

TRY – RUGBY PRIMARY SCHOOL PROGRAMME

Introduction

Younger participants should be introduced to the game gradually as part of its Long Term Player Development pathway. It is based on research conducted on the stages of development and children in sport. It was concluded that modifying sport contributes to the supportive junior sport environment that children seek and that provision of modified sport is a first step towards attaining quality and offering great opportunities for children to develop confidence in sporting performances.

The Junior Player Pathway is designed to provide appropriate physical and technical skill development as well as introduce the tactical concepts of Rugby. It emphasises the desirable qualities of **sportsmanship, fair play and safety**. TryRugby includes the development of fundamental movement and fundamental sports skills. With this in mind drills and activities have been chosen that best represent the delivery of these fundamentals which include Rugby **core and individual skills** for the players. Core skills are the basic skills required to play the game of Rugby. Individual skills are more position specific.

Additionally, an understanding of the game principles and tactical strategies ensures players increase their understanding of the game, make playing more enjoyable and interesting and assists them to see the relevance of particular skills that are required in the game. As such the technical and tactical aspects are developed during in a safe and enjoyable environment.

It is important to recognise that this program has a degree of **flexibility**, and may need to be modified to suit each particular group. For this reason the program often includes variations and/or two drills in each activity. Coaches can choose one or the other or progress through both according to their groups' skill level. A number of secondary activities have been included. These are fallback activities, which allow flexibility. It is up to each professionally trained instructor to tailor the program to his or her particular group.

Delivered by professionally trained coaches, TryRugby offers parents and children a safe, fun and well organised programme. It is done in 3 phases:

- **Age 5 – 6 years**
- **Age 7 – 8 years**
- **Age 9 – 12 years**

There are 12 sessions (each session are done twice) per season. A complete Skills and Drills **manuel** is available.

This programme is developed by the ARU Community Rugby department.

Age 5 – 6 (grade R)	
<p>Session 1 - Catch & Pass, Evasion and Tracking</p> <p>Activity 1 Ball Handling Relays Activity 2 Oranges & Apples, Partner Score Activity 3 1 v 1 (static) Activity 4 Rugby Octopus</p>	<p>Session 4: Kicking, Catch/Pass, Footwork, Tracking and Tagging</p> <p>Activity 1 Kicking Relay Activity 2 Compass Run, Star Relay Activity 3 Bugs and Spiders Activity 4 Rugby End Ball</p>
<p>Session 2 - Ball Handling, Evasion, Tracking and Tagging</p> <p>Activity 1 Ball Handling Relays Activity 2 Reaction Pairs, Cut offs Activity 3 Circle Handling Activity 4 Tag Ball</p>	<p>Session 5 - Catch & Pass, Game Application</p> <p>Activity 1 Ball Handling Relays Activity 2 Rugby Rounders Activity 3 Passing Chain (short & long) static Activity 4 EdRugby Invasion Game</p>
<p>Session 3 - Ball Handling, Tracking and Tagging/Game Preparation</p> <p>Activity 1 Ball Handling Relays Activity 2 Captain Ball Activity 3 Keeping Off Activity 4 4 v 2 Invasion Game</p>	<p>Session 6 - Ball Handling, Game Application</p> <p>Activity 1 Ball Handling Relays Activity 2 Stuck in the Mud Activity 3 Ball Take Stuck in the Mud Activity 4 Ball Take Walla</p>

Age 7 – 8 (grade 1 -2)	
<p>Session 1 - Stability, Balance, Speed, Catch/Pass, Evasion and Tracking</p> <p>Activity 1 Running Drills, Ball Handling Relays Activity 2 Horizontal Bridging Activity 3 Oranges and Apples Activity 4 Rugby Octopus</p>	<p>Session 4 - Kicking, Throwing & Jumping, Ball</p> <p>Presentation, Game Application Activity 1 Zig-zag relay, Kicking Relay Activity 2 Lineout Captain Ball Activity 3 Stuck in the Mud, Ball Take Stuck in the Mud Activity 4 Ball Take Walla</p>
<p>Session 2 - Ball Handling, Evasion, Tracking & Tagging, Game Application</p> <p>Activity 1 Fast Feet, Ball Handling Relays Activity 2 Partner Score, Circle Handling Activity 3 Keeping Off, Tag Ball Activity 4 Rugby End Ball</p>	<p>Session 5 - Kicking, Scrum Body Shape & Game Application</p> <p>Activity 1 Compass Run, Star Relay Activity 2 Vertical stance, Scrum Body Shape Activity 3 Scrum Clusters/ Scrum Engagement Activity 4 Walla Game</p>
<p>Session 3 - Ball Handling, Evasion, Tracking & Tagging, Game Application</p> <p>Activity 1 Agility Slalom Activity 2 Passing Chain (short & long) static & dynamic Activity 3 1 v 1 (static), 2 v 1 Beat the Man Activity 4 EdRugby Invasion Game</p>	<p>Session 6 - Ball Handling, Game Application</p> <p>Activity 1 Chinese Get Up, Shoulder Pin, Push Up Arm Pull Activity 2 Bugs and Spiders Activity 3 50% Walla Activity 4 Walla Game</p>

Age 9 – 12 (grade 4 – 6)

<p>Session 1 – Focus: Catch & Pass/Evasion Warm Up Running Drills Activity 1 Horizontal Bridging, Ball Handling Relays Activity 2 Chain Passing (Short & Long) Activity 3 1 v 1 tracking, Attack Defence Double Grid Activity 4 Rugby End Ball</p>	<p>Session 4 – Focus: Lineout Jump/Game Application Warm Up Landing & Jumping Square Activity 1 Lineout Technique Walk in and Movement Lineout Technique Move and Jump Activity 2 Attack v Defence – 2 v 1 Straight Running Activity 3 Challenge Game Mini/Midi (lineout focus)</p>
<p>Session 2 – Focus: Track To Tackle Warm Up Wrestling Drills, Ground Contact Activity 1 Ball Carry Bump, Sumo Tracking Activity 2 Tackle Technique (front on) Tackle Technique (side on) Activity 3 Tackle & Ball Presentation Activity 4 Sumo Touch</p>	<p>Session 5 – Focus: Scrum Body Shape / Game Application Warm Up Vertical stance & Scrum Body Shape Activity 1 Scrum Clusters/Scrum Engagement Moving under force (Midi only) Activity 2 Attack v Defence – 3 v 2 Straight Running Activity 3 Modified Mini/Midi Game</p>
<p>Session 3 – Focus: Tackle Support Warm Up Chain Passing (Short & Long) Activity 1 Contact and Maintain feet (support) Activity 2 Tackle & Drive out 1, Tackle & Drive out 2 Activity 3 One out Defence Touch – Ruck Touch One out Defence Touch – Maul Touch</p>	<p>Session 6 – Focus: Game Application Warm Up Horizontal Bridging Activity 1 Shadow Touch Activity 2 Attack v Defence – 3 Channel Drill Activity 3 Mini/Midi Game</p>