

# NSW RUGBY U8-U9

## FOCUS AREAS FOR THE YEAR



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

**TIME: 30 PERCENT**

**COACHING CUES: WARATAHS HANDS, MEET AND REACH, FINGERS TO TARGET**

#### **LEARNING OUTCOMES:**

**CATCH - TARGET, PALMS UP AT THE BALL, 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, HANDS UP, FIRE WRIST, PUNCH FROM HIP, TRANSFERRING BALL FROM "CATCH" TO A "PASSING" POSITION. FINGERS AT TARGET, POINT TO WHERE YOU WANT THE BALL TO GO.**

### **FOCUS: TACKLE**

**TIME: 30 PERCENT**

**COACHING CUES: TRACK, TAKE SPACE, HIT-STICK-SQUEEZE**

#### **LEARNING OUTCOMES:**

**ALIGN - MARK UP TO OPPONENT**

**TRACKING - APPROACH - GO FORWARD - TAKING SPACE TACKLER SHOULD NOT APPROACH BALL CARRIER DIRECTLY, IDEALLY APPROACH AT AN ANGLE**

**HIPS SQUARE - BALANCE - FEET WIDE AND ON TOES**

**CONTACT - HIT - STICK - SQUEEZE - CHEEK TO CHEEK - SHOULDERS "ON" - STRONG BODY POSITION**

**THE BALL CARRIER SHOULD LOOK TO FIND SPACE, CARRY THE BALL STRONG, FALL IN ORDER OF KNEE, HIT, SHOULDER AND PRESENTING THE BALL WITH A STRONG BALL PLACE.**

### **FOCUS: TACKLE CONTEST**

**TIME: 30 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**

**TIME: 10 PERCENT**

#### **COACHING CUES:**

**SCRUM - SET UP, SET SQUARE, SINK KNEES AND HITS, KEEP FLAT BACK**

**LINE OUT - SET UP, PENCIL JUMP, STRAIGHT THROW**

#### **LEARNING OUTCOMES:**

**IN THIS AGE GROUP THE INTRODUCTION ON SCRUM AND LINEOUT IS FOR THE PURPOSE OF THE KIDS UNDERSTANDING OF HOW AND WHEN TO SET UP FOR A SCRUM OR LINE OUT.**

**BE PREPARED THAT IF YOUR KIDS RE IN THE U9S AGE GROUP THEY WILL BE COMPETING AT SET PIECE IN THE U10S AND YOUR TRAINING SHOULD REFLECT THIS PROGRESSION.**