

KIDS FIRST RUGBY



STAGE 1 (Under 8) New player, Sampling

Personal and Social

Play Fairly

The child can:

- Understand and respect simple rules
- Play by the rules
- Accept decisions.

Be confident

The child is:

- Keen to have a go and try new things
- Willing to demonstrate to others
- Able to accept constructive feedback.

Physical and Movement

Link two skills

The child can:

- Catch and pass the ball.

Perform skills with some control and consistency

The child can:

- Catch and pass in one movement
- Can catch and pass the ball in one movement while running.

Game Understanding

Understand performance (how to improve)

The child can:

- Describe what has been performed
- Explain why something or someone is good
- Describe what leads to team /individual improvement.

Use basic tactics and strategies

The child can:

- Suggest solutions or basic tactics
- Understand differences in simple tactics (attack and defence)
- Choose and put tactics into practice in different situations
- Change tactics/rules to make the game successful.

Skill Focus

Passing

The child can:

- Pass the ball while moving.

Catching

The child can:

- Make a target
- Call for the ball
- Get into a good position to catch the ball (in space/not too far away)
- Keep the ball away from the body
- Catch the ball while moving.

Rules

- 6 v 6
- 22m x 45m
- No coaches on the pitch
- Permitted to go to ground to score
- Size 3 ball

Competition Framework

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