



## Coaching Cards

Under 7



England  
Rugby



# SOCIAL AND PERSONAL

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## Enjoy activity

The child can explain what s/he enjoys and why

### Ideas

The coach/parent can elicit answers from the child.

One-to-one through the group (hands up).

Ask children to pair up and talk to each other. Listen in.

### Questions for the coach to ask:

- What did you enjoy about that activity and why?
- What was the best thing about the session and why?
- Which bit would you like to do again and why?

# SOCIAL AND PERSONAL

## Follow simple instructions

### The child:

#### Listens carefully and follows instructions

- The coach should ensure the child understands the instruction before assessment. This can be observed through all sessions, and can be set as a target should behaviour be an issue.

#### Ideas for checking

Can you tell me the rules/what we are doing now?

Can you tell your partner the rules/what we are doing now?

#### Can work on simple instructions for a period of time

- The child is able to work on an aspect without being reminded of the task.

#### Ideas

Working within a game within the rules (e.g. not passing forward, scoring a try).

#### Can work independently for a period of time

- The child is able to work on their own or part of a group without supervision.
- The child is able to work on his/her own without having to be reminded of the task or checked for behaviour.

#### Ideas

Small-sided games of 1v1, 2v2 or Piggy in the Middle.


# WHAT DO CHILDREN WANT?

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## Children of this age tell us...

**We enjoy playing most when playing with their friends**

### **U7 like the best**

- Having fun
  - Being part of a team
  - Enjoyment of the game
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# PHYSICAL AND MOVEMENT

## Move with agility and balance

### The child can:

#### Change direction

- The child is able to move one way and without delay change direction – to the left, to the right, 180 degrees.

#### Ideas

Games and Activities:

Rats & Rabbits, Tag Bulldog, Tag, and Eggs in the Nest

#### Dodge

- The child can avoid being touched or tagged by another player.

#### Ideas

Tag Bulldogs, Tag, Touch, Ball touch

#### Jump

- The child can jump over obstacles, to catch the ball or to change direction.

#### Ideas

End ball, Rugby Netball, Tag and Any Direction Tag (run and jump over the line to score or jump when passing).

# PHYSICAL AND MOVEMENT

## Perform a single skill with control

### The child can:

#### Pass the ball accurately to a partner

- The child is able to pass the ball to a partner with enough weight on the pass and correct height and distance.

### Ideas

Pair passing, End Ball and Keep Ball

### Receive a pass

- The child can have their hands out ready to receive. Although it is ideal to have fingers pointing up to receive the pass and to keep ball away from the body, six year old children will often have palms up and pull the ball into the body but this is acceptable in building confidence.

### Ideas

Standing pass/ pair passing, Rugby Netball, End Ball, Piggy in the Middle, Keep Ball and Tag

# GAME UNDERSTANDING

## Demonstrate basic spatial awareness

### The child can:

#### Identify where space is

- The child may not be able to use the space but s/he can identify it. Children will often run into space without being able to explain why, use questioning to raise their awareness.

#### Run into space

- Children will run into space. If they run across the pitch, or even backwards into space they have identified and reacted to space.

### Ideas

- Where is the space (between defenders, in front of defence, behind defence, to the side of defence)?
- Who is in space?
- Who should the ball carrier pass to and why?
- Does the ball carrier look and run into space?
- Do they pass it to a player in space, or to a marked player?

Tag Bulldog, Tag, End Ball, Any Direction Tag, Ball Touch and Piggy in the Middle

# GAME UNDERSTANDING

## Demonstrate basic spatial awareness

### The child can:

#### Identify a player in space

- It is not important if they cannot utilise the player in space as long as they can identify who those players are. As time progresses they will start to use the player in space along a continuum: rarely - occasionally - sometimes - often - always.

#### Take actions to get the ball into space (run/pass)

- The children run to get themselves and the ball into space or they pass to a teammate in a better position than themselves.

### Ideas

- Where is the space (between defenders, in front of defence, behind defence, to the side of defence)?
- Who is in space?
- Who should the ball carrier pass to? Why?
- Does the ball carrier look and run into space?
- Do they pass it to a player in space, or to a marked player?

Tag Bulldog, Tag, End Ball, Any Direction Tag, Ball Touch and Piggy in the Middle



# GAME UNDERSTANDING

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## Solve basic problems using Principles of Play

**The child understands and demonstrates:**

### Go Forward

- The child is able to move towards the scoring area with purpose and intent, e.g. they want to score.

### Question

Which way do you want to run and why?

Does forward mean running straight? Why not?

### Support

- The child is able to track the ball carrier to be in a position to receive the ball.

### Question

If X has the ball, how can you help him/her if they need to pass?

### Ideas

Tag, Conditioned Tag, Breakout Tag and Any Direction Tag

# SKILL FOCUS

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## Attack

### The child:

#### Can move forward with purpose

- The child can run forward with intent, with the clear purpose of making ground and does not hesitate or crab across the pitch.

#### Avoids a defender using a variety of strategies

- The child is able to dodge, change pace, weave, step and change direction to lose or dodge the defender.

### Ideas

Ruckley Tag, Breakout Tag, Rats & Rabbits, Tag and Broken Field Tag

# SKILL FOCUS

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## Passing

### The child can:

#### Pass the ball to enable a partner to catch it

- The child is able to gauge increasing/decreasing distance and pass with empathy to their partner to enable them to catch the ball.

### Ideas

End Ball, Rugby Netball, Piggy in the Middle and passing to partner

#### Pass to a moving partner

- The child is able to pass to a partner who is not stationary – they are moving away from the ball, towards the ball or onto the ball.

### Ideas

Tag and Any Direction Tag

#### Pass the ball while moving

- The child is able to run and pass to a partner with reasonable accuracy: in the correct direction with good weight on the pass etc.

### Ideas

Tag, Bonus Point Tag and Any Direction Tag

# WHAT'S NEXT?

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**Want something different?**

**Check out the Skills Series with Eddie Jones**

([www.englandrugby.com/skillsseries](http://www.englandrugby.com/skillsseries))

**Familiarise yourself with Regulation 15**

([www.englandrugby.com/regulations](http://www.englandrugby.com/regulations))

**Age Grade Codes of Practice – Are you in?**

([www.englandrugby.com/codesofpractice](http://www.englandrugby.com/codesofpractice))

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