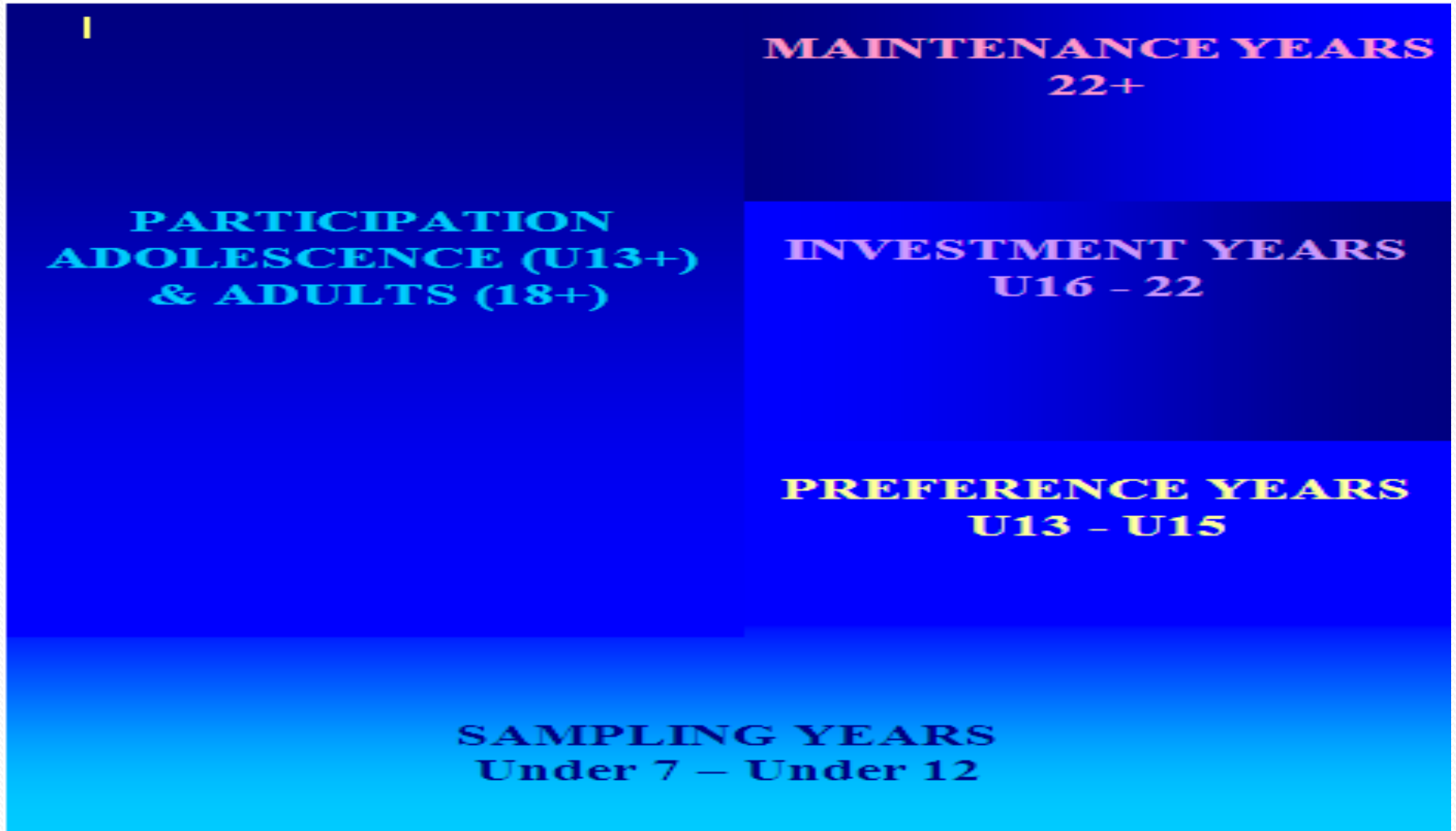


DMSP

**Impact and Influence
Rugby Football Union
Player Development Model**

RFU Player Development Model

DMSP *Impact and Influence*



RFU Player Development Model

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Player Development – The Sampling Years 6 – 12 years of age (Under 7 to Under 12 of the Age Grade Regulations)

What are we trying to establish in Rugby Union for children?

Develop a grounding in the core values of the game – *enjoyment, respect, discipline, teamwork, sportsmanship* through the:

- Focus of the sport for all – everyone “plays” – not based on the child’s ability to perform, but on their ability to participate.
- Promotion of the social aspect of sport and multi-positional play & activity
- Development of confidence & self esteem
- Celebration of success as the learning of new skills and understanding
- Enjoyment and engagement of the player in low-organisation games
- Child first approach and the coaching of fundamentals

	THE SAMPLING YEARS		
	U7 – U9	U10 – U12	
Social & Personal	Enjoy activity Be confident Be a team player Play fairly Follow instructions	Take on different roles Give & take feedback Set personal goals Be <u>creative</u> . Work effectively with others as part of a team	Dir Ma gro Sel Ap dev cha
Physical & Movement	Move with agility & balance – Coordinate actions – Perform a single skill with control Link two skills together with control Perform a range of skills with some control and consistency	Perform a range of skills with good control and consistency Adopt and maintain a strong body position Perform with accuracy, fluency, control & consistency Sustain – Running, Jumping, Throwing Catching Understand importance of warm up/cool down and the benefits of physical exercise & being <u>healthy in relation to rugby union</u> .	Av & r per Ha adv Per acc Per situ Ma wh
Game Understanding (Tactical)	Solve basic problems using Principles of Play Demonstrate basic spatial awareness Use basic tactics and strategies Understand performance (how to improve) Find own solutions	Solve problems using the Principles of Play Understand & follow rules – Adapt & adjust to changes (use different skills & tactics) to outwit opponents Make sound decisions Understand “why” and explain /execute next steps	Ap det Un det Eva we De & k Uti
Skill Focus (Technical)	Throwing Passing Catching – Tackle (U9)	Contact Scrum Contest for the ball Range & selection of Pass, receipt, kick Support	Exp kic Pre Use Tra fro int Per and cha

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Introduction and Development of the Game for Children/Youth

AGE	CURRENT	PILOT
U7	7-a-side, coaches on pitch, knock-on penalised	4-a-side, referee as facilitator, no knock-on
U8	7-a-side, coaches on pitch, no going to ground	6-a-side, referee as facilitator, ground to score (if needs be)
U9	9-a-side, introduce tackle, ruck, maul, line-out, scrum (Technical)	7-a-side, introduce tackle
U10	10-a-side, introduce contested scrum (Specialisation)	8-a-side, introduce scrum, nearest 3 (Tactical & Late Specialisation and mini ruck/maul (1 v 1)
U11	<i>12-a-side, introduce 5 player scrum (Technical and Early Specialisation), Kicking (Technical and Tactical</i>	<i>9-a-side, introduce tactical kicking, midi ruck/maul (2 v 2)</i>

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Player Development Awards:

The key objectives of the Player Development Awards Programme, in support of the Player Development Model:

- A Child Centred development and achievement award
- An on-line player driven self assessment profile/achievement/award tool aligned with current practice in education

The aims of the Player Development Awards Programme:

- Develop more confident, competent and educated children, parents, coaches, referees and teachers
- Establish, support and enhance communication between child, coach, parent, club and school
- Raise awareness of, and identify CPD needs for coaches and clubs
- Increase recruitment and retention

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QUESTIONS?