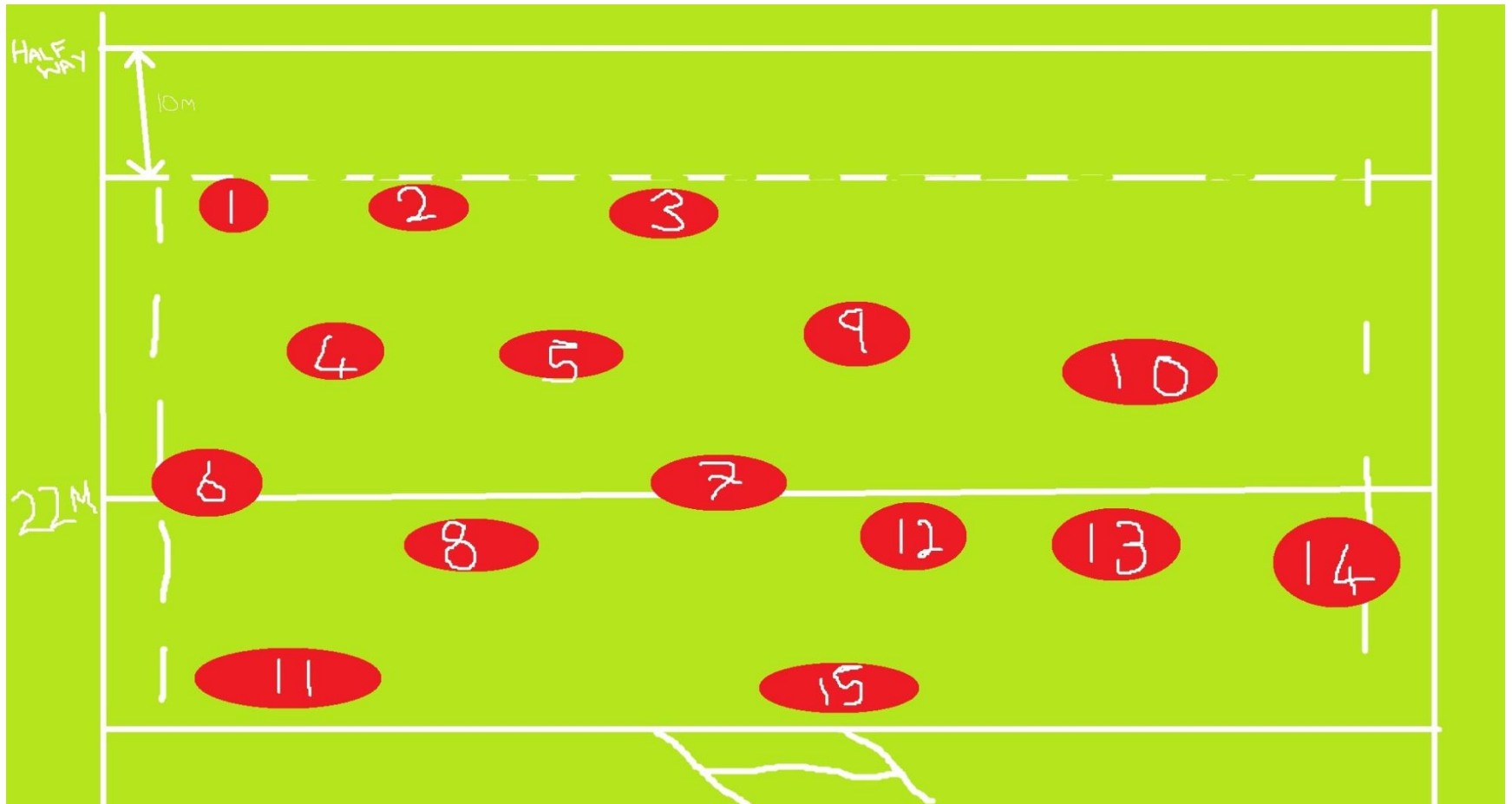


U14's Basic Stuff

Kick off positions



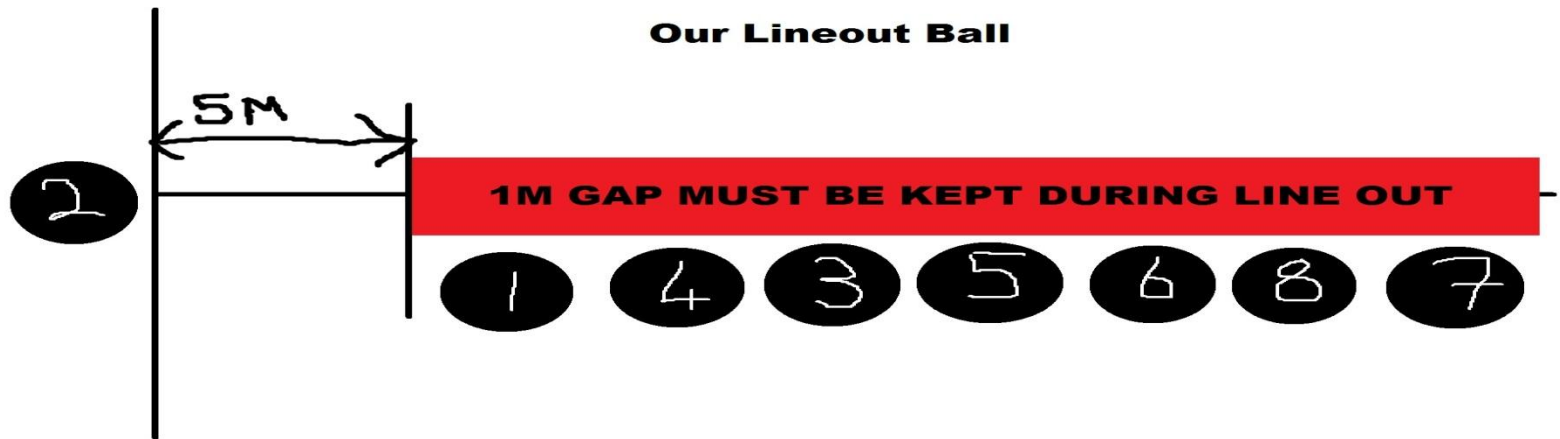
Differences in breakdown

- Once tackled must place ball straightaway
EVEN IF ALONE
- “Long and strong” is best.
- Don’t just throw ball away control it.
- Must come in through gate
- Don’t just dive on the ruck

Ruck or Maul

- Ruck is on floor
- Always contest them don't wait for an invite get stuck in.
- Maul on your feet.
- Squat down, hit with shoulder keep ball on opposite hip.

