE BALL: CATCHING AND PASSING

LOGISTICS

- 12 players
- 5m x 25m channel – use cones
- Use two balls



EXERCISE

- Place three players next to each other.
- Group one (in front) and group two behind them.
- Group three (in front) and group four behind them, on opposite sides of the channel.
- Group one and group three start running simultaneously, handling the ball in the channel.
- The groups weave between each other and hand the ball to groups two and four, who perform the same action.
- Increase the distances and speed (running and handling) of the groups.
- Allow all players the opportunity to handle the ball in the centre of the line.

COACHING POINTS

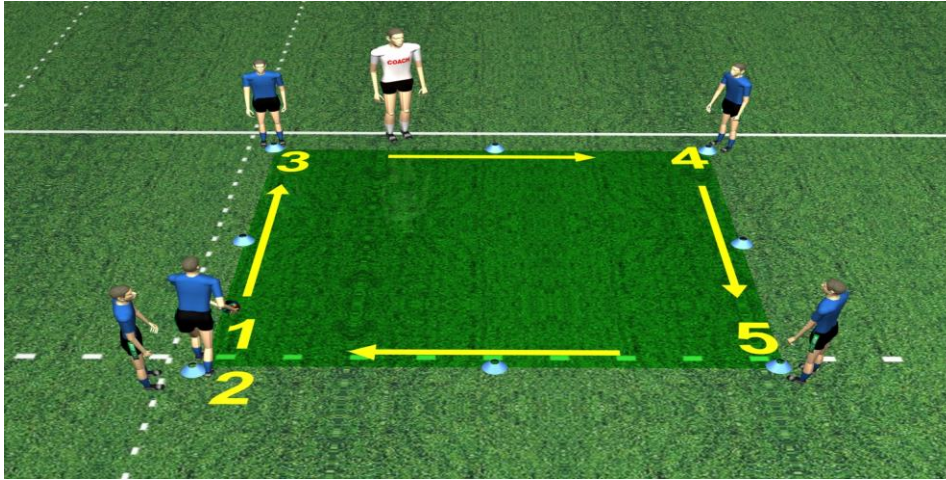
- Coach should demonstrate a running pass (lateral).
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball
- The pass: swinging the ball to the back and then forward to the receiver.
- The aim should be to let the ball travel as steady as possible.
- The correct grip of the ball (ball held in the cup of the hands).
- Ball carrier to use handprint on ball as guideline.
- Use progression for example walking, running and sprinting. Players can increase the distances.
- Increasing running speed while handling the ball.
- Groups of six present relays.

TRAINING SESSION 3

RUGBY RELATED GAME

LOGISTICS

- 5 players
- 5m x 5m square – use cones
- Use one ball



GAME

- Each player must stand next to a cone.
- Player one and two stand at the same cone.
- Player one, with the ball, performs a standing pass to player three.
- Player two remains static.
- As soon as player one has passed the ball, player two follows the ball up to player three.
- When player three receives the ball, he executes a standing pass to player four and player two follows the ball up to player four.
- Player four executes a standing pass to player five and player two follows the ball up to player five.
- The ball gets passed clockwise and anti-clockwise and increase the distances between the cones.

COACHING POINTS

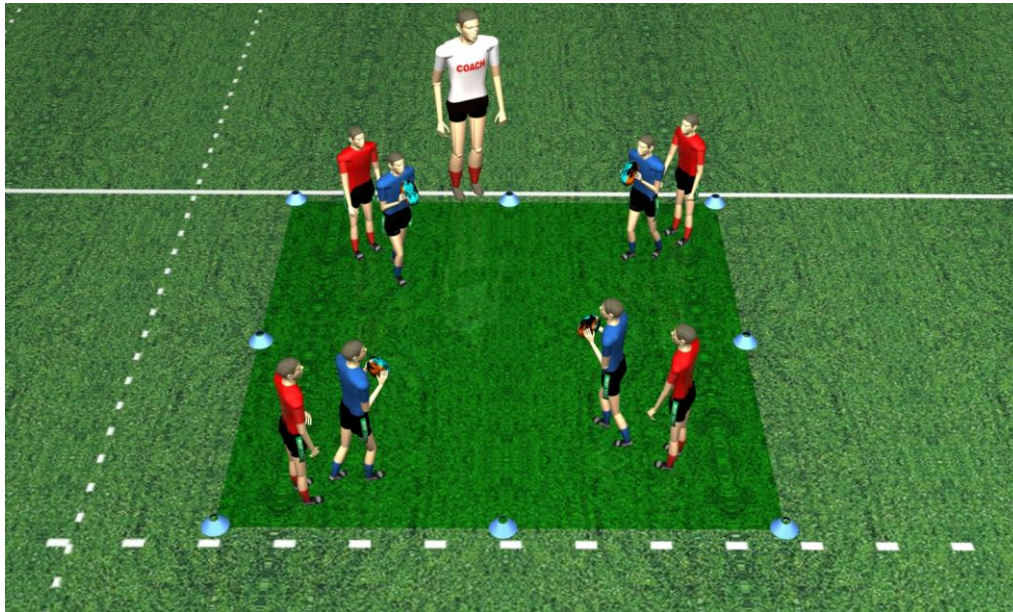
- All the core principles of passing and receiving are applied during this session.
- When passing to the left, the player should place his left leg forward and bend his knee.
- The ball must travel as steady as possible.
- The coach should let the players vary the handling speed of the ball.
- Ensure that the players pass the ball to both sides.
- Ball carrier use hand print on ball as guideline.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Use progression:
 - Walk and pass
 - Jog and pass
 - Run and pass

TRAINING SESSION 4

WARM-UP GAME: LEARN TO 'RIP'

LOGISTICS EXERCISE 1

- 8 players per group in a square. (4 evaders and 4 chasers)
- 5m x 5m square – use cones.
- All players to wear ribbons.
- Each evader to carry a ball (4 balls)



EXERCISE 1

- Coach must explain and demonstrate the use of the ribbon to the players ('rip and replacing).
- Players (evaders and chasers) run freely within the square.
- Player one carrying the ball, player two chases him.
- On a signal of coach (whistle) the player carrying the ball (evader) must accelerate and the chaser must try to rip the ball carrier's ribbon.
- Swop chasers and evaders frequently.
- Players must remain within the square.

LOGISTICS EXERCISE 2

- 9 players in a square
- 10m x 10m square – use cones
- All players to wear ribbons
- Each evader to carry a ball (3 balls)



EXERCISE 2

- Players run freely within the square.
- Two team mates (attackers), one carrying the ball.
- One chaser runs behind them.
- On a signal of the coach, the player carrying the ball accelerates and the chaser must try to rip the ball carrier's ribbon.
- Should the ball carrier's ribbon be ripped, he must immediately stop and pass the ball to the supporter.
- Forward passes are allowed.

COACHING POINTS

- Coach to demonstrate the correct grip when ball is carried.
- Players to hold the ball correctly (use handprint on ball).
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Coach to demonstrate correct passing and catching techniques.
- Rotate attackers and chases regularly.
- Receiver/Supporter must nominate for the ball.
- Use progression steps, walk, jog, run.

TRAINING SESSION 4

TECHNIQUE DEVELOPMENT

HANDLING OF THE BALL: DECISION MAKING

LOGISTICS

- 6 players per group
- 5m x 10m channel – use cones
- Use one ball
- Players must wear ribbons



EXERCISE

- Place four attackers next to each other at one end of the channel.
- Two defender faces the attackers, standing in the middle of the channel $\pm 10\text{m}$ away.
- The attackers must attempt to score a try.
- The coach should indicate where the try line is.
- The defenders must attempt to stop the attacker by ripping his ribbon.
- As soon as the attacker's ribbon is ripped, he must pass the ball to a supporting team member, within 3 steps.
- The defender who ripped the ribbon must immediately hand the ribbon back to the owner.
- The attacker must attach the ribbon to his belt before he can continue with play.
- The defender is allowed to intercept the ball (see general rules)
- The attackers are not allowed to pass the ball forward.
- The ball is allowed to touch ground, as long as it does not roll forward (knock-on).
- Attackers have four opportunities to score tries, rotate attackers and defender.

COACHING POINTS

Attackers:

- Play forward
- Beat the defenders.
- Pass when your ribbon is ripped.
- Pass when a supporting team member is in a better position than the attacker.
- Supporters should position themselves behind the ball carrier.
- Communicate with one another.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Must secure ribbon to belt when ripped before continuing in exercise.

Defenders:

- Focus on the ribbon.
- Stay close to the attackers.
- Shout 'rip' when a ribbon is ripped.
- Must provide the ribbon back to ball carrier immediately before continuing in exercise.

GENERAL

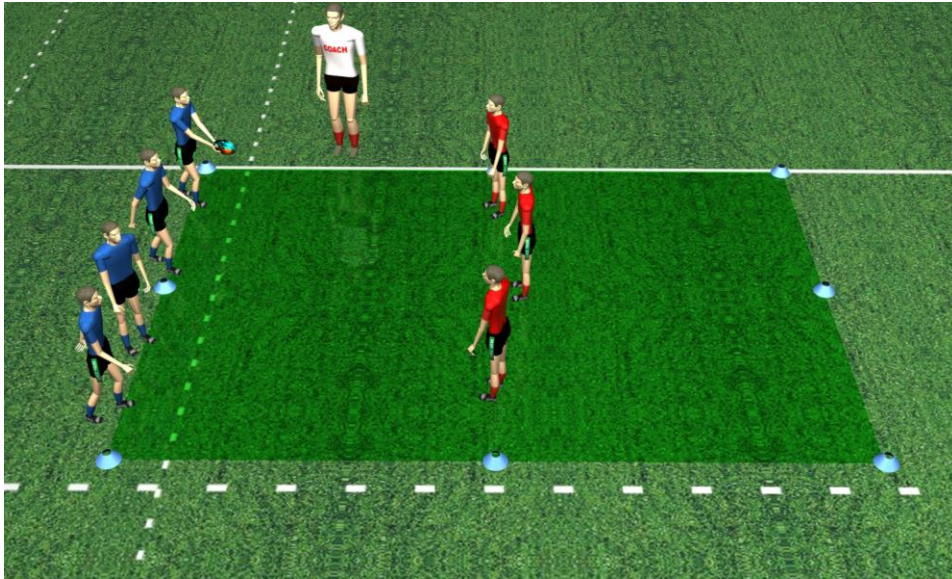
- Correct mistakes and praise them for their efforts.
- Ball carrier use handprint as guideline.

TRAINING SESSION 4

PLAY A GAME

LOGISTICS

- 7 players per group in a channel
- 5m x 10m
- Use one ball
- Players must use ribbons



GAME

- The coach must explain the rules of the game namely:
 - Playing field
 - Try line
 - Side line
 - Centre line
 - Kick-off
 - Ball outside area of play
 - Forward pass
 - Rip of ribbons (passing within three steps, and then stop)
 - Off-sides
 - Intercept
 - Ball may be dropped backwards
- All players should have the opportunity to experience the practical implementation of the rules.
- Play a game, using four attackers against three defenders.

COACHING POINTS

- Apply the rules.
- Ball carrier to use handprint on ball as guideline.

TRAINING SESSION 5

WARM-UP GAME: RIP BALL

LOGISTICS

- 6 players in a square (4 attackers and 2 defenders)
- 5m x 5m square – use cones
- Use one ball
- All players to wear ribbons



GAME

- One ball carrier and three supporters.
- Two players being the defenders.
- The attackers should run freely within the square.
- The defenders should try to rip the ball carrier's ribbon. If successful, the ball carrier must stop and pass the ball to one of his supporters within 3 strides.
- Rotate attackers and defenders.
- Ball carrier is allowed to pass forward.
- Defenders who are in possession of a ribbon after a rip has taken place must hand the ribbon back to the owner immediately before participating in the game
- Attacker with ripped ribbons should attach ribbons immediately, before they can continue with play.

COACHING POINTS

- Ball carrier to use handprint on ball as guideline. (coach to demonstrate)
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Coach must explain and demonstrate the use of the ribbon to the players ('rip and replacing').

