


# Maidenhead RFC Junior Rugby

## Core Values

Respect • Fun • Enjoyment • Inclusive



This document is produced by the coaching staff within the Junior Section of Maidenhead Rugby Football Club for the benefits of those joining in the future.

Thank you to all involved



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# C o n t e n t s

## Introduction



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-  Objectives




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-  Objectives



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-  Objectives
-  Key Development Areas





## Under 15

-  Objectives
-  Key Development Areas

# I n t r o d u c t i o n






Over the past few months we have been asked a number of questions including; "What is our philosophy at Maidenhead Rugby Football Club?" and "What are our core values?" These questions prompted the club to issue a call to arms to the youth section coaches to help provide an answer.

The coaches met, en masse, on the 23rd January 2013 to discuss, debate and decide on a set of core values for the Youth Section. These values do not replace those of the Rugby Football Union(RFU), they aim to provide a differentiator for Maidenhead. The four values agreed upon are

-  Respect
-  Fun
-  Enjoyment
-  Inclusiveness

Before we expand on the club's core values, we must remind ourselves of those value we inherit from the RFU and which underpin our great game and are readily accepted by all members.

These are

-  Team Work
-  Respect
-  Enjoyment
-  Discipline
-  Sportsmanship

These are the core values of the English Rugby Football Union, and therefore must be the overarching core values of Maidenhead Rugby Football Club

They underpin our ethos, these are the things that get us out of bed on a Sunday morning and encourage us to come and watch our children play, and to encourage our children and our members to respect each other, the referee and the opposition, both during the game of rugby and in the wider community

Breaking these down, and inviting you to retain your own interpretation of the words the first value is.....

**"Teamwork"** – Maidenhead is run by volunteers. The time that all of you give up is voluntary, always has been and probably always will be. The Executive Committee at the Club aims to provide direction but all the work is done by individuals, volunteers and for that we thank you.

As originally penned; "Teamwork" was intended to relate to the game itself. The game of Rugby requires sacrifice for the team to win and we cannot win with talented individuals alone, we only win by working as a team. Similarly we encourage all members to work together, as a team, toward the common goal of Individual, Age Group & Whole Club development.

**"Respect"** – The word encapsulates everything Maidenhead Rugby Football Club wishes to stand for, but some specifics would include our insistence that we respect the referee, his/her decision is final. We respect each other, we respect other visiting clubs and their members, we respect, and are grateful for, the work of the volunteers at our Club and further afield, and, above all else, we respect ourselves.

**"Enjoyment"** – Oh Yes! The volunteers as mentioned above organise tours, rugby matches, training evenings, social evenings etc. We pride ourselves on enjoying life at Maidenhead Rugby Football Club.

Our enjoyment is sweetened with victory. Our philosophy in regard to enjoyment is to train harder, play harder, get fitter and play fairer and essentially seek to Win! However, the winning at all costs ethos we chose to leave to other clubs!

**"Discipline"** – We are fortunate at Maidenhead Rugby Football Club to be much more involved with the Berkshire RFU and the England RFU, given the superb work of volunteers of late and the outstanding facilities we have invested in over the past few years. We will actively encourage our junior players to try out for County selection, inevitably they must train harder and get fitter in order to achieve that nomination as many have recently.

We need to provide an aspiration for our junior players to play for the 1st XV at Maidenhead and not other Clubs. We have some of the finest facilities within the country and we should encourage our junior players to embrace the facilities and the club that nurtured them. Complacency will be our enemy, our philosophy is to encourage all of our junior players to feed into the senior club where they will play to their ability

**"Sportsmanship"** – A Tradition within Rugby we were taught (back in the day!) and one of the elements that we wish to revitalise is our insistence at Maidenhead that each individual player seeks out his opponent after the game and congratulates him and thanks him (or her).

This is particularly important when at Home after the opponent has made the journey. Our philosophy is that you treat the clubhouse and our visitors as you would in your own home. Further, win, lose or draw, shake his hand. If he is down, pick him up and if he is up, smile and tell him there will always be a next time!

