

# KIDS FIRST RUGBY



## STAGE 2 (Under 11) Learning

### Personal and Social

#### Give and take feedback

**The child:**

- Is able to self-reflect
- Can provide feedback on their own and team performance
- Can accept constructive and positive feedback from coach and others.

#### Set personal goals

**The child can:**

- Challenge him/herself and set reasonable realistic and achievable goals through self-reflection and received external feedback.

### Physical and Movement

#### Perform a range of skills with good control and consistency

**The child is more successful than not when:**

- Passing the ball over varying distances using varying techniques (wrist, spin, pop, off-load)
- Passing the ball while moving, changing pace and changing direction.

**The child is more successful than not when:**

- Receiving the ball from a pass, pop, kick or the ground
- Receiving the ball while moving, changing pace and changing direction.

### Game Understanding

#### Make sound decisions

**The child can:**

- Understand and explain when to run, pass or kick, depending on the actions of a) the support and b) the defence.

#### Adapt and adjust to changes (use different skills and tactics) to outwit opponents

**The child:**

Adapts quickly to a change of:

- Numbers of players
- Rules
- Pitch size

Can apply appropriate changes in pace, space and support.

### Skill Focus

#### Contest for the ball

**The child can:**

- Support the ball carrier
- Demonstrate and maintain the correct body position in a ruck and maul.

#### Range and selection of pass and receipt, kick receipt

**The child:**

Attempts to:

- Pass, pop, spin, off-load, push pass
- Kick (grubber, punt, cross-kick)
- Receive (soft hands, targets, high ball, low ball)

### Rules

- 9 v 9
- Half pitch
- Competition for the ball - ball carrier + 2, tackler + 2
- Nearest 3 in the scrum and contested strike
- Introduction of: Kicking "MARK" call anywhere on pitch. If a defender knocks on from a kick scrum to the defending team.
- No line-out
- Size 4 Ball

### Competition Framework

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