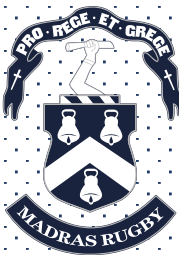


Madrascols Coaching Resource



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Introduction

- Madras rugby club is a rugby club for everyone either playing rugby, coaching, referring or helping in any other way.
- Rugby is a game for everyone, all ages, and levels of experience.
- Children can prosper through rugby in an environment where having fun, learning and building confidence are prioritised.
- It is the responsibility of all adults in the game to create an environment that is player-centred, development-driven and competition-supported.



Introduction

- This resource pack is in to aid all coaches from primary 1-7.
- This booklet will contain helpful games and ideas that can be used to create a session for any age. This will have useful recourses and links that can be used to see how games should look and most important the huge range of different games and drills that can be used to improve skills.
- All these games and skills can be adapted to suit a vast range of different ages, depending on age, skill abilities and many other factors.



Introduction

- This document also dives into the Scottish Rugby Blueprint that has been launched in 2022.
- The Blueprint is the playing and coaching philosophy for Scottish Rugby, aiming to improve the standard of rugby at all levels of the game.
- The Blueprint has evolved from the original (launched in 2016), to expand beyond the technical /tactical focus of the game.



Introduction

- Developed by Scottish Rugby in conjunction with coaches from the club and school game, the Blueprint's overriding message is 'Change Our Game'.
- In order for Scottish Rugby to compete and win on the international stage, the game in Scotland needs to further develop and think differently.
- Our intention is to create amazing learning environments with the appropriate level of stretch and support to enable players to be more tactically adaptable. The aim of this Blueprint resource is to help coaches at all levels develop their coaching practice with practical help to bring the Blueprint principles to life.



Introduction

- Our intention is to create amazing learning environments with the appropriate level of stretch and support to enable players to be more tactically adaptable.
- The aim of this Blueprint resource is to help coaches at all levels develop their coaching practice with practical help to bring the Blueprint principles to life.
- Please use the QR code to view more Blueprint resources.



APES

A

Activity

P

Purposeful

E

Enjoyable

S

Safe



APES stands for

Active, **P**urposeful, **E**njoyable and **S**afe.

APES is an overarching theme for good coaching practice. It is a tool we use in Planning, doing and reviewing sessions.



Game coach and referee guidance

There should only ever be one game coach or referee on the pitch at all times and no other adults on the field of play. Player Welfare - Safety is the most important part of game coaching.

Game Management – game coaches should encourage players to:

Attack

Go forward, attack space and evade defenders, support the ball carrier, keep the ball alive.

Defence

Tackle height kept in the 'green zone', the tackler should roll away after a tackle has been completed, players should stay onside behind the back foot.

Equity

The game coach must be fair, impartial and consistent to both teams.

Laws

It is important that game coaches at all levels learn, understand and apply the laws in a consistent way.