The two values we are missing are those additional ones decided upon by the Youth Coaching Section during the January meeting and subsequent communications. They are **Fun** and **Inclusiveness**.

**"Fun"** – It is imperative that we continue to promote Rugby as a fun activity, and try to keep the sport in perspective: remember, it is a player's experience of rugby that matters, **no matter what our hopes and dreams are.**

**"Inclusiveness"** – One of the challenges we regularly face is that of differentiating between elitism and inclusion. It is discussed in more detail later and whilst we certainly enjoy our teams winning, this desire must be balanced with an inclusive policy, allowing all members to play the game to the best of their abilities and to improve their skills whilst learning the principles that we speak of.

If children do not get the opportunity to play with others more talented than themselves, then they have no opportunity to learn and they will quickly tire and leave.





To lead people, walk beside them...  
As for the best leaders, the people do not notice their existence.  
The next best, the people fear;  
and the next, the people hate...  
When the best leader's work is done the people say, "We did it ourselves!"  
When the effective leader is finished with his work, the people say it happened naturally

**Lao Tzu**

Lao Tzu

naturaly

# Objectives





-  To create an **Active, Purposeful, Enjoyable** and **Safe** environment where all players may develop to the best of their ability
-  To adopt a **Long Term Player Development** model as a template to retain and develop young players and encourage their continued adult participation in rugby
-  To provide coaches with a structure within which they can develop players
-  To place the needs of the child first and encourage an environment where winning matches is not the overriding 'measure' of success

## How Will This Be Achieved?

### The Club Will






-  Draft a Job Description for development coaches.
-  **Formulate, in conjunction with the development coaches and Director of Rugby**, a Player Development Programme that will enable them to plan and deliver appropriate coaching sessions applicable to their age group
-  Encourage coach education at formal and informal Continuous Personal Development (CPD) events

### The Coach Will

-  Ensure that all players receive coaching appropriate to their physical, mental and skill development
-  Produce an annual programme of coaching that caters for the Long Term Development of **every** player
-  Ensure that all players have access to an equitable amount of playing time over the season
-  Ensure that all players have the opportunity to try various positions, dependant upon their physical, mental and skill development



## We Will Measure Success By



-  Monitoring player recruitment at each age group
-  Monitoring player retention at each age group
-  Monitoring coach retention at each age group
-  Monitoring coach development through attendance at RFU and informal Continuous Personal Development sessions
-  Measuring the numbers of players who continue through the system to play adult rugby

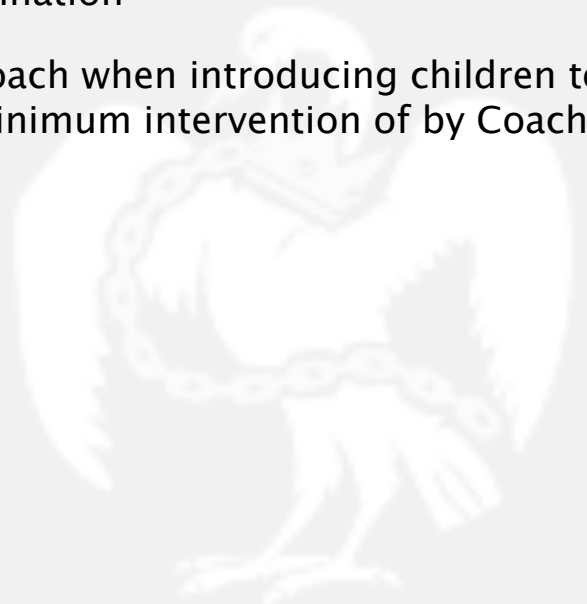
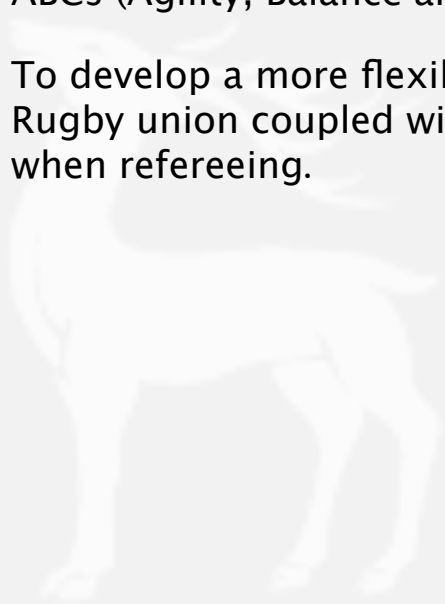
**“sportsmanship** is about competing and training and getting to **YOUR** peak ability”

