

# **NSW RUGBY U6-U7**

## **FOCUS AREAS FOR THE YEAR**



### **FOCUS: CATCH & PASS**

**TIME: 35 PERCENT**

**COACHING CUES: WARATAHS HANDS, WAVE IT AWAY**

#### **LEARNING OUTCOMES:**

**CATCH - CREATE A TARGET WITH HANDS UP "WARATAHS HANDS" MAKE A "W" SHAPE WITH BOTH HANDS USING A WORD THAT REPRESENTS ANY CLUB OR A FAVOURITE SUPERHERO A FUN NAME FOR THE KIDS TO REMEMBER.**

**MEET AND REACH FOR THE BALL, HIPS SQUARE, FINGERS AT TARGET READY TO RECEIVE BALL.**

**PASS - SPLIT STANCE, HANDS ABOVE ELBOWS, PUSH YOUR HANDS FROM ONE SIDE OF YOUR BODY TO YOUR TARGET, ASSURE KIDS ARE POINTING THEIR HANDS AT TARGET - WAVE IT AWAY.**

### **FOCUS: TAGGING**

**TIME: 35 PERCENT**

**COACHING CUES: TRACK, FOOT IN THE HOOP, TAG ON HIPS, CHASE FEET**

#### **LEARNING OUTCOMES:**

**TRACKING - APPROACH - GO FORWARD - TAKING SPACE TAGGER SHOULD NOT APPROACH BALL CARRIER DIRECTLY, IDEALLY APPROACH RUNNING IN THE SHAPE OF A J CURVE.**

**ON IMPACT ASSURE THE TAGGERS LOWER BODY HEIGHT AND STEP INTO THE IMAGINARY HOOP AROUND THE ATTACKER. ASSURE THE TAGGERS STEP IN THE HOOP WITH A LEADING LEG,**

**EXAMPLE FOR A RIGHT SHOULDER TAG YOU WOULD STEP IN WITH YOUR RIGHT FOOT. YOU DO SO TO ASSURE YOU GET YOUR HEAD ON THE OUTSIDE OF THE ATTACKER, REMOVING RISK OF GETTING YOUR HEAD IN THE WRONG PLACE. THIS WILL BE A KEY LEARNING FROM TAGGING THAT WILL TRANSFER WHEN THE KIDS PROGRESS TO TACKLING IN THE OLDER AGE GROUPS.**

**ON CONTACT POINT THE TAGGER SHOULD MAKE A STRONG 2 HANDED TAG ON THE HIPS OF THE ATTACKER AND CHASE YOUR TAG.**

### **FOCUS: DEFENCE**

**TIME: 20 PERCENT**

**COACHING CUES: BUILD A WALL, HANDS OUT**

#### **LEARNING OUTCOMES:**

**THE AIM BEHIND LEARNING HOW TO BUILD A DEFENSIVE LINE IS TO LIMIT THE AMOUNT OF OPPORTUNITIES THE OPPOSITION WILL HAVE TO EITHER RUN AROUND AND THROUGH YOUR TEAM. THIS IS A KEY LEARNING MOVING FORWARD AND WILL ALSO ASSIST WITH TEACHING YOUR KIDS WHAT OFF SIDE IS AS EARLY AS POSSIBLE.**

**IN TERMS OF COACHING CUES ASK YOUR KIDS TO BUILD A WALL, USE THE ANALOGY OF WHAT HAPPENS WHEN A BRICK FALLS OUT OF THE WALL ? THERE IS A HOLE IN IT. SO EVERY TIME WE LSOE A BRICK IN OUR WALL, EXAMPLE A TAGGER RUNS OUT A MAKES A TAG, WE NEED TO FILL IN THE HOLE IN OUR WALL. WE ALWAYS BUILD AND RE-BUILD OUR WALL BY PUTTING OUR HANDS OUT BY OUR SIDE AND ASSURING WE ARE NOT TOUCHING THE PERSON NEXT TO US AND OUR TEAM IS SPREAD ACROSS THE FIELD.**

### **FOCUS: DIRECTIONAL RUNNING & AGILITY**

**TIME: 10 PERCENT**

**COACHING CUES: STRAIGHTEN UP, FOLLOW PASS, STEP**

#### **LEARNING OUTCOMES:**

**THIS AGE GROUP IS IN ITS VERY FUNDAMENTAL STAGE OF LEARNING MOVEMENT AND MOBILITY. KIDS WILL NEED TO LEARN THE BASICS OF DIRECTIONAL LINE RUNNING. THIS WILL ASSIST IN DEFENCE, SUPPORT IN ATTACK & MOST IMPORTANTLY ASSURE YOUR KIDS ARE SCORING TRIES ON YOUR OPPOSITIONS TRY LINE AND NOT YOUR OWN.**