TRAINING SESSION 5

TECHNIQUE DEVELOPMENT

HANDLING OF THE BALL: ATTACK AND DECISION MAKING

LOGISTICS

- 6 players or more
- 5m x 25m channel – use cones
- Use one ball
- Players must wear ribbons



EXERCISE

- Four attackers standing next to each other on one end of the channel, one has the ball.
- Two defenders, one (no 1) standing ten meters in front of the attackers and the no 2 other defender behind him, a further five meters away.
- No 2 defender is not allowed to move forward in the space of defender 1.
- Attackers should attempt to score a try.
- Rotate attackers and defenders often.
- Rip rules apply.

COACHING POINTS

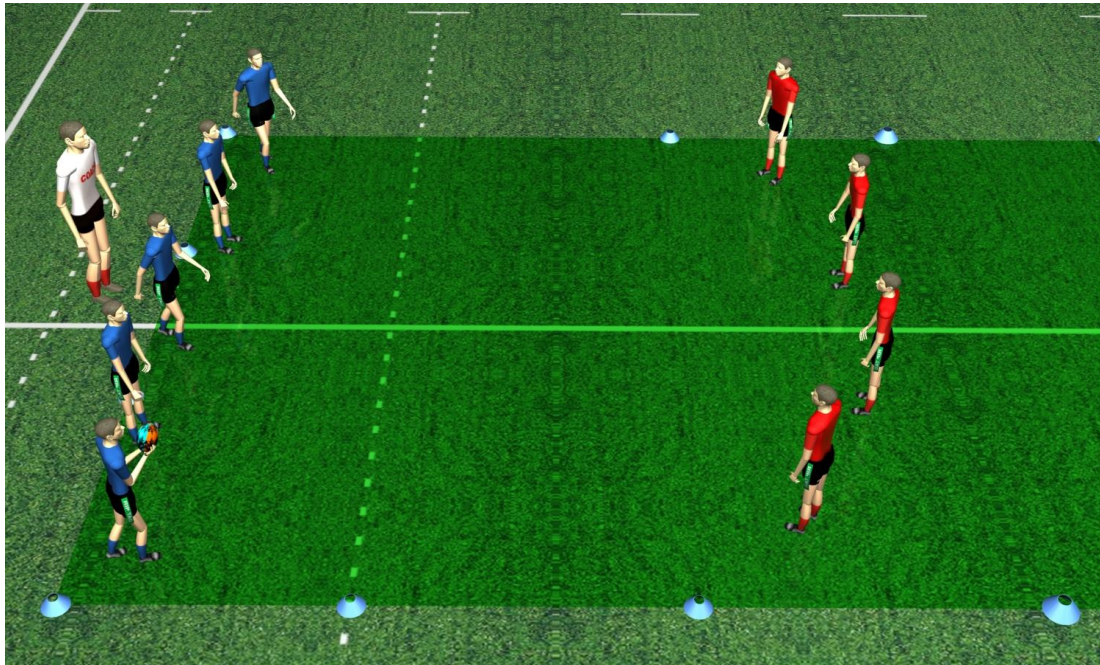
- Attackers should support the ball carrier.
- Supporters in a better position may nominate for the ball.
- No contact play is allowed
- Ball carrier to use handprint on ball as guideline.
- All principles of passing and catching of ball to be applied.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.

TRAINING SESSION 5

RUGBY RELATED GAME: PLAY A GAME

LOGISTICS

- 9 players or more
- 10m x 25m channel – use cones
- Use one ball
- Players must wear ribbons
- Five attackers and four defenders.
- Play a game (Rip rules).
- Only attackers are allowed to score a try.
- Allow everybody the opportunity to be attackers.



COACHING POINTS

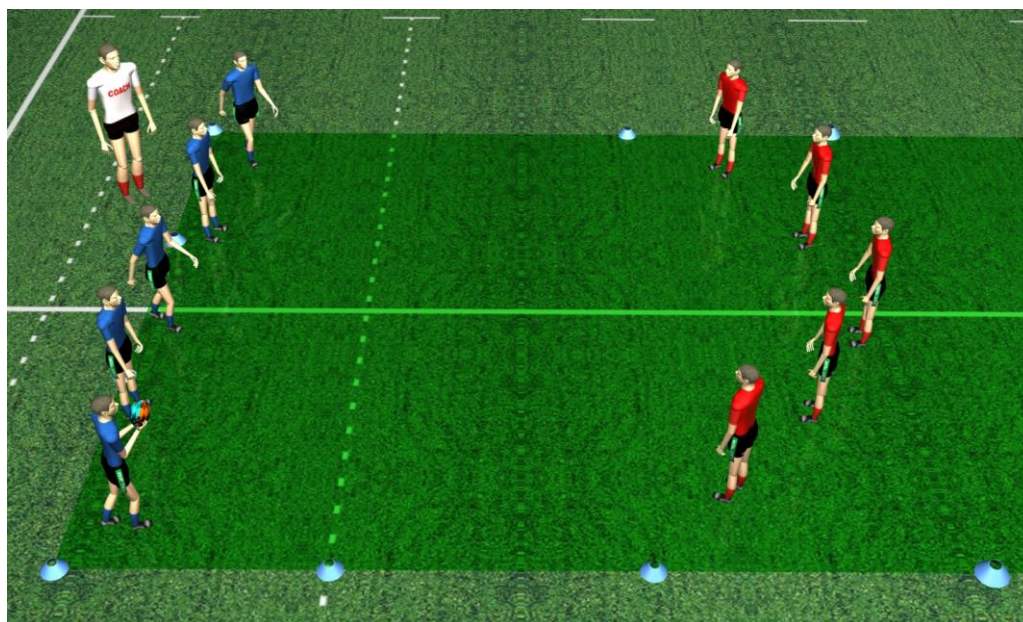
- Allow players to play freely and enjoy the game, even if they make mistakes.
- Ball carrier to use handprint on ball as guideline.
- Receiver of ball to hold hands out as target for passer.
Passer targets receiver's hands when passing ball.
- Explain all related rip rules

TRAINING SESSION 6

WARM-UP GAME: PLAY 'RIP'

LOGISTICS

- Up to 10 Players
- 10m x 25m channel – use cones
- All players should wear ribbons
- Use one ball



GAME

- Five attackers and five defenders.
- Play a game according to the under seven rip rules.
- Only attackers are allowed to score a try.
- Allow everybody the opportunity to be attackers.
- Allow players to play freely and enjoy the game, even if they make mistakes.

COACHING POINTS

- Ball carrier to use handprint on ball as guideline.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.
- Attackers without ball to support ball carrier (Run into space).

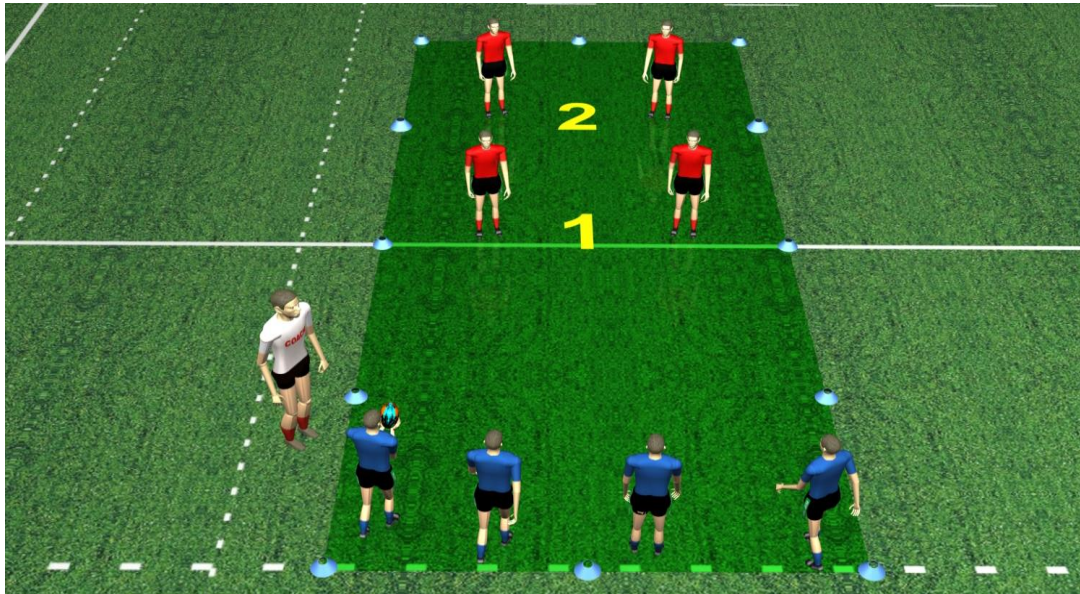
TRAINING SESSION 6

TECHNIQUE DEVELOPMENT

HANDLING OF THE BALL: ATTACK AND DECISION MAKING

LOGISTICS

- 8 players or more
- 5m x 25m channel – use cones
- Use one ball
- Players must wear ribbons



- Four attackers standing next to each other on one end of the channel, one has the ball
- There should be two defenders in grid one and two defenders in grid two.
- Grid one's defenders are not allowed to move into grid two.
- The same applies for grid two's defenders.
- The attackers must move down the channel through both grids, attempting to beat the defenders and score a try.
- The defenders must attempt to rip the ball carrier's ribbon.
- Rotate attackers and defenders often.
- Rip rules apply.

COACHING POINTS

- Attackers should support the ball carrier.
- Supporters in a better position may nominate for the ball.
- No contact play is allowed
- Ball carrier to use handprint on ball as guideline.
- Receiver of ball to hold hands out as target for passer.
- Passer targets receiver's hands when passing ball.

RUGBY RELATED GAME: PLAY A GAME

LOGISTICS

- Use a normal playing field
- Two teams of 7 players a side
- One ball
- All players wear ribbons
- One referee



GAME

- Start the game with the formal kick-off.
- A full game is played.
- Apply RIP rules.
- Select teams on equal strength to ensure more fun and participation.

COACHING POINTS

- Pay special attention to:
 - The correct handling of the ball.
 - Support players without the ball must position themselves in space where they can receive the ball with the least amount of pressure.
 - Players shouldn't bundle.
 - Attackers must support the ball carrier.
 - Supporters must nominate for the ball.
 - The ball carriers must try and beat the defenders.
 - Ball carrier to use handprint on ball as guideline.
 - Receiver of ball to hold hands out as target for passer.
 - Passer targets receiver's hands when passing ball.

BULLETJIE RUGBY

U/8 TRAINING SESSIONS



SECTION G

TRAINING SESSION 1

WARM-UP GAME



LOGISTICS

- 14 players in a square
- 10m x 10m square – use cones

GAME

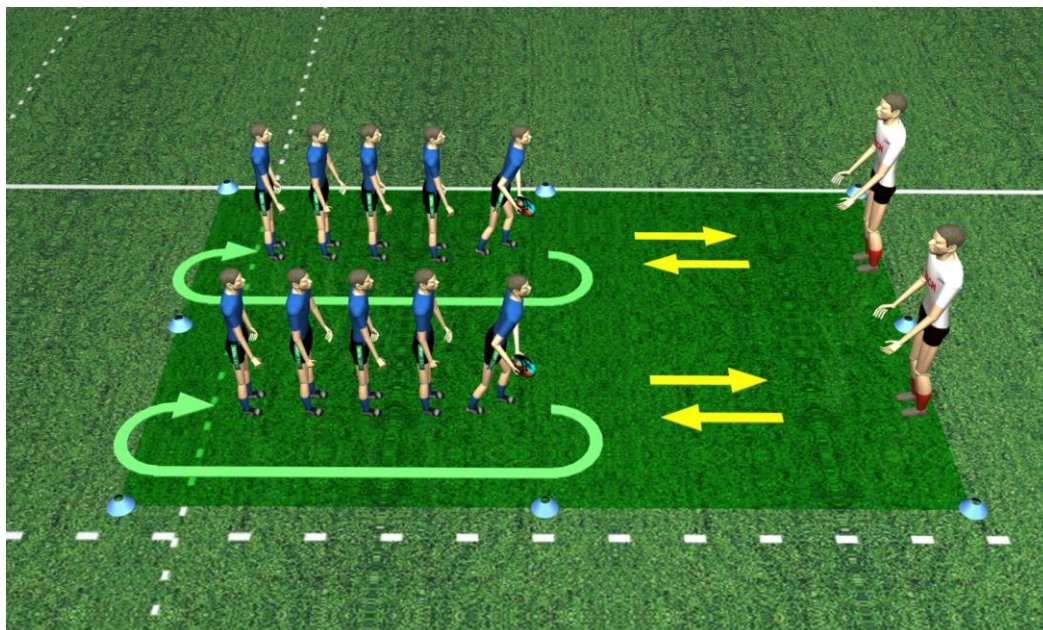
- 6 Players are placed inside the square area and 8 players are placed around the outside of the area.
- On the coach's signal, the players inside the area must attempt to escape to the outside.
- The players around the outside must prevent the inside players from escaping and catch them before they cross the line to the outside.
- When a catcher is able to hold an escaper before he reaches the line, the escaper becomes a catcher as well.
- Keep on playing until there is only one escaper left.
- Swop players to ensure that everybody can be escapers and catchers.