Jill Oser

# U n d e r 6

## Objectives





-  Introduce the development of the **FUN**damentals of Movement, the ABCs (Agility, Balance and Coordination)
-  To develop a more flexible approach when introducing children to Rugby union coupled with the minimum intervention of by Coaches when refereeing.





# Under 7

## New Rules

This is an introduction to rugby at the earliest years, and as such should be a simple & easy to understand game with minimum intervention from the referee. Children are not penalised for attempting to catch the ball and dropping it (knock-on). Smaller pitches and simpler rules mean more pitches and more players playing

-  4-a-side
-  Referee as coach
-  Knock-on not penalised
-  To develop a more flexible approach when introducing children to Rugby union coupled with the minimum intervention of by Coaches when refereeing.





## Objectives

-  Introduce the development of the **FUN**damentals of Movement, the ABCs (Agility, Balance and Coordination)
-  To develop a more flexible approach when introducing children to Rugby union coupled with the minimum intervention of by Coaches when refereeing.



# Under 8

## New Rules

Increasing the numbers by two, to provide more of a team “feel” whilst maintaining the principles of low numbers and increased involvement. The players are able to go to ground to score – which introduces the element of contact with the ground

-  6-a-side
-  Referee as coach
-  Can go to ground to score
-  45m x 25m

## Objectives

-  Continued development of the **FUN**damentals of Movement, the ABCs (Agility, Balance and Coordination)
-  Introduce the basic principle of play;
  - Go Forward** – Running and Evasion Skills
  - Support** – Running, Depth and Communication
  - Continuity** – Catching, Passing and Offloading Skills
  - Pressure** – The TAG tackle.

Our main focus for this year is to make sure the players remember the game is still about evasion/running & **most importantly teamwork**





Under 9 Coach

Under 9 Coach



# U n d e r 9

## New Rules









The tackle is a skill which requires a good deal of coaching, encouragement and confidence building and is the only new element introduced for this age group so that it can be coached properly. However it is also recognised that some children lack confidence.

-  7-a-side
-  Introduction of Tackle
-  Re-define Tackle
-  60m x 30 pitch

## Objectives




-  Maintain the Development of the **FUN**damentals of Movement, the ABCs (Agility, Balance and Coordination)
-  Maintain Agility, Balance, Co-ordination & Continuity skills.

## Key Development Areas

-  **Tackling** – Coached in a safe/effective manner to instil confidence.
-  **Continuity Skills** – Continually develop their passing/catching
-  **Communication** – Encourage their verbal skills
-  **Decision Making** – Allow them to explore various game scenarios and their outcomes
-  **Vision** – Creating/being aware of space and how to use it
-  **Introduction of scrums** – Correct body positions/alignment of teammates
-  **Lineout** – Introduction/alignment of teammates
-  **Formations** – Different type of attacking/defensive formations based on what the player sees




# Under 10

## Current Rules – Highlights



-  9-a-side
-  Introduction of  
competitive scrum  
competitive lineout  
(early specialisation)
-  60m x 35m pitch

## New Rules

This sees the introduction of the scrum to develop tactical awareness for all players and the first stages of competition for the ball, with the ball carrier, tackler and one from either side able to compete for the ball in the tackle area.