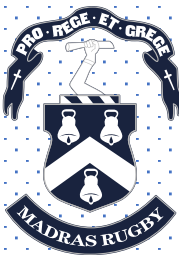
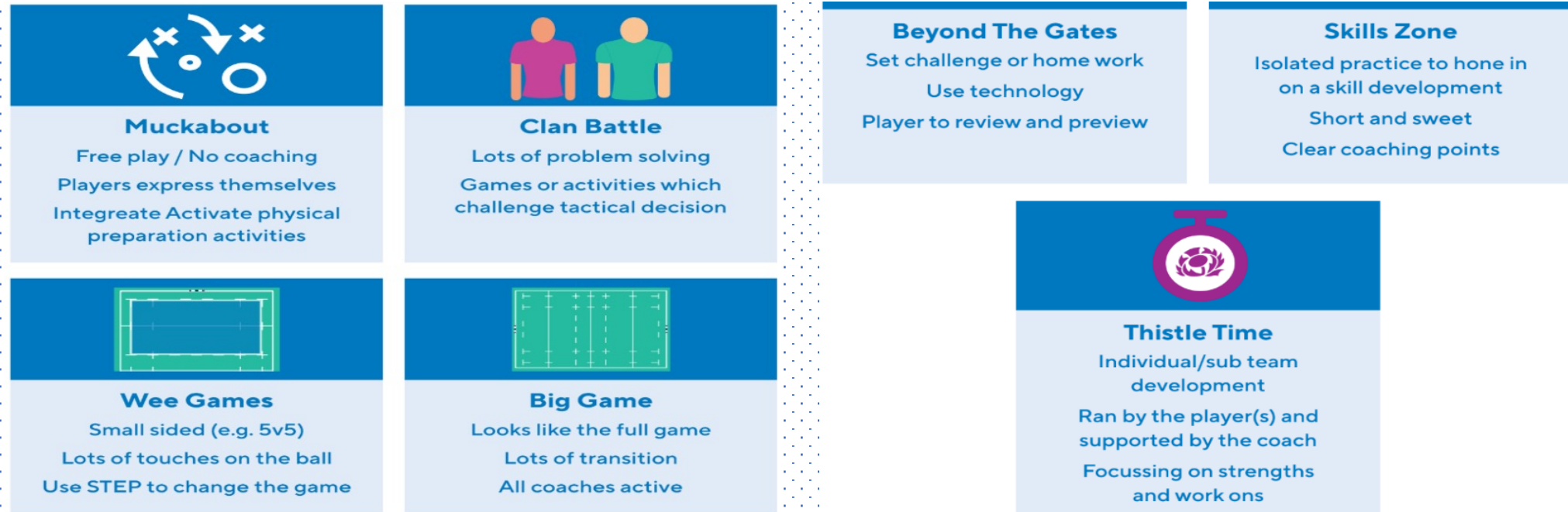
Game coach and referee guidance

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- Player Welfare - Safety is the most important part of game coaching.
- Game Management – game coaches should encourage players to:
- Attack - Go forward, attack space and evade defenders, support the ball carrier, keep the ball alive.
- Defence - Tackle height kept in the 'green zone', the tackler should roll away after a tackle has been completed, players should stay onside behind the back foot.
- Equity - The game coach must be fair, impartial and consistent to both teams.
- Laws - It is important that game coaches at all levels learn, understand and apply the laws in a consistent way.



Session design and flow

- Designing engaging and inclusive sessions is a huge part of coaching. Can you challenge yourself to coach within game related activities for up to 80% of the session?
- The diagram below highlights what a ideal session should look like:



Session design and flow - STEPS

- The STEP Model encourages coaches to change the space, task, equipment, or people for a chosen activity, to make it easier or more challenging.
- These four simple steps can also be used to make your sessions more inclusive:

S	SPACE 	Pitch Dimensions or Starting Position Scoring Areas / Skill Zones Number of Pitches Wide channels
T	TASK 	Add conditions on certain players (e.g. can pass) Introduce special roles for groups/individuals Introduce a new Scoring System or change timings Set scenarios (e.g. team A are 15 points down) Introduce challenges with rewards
E	EQUIPMENT 	Change the type and/or number of balls Distraction (e.g. contain/constrain defenders) Alignment (e.g. stay square)
P	PEOPLE 	One team with more or less players Special roles to certain players (e.g. 5m channel) Give super powers (e.g. double points if they score)



Game-based approach

- We want to have activity level as high as possible to allow children the opportunity to learn and challenge in as close as possible.
- We want this to be in a game-like situation, while also keeping it enjoyable as possible.
- Session design can focus on:

