

NSW RUGBY U10-U12

FOCUS AREAS FOR THE YEAR



FOCUS: CATCH & PASS ATTACK

TIME: 15 PERCENT

COACHING CUES: TAKE THE BALL EARLY, HANDS TO HANDS

LEARNING OUTCOMES:

WHEN CATCHING THE BALL, REACH FOR THE BALL EARLY AND CATCH WITH YOUR HANDS OFF YOUR CHEST.

WHEN PASSING WHILST UNDER PRESSURE THE CUE IS HANDS TO HANDS. ONCE A PLAYER HAS CONTROL OF THE BALL, PUSH YOUR HANDS FROM THE CATCH TO THE TARGET OF YOUR RECEIVER.

FOCUS: TACKLE & DEFENCE

TIME: 15 PERCENT

COACHING CUES: LOAD, LOCK, LEG DRIVE, RE-LOAD, COMMUNICATE

LEARNING OUTCOMES:

WHEN TACKLING - FOCUS ON LOADING INTO THE CONTACT AREA, LOCKING THE ARMS AROUND THE THIGHS WITH THE HEAD LOCKED TO THE ATTACKERS HIP. COMPLETE THE TACKLE WITH LEG DRIVE UNTIL THE DEFENDER FINISHES ON TOP ON THE ATTACKER ON THE GROUND, THE TACKLER SHOULD THEN RE-LOAD TO FEET, RELEASE THE TACKLED PLAYER AND COMPETE FOR THE BALL WITH HANDS IN A SOLID BASE POSITION. TACKLER MUST BEAT THE ARRIVING OPPOSITION PLAYERS IN ORDER TO PLAY THE BALL WITH HANDS.

FOCUS: TACKLE CONTEST

TIME: 15 PERCENT

COACHING CUES: ARRIVING PLAYERS - WIN RACE, TAKE SPACE, CHASE WITH FEET BALL CARRIER - FOOTWORK, FEND, LEG DRIVE, OFFLOAD, AND BALL PRESENTATION

LEARNING OUTCOMES:

WHEN CARRYING THE BALL - USE FOOTWORK TO GET INTO SPACE BETWEEN DEFENDERS, TRANSFER BALL AWAY FROM DEFENDERS TO PROVIDE AN OFFLOAD OPPORTUNITY, USE LEG DRIVE THROUGH CONTACT, ONCE BROUGHT TO GROUND PROVIDE STRONG BALL PRESENTATION FOR YOUR ARRIVING PLAYERS.

ARRIVING PLAYERS SHOULD LOOK TO WIN THE RACE TO THE FRONT OF THE GATE, TAKE SPACE AS SOON AND FAST AS POSSIBLE TO TRY AND DENY A CONTEST. PRIOR TO OPPOSITION ARRIVING LOWER BODY HEIGHT WITH A WIDE BASE AND CHEST DOWN IN PREPARATION FOR CONTACT. ENSURE THAT ONCE ENGAGED IN CONTACT WITH THE OPPOSITION SUPPORTER SHOULD CHASE FEET TO REMOVE THE OPPONENT THEY ARE IN CONTACT WITH.

FOCUS: SET PIECE - SCRUM, LINE-OUT, SET PIECE ATTACK

TIME: 15 PERCENT

COACHING CUES: SCRUM - LOAD FEET INTO THE GROUND, DRIVE WITH KNEES BEHIND HIPS, MAINTAIN FLAT BACK TO NECK, MAINTAIN PRESSURE THROUGH S

LINE OUT - JUMPERS - STEP INTO LUMP, LEAP WITH FEET POINTED TOGETHER, CORE ON, EARLY CATCH, STAY STRONG.

THROWER - WIDE BASE, ELBOWS IN, EXTEND HAND TO TARGET

ATTACK - MAKE CHANGES OF RUNNING LINE DISTINCT AND NOT TOO EARLY. THE KEY IS EARLY COMMUNICATION AND UNDERSTANDING OF THE PASS REQUIRED.

LEARNING OUTCOMES:

SCRUM- CREATE A SOLID AND SAFE SCRUM ENVIRONMENT THAT THE KIDS ARE CONFIDENT IN. COMPLETED THROUGH PRACTICE IN SET UP, BODY SHAPE AND LIVE COMPETITION.

LINE OUT - ASSURE THAT ALL WHO ARE JUMPING IN THE LINEOUT UNDERSTAND THE CORRECT JUMPING TECHNIQUES AND THAT THROWERS HAVE THE ABILITY TO THROW THE BALL IN STRAIGHT TO DIFFERENT AREAS OF THE LINE.