-  8-a-side
-  Introduction of  
competition for ball  
mini maul  
mini ruck  
scrum (nearest 3 players)
-  60m x 35m pitch

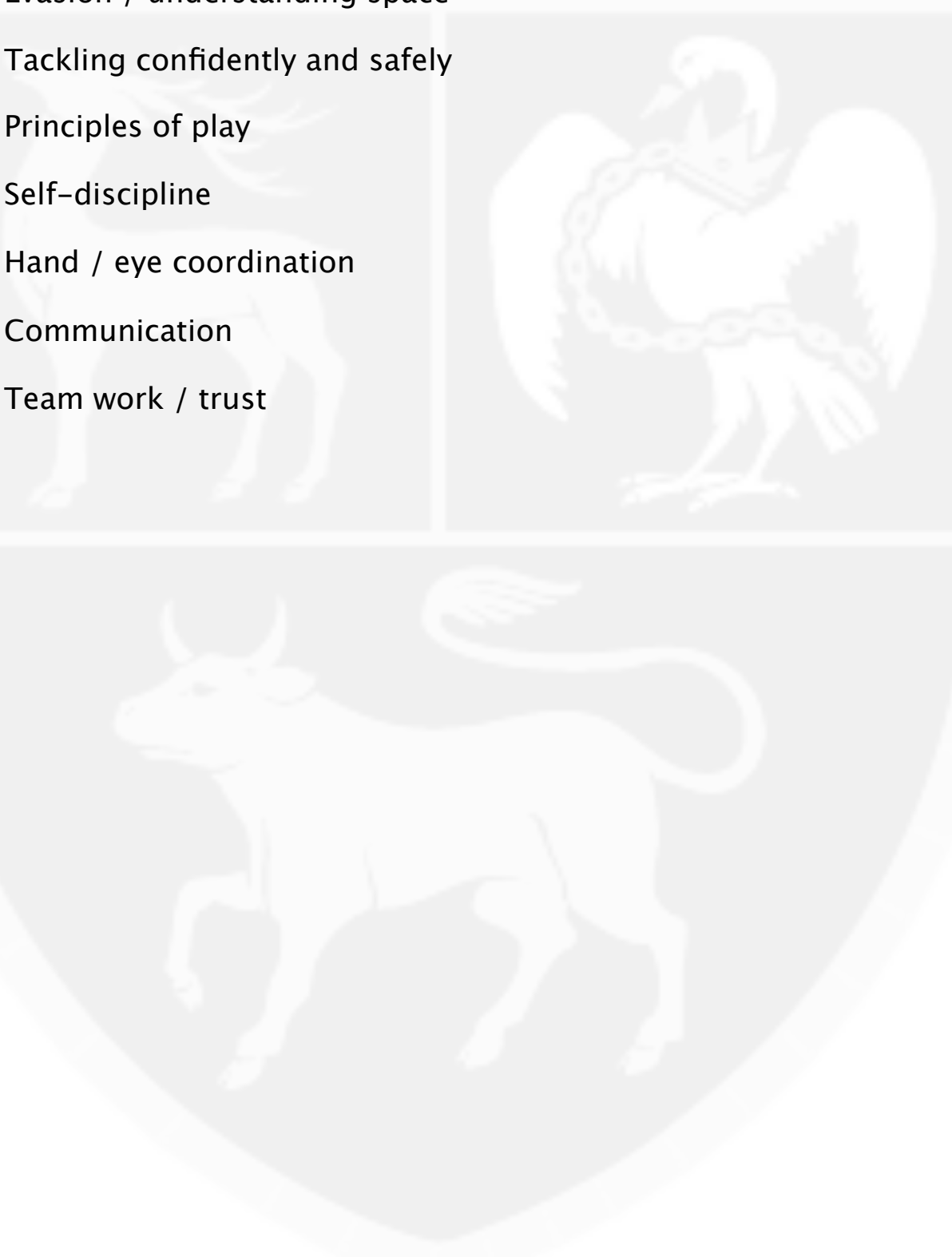
## Objectives

-  Maintain the Development of the **FUN**damentals of Movement, the ABCs (Agility, Balance and Coordination)
-  Maintain Agility, Balance, Co-ordination & Continuity skills.