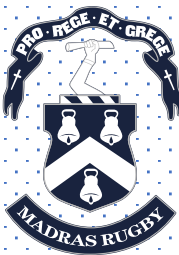
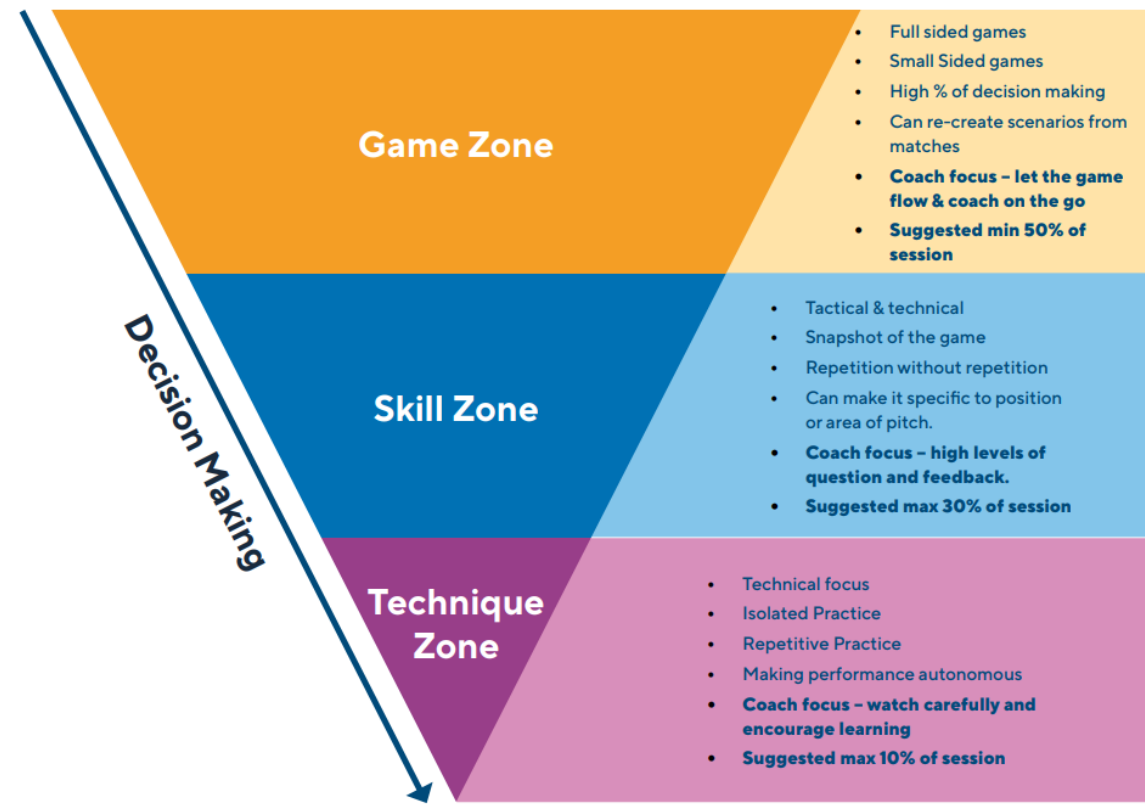
Game Zone

**Technique and
Skill Zone**



Game Zone

- Spend most of the time here.
- Don't be afraid to make it bigger/smaller.
- Don't have too many players on 1 pitch – make 2 pitches instead.



Technique and Skill Zone

- Don't have too many players in 1 zone – it's better to make numerous so players have as much time on ball as possible.
- Can be used to as a breakout whilst a game is going on, or between games to focus on technique/skill development.

Different ways to use zones	Technique Zone	Skill Zone
	<ul style="list-style-type: none">• Primers at start of activity.• Individual work-on during games.• Develop position specific techniques.• Buy-in activity for players.	<ul style="list-style-type: none">• Set the context for a game.• Help players solve problems• Rotate 3 teams around during game.• Develop position specific decision making.• Develop situation specific decision making.• Work attack and defence at same time.



P4

- Introduction to tackling.
- Players should look to complete a tackle below the waist, players cannot rip or target the ball.
- No breakdown player who is tackled can pop from the floor or pass to a teammate.
- No hand offs players to keep 2 hands on the ball.
- No scrums or lineouts.
- The tackle hold will reward players who have completed most of the tackle process but have failed to take the player to ground (whether through size difference, slightly inaccurate technique etc).
- A drop off occurs of players moving from P3 to P4 as those who struggle with confidence around contact move away from the game. Subsequently, there will be no breakdown/ruck at this age group.



P5

- P5 will have the same laws as P4/U9 for the trial.
- The rationale being that the fundamentals of running, passing, tackling and offloading should be central to the game in the formative years and having two years of a clear focus should lay strong foundations for layering on breakdown, set piece etc in later years.



