

MRFC - YOUTH COACHING CONTINUUM

MINI

AGE-GROUP	GAME	PLAYER NO	BALL SIZE	PLAYING RULES							MAX SESSION LENGTH	RECOMMENDED LEAD COACH CPD LEVEL	HAND / EYE SKILL SETS					PHYSICAL & UNIT TECHNIQUES							LTAD	COACHING APPROACH		
				TACKLING	SCRUM	LINEOUT	OFFSIDE	RUCK & MAUL	HAND-OFF	KICKING			CATCHING TECH	PASS BOTH HANDS	KICK BOTH FEET	2-ON-1 PASSING	EVASION SKILLS	SPACIAL AWARENESS	TACKLE TECHS	BASIC BREAKDOWN TECHS	SCRUM POSITION	LINEOUT TECH THROWING	LINEOUT JUMP/CATCH	CONTESTED SCRUM TECH			FIX PLAYING POSITION	MOVES
UNDER 7	Mini-Tag (Non-Contact)	7	3	X	X	X	✓	X	X	X	60 Mins	Level 1	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X	X	FUNDamentals	Fun & Enjoyment
UNDER 8	Mini-Tag (No-Contact - Max No. Tags)	7	3	X	X	X	✓	X	X	X	60 Mins	Level 1	✓	✓	✓	✓	✓	✓	X	X	X	X	X	X	X	X	FUNDamentals	Fun & Enjoyment + Spacial Awareness
UNDER 9	Mini Rugby (Uncontested Scrums & Lineouts)	9	3	✓	✓ ₃	✓ ₃	✓	✓	X	X	60 Mins	Level 1	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	X	FUNDamentals	As above + Safety & Technical Skills		
UNDER 10	Mini Rugby (Contested Scrums & Lineouts)	9	4	✓	✓ ₃	✓ ₃	✓	✓	X	X	60 Mins	Level 1-2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	X	FUNDamentals	As above + Safety & Technical Skills		
UNDER 11	Midi Rugby (Contested Scrums & Lineouts)	12	4	✓	✓ ₅	✓ ₅	✓	✓	X	✓	90 Mins	Level 1-2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	X	✓	FUNDamentals	As above + player-centric Competitiveness		
UNDER 12	Midi Rugby (Contested Scrums & Lineouts)	13	4	✓	✓ ₆	✓ ₅	✓	✓	X	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Learning to Train and Training to Train	As above + Increased player competitiveness		

JUNIOR

AGE-GROUP	GAME	PLAYER NO	BALL SIZE	PLAYING RULES							MAX SESSION LENGTH	RECOMMENDED LEAD COACH CPD LEVEL	HAND / EYE SKILL SETS					PHYSICAL & UNIT TECHNIQUES							LTAD	COACHING APPROACH	
				TACKLING	SCRUM	LINEOUT	OFFSIDE	RUCK & MAUL	HAND-OFF	KICKING			CATCHING TECHNIQUE	PASS BOTH HANDS	KICK BOTH FEET (Some)	3-ON-2	EVASION SKILLS	SPACIAL AWARENESS / GAMEPLAY	TACKLE TECHS	BREAKDOWN TECHS	SCRUM TECHS (FWDS)	LINEOUT JUMP / LIFT (FWDS)	SPEED / STRENGTH / FIT ASSESS	DEFENCE SYSTEMS			PLAYING POSITION
UNDER 13	Full laws /Contested scrum (Max 1.5m)	15	4	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Learning to Train and Training to Train	As above + Increased player competitiveness
UNDER 14	Full laws /Contested scrum (Max 1.5m)	15	4	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Learning to Train and Training to Train	As above + Increased player competitiveness	
UNDER 15	Full laws /Contested scrum (Max 1.5m)	15	4	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Training to Train and Training to Compete	Strategic Awareness	
UNDER 16	Full laws /Contested scrum (Max 1.5m)	15	5	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Training to Train and Training to Compete	Strategic Awareness	

GIRLS

AGE-GROUP	GAME	PLAYER NO	BALL SIZE	PLAYING RULES							MAX SESSION LENGTH	RECOMMENDED LEAD COACH CPD LEVEL	HAND / EYE SKILL SETS					PHYSICAL & UNIT TECHNIQUES							LTAD	COACHING APPROACH		
				TACKLING	SCRUM	LINEOUT	OFFSIDE	RUCK & MAUL	HAND-OFF	KICKING			CATCHING TECHNIQUE	PASS BOTH HANDS	KICK BOTH FEET (Some)	3-ON-2	EVASION SKILLS	SPACIAL AWARENESS / GAMEPLAY	TACKLE TECHS	BREAKDOWN TECHS	SCRUM TECHS (FWDS)	LINEOUT JUMP / LIFT (FWDS)	SPEED / STRENGTH / FIT ASSESS	DEFENCE SYSTEMS			PLAYING POSITION	MOVES
UNDER 13	Midi Rugby (Uncontested Scrums, No Lineouts)	7	4	✓	✓ ₃	X	✓	X	X	X	90 Mins	Level 1-2	✓	✓	✓	✓	✓	✓	✓	X	X	X	✓	✓	X	✓	Learning to Train and Training to Train	As above + Increased player competitiveness
UNDER 15	Full laws /Contested scrum (Max 1.5m)	13	5	✓	✓ ₆	✓ ₅	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Training to Train and Training to Compete	Strategic Awareness	
UNDER 18	Full laws /Contested scrum (Max 1.5m)	15	5	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Training to Compete and Training to Win	Keep players together / Prepare for Seniors	

ACADEMY

AGE-GROUP	GAME	PLAYER NO	BALL SIZE	PLAYING RULES							MAX SESSION LENGTH	RECOMMENDED LEAD COACH CPD LEVEL	HAND / EYE SKILL SETS					PHYSICAL & UNIT TECHNIQUES							LTAD	COACHING APPROACH	
				TACKLING	SCRUM	LINEOUT	OFFSIDE	RUCK & MAUL	HAND-OFF	KICKING			JUMP CATCH TECHNIQUE	PASS / HANDS UNDER PRESSURE	OFFLOAD SKILLS	3-ON-2	EVASION SKILLS	GAMEPLAY	DOUBLE TACKLE TECH	ADVANCED BREAKDOWN TECHS	SPECIALIST POSITIONAL SKILLS	ADVANCED LINEOUT JUMP / LIFT (FWDS)	SPEED / STRENGTH / FIT ASSESS	ADVANCED DEFENCE SYSTEMS			PLAYING POSITION
UNDER 17	Full laws /Contested scrum (Max 1.5m)	15	5	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Training to Compete and Training to Win	Keep Players together / Compete well
COLTS (U19)	Full laws /Contested scrum (Max 1.5m)	15	5	✓	✓ ₈	✓ ₇	✓	✓	✓	✓	90 Mins	Level 2	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	Training to Compete and Training to Win	Keep players together / Prepare for Seniors