



COACHING RESOURCES

CORE COMPETANCIES

Under 12 Core Competency	
General Principles	Learning/Training to train - basics of rugby decision making Intro to tactical development Go Forward, Support, Continuity, Pressure
Core Skill Development	Catch Pass Left & Right (L&R) Basic Decision making activities Tackle progression (shoulder contact + Leg Drive) Attack Breakdown Defensive Breakdown understanding Ball Carry – Leg Drive
Individual / Unit Skill Development	Scrum body shape and binding Lineout Technical Jump, throw Scrum technical Overhead catch Kicking
Physical Development	Core strength development