COACHING POINTS

- Catchers may not tackle escapers, just grab and hold them.
- Escapers must use sidestepping to evade catchers.
- Catchers may not grab escapers above the shoulders.
- When escapers are caught they must stand still.
- The catchers must grab them with both hands.
- Ribbons may be used as an alternative.

TRAINING SESSION 1

TECHNIQUE DEVELOPMENT: HANDLING OF THE BALL



Exercise 1

LOGISTICS

- 5 Players in a group
- 5m x 8m area – use cones
- One ball per group

EXERCISE

- The players line up behind each other.
- The coach stands 5 meters away from the front player.
- The front player performs a standing pass towards the coach, turns around and moves to the back of the row.
- The players must pass the ball to the coach from the left side of their body as well as the right side.

COACHING POINTS

The Passer

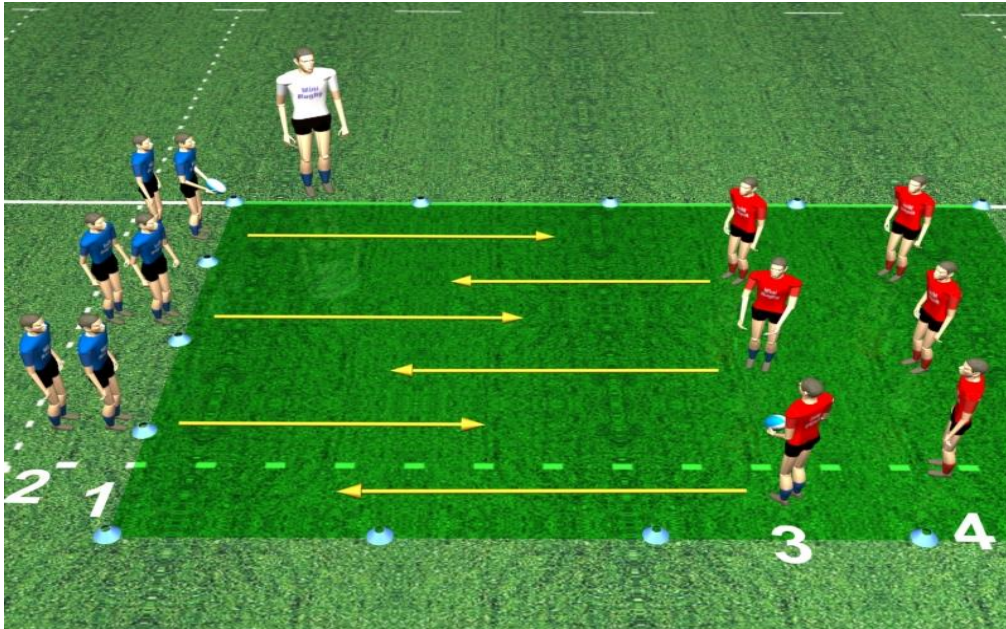
- Explain and demonstrate the correct grip on the ball.
- Hands behind the ball and little fingers touching each other. (use handprint on the ball)
- Explain and demonstrate the correct way of passing.
- Target on ball to face receiver.
- Swing the ball backwards before passing it forward.
- The ball should travel steady during passing.
- When passing from right side, step forward and bend left knee.

The Receiver

- Keep his eyes on the ball and hands stretched out towards the ball.

GENERAL

- On receiving the ball, the ball must be turned correctly in the receiver's hands before passing it to the next receiver.



Exercise 2

LOGISTICS

- 12 players in a channel
- Use cones
- 3 Balls

GAME

- Groups 1 and 2, with 3 players each, stand next to each other at the end of the channel.
- Group 3 and 4, also with 3 players each, stand on the opposite side of the channel.
- Group 1, with the ball, runs down the channel while passing the ball to each other.
- When reaching the end of the channel, the ball is passed to group 3, who carries on with the **process**.

COACHING POINTS

- The coach explains and demonstrates the core principles of passing and catching.
- The passing distances between players can be varied between close and far.
- Players must nominate for the ball.
- The receiver must always be behind the ball carrier.
- Use progression steps, like walking, running and sprinting.
- Use handprint on ball

TRAINING SESSION 1

CONTACT CONFIDENCE SKILLS



'Forward Rolls'

Exercise 1

- The player squats and executes the forward roll.
- The player stands with bent knees and executes the forward roll.
- The player walks slightly crouched and executes the forward roll.
- The player runs and executes the forward roll.
- Repeat the exercise while holding a ball.

COACHING POINTS

- Use the right hand as prop when going to ground and roll over the right shoulder.
- Pull your head to the left and chin on the chest.
- Make your body in a ball and roll over.
- Try to come up to your feet after the roll.
- The coach must assist where necessary.



'Fall and Pop'



Exercise 2

LOGISTICS

- 5 Players in a channel
- 5m x 25m channel – use cones
- One ball

EXERCISE

- The player's line up behind each other at one end of the channel, the player in front carries the ball.
- Player one advances five meters, turns around, falls on his back, pops the ball to player two, who advances another five meters and repeats the exercise.
- Have relays (Competition).

COACHING POINTS

- The coach must explain and demonstrate the technique. (fall and pop the ball)
- Ensure that all the players have individually mastered the technique before commencing with the exercise.
- Use progression, for example walking, running and sprinting.
- Hold the ball in the bowl of the hands, against the chest and then push out towards the supporter.
- The player must make contact with the ground before popping the ball.



'Fall-and-Place'

Exercise 3

LOGISTICS

- 5 Players in a channel
- 5m x 25m channel
- One ball

EXERCISE

- Use five players in a channel of 5m x 25m. Use one ball.
- The players must stand in a row behind one another at one end of the channel.
- The player in front carries the ball.
- The group runs forward.
- The front player accelerates and runs 5m ahead of the rest.
- He falls and places the ball.
- The player uses his hand closest to the ground to break his fall.
- He keeps the ball close to his chest until the fall is controlled and then places the ball backwards away from his body.
- The second player, using proper static ball pick-up techniques, picks up the ball and accelerates for 5m, before repeating the action.
- All players to apply the 'fall and place' routine.

COACHING POINTS

- Make sure that the demonstration is correct and the explanation is clear and precise.
- Make sure the player falls correctly with his back to the opposition and that the ball is placed correctly in the cupped position.
- Errors are individually corrected.
- Include progression steps: walking, running and sprinting.

TRAINING SESSION 1

RUGBY RELATED GAME:



LOGISTICS

- 8 players a side, wearing tags.
- Normal u/8 playing field
- One ball
- Ribbons

GAME

- Use a normal under-8 playing field with 8 players a side.
- One referee, one ball and all players wear ribbons.
- Start the game with the formal kick-off.
- A full game is played.
- Apply under-7 rules and format.
- Select teams on equal strength to ensure more fun and participation.

COACHING POINTS

- Pay special attention to:
- The correct handling of the ball. (use hand grip on ball as guideline)
- Support players without the ball must position themselves in space where they can receive the ball with the least amount of pressure.
- Players should not bundle.
- Attackers must support the ball carrier.
- Supporters must nominate for the ball.
- The ball carriers must try to beat the defenders.

TRAINING SESSION 2

WARM-UP GAME



LOGISTICS

- 8 players in a group
- One ball per group
- Demarcate a square of 10m x 10m

GAME

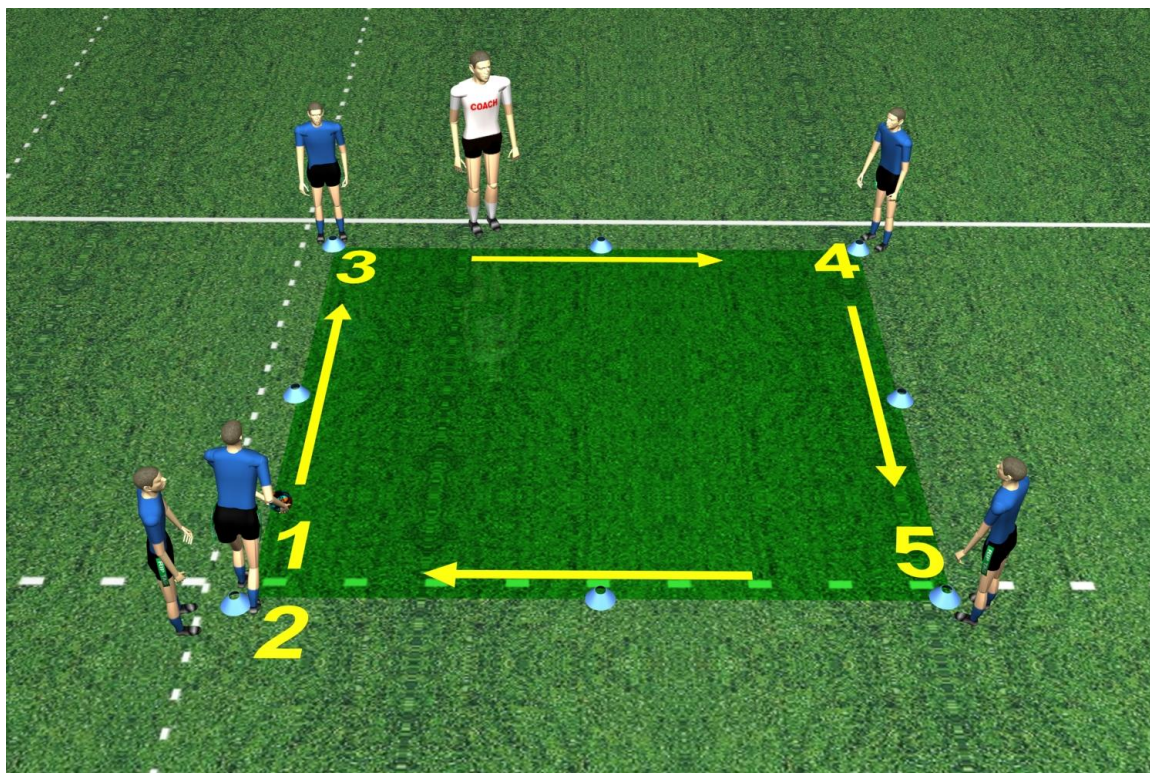
- A group of 5 players (attackers) moves freely within the square, passing the ball to one another.
- 3 Defenders must try to intercept the ball.
- The attacker with the ball in hand has to stand still.
- If a defender intercepts the ball or an attacker knocks the ball on, the attacker responsible for the mistake becomes the defender.
- Rotate the defenders and the attackers.
- Coach to explain the rules to the players.

COACHING POINTS

- Just under-arm and static passes may be used.
- Make sure that the correct grip on the ball is executed.
- Attackers without the ball should try to position themselves in open spaces, to be able to receive the ball.
- Receivers should keep their eyes on the ball and reach out towards the ball while the ball is being passed to them.
- The receivers in open space should nominate for the ball.
- Players must stay inside the square.
- Vary the exercise by using ribbons. The ball carrier may run until ripped. He must then stop **and pass the ball**.

