



# COACHING CARD 2

## PLAN

### COACHING BEST PRACTICES

A Rugby session should always be A.P.E.S.S. to ensure the players improve and continue to enjoy the Game:

**ACTIVE** Keep the players engaged, playing and practising.

**PURPOSEFUL** The players need to understand the purpose of the games they are playing: practising skills (such as passing or moving forward) should be put in relation to the Game of Rugby so the players understand why it is important for them to learn and practise them.

**ENJOYABLE** Ensure that players have fun and enjoy what they do to help them stay focused and engaged.

**SAFE** It is important to ensure that players are playing safely at all times and that they understand the importance of safety.

**SUCCESSFUL** Teachers and coaches must ensure that all the players enjoy a sense of achievement during the session to keep rugby enjoyable.

## REVIEW AND RECORD

### What value did I teach?

Solidarity, discipline, respect, passion, integrity

### How did I develop the young athlete?

What did we do for warm-up and cool-down?

### How did we develop the player?

E.g. What skill did you facilitate?

### What game did we play?

5-a-side Touch/Tag

### How did we finish the session?

Fijian salute/war cry

### Review of the session

What was the focus? What went well? (Stay positive.)

## DO - EXAMPLE 30 MIN SESSION

### BEFORE THE SESSION (PLAN)

Decide what will be the key focus(es) (no more than two) for the session and decide which general game and drill(s) will be played during the session. Mark the general game and drill(s) areas and prepare the necessary equipment if relevant.

#### Add Value (SEL)

Choose from value card 1–4.

0-3  
MIN

#### Warm-up (LTAD)

Remember to regularly run dynamic stretches  
approximately every 2–3 minutes.

4-10  
MIN

#### Deliver Two Skills (LTPD)

Remember to keep the players active, e.g. by having  
multiple small groups playing simultaneously.

11-17  
MIN

#### General Game (LTPD)

Wrap-up general game – progress or repeat the  
game, adding or removing rules.

18-24  
MIN

#### Cool down (LTAD)

Cool-down and stretches

25-28  
MIN

#### Adjournment (SEL)

Review of the session. What was the focus?  
What went well? (Stay positive.)

29-30  
MIN

## GET INTO RUGBY

### U 6/7 Non-contact

#### ● WARM-UP (LTAD) (CHOOSE 2 OF THE FOLLOWING)

##### SMALL SIDED GAMES SUCH AS SCARE CROW/PAIRS TAG AND MULTI DIRECTIONAL RUNNING

- High knees forward
- Backwards
- Sideways
- Kangaroo control

#### ● SKILL DEVELOPMENT (LTPD)

- Catch and Pass: Keep Ball\*
- Go forward and score a try: Score a Try\*

\*See [www.world.rugby/the-game/game-participation/get-into-rugby](http://www.world.rugby/the-game/game-participation/get-into-rugby)

#### ● GAME UNDERSTANDING AND RULES

- 5 v 5 Rugby Netball
- Field size: 20m in width; 10m in length
- Aim: Score by grounding the ball over the try line.
- Rules:**
- Ball carrier is not allowed to move and can only pivot on one foot.
- Attacking players can move anywhere in playing area.
- Defending players can only block 1meter away from the ball carrier or intercept a pass.
- No defenders in in-goal area
- No contact, no referee, pass in any direction
- Turnover after 5 dropped passes

#### ● COOL-DOWN (LTAD) (CHOOSE 2 OF THE FOLLOWING)

##### STRETCHES

- Quad stretch
- Toe touch
- Cat & Cow
- Shoulder blade stretch
- Bridge
- Spiderman
- Airplane
- Skydive

#### ● ADJOURNMENT (SEL)

- Fijian salute
- High five
- War cry
- Handshake
- Song & Dance

