

# KIDS FIRST RUGBY



## STAGE 1 (Under 7) New Player, Sampling

### Personal and Social

#### Enjoy Activity

- The child can explain what he or she enjoys and why.

#### Follow simple instructions

##### The child:

- Listens carefully and follows instructions
- Can work on simple instructions for a period of time
- Can work independently for a period of time.

### Physical and Movement

#### Move with Agility and Balance

##### The child can:

- Change direction, dodge, jump.

#### Perform a single skill with control

##### The child can:

- Pass the ball accurately to a partner
- Receive a pass.

### Game Understanding

#### Demonstrate basic spatial awareness

##### The child can:

- Identify where space is
- Run into space
- Identify a player in space
- Take actions to get the ball into space (run or pass).

#### Solve basic problems using Principles of Play

##### The child understands and demonstrates:

- Go forward and support

### Skill Focus

#### Passing

##### The child can:

- Pass the ball to enable a partner to catch it
- Pass to a moving partner
- Pass the ball when moving.

#### Attack

##### The child can:

- Move forward with purpose
- Avoid a defender using a variety of strategies.

### Rules

- 4 v 4
- 12m x 20m
- Knock-on not penalised
- No coaches on the pitch
- Rules as a framework
- Size 3 ball

### Competition Framework

- Inter-club
- Triangular
- Festival: round robin, rock up and play. No leagues or knock-out.