TRAINING SESSION 2

TECHNIQUE DEVELOPMENT: PASSING AND CATCHING



Exercise 1

LOGISTICS

- 5 Players
- 5m x 5m square field – use cones
- One ball

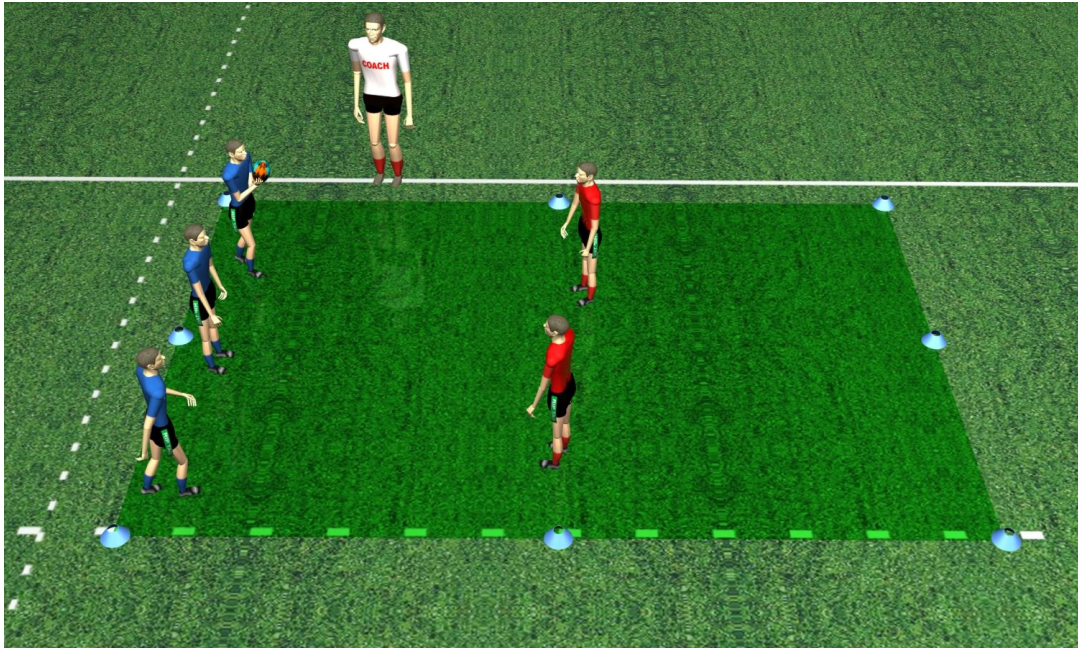
EXERCISE

- Each player must stand next to a cone.
- Players one and two both stand at the same cone.
- Player one, with the ball, does a standing pass to player three.
- Player two remains static.
- As soon as player one has passed the ball, player two follows the ball up to player three.
- When player three receives the ball, he executes a standing pass to player four and player two follows the ball up to player four.
- Player four executes a standing pass to player five and player two follows the ball up to player five.
- The ball gets passed clockwise and anti-clockwise and increase the distances between the cones.

COACHING POINTS

- All the core principles of passing and receiving applied during this session.
- When passing to the left, the player should place his left leg forward and bend his knee.
- The ball must travel as steady as possible.

- The coach should let the players vary the handling speed of the ball.
- Ensure that the players pass the ball to both sides.



Decision making

Exercise 2

LOGISTICS

- 5 Players
- 5m x 10m channel
- Ribbons.
- One ball.

EXERCISE

- Use 3 attackers and 2 defenders.
- The 3 attackers must stand at one end of the channel, facing the attackers.
- The 2 defenders must stand in the centre of the channel.
- The attackers must attempt to score a try.
- The defenders must rip the attackers' ribbons according to the rules.
- As soon as the attacker's ribbon has been ripped, he must pass the ball to a supporting team member within three steps.
- The defender who ripped the ribbon should immediately hand the ribbon back to the owner.
- The attacker should re-attach his ribbon to his belt, before he is allowed to continue playing.
- The defender is allowed to intercept the ball.
- No forward passes are allowed.
- The ball is allowed to touch the ground as long as it does not roll forward, otherwise it will be a knock-on.
- The attackers have four opportunities to score tries, then defenders and attackers should switch.

COACHING POINTS

- Coach should concentrate on the following core principles:

Attackers:

- They should play forward.
- They should beat the defenders.
- Pass the ball when ripped.
- Pass the ball when a support player is in a more favourable position.
- The support runners should keep behind the ball carrier.
- The attackers should communicate with each other.

Defenders:

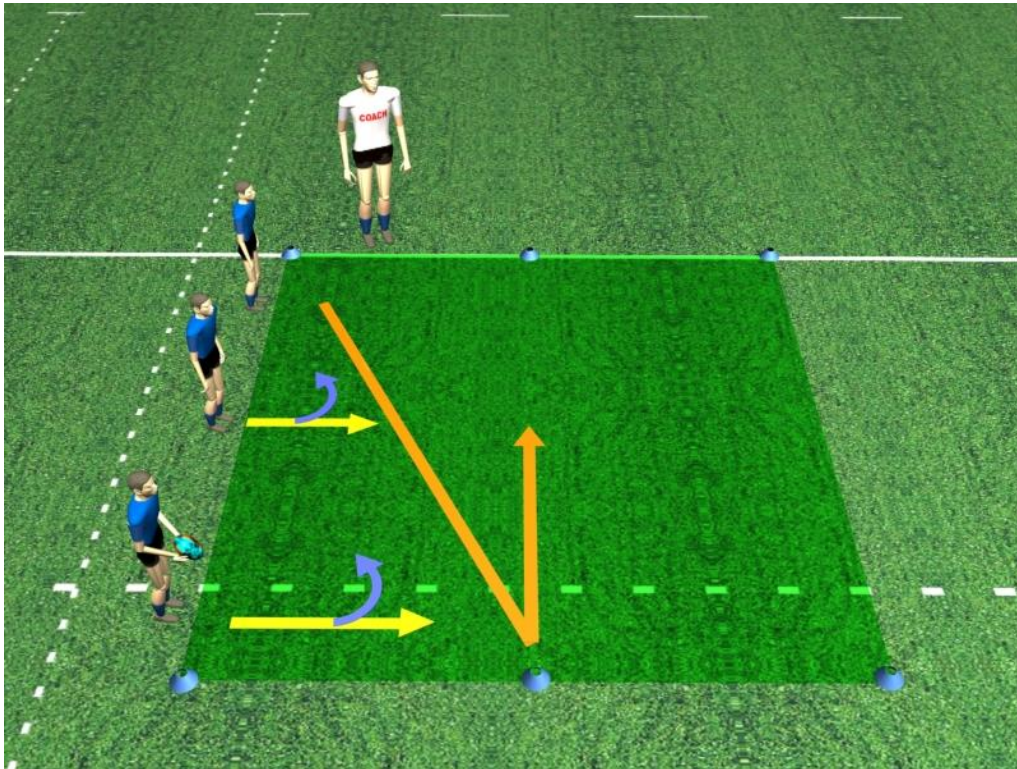
- They should focus on ripping the ball carrier's ribbon.
- They should stay close to the attackers.
- They should shout 'rip' when a ribbon is ripped.

GENERAL

- Correct mistakes and give praise to players when deserved.

TRAINING SESSION 2

SUPPORT PLAY



Pushing

Exercise 1

PRACTICE NO 1:

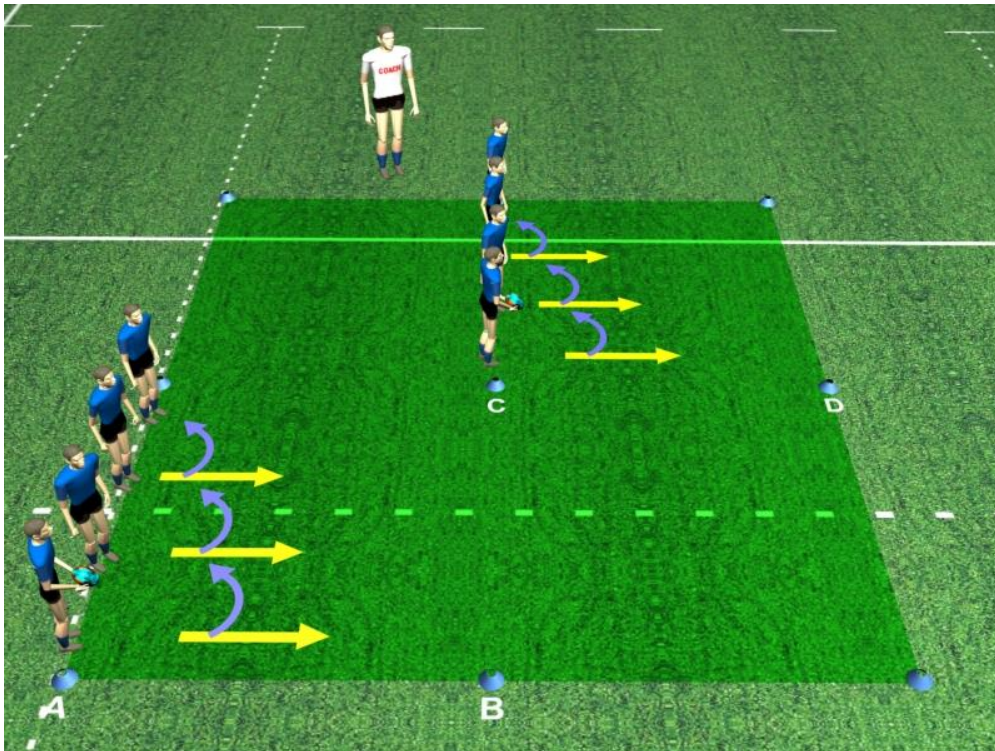
LOGISTICS

- 6 cones
- 3 players
- Channel system of 10m
- 1 ball

EXERCISE

- Players are positioned in a line next to each other.
- Player 1 passes the ball to the left to player 2. After he has passed the ball he runs around/behind player 2 and positions on the outside of player 3.
- When player 2 catches the ball this player passess the ball to player 3. After he has passed the ball he runs around player 3 and positions himself on the outside of player 1.
- When player 3 catches the ball, he runs in the direction of the second cone on the right side of the channel.
- The practice continues as described as in above until each player has had an opportunity to start.

PRACTICE NO 2:



LOGISTICS

- 9 cones
- 4 players
- Chanel system
- 1 ball

EXERCISE

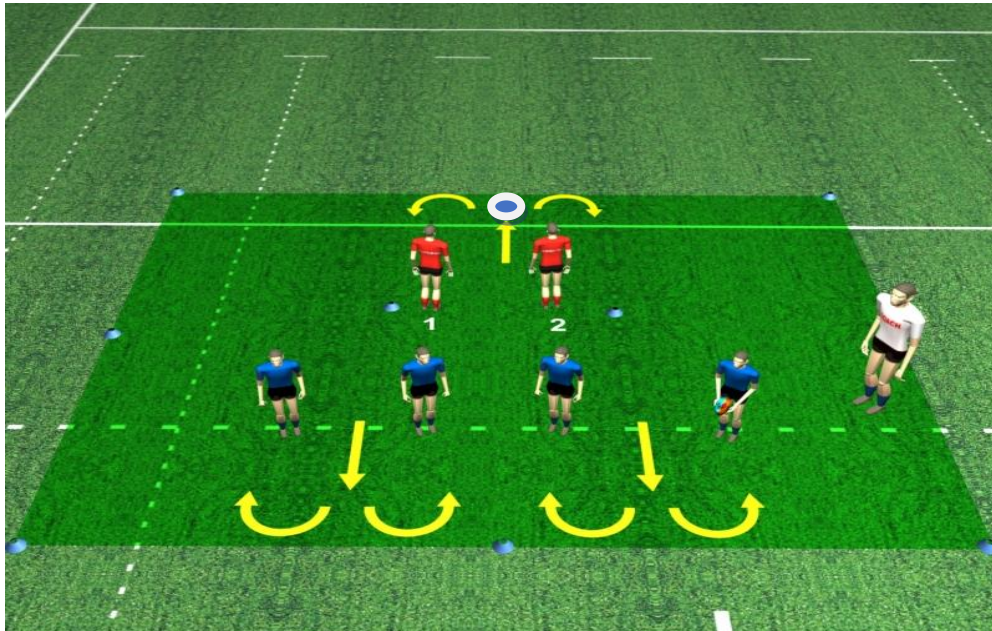
- Players are positioned in a line next to each other.
- Player 1 passes the ball to the left to player 2. After he has passed the ball the player runs around/behind all the players and positions at the cone (C) in the middle of the channel.
- When player 2 catches the ball he passes the ball to the left to player 3. After he has passed the ball the player runs around all the players and positions on the outside of player 1.
- When player 3 catches the ball he passes the ball to the left to player 4. After he has passed the ball he runs around all the players and positions himself on the outside of player 2. The practice continues as describe above until each player has had an opportunity to start.
- When player 4 catches the ball he passes the ball to player 1 whom is positioned at the cone (D). After he has passed the ball he runs around all the players and positions at the cone in line with player no 1.
- Player 1 passes the ball right to player 2. After the player has passed the ball he runs around/behind all the players and positions at the cone (D) in the middle of the channel.

