

KIDS FIRST RUGBY



STAGE 2 (Under 11) LEARNING

Personal and Social

Give and take feedback

The child:

- Is able to self-reflect
- Can provide feedback on their own and team performance
- Can accept constructive and positive feedback from coach and others.

Set personal goals

The child can:

- Challenge him/herself and set reasonable realistic and achievable goals through self-reflection and received external feedback.

Physical and Movement

Perform a range of skills with good control and consistency

The child is more successful than not when:

- Passing the ball over varying distances using varying techniques (wrist, spin, pop, off-load)
- Passing the ball while moving, changing pace and changing direction.

The child is more successful than not when:

- Receiving the ball from a pass, pop, kick or the ground
- Receiving the ball while moving, changing pace and changing direction.

Game Understanding

Make sound decisions

The child can:

- Understand and explain when to run, pass or kick, depending on the actions of a) the support and b) the defence.

Adapt and adjust to changes (use different skills and tactics) to outwit opponents

The child:

Adapts quickly to a change of:

- Numbers of players
- Rules
- Pitch size

Can apply appropriate changes in pace, space and support.

Skill Focus

Contest for the ball

The child can:

- Support the ball carrier
- Demonstrate and maintain the correct body position in a ruck and maul.

Range and selection of pass and receipt, kick receipt

The child:

Attempts to:

- Pass, pop, spin, off-load, push pass
- Kick (grubber, punt, cross-kick)
- Receive (soft hands, targets, high ball, low ball)

Rules

- 9 v 9
- 35m x 60m
- Competition for the ball - ball carrier + 2, tackler + 2
- Uncontested scrum (nearest 3)
- Introduction of: Kicking "MARK" call anywhere on pitch. If a defender knocks on from a kick scrum to the defending team.
- No line-out
- Size 4 Ball

Competition Framework

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