Skills Curriculum

Focus	Coaching approach	Physical development	Social Development
Principles of Rugby and Tactics.	Teach and Discuss Delegate Feedback	Mobility & Stability. High Intensity Bursts	Teamwork Connection s problem sloing

Principles of Play

Gain Possession → Go Forward → Support → Continuity → Pressure → Score

Contest → Go Forward → Support → Apply pressure/ Tackle → Contest → counter attack

Core Skills

- Running and Evasion
- Ball in contact and Tackle
- Kicking
- Catch and pass
- Continuity and ruck
- Set Piece

Session Format

- ABC'S, Skills and Contact Warm Up 20mins
- Purposeful Practice 15mins
- Action Zones and Game Zones 25mins
- Games for Understanding 20mins