- When player 2 catches the ball he passes the ball right, to player 3. After he has passed the ball the player runs around all the players and positions on the outside of player 1.
- When player 3 catches the ball he passes the ball right to player 4. After he has passed the ball the player runs around all the players and positions on the outside of player 2. The practice continues as described above until each player has had an opportunity to start.
- When player 4 receives the ball he passes the ball to player 1 who is positioned at the cone. After he has passed the ball he runs around all the players and positions himself at the cone in line with player no 1.

PRACTISE NO 3

LOGISTICS

- 10 cones
- 5 players
- Channel system
- 1 ball



EXERCISE

- Four players are positioned in a grid in front of cones 1 and 2 who are the attackers. Two defenders (Red) with their backs to the attackers are positioned behind cones 1 and 2.
- When the coach blows the whistle the attackers with the ball starts running and pass the ball to each other. The defenders runs back and around the white cone and then chases the players passing the ball. Each player that the defenders over run is “tackled” and must stop.
- The attacking players must cross the cone in front of them.
- Rotate the players.

TRAINING SESSION 2

RUGBY RELATED GAME

LOGISTICS

- 2 Sides with 8 players a side
- U/8 playing field
- One ball
- Players wear ribbons

GAME

- Use a normal under-8 playing field, 2 sides with 8 players a side.
- The scrum, lineout and the setting up of the backline are explained to the players.
- The players are exposed to all the playing positions.
- The coach must explain the rules of the under 8 format to the players.
- The coach must support the players while practicing a scrum, line-out or backline movements.
- Explain and demonstrate the following rules:
 - Kick offs
 - Tap kicks
 - Advantage

COACHING POINTS

The Backline

- The backline players should handle the ball to the left and to the right.
- Make sure that the pass and receive techniques are properly executed.



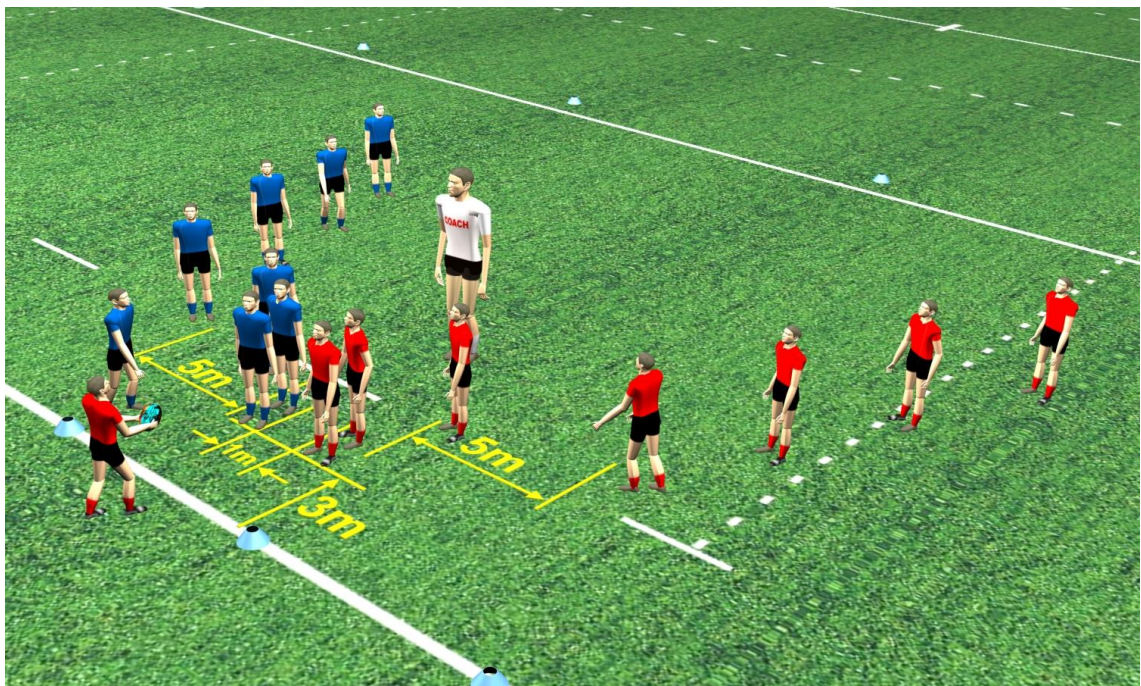
The Scrum

- Make sure that the players bind correctly to the opposing players.
- Make sure the hooker is able to hook the ball after the scrumhalf's throw-in.
- The scrumhalf must throw the ball in from the loose-head side.



The Line-out

- Player must deliver ball to line out from underhand pass
- Jumper to catch the ball upwards with both hands.
- 2nd Player in line-out to fetch ball.





GENERAL

- The coach must make sure that the players have ample opportunities to play from scrums and line-outs.
- Play a rip rugby match (no contact).
- The coaches must be on the field at all times to provide support to the players.
- Make sure that all the elements of the game are included in the practice. E.g.
 - Kick-offs
 - Scrums
 - Line-outs
 - Tap kicks
 - Advantage, etc.

TRAINING SESSION 3

WARM UP GAME:



'Score a Try'

GAME

LOGISTICS

- 13 players in a channel
- 10m x 20m channel
- Players wear ribbons
- One ball

GAME

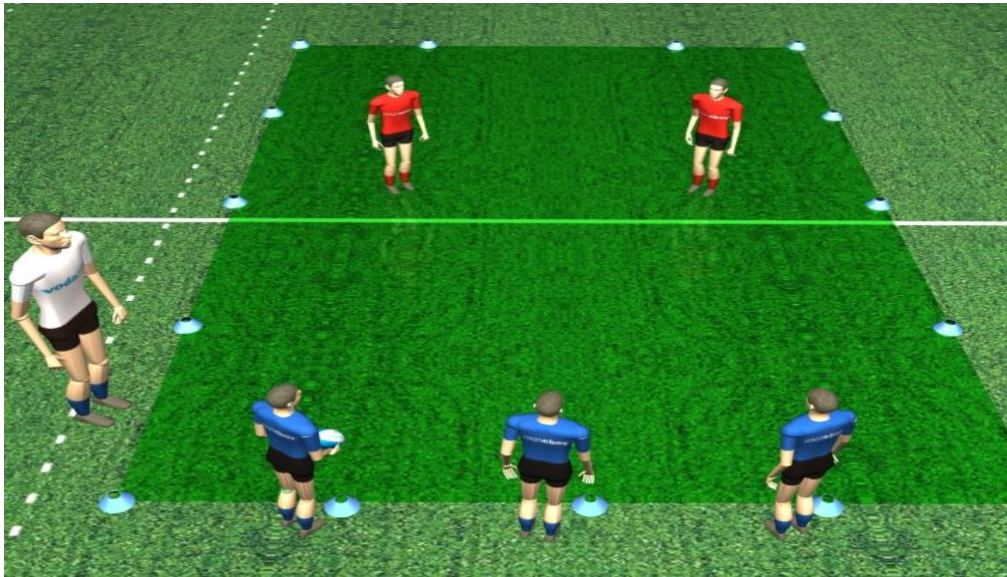
- All players should be wearing ribbons. Use one ball.
- 8 Players (attackers) with a ball, positioning at one end of the channel.
- 5 Defenders are positioned at various places inside the channel.
- The attackers must attempt to score a try.
- The defenders must rip the ball carrier's ribbons. (Rip rules apply)
- When the attacker is ripped, he must stop immediately and pass the ball to a support player.
- The attackers have four opportunities to score a try, after which they swop positions with the defenders and become attackers.

COACHING POINTS

- The attackers must concentrate on the following:
 - Correct passing and catching techniques.
 - Support players should try to position themselves in open spaces, where they will be able to receive the ball with the least amount of pressure.
 - The support players to nominate for the ball.
 - The coach should correct mistakes made by the players.

TRAINING SESSION 3

TECHNIQUE DEVELOPMENT: HANDLING AND DECISION MAKING



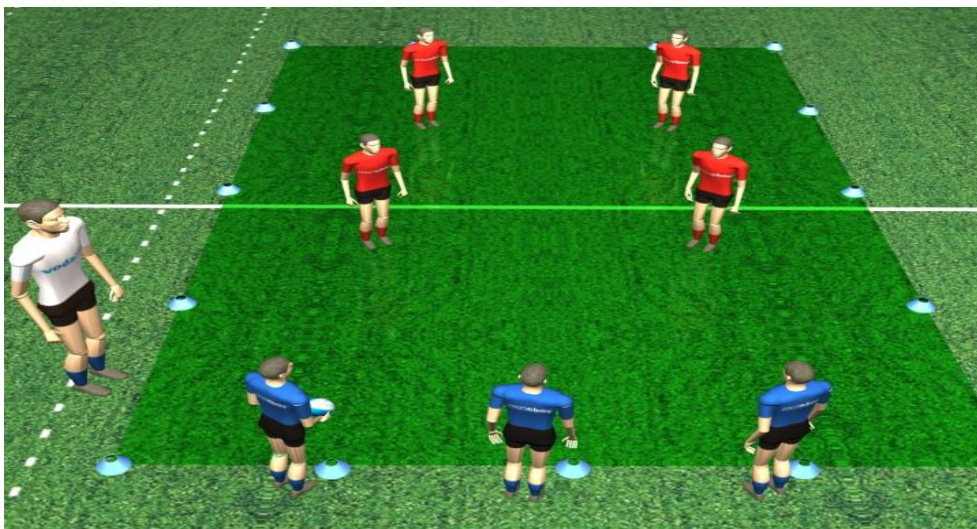
Exercise 1

LOGISTICS

- 5 players in a channel
- 5m x 20m
- Ribbons
- One ball

EXERCISE

- All players should be wearing ribbons.
- Attackers stand next to each other on one end of the channel.
- 2 Defenders stand in line with each other, and about 10m in front of the attackers.
- The attackers must attempt to score a try.



Exercise 2

LOGISTICS

- 17 players in a channel
- 5m x 20m channel
- Ribbons
- One ball

EXERCISE

- All players should be wearing ribbons.
- Attackers stand next to each other on one end of the channel.
- 2 Defenders stand in grid A and 2 defenders in grid B.
- The attackers must attempt to score a try.
- The defenders in grid A are not allowed to move into grid B and vice versa.
- The defenders must attempt to rip the ribbons of the ball carriers. (Rip rules apply)
- Swap attackers and defenders.

COACHING POINTS

- The attackers support the ball carrier.
- Defenders in more favorable positions must nominate for the ball.
- Ensure that all players can be attackers and defenders.