P4 and P5



P4 / U9

Team Max
6

Ball Size 3

Game Length
20mins Max

Pitch Size
40mx30m

Trial Laws
Tackle

Breakdown Restart & Penalties
Ball Handling

Tackle or Tackle Hold
Waist or below
No targeting of the ball
None, offload or pop from floor
Free Pass
No scrums or lineouts
Knock on, play on
Hand-offs not allowed
Ball in 2 hands to be encouraged

Festival max playing time 50mins



P5 / U10

Team Max
6

Ball Size 3

Game Length
20mins Max

Pitch Size
40mx30m

Trial Laws
Tackle

Breakdown Restart & Penalties
Ball Handling

Tackle or Tackle Hold
Waist or below
No targeting of the ball
None, offload or pop from floor
Free Pass
No scrums or lineouts
Knock On, Play On
Hand-offs not allowed
Ball in 2 hands to be encouraged

Festival max playing time 50mins



P6

- P6 Rugby sees the introduction of the breakdown, scrum and kicking.
- The emphasis is still on small-sided games, ensuring that players are involved as much as possible.
- The breakdown is limited to 1 supporting player per team, so that players can practice their decisions and techniques without too much pressure from other players – and so referees are able to see clearly what is taking place.
- Kicking is introduced as it is a key attacking skill – as a coach look to encourage attacking kicks such as grubbers and chips. This in the long run will give defenders another thing to worry about.



P6

Breakdown

- The rationale for limiting the number of players at the breakdown is to provide players with the best chance to develop safe and correct technique.
- This allows coaches and referees to clearly identify where and when laws are being broken and to help develop correct technique in the players.



Number of Players

- Up to 1 supporting player per team can enter the breakdown.
- *Sanction: Free Kick to non-offending team*
- Tackler: If the tackler, on completion of the tackle, releases the ball carrier, returns to their feet and is the first to enter the breakdown from that team – then the defending team can still put 1 supporting player to assist in the competition for the ball.
- When is the breakdown over? (for a 1v1 breakdown)



P6

P6 / U11

Team Max

Game Length
30mins Max


Ball
Size 3

Pitch Size
60mx40m
(with 5m in-goal)

Trial Laws
Tackle
Breakdown
Restart
Penalties
Ball Handling
Kicking
Scrum

Waist and below,
No targeting of the ball
Max 1 support player per team
Tap & Pass
Tap & Play
Ball in 2 hands to be encouraged
Hand-offs not allowed
Kicking from hand allowed
anywhere in open play
3v3, closest 3, uncontested,
no push, scrum-half must pass

Festival max playing time 60mins



P7

- P7 Rugby sees the continued development of the breakdown, scrum and kicking.
- The emphasis is still on small-sided games, ensuring that players are involved as much as possible.
- Lineout shape is introduced, with the core skills of throwing and catching overhead being the focus.
- The breakdown is increased to up to 2 supporting players per team, so that players can practice their decisions and techniques with a bit more pressure from other players - whilst still allowing referees to be able to see clearly what is taking place.
- Kicking is introduced as it is a key attacking skill - as a coach look to encourage attacking kicks such as grubbers and chips. This in the long run will give defenders another thing to worry about.



P7

Players	10
Pitch Size	Half Pitch (60m x 40m with 5m In-goals)
Ball Size	4
Max. Game Length	40 minutes
Max. Playing Time in Festival	60 minutes
Scoring	1 Point per Try
Tackle	Yes – Below Waist
Handoff	Yes - Not to Head or Neck
Breakdown	Up to 2 supporting players per team
Scrum	5 players per team, contested hook, no push, 9 must pass
Lineout	Uncontested, minimum of 5 per team (Hooker + 4). Team that throws in, wins the ball
Kick Off/ Restarts	Drop Kick to start Game/Half. Drop Kick or Tap & Pass to the team that conceded after a try
Open Play Kicking	Allowed from hand and anywhere on the pitch



Session plan resources

- www.sportplan.net/drills/Rugby/index.jsp
- www.englandrugby.com/participation/coaching/coach-resources
- www.rugbycoachweekly.net/

