

KIDS FIRST RUGBY



STAGE 2 (Under 12) LEARNING

Personal and Social

Take on different roles

The child:

- Plays in different positions including play-maker (scrum-half, fly-half)
- Leads a team or unit practice
- Is deployed in different ways: first receiver, ball carrier, support runner, decoy runner, kicker, thrower.

Be creative

The child can:

- Explore and discover for themselves ways of solving problems.
- Is confident to take risks e.g. overhead passes, round the back passes and so on
- Sees mistakes as a valuable part of learning.

Physical and Movement

Perform with accuracy, fluency, control and consistency

The child can:

- Pass and then support to receive the ball
- Run, kick and gather
- Change direction to move defenders and execute a well-timed pass to a supporting player.

Understand the importance of warm up and cool down, the benefits of physical exercise and being healthy in relation to Rugby Union

The child can:

- Explain the benefits of a warm up and cool down
- Perform or lead warm-up and cool down
- Explain the benefits of being fit for rugby
- Make every effort to establish and maintain levels of fitness appropriate to rugby.

Game Understanding

Solve problems using the Principles of Play

The child can:

- Demonstrate all the principles of play in competitive situations
- Go forward and support
- Demonstrate continuity and pressure
- Communicate
- Contest possession in a variety of game situations.

Understand 'why' and explain or execute the next steps

The child can:

- Recognise and suggest patterns of play that will increase the chances of success
- Show anticipation and awareness in changing game situations
- Evaluate and adapt actions in pressure situations
- Choose and vary skills and tactics to suit the situation in a game.

Skill Focus

Support

The child can:

- Support close, deep, wide, decoy, behind
- Work hard to support the ball carrier or tackler.

Contact

The child:

- Is able to tackle (side and rear) through the progressions of kneel, squat, stand, walk, jog
- Often performs a safe tackle in a game situation.

Rules

- 10 v 10
- Half Pitch (up to 5m lines)
- Unlimited contest for the ball
- 5 player uncontested scrum
- No line-out
- No kicks for goal
- The team being scored against have the option to kick or receive
- Mark called anywhere on the pitch
- Size 4 Ball

Competition Framework

- Inter-club
- Triangular
- Festival: round robin, rock up and player. No leagues or knock-out.