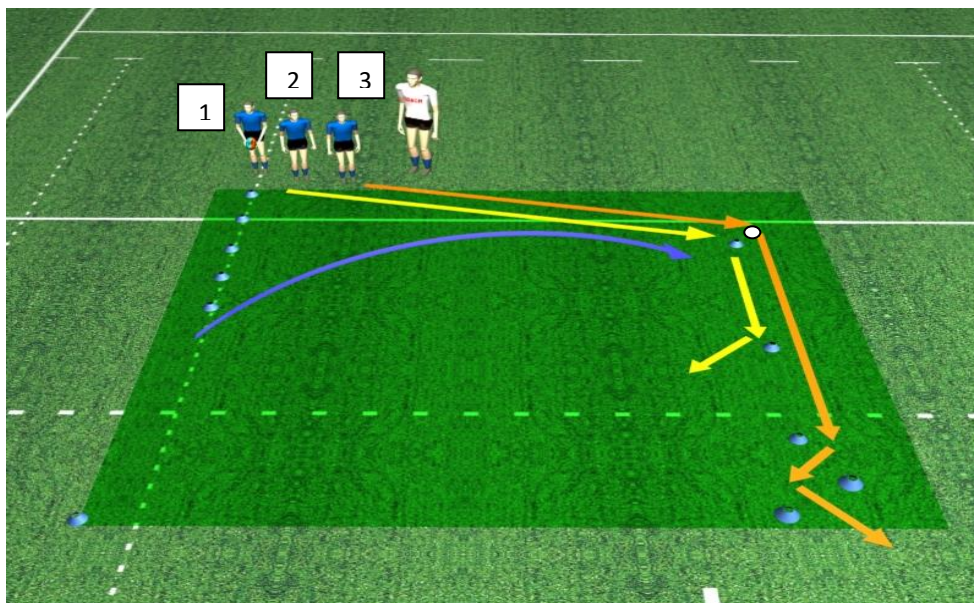
TRAINING SESSION 3

HANDLING AND FOOTWORK

PRACTICE NO 1:

LOGISTICS

- 11 cones
- 3 players
- Grid system
- 1 ball



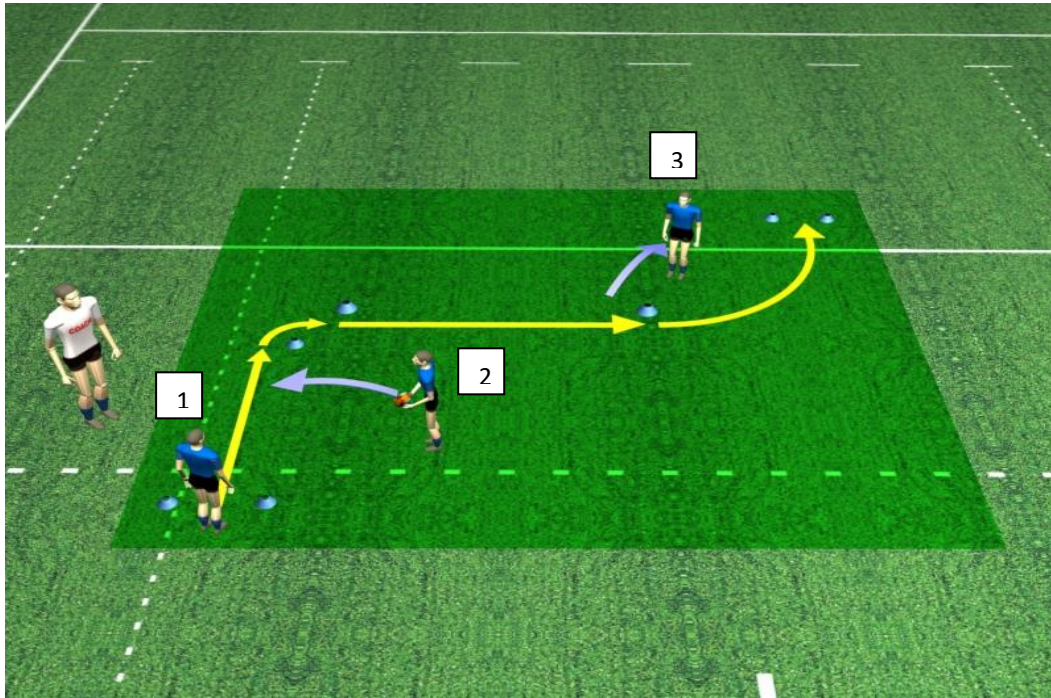
EXERCISE

- Three players stand in line at the first blue cone.
- On the blow of the whistle player one with the ball runs and steps between the (5) cones in front of him. Simultaneously the two remaining players run to the 2 cones on the left side. One player behind each cone.
- When player one arrives at the last cone he performs a standing pass to player two standing behind his cone. When player 2 catches the ball he runs to the cone in front of him. As soon as player 2 starts running player 3 will comment running but must stay behind player 2.
- When player 2 arrives at the cone he passes the ball to player 3 on his left who accelerates with the ball.
- Player three runs to the two cones in front of him. When he arrives at the first cone he must side step to right when he arrives at the second cone he side step to the left.
- Rotate players.

PRACTICE NO 2:

LOGISTICS

- 7 cones
- 3 players
- Grid system
- 1 ball



EXERCISE

- Three players
- Players must rotate
- Player must show that they can step, pass the ball, support and swivel at speed.
- Player one start at and run to the next cone infront of him. Player 2 positioned on his right passes the ball to player 1 while he is running.
- At the next cone the player one with the ball step to his right between the two cones and runs in the direction of player 3.
- When player one arrives at the cone infront of player 3 he passes the ball to player 3 who is static.
- After passing to player 3, player 1 performs a swivel run and passes to the two cones infront of him.

TRAINING SESSION 3

RUGBY RELATED GAME

LOGISTICS

- 8 Players a side
- Normal u/8 playing field
- 2 Teams
- Ribbons
- One ball



GAME

- All players wear ribbons.
- The kick-off, scrum, lineout and the setting up of the backline are explained to the players.
- The players are exposed to all the playing positions.
- The coach must explain the rules of the under-8 format to the players.
- The coach must support the players while practicing a scrum, line-out or backline movements.

COACHING POINTS

The Backline

- The backline players should handle the ball to the left and to the right.
- Make sure that the pass and receive techniques are properly executed.

The Scrum

- Make sure that the players bind correctly to the opposing players.
- Make sure the hooker is able to hook the ball after the scrumhalf's throw-in.

- The scrumhalf must throw the ball in from the loose-head side.
- Players rotate positions at every scrum.

The Line-out

- Hooker to feed line-out by means of under hand pass (upwards).
- When the jumper receives the ball, he must turn to the scrumhalf immediately.
- Next player in line-out to fetch the ball from jumper.
- Fetcher passes the ball to the scrumhalf.
- Players rotate positions at every line-out.

The Kick-off

- Explain the positioning of the players before the ball is kicked to them.

GENERAL

- The coach must make sure that the players are given enough opportunities to play from kick-offs, scrums and line-outs.
- Play the game with ribbons and without contact.
- The coaches must be on the field at all times to give support to the players.
- Make sure that all the elements of the game are included in the practice, for example:
 - Kick-offs
 - Scrums
 - Line-outs
 - Advantage, etc.

TRAINING SESSION 4

WARM UP GAME

LOGISTICS

- 8 to 10 Players in circle
- 2 Balls



'Cat and Mouse'

GAME

- 8 to 10 Players form a circle, facing inwards and holding hands.
- 1 or 2 Players, each with a ball represent mice.
- 1 or 2 Players represent cats.
- On signal from the coach, the cats should attempt to catch the mice.
- The mice are allowed to move freely inside and outside of the circle.
- The players forming the circle should try to prevent the cats from catching the mice.
- Rotate players.

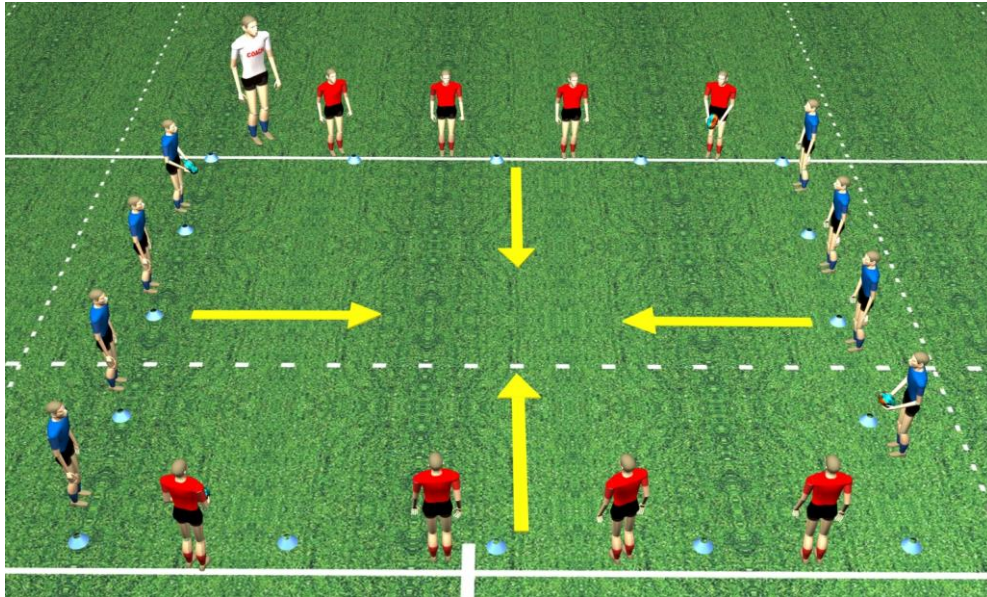
TRAINING SESSION 4

TECHNIQUE DEVELOPMENT: PASSING AND CATCHING (DECISION MAKING)

HANDLING THE BALL

LOGISTICS

- 16 Players
- 10 m x 10m square – use cones
- 4 Balls



Exercise 1

- Use 16 players in a square.
- Use 4 balls and 4 players per group.
- Place one group on each side of the square.
- Each group must have a ball.
- On signal from the coach, group one starts progressing towards the other side of the square, while passing the ball between each other.
- As soon as group 1 has reached the other side, group 2 starts progressing to the opposite side.
- As soon as group 2 has finished the movement, groups 3 and 4 do the same.

Exercise 2

- On the coach's signal groups 1 and 2 simultaneously start running in opposite directions.
- When done, groups 3 and 4 do the same movement.

Exercise 3

- On the coach's signal, all four groups start running simultaneously while passing the ball between themselves.
- The groups weave between each other while passing the ball.

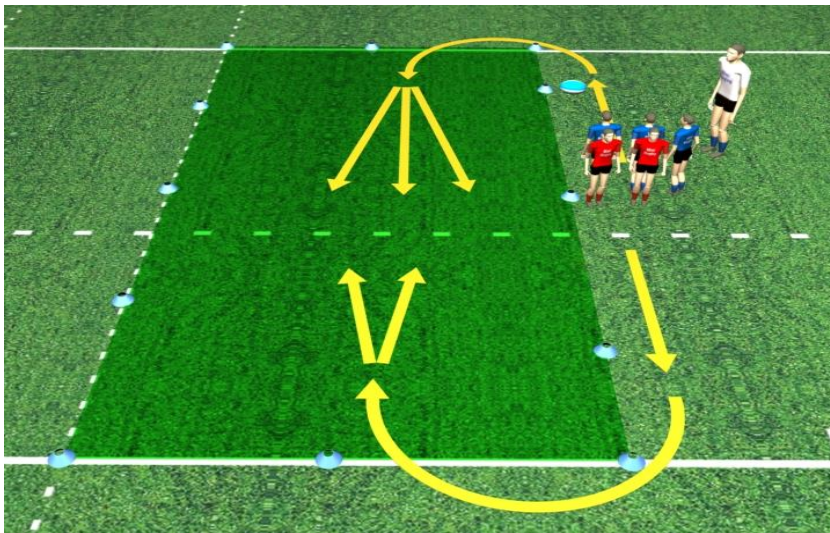
- Use progression namely:
 - Walking and passing
 - Running and passing
 - Sprinting and passing.

COACHING POINTS

- The coach must describe and demonstrate the core principles of passing and receiving. (Player to apply handprint on ball)

TECHNIQUE DEVELOPMENT: DECISION MAKING AND HANDLING

Exercise 1



LOGISTICS

- 5 Players in a channel
- 5m x 20m channel – use cones
- Ribbons
- One ball

Exercise 1

- All players should be wearing ribbons.
- 3 Attackers and 2 defenders are standing back-to-back outside the channel.
- On signal from the coach the two groups run in opposite directions, around the cones and back inside the channel.
- The attackers must attempt to score a try.
- The defenders must rip the attacker's ribbons according to the rules.
- Play until a try is scored.
- If the attackers make a mistake, for example a knock or a forward pass, they must start again.
- Attackers have four opportunities of scoring a try, after which the defenders become the attackers.

Exercise 2

- When the ball carrier is 'ripped', he must 'fall and pop' the ball.

Exercise 3

- When the ball carrier is 'ripped', he must 'fall and place' the ball.
- The first support player should pick up the ball and continue playing.
- The defender is not allowed to pick up the ball.

COACHING POINTS

- Ensure that all the correct techniques are applied during:
- Passing and catching
- Pop passes and
- Fall and place.
- Revise the pop pass technique with players before applying it in a game situation.

