

SEASON PLANNER

2025-26



August

	17th	24th	31st
U16-U18	Catch and Pass. Evasion. Attacking Games	Tackle. Breakdown (Offload and Present. High intensity contact games. Scrum/lineout technique	Catch and Pass Continuity. Attack shape Attacking games Scrum/lineout technique
U13-U14	Catch and Pass. Evasion. Attacking Games	Tackle. Breakdown (Offload and Present. High intensity contact games. Scrum/lineout technique	Catch and Pass. Continuity. Attacking games Scrum/lineout technique

August

31st

Core Skills, Conditioning

U11-U12

Attack:
Catch and Pass
Evasion
Attack Principles

Skills Acquisition, Game Laws

U10

Running and Evasion
Catch and pass
Offload

U8-U9

Running and Evasion
Catch and pass
Offload

Skills Acquisition, Game Laws

U5-U7

Running and Evasion - Go Forwards

September

7th

14th

21st

28th

Roles, Refine Team Shape, Tactical Understanding

U16-U18

Defence:
Tackle.
Ruck.
Defence.
Principles
including Set
piece.

Catch and Pass.
Continuity.
Attacking
Shape
including Set
piece.

Defence:
Tackle and Ruck.
Kick Offs.
Defence Shape.

Catch and Pass
Continuity
Exit plays and
kick receipt.

Core Skills, Roles, Game Understanding

U13-U14

Defence:
Tackle.
Ruck.
Defence.
Principles.

Catch and Pass
Continuity Kick
offs
Attacking
Shape

Defence:
Tackle and Ruck
Lineout Tech
Defence Shape

Catch and Pass
Continuity Exit
plays and kick
receipt.

September

	7th	14th	21st	28th
Core Skills, Conditioning				
U11-U12	Tackle Ruck Defence Shape	Catch and Pass Scrum Tech Attack Principles	Tackle and Ruck Defence Principles	Kick Chase Kick Offs
Skills Acquisition, Game Laws				
U10	Tackle	Catch and pass Offload Tackle	Rucking	Tackle Team defence
U8-U9	Tackle	Catch and pass Offload Tackle	Tackle	Catch and pass Present Tackle
Skills Acquisition, Game Laws				
U5-U7	Running and Evasion	Catch and Pass	Touch Tackle Running and Evasion	Evasion

October- Boys



Roles, Refine Team Shape, Tactical Understanding

U18	League	League	League	Catch and Pass Continuity Set Piece Attacking Shape
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U16	TRC Cup	League	League	Catch and Pass Continuity Set Piece Attacking Shape
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Core Skills, Roles, Game Understanding

U13-U14	TRC Cup	League	League	Catch and Pass Continuity Set Piece Attacking Shape
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October - Girls



Roles, Refine Team Shape, Tactical Understanding

U18	Tackle Ruck Set Piece Defence Shape Counter Attack	League	League	Catch and Pass Continuity Set Piece Attacking Shape
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U16	Tackle Ruck Set Piece Defence Shape Counter Attack	League	League	Catch and Pass Continuity Set Piece Attacking Shape
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Core Skills, Roles, Game Understanding

U13-U14	Tackle Ruck Set Piece Defence Shape	League	League	Catch and Pass Continuity Set Piece Attacking Shape
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October

	5th	12th	19th	26th
Core Skills, Mini Units				
U11- U12	Catch and Pass, Evasion Lineout Attack Principles	Tackle and Ruck Scrum Defence Principles	Catch and Pass Continuity Counter Attack Principles	Tackle and Ruck Defence Principles Kick chase (Include Kick offs)
Core Skills, Game Understanding				
U10	Catch and pass Offload Tackle	Tackle and Ruck Scrum half pass	Tackle Team defence	Introduce Scrum and Lineout. Festival game practice.
U9	Tackle and Defence	Catch and pass Offload Tackle	Introduce the Ruck	Catch and Pass Tackle Festival game practice.
U8	Touch Tackle Ball Presentation	Evasive running Catch and pass Scrum Half pass	Touch Tackle Ball Presentation	Evasive running Catch and pass Scrum Half pass Festival game practice.
Core Skills, Game Understanding				
U5-U7	Catch and Pass Kicking	Touch Tackle Evasion	Running forward and support	Catch and Pass Kicking Festival game practice