

Quilter Kids First



England
Rugby

Under 10

AIM: Introduce the ruck, maul and scrum, build confidence and maximise enjoyment and involvement

WHAT CHILDREN LEARN FROM RUGBY UNION

TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE AND SPORTSMANSHIP

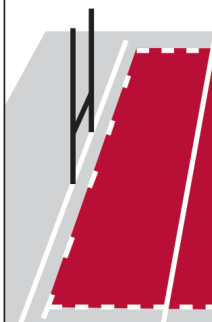
THROUGH:

- 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:

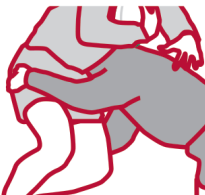
- Enjoyment: respect all of the children's rights to equal coaching and playing time
- Respect the game and its traditions of fair play, equality and inclusion
- Support the referee
- Encourage all participants and applaud effort and good play from both sides
- Make sure the players thank the referee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

PITCH SIZE



- 60m x 35m
- Plus 3-5 metres for in goal

THE TACKLE



- A tackle is made when the ball carrier is held and taken to ground
- Tackler must allow the tackled player to pass or place the ball
- Tackler and tackled player must get to their feet as soon as they can

SUBSTITUTIONS



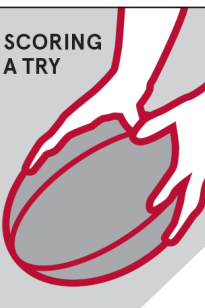
- Rolling subs are permitted
- It should only happen when there is a stoppage
- All players should get at least half a game

NUMBERS PER TEAM



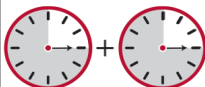
- Maximum 8 players per team
- Games must have even numbers on each team

SCORING A TRY



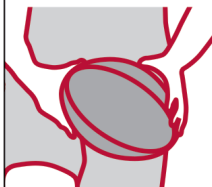
- A try is scored by placing the ball down over the opponents try line
- At this age the score is not important

GAME LENGTH



- 2 x 15 minutes
- Up to 60 minutes per day

RESTART



Used:

- To start/restart the game from the half way
- When the ball goes out
- Following infringements
- Opponents must be 7 metres back
- 3 player uncontested scrum
- Forward pass or knock on

WHAT SKILLS ARE REQUIRED AT THIS LEVEL

SOCIAL AND PERSONAL

- Enjoy activity
- Confidence
- Team member
- Play fairly
- Follow instruction

SKILL FOCUS

- Running & Evasion
- Catching & Passing
- Tackle
- Body position
- Ruck, maul & scrum

SAFETY



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

BODY POSITION

- Maintain Tower of Power body position at Ruck, maul and scrum