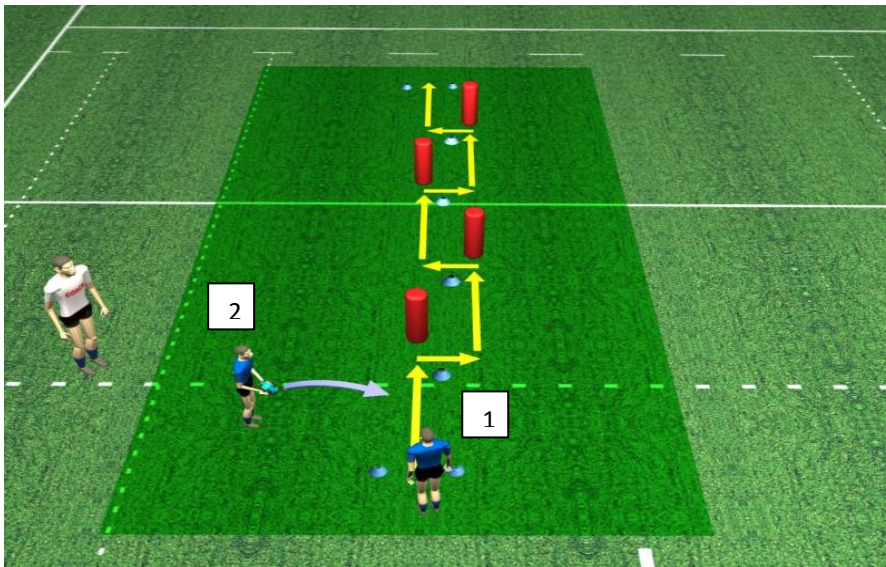
TRAINING SESSION 4

BALL HANDLING AND RUNNING SKILLS

PRACTICE NO 1 – Side Step:

LOGISTICS:

- 6 players
- 9 cones
- 2 balls
- Channel system



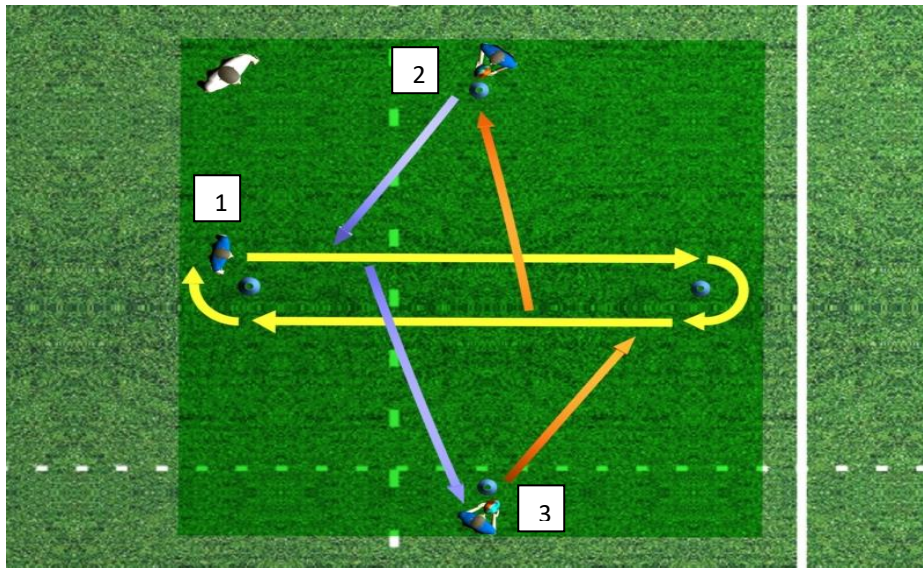
EXERCISE:

- One player standing between 2 cones. Player 2 standing to his left with ball in his hands. Four players/tackle bags stand in single file of player 1.
- Player 1 comments running to the cone in front of him, player 2 passes the ball to player 1.
- When the player 1 is close to the cone he performs a side step to the right away from the player/tackle bag in front of him. Player 1 to avoid contact with defender.
- The defender is not allowed to move towards the attacker or touch him.
- Player 1 with ball performs a side step to the left in front of next defender and continues exercise until all defenders have been beaten.
- Attacker to score try between two cones at the end of the channel.
- All players to rotate as attackers, passers and defenders.

PRACTICE NO 2 – HAND SPEED:

LOGISTICS:

- 3 players
- 7 cones
- 1 ball
- Grid system



EXERCISE:

- Player 1 behind starting cone. Player 2 to his left with ball, player 3 to his right possiont at cones
- Player 1 starts running to the opposite end (cone). Player 2 passes the ball to player 1 (backwards pass).
- Player 1 in possetion of the ball passes the ball backwards to player 3.
- Player 1 runs around cone and receives backwardpass from player 3.
- Player 1 with ball in hand, runs forward and passes the ball backwards to the player to his right.
- Rotate players.

COACHING POINTS:

- The coach must describe and demonstrate the core principles of passing and receiving (players to apply handprint on ball).

TRAINING SESSION 4

RUGBY RELATED GAME

LOGISTICS AND GAME

- Use a normal under-8 playing field and two teams with 8 players a side.
- One ball and all players wear ribbons.
- The kick-off, scrum, lineout and the setting up of the backline are explained to the players.
- The players are exposed to all the playing positions.
- The coach must explain the rules of the under-8 format to the players.
- The coach must support the players while practicing a scrum, line-out or backline movements.
- When the ball carrier is 'ripped' by a defender, he must turn around immediately and allow the nearest support player to 'fetch' the ball.
- The 'fetcher' must pass the ball immediately and is not allowed to play.

COACHING POINTS

The Backline

- The backline players should handle the ball to the left and to the right.
- Make sure that the pass and receive techniques are properly executed.

The Scrum

- Make sure that the players bind correctly to the opposing players.
- Make sure the hooker is able to hook the ball after the scrumhalf's throw-in.
- The scrumhalf must throw the ball in from the loose-head side.
- Players rotate positions at every scrum

The Line-out

- Player must deliver ball to line out from under-hand pass
- Jumper to catch ball upwards with both hands.
- 2nd Player in line out to fetch ball.
- Players rotate positions at every line-out

The Kick-off

- Explain the positioning of the players before the ball is kicked to them.

GENERAL

- The coach must make sure that the players receive enough opportunities to play from kick-offs, scrums and line-outs.
- Play the game with ribbons and without contact.
- The coaches must be on the field at all times to provide support to the players.
- Make sure that all the elements of the game are included in the practice for example:
 - Kick-offs
 - Scrums
 - Line-outs
 - Advantage, etc.
 - Also play contact rugby.

TRAINING SESSION 5

WARM-UP GAME

LOGISTICS

- 2 Teams with 8 players
- Normal u/8 playing field
- Ribbons
- One ball

GAME

- Use a normal under-8 playing field and two teams with 8 players a side.
- All players wear ribbons.
- The two teams play 'rip' rugby with scrums and line-outs as per under-8 rules.
- Let the players do the following actions when the ball carrier's ribbon is 'ripped':
 - Play with normal passing
 - Play with 'fall and pop'
 - Play with 'fall and place'
 - Play with 'fetch'

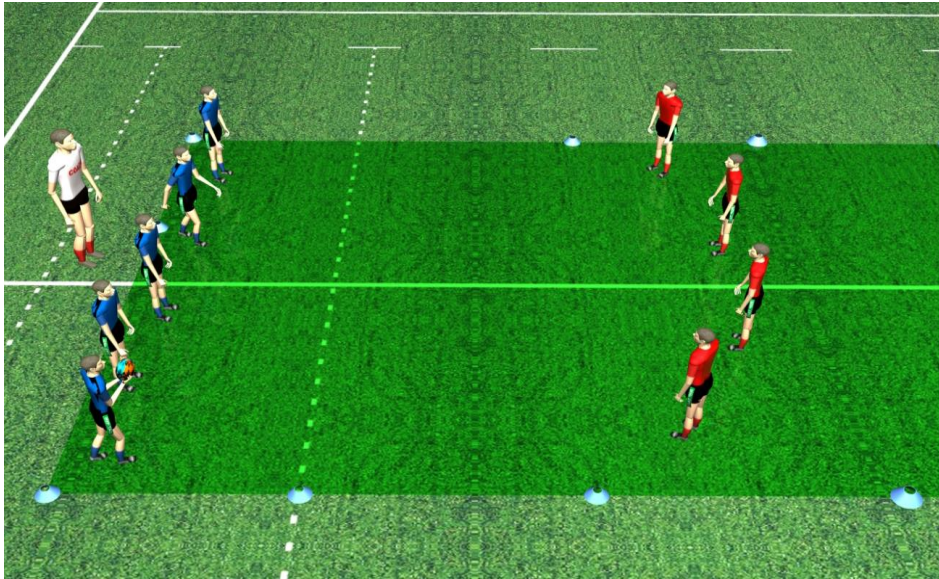
COACHING POINTS

- Demonstrate the correct techniques to the players.
- Correct mistakes.
- Apply under-8 rules.

TRAINING SESSION 5

TECHNIQUE DEVELOPMENT: PASSING AND CATCHING

Exercise



LOGISTICS

- 9 players in a channel
- 10m x 20m channel – use cones
- Ribbons
- One ball

EXERCISE

- All players should be wearing ribbons.
- 5 Players, who will be attackers, stand next to each other at one end of the channel.
- Defenders stand on the inside of the channel.
- On signal from the coach the attackers progress down the channel and attempt to score a try.
- The exercise must be executed in the following sequence:
- In the first exercise, only normal 'rip' rugby is played.
- In the second exercise, the attacker must fall and place the ball when 'ripped' by a defender.
- The ball is picked up by a support player, who must do a standing pass to the next player.
- In the third exercise, when the attacker is 'ripped', he must turn around.
- The ball is 'fetched' by a support player, who will then pass the ball to the next player.

COACHING POINTS

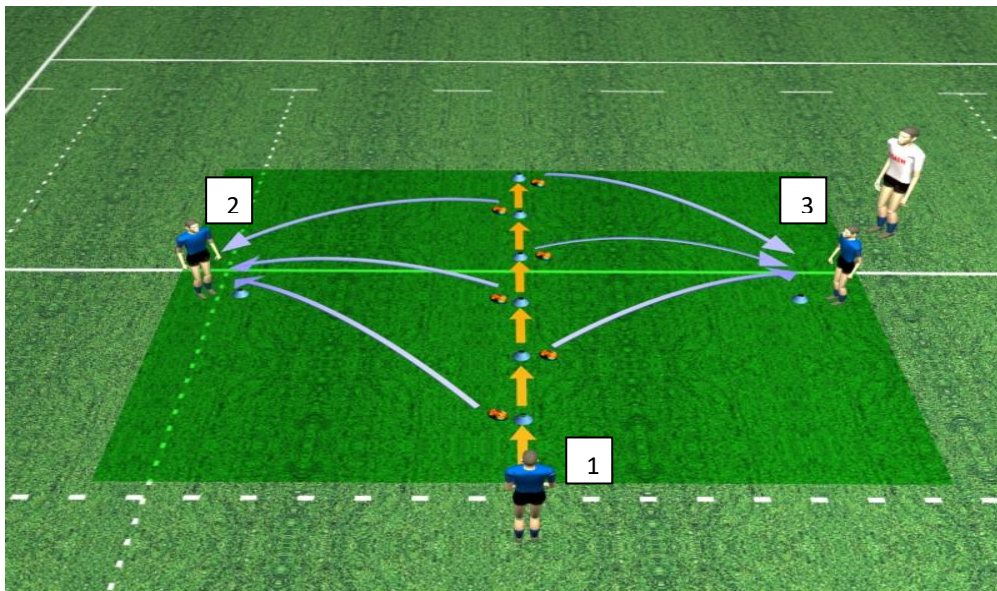
- The coach should ensure that the players get enough experience to help them with their decision making in game situations.

- The following options must be executed by players:
- Passing to a supporter before contact.
- Passing during contact.
- Turn during contact and make the ball available to a support player for fetching.
- The last option for the ball carrier is to go to ground, in which case he must::
 - Fall and pop the ball, or
 - Fall and place the ball.

BALL HANDLING

LOGISTICS

- 3 players
- 8 cones
- 6 balls
- Channel system



EXERCISE

- Place 6 balls next to each cone in a line in the channel.
- Player 1 stands behind starting cone, player 2 to his left and player 3 to his right who acts as receivers.
- Player 1 runs forward, picks up first ball and perform a standing pass to his left to player 2.
- After passing the first ball player 1 runs forward picks up the second ball and performs a standing pass to player 3 on the right.
- After player 2 has received the ball from the passer he must immediately run and place the ball on the original place of departure next to cone, the same will apply to player 3.
- Player 1 to pass all the balls static to receivers 2 and 3.
- Rotate players.

