

KIDS FIRST RUGBY



STAGE 1 (Under 9) New player, integrate new player with existing player, Sampling

Personal and Social

Be a team player

The child:

- Takes turns
- Shares
- Praises others
- Works sensibly with others
- Includes others
- Does not exclude others.

Be confident

The child:

- Asks for help when he or she doesn't understand
- Perseveres with a task
- Copes well with failure.

Physical and Movement

Coordinate actions

The child can:

- Run and catch
- Run and pass
- Run and tackle

Perform a range of skills with some control and consistency

The child can:

- Pass accurately while running
- Catch and pass accurately while running.

Game Understanding

Understand performance (how to improve)

The child can:

- Understand ways to judge team/individual performance
- Identify specific parts of team/individual performance on which to work.

Find own solutions

The child:

- Is willing to explore different ideas
- Can work with others to explore and use different tactics
- Can use a range of tactics.

Skill Focus

Defend

The child can:

- Advance on an opponent
- Track an opponent
- Grasp an opponent to make them pass
- Understand and demonstrate a correct tackle (side and rear).

Contact

The child can:

- Explain the process of the tackle (side and rear)
- Perform safely a side and rear tackle through the progressions (kneel, squat, stand, walk, jog)
- Perform a safe tackle in a game situation.

Rules

- 7 v 7
- 35m x 60m
- Introduction of Tackle
- A tackle is defined as a tackle below the waist or a 'grasp' below the arm pits for 3 seconds. The ball carrier must be allowed to pass the ball; no competition for the ball from the defender.
- Size 3 ball

Competition Framework

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