



Quilter
Kids First



England
Rugby

Under 13

AIM: Introduction of the
contested scrum

WHAT CHILDREN LEARN FROM RUGBY UNION

**TEAMWORK, RESPECT,
ENJOYMENT, DISCIPLINE AND
SPORTSMANSHIP**

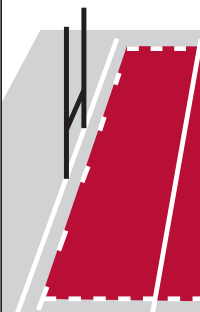
THROUGH:

- Child-first approach and the coaching of fundamentals
- Focus of the sport for all: everyone plays
- Ability to participate not on the ability to perform
- Promotion of the social aspect of sport and multi-positional play and activity
- Development of confidence and self esteem
- Celebration of success as the learning of new skills and understanding
- Enjoyment and engagement of the player in low-organisation games.

HOW YOU CAN HELP:

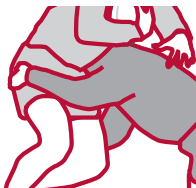
- Enjoyment: respect all of the children's rights to equal coaching and playing time
- Respect the game and its traditions of fair play, equality and inclusion
- Support the referee
- Encourage all participants and applaud effort and good play from both sides
- Make sure the players thank the referee and opposition at the end of the game.

PITCH SIZE



- 90m x 60m max
- Plus 3–5 metres for in goal

THE SCRUM



- All six players should be confident and competent to participate
- Players are indicated to come together by the call crouch-bind-set
- Uncontested scrums can be used if most appropriate

SUBSTITUTIONS



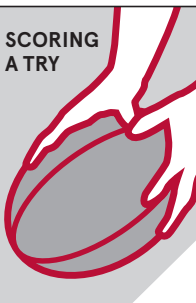
- Rolling subs are permitted
- It should only happen when there is a stoppage
- All players should get at least half a game

NUMBERS PER TEAM



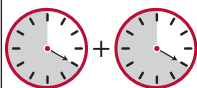
- 7 players per team (maximum)
- Games must have even numbers on each team

SCORING A TRY



- A try is scored by placing the ball down over the opponents try line
- At this age the score is not important

GAME LENGTH



- 2 x 25 minutes
- Up to 80 minutes per day

SAFETY



- The RFU strongly recommends the wearing of mouth guards. Ideally, these should be custom made from a dental impression of the teeth

WHAT SKILLS ARE REQUIRED AT THIS LEVEL

SOCIAL AND PERSONAL

- Enjoy activity
- Confidence
- Team member
- Play fairly
- Follow instruction
- Demonstration of core values

SKILL FOCUS

- Running
- Evasion
- Catching
- Passing
- Tagging
- Tackle
- Body position