# U n d e r 1 0





## Key Development Areas

-  Evasion / understanding space
-  Tackling confidently and safely
-  Principles of play
-  Self-discipline
-  Hand / eye coordination
-  Communication
-  Team work / trust









# U n d e r 1 1

## Current Rules – Highlights




-  12-a-side
-  5 Forwards
-  Introduction of kicking
-  60m x 43m pitch

## New Rules

The Under 11 rules see a continuation of the principles of child development and the incremental introduction of new rules which are within the capabilities of the players, enabling them to be successful. This sees an increase of the numbers competing for the ball in the ruck & maul

-  9-a-side
-  3 player scrum
-  midi maul
-  midi ruck
-  Introduction of kick
-  60m x 35m pitch




## Objectives

-  Further development of Agility, Balance and Coordination (ABC's)
-  Further develop running and evasion skills
-  Further develop players' ability to pass and catch the ball – keeping the ball away from contact wherever possible, maintaining continuity of play



# U n d e r 1 1

## Key Development Areas

-  Decision making practices
-  Coach **safe** and **effective** methods of tackling and ball presentation.
-  Develop **safe** and **effective** ways to Maul and Ruck. The micro maul should be prioritised as players are rarely taken to ground by the initial tackle/challenge at this age.
-  ALL players should still be encouraged to participate in the scrum in training and games. **This should be tempered by physical and mental development**

# U n d e r 1 2

## Objectives

- Further development of Agility, Balance and Coordination (ABC's)
- Begin preparing for the **transition** into Junior Rugby
- Support our players **aspiring** to achieve county selection

## Development Areas

- Decision making
- Loosely **structuring** game plans to encourage free thinking
- Spatial Awareness
- Confidence** in contact situations
- Managed** aggression
- Fitness as a fundamental part of routine



the final message our teams get when going into games is walk on smiling and walk off smiling it is all about enjoying it and the results will come

Age Group Coach










Age Group Coach

# U n d e r 1 3

## Objectives

-  Manage the transition into Junior Rugby
-  Support our players aspiring to achieve county selection

## Development Areas

-  **Passing** off both hands
-  **Kicking** off both feet
-  **Side-stepping**
-  **Running** in a straight line rather than drifting
-  **Tackling technique:**
  - committing
  - body position
  - head position
  - ring of steel**
  - taking a tackle
-  **Spatial awareness:**
  - getting the ball into space
-  **Game sense**
-  **Organisation** and positional sense
-  Defining different speeds of running

# Under 14

## Objectives

- Remember to coach by different methods as individual players might learn by separate key points such as:
  - Seeing
  - Hearing
  - Doing
  - Peer participation
  - Or all of the above
- All players must know all positional jobs or tasks for the whole team.
- Coaches need to know the squad strengths/weakness to develop the players, units and patterns etc

## Development Areas



- Passing
  - All players must be able to pass off both hands
  - Know when and how to use a pop, push or spin pass
- Rucking
  - Body positions
  - Defending and attacking areas in the contact zone
- Tackling:
  - Body position
  - Able to use both shoulders
  - Jackal
  - Seal
- Communication:
  - Defensive calls
  - Attacking moves calls
  - Line out calls
- Fitness

Changes in a player's position could/might change as they continue to grow and mature. Be aware as a coaching team to manage early and late developers




Developers  
manage early and late

# Under 15

## Objectives

-  Improve individual strengths and weakness
-  Should want to improve as a player and a team

## Development Areas

-  Fitness
-  Team work – should be able to attack and defend as a unit
-  Tactical awareness