

# NSW RUGBY YOUTH 13-18

## FOCUS AREAS FOR THE YEAR



new south wales  
**RUGBY**

### **FOCUS: ATTACKING SKILLS & STRUCTURE**

**TIME: 15 PERCENT**

**COACHING CUES: EYES UP, TAKE EARLY, SQUARE UP, HANDS TO HANDS**

#### **LEARNING OUTCOMES:**

**THE FOCUS FOR THIS SEASON IS TO IMPROVE YOUR PLAYERS ABILITY TO ATTACK EFFECTIVELY FROM ANY POSITION IN THE TEAM. WHETHER YOUR TEAM IS PLAYING COUNTER ATTACK, SET PIECE ATTACK OR GENERAL PHASE ATTACK YOU ARE LOOKING FOR YOU PLAYERS TO BE ABLE TO IDENTIFY SPACE USING EYES UP AND ATTACK THAT SPACE BY SQUARING UP INTO IT OR PASSING HANDS TO HANDS TO A PLAYER IN THAT SPACE. YOUR SECONDARY AIM IS FOR YOUR TEAM TO USE A GENERAL ATTACKING STRUCTURE, THIS WILL ALLOW YOUR TEAM TO WORK TOWARDS A SPECIFIC OUTCOME DURING GENERAL GAME PLAY.**

### **FOCUS: TACKLE & DEFENCE**

**TIME: 15 PERCENT**

**COACHING CUES: LOAD, LOCK, LEG DRIVE, RELEASE AND REACT, 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. TEAMS SHOULD NOW LEARN ABOUT DEFENSIVE STRUCTURES AND HOW THEY ARE EXECUTED. PLAYERS SHOULD BE INTRODUCED TO RUCK DEFENCE, MAN ON MAN, INSIDE OUT AND HOVER.**

### **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  
SUPPORTERS - BOLT, PLUG**

#### **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. SUPPORTERS - BOLT - KNEE UNDER PLAYER OVER THE BALL LOCKING THEM IN. PLUG - WHEN YOUR FIRST ARRIVING PLAYER CANT REMOVE JACKLER AND THE SUPPORTER WILL PLUG THE HOLE WHICH IS THE JACKLERS AVAILABLE ARM ON THE BALL.**

### **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. SUPPORTERS - SET A WIDE BASE, ELBOWS DOWN ON SET, LOAD THROUGH LEGS AND LOCK OUT ARMS AT EXTENSION OF THE JUMP, SUPPORT TO GROUND LOADING THROUGH LEGS AGAIN.  
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 - CREATE A SOLID AND SAFE LINE OUT ENVIRONMENT THAT THE KIDS ARE CONFIDENT IN. COMPLETED THROUGH PRACTICE IN SET UP, JUMP SUPPORT PRACTICE AND LIVE COMPETITION. AT TRAINING.  
CREATE A BASIC UNDERSTAND OF PLAYERS ROLES AND RESPONSIBILITIES IN SET PIECE ATTACK.**