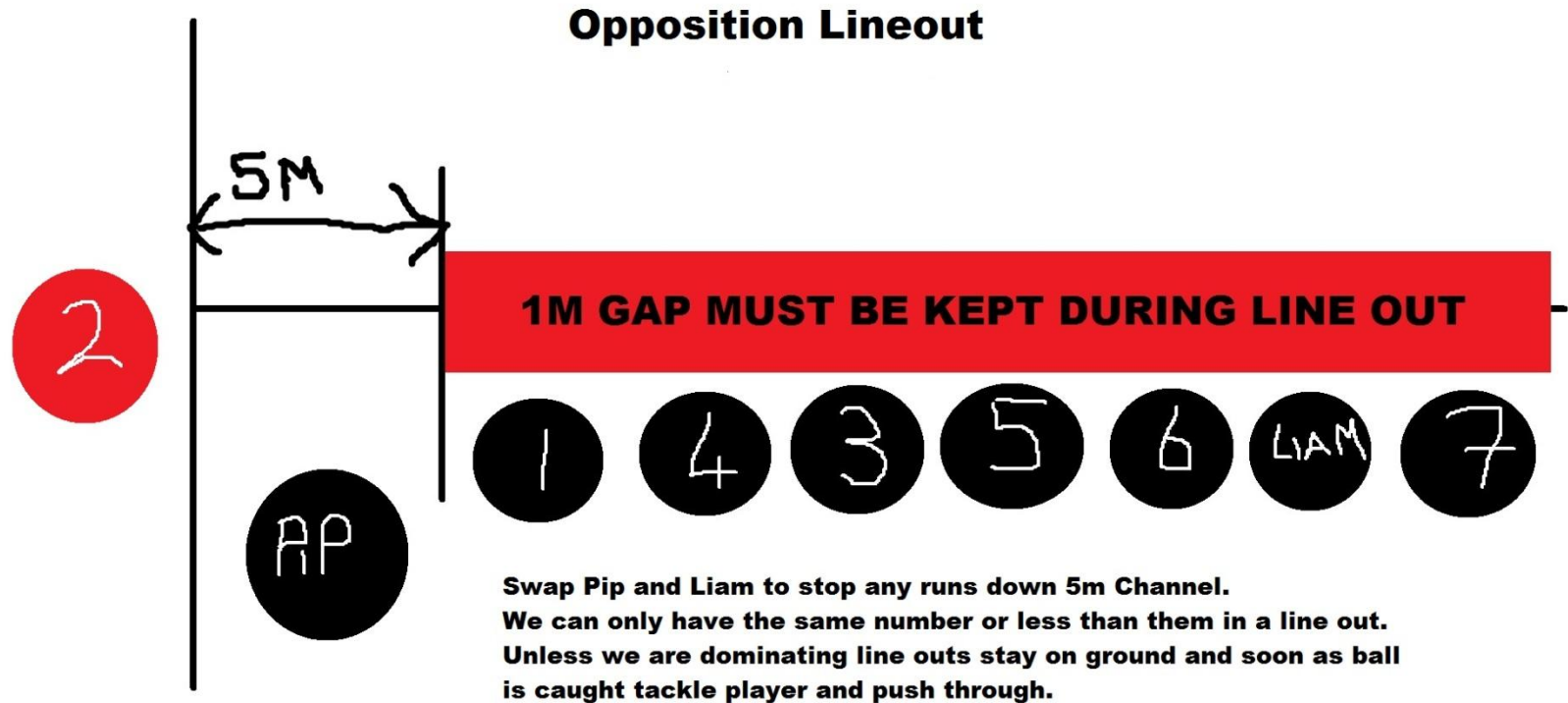
Our Lineout



- Throw to 2nd man is any COLOUR
- Throw to 4th man is any FOOTBALL CLUB
- Throw to 1st man is any ANIMAL (only use when less than 10m from the tryline).

If it goes wrong that's fine BUT
REACT and carry on playing.

Opposition lineout



Scrum



Forwards

- Lead by example
- Be at every ruck/maul you can be, if you cant get there don't be in the way
- Do the hard work
- Protect the ball
- Always compete for the ball you will never be offered it so take it

Flankers

- Break from the scrums 1st to support the backs you're the quicker forwards
- You should get to majority of breakdowns

Scrum-Half Roles

- Put ball in at Scum
- Be at every ruck/maul basically as a RL Hooker at the back passing the ball on to next phase.
- Be the link between forwards and backs

Stand Off

- RUN THE SHOW!
- Be the decision maker
- Don't be greedy
- Be aware of whats going on
- If you kick make sure its to spaces not faces
- If you go for touch make it bounce 1st

Centres

- Same as RL really get it run straight!!
- Inside Centre (12) is closest to the stand off
- Outside centre (13) is next in the line

Wingers

- Run fast run Straight
- Don't stick to wing if needed in field but don't drift and leave a gap

Fullback

- Enter the line when needed with pace
- You have the best view so use it to your advantage
- You are the last line of defence.
- Drop back on penalties to receive the kick
- If your stuck in our 22 BOOT IT and CHASE IT

Things to Remember

- Play as a Team
- Only the Captain speaks to the Ref
- Whatever the ref says is final even if he's wrong