TRAINING SESSION 5

RUGBY RELATED GAME

'Play a game'

LOGISTICS

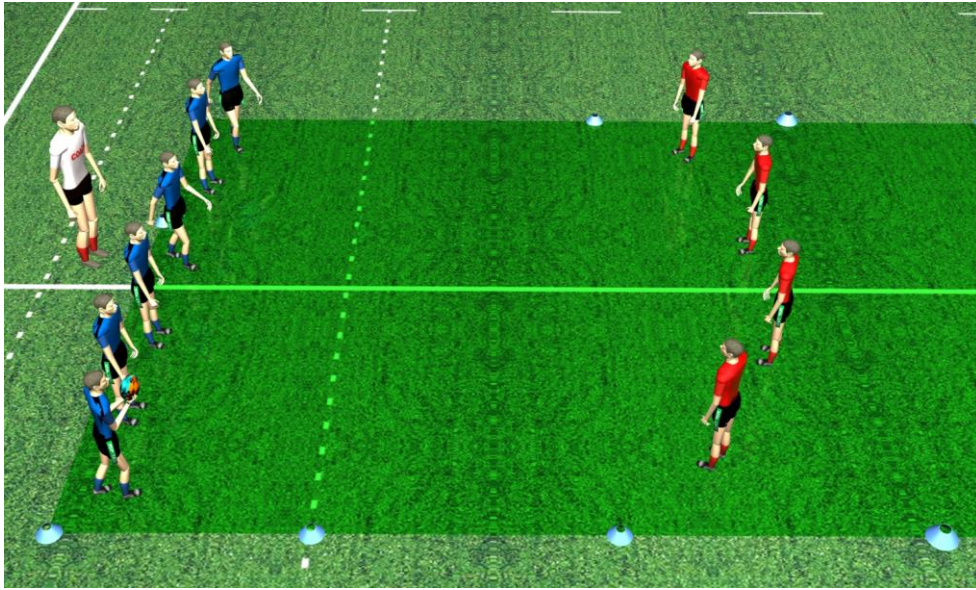
- 16 Players
- U/8 playing field
- Ribbons
- One ball

GAME

- Use a normal under-8 playing field and two teams with 8 players a side.
- All players wear ribbons.
- Play a game and concentrate on the following:
 - Play the first half with ribbons without contact.
 - Use scrums and line-outs.
 - Ensure that enough time is spent on explaining the rules.
 - Make sure that all aspects of the game, as in real match situations, are covered. For example:
 - Penalties
 - Tight head
 - Advantage
 - Obstruction
 - Penalising, unlawful play.
 - Concentrate on passing the ball before contact.

TRAINING SESSION 6

WARM-UP GAME



'Score a try'

LOGISTICS

- 10 Players in a channel
- 10m x 25m channel – use cones
- Ribbons
- One ball

GAME

- 6 Attackers, with the ball, attempt to beat 4 defenders and score a try.
- If an attacker is ripped by a defender, he must pass the ball within 3 steps.
- No forward passes are allowed.
- If a mistake is made, the attacking team must start again from its own goal line.
- Rotate attackers and defenders regularly.
- The attacking team gets 4 opportunities to score a try.

COACHING POINTS

- The support players must stay behind the ball carrier and nominate for the ball.
- The ball carrier targets the receiver's hands before passing the ball
- The attackers must run forward and attempt to sidestep the defenders.
- The ball carrier must try to pass the ball to a supporter who is in the best position to attack.

TRAINING SESSION 6

TECHNIQUE DEVELOPMENT: PASSING, COACHING AND DECISION MAKING

Exercise 1



Catch, pass and support

LOGISTICS

- 5 Players in a channel – use cones
- 5m x 10m channel
- One ball

EXERCISE

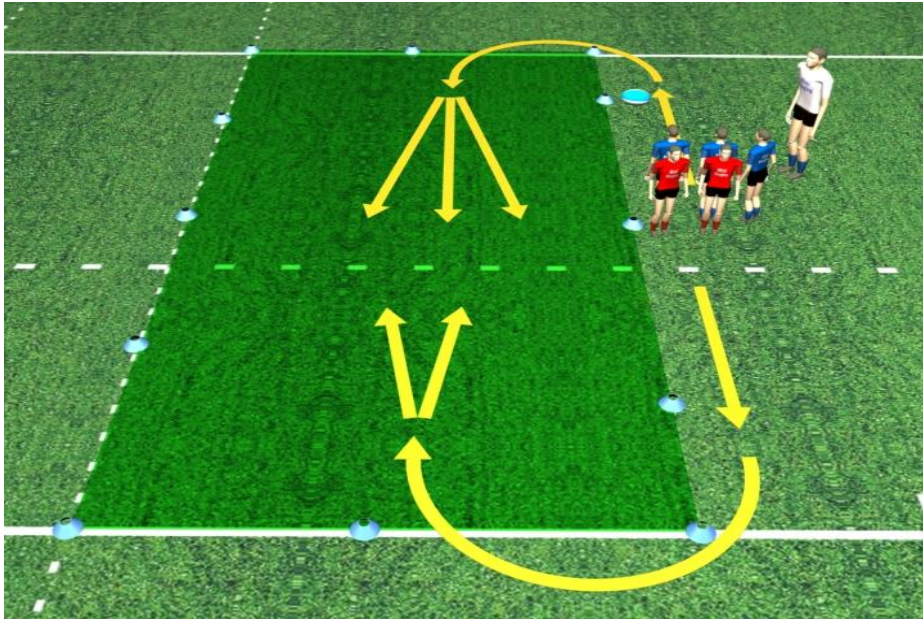
- Use a group of five players in a channel of 5m x 10m. Use one ball.
- Place five players next to each other, one metre apart at one end of the channel.
- Player number one holds the ball in both hands, standing upright.
- The second player stands with one knee on the ground.
- The third player stands with both knees on the ground.
- The fourth player lies on his stomach.
- The fifth player sits with legs crossed.
- At the coach's cue, all the players jump up, run down the channel while passing the ball to one another.
- The starting position of the player will ensure that the supporter will always run behind the ball carrier.
- Rotate player positions.

COACHING POINTS

- The ball carrier should target the receiver's hands.
- The receiver should nominate for the ball and reaches towards the ball.
- Ensure that everybody gets the opportunity to pass to the left and to the right.

TECHNIQUE DEVELOPMENT: HANDLING AND DECISION MAKING

Exercise 1



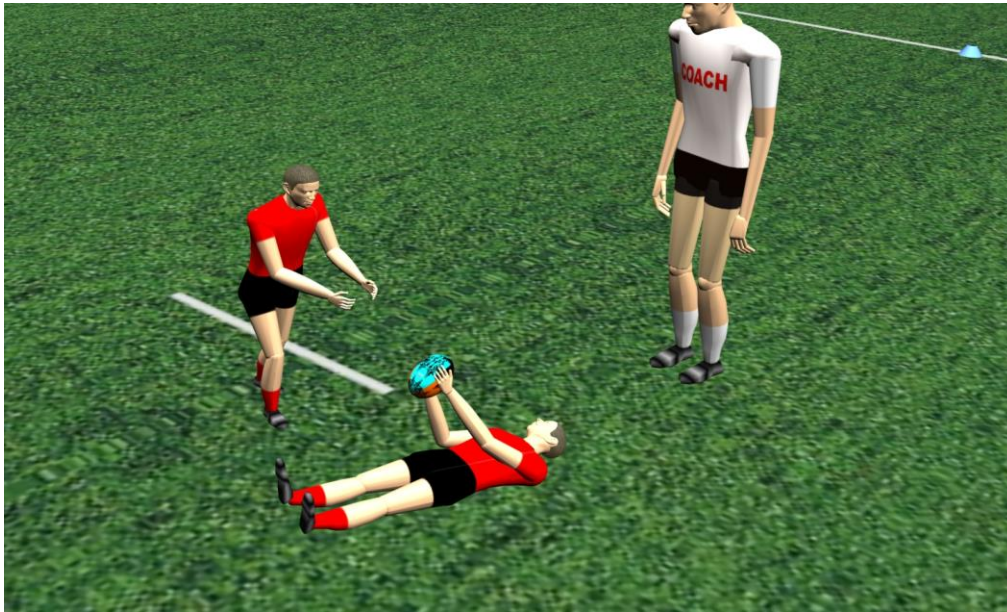
LOGISTICS

- 5 Players in a channel
- 5m x 20m channel
- Ribbons
- One ball

EXERCISE

- Use 5 players in a channel.
- All players should be wearing ribbons. Use one ball.
- 3 Attackers and 2 defenders are standing back-to-back outside the channel.
- On signal from the coach the two groups run in opposite directions, around the cones and back inside the channel.
- The attackers must attempt to score a try.
- The defenders must rip the attacker's ribbons according to the rules.
- Play until a try is scored.
- If the attackers make a mistake, for example, a knock or a forward pass, they must start again.
- Attackers get 4 opportunities of scoring a try, after which the defenders become the attackers.

Exercise 2 Pop Pass



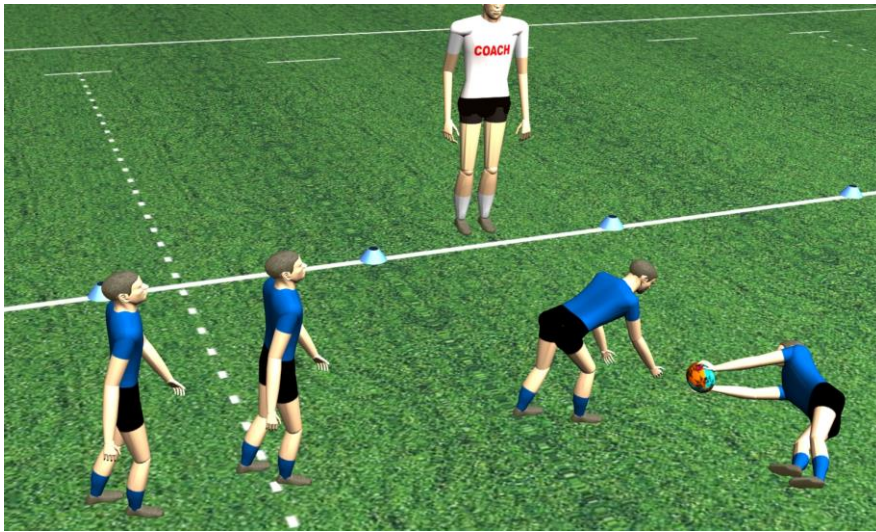
LOGISTICS

- 5 Players in a channel
- 5m x 20m channel
- Ribbons
- One ball

GAME

- Use 5 players in a channel.
- All players should be wearing ribbons. Use one ball.
- Attackers and 2 defenders are standing back-to-back outside the channel.
- On signal from the coach the two groups run in opposite directions, around the cones and back inside the channel.
- The attackers must attempt to score a try.
- The defenders must rip the attacker's ribbons according to the rules.
- When an attacker is successfully ripped, the attacker must fall and 'pop' the ball to the nearest **supporter**.
- The defenders may not intercept the ball when popped.

FALL AND PLACE



Exercise 3

LOGISTICS

- 4 Players in a channel
- 5m x 20m channel
- Ribbons
- One ball

EXERCISE

- Use 5 players in a channel of 5m x 20m.
- All players should be wearing ribbons. Use one ball.
- 3 Attackers and 2 defenders are standing back-to-back outside the channel.
- On signal from the coach the two groups run in opposite directions, around the cones and back inside the channel.
- The attackers must attempt to score a try.
- The defenders must rip the attackers' ribbons according to the rules.
- When the attacker is ripped, he must fall and place the ball.
- The first supporter must pick up the ball and continue play.

COACHING POINTS

- Ensure that the correct techniques are used when:
 - The ball is passed and received.
 - When the 'fall and pop' takes place.
 - When the 'fall and place' takes place.
 - Rehearse techniques with players before implementing it in game situations.

TRAINING SESSION 6

RUGBY RELATED GAME

'Play a Game'

LOGISTICS

- 16 Players
- U/8 playing field
- Referee
- One ball

GAME

- Use a normal U/8 playing field with 8 players a side.
- One referee, one ball
- Start the game with the formal kick-off.
- A full game is played.
- Apply U/8 rules.
- Select teams on equal strength to ensure more fun and participation.

COACHING POINTS

- Pay special attention to:
 - The correct handling of the ball.
 - Support players without the ball must position themselves in space where they can receive the ball with the least amount of pressure.
 - Players should not bundle.
 - No contact



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