

12 Years Runaway Bay Skills Development Model 2019 - 2024

1. CORE SKILL	
Habit - Look, Communicate, Listen, React Attack/Defence Focus -Eyes, Hands, Feet	
Use warm up times (10-12mins) to practice/revise/focus on <u>Individual</u> core skills N.B Remember to Revisit the Individual Core, Group and Team Skills of the Previous 2 Years Age Group Based on ability, gradually build pressure (e.g. adjust time/space, introduce defenders etc.)	
Skills	Sub Skills
Catch	Running, Pop Pass, High Ball
Grip/Carry	Into Contact
	Fend or Bump
Play The Ball	From All Standing Positions
Passing	Dummy Half, Standing Pass, Running Pass
	Pop Pass
Footwork	Fast Feet Rhythm Jogging
	Change Direction
	Late Feet
	*Feet Under Hips
Tackle	Tackle Front
	Tackle Side
	Tackle Behind
2. Group Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Create Space <ol style="list-style-type: none"> 1. As Ball Carrier 2. At Ruck i.e Go Forward 3. Using Shape 4. Back 3/5 	2 v 1 Continued Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react Off D/Half +1, +2 Yardage
Defence Skills - Focus - Denying Space	Sub Skills
Ruck Defence- Front Door -	Habits, Language, Marker System
	Reload to Line Speed
2 Man Tackle	Peel to Marker
	Peel to Reload
3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Understanding the Field	Field Position/Breakdown
	Corridors A,B,C & 50%. Numbers In Space
Yardage	Space Kick Reception - Major Focus Kick Offs K.O.G
Good Ball	Kick Reception Scrums Tap Restart Repeat Set i.e. Line Drop Out

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3. Team Skills Cont.		
Defence Skills	- Focus - Denying Space	Sub Skills
Deny Space		Identifying Specific Positions for Your Line N.B 7&6
		Line Speed
		Reload
Situational Specific		Numbers Short Side
		Compression
Kick Chase		Kick Off
		General Play
Goal Line - Inside 10m		Marking, Body Positions, Spacing

START EFFICIENTLY

Start the activity as efficiently possible. A common fault of coaches is talking too much for no reason. A coach should assess what the activity is and then start off one of two ways:

- » For new activities, players need to see it and they need to do it. This is the best way for them to learn what to do. You can achieve this by:
 - Providing a demonstration for the players to see
 - Doing a half paced walk through of the activity
- » If the group already knows what the activity is, don't spend lots of time instructing. Just let them jump in and start.

OBSERVE

The next step is to observe what is happening. Try not to stop the activity or intervene if it's not needed. When you are observing, you should ask yourself the following questions:

- » Are they having fun?
- » Is the activity unsafe?
- » Are players appropriately challenged?
- » Are all the players equally engaged in the activity?

RESPOND APPROPRIATELY

Your job as a coach is to monitor the activity and decide if you need to intervene. You will need to consider the best strategy based on your observation. You need to decide whether to **STEP IN** or **STEP BACK**.

13 Years Runaway Bay Skills Development Model 2019 - 2024

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Skills	Sub Skills
Catch	Dummy Half Pass. Flat on A line Running Pass Off 1 st Receiver Weighted Pass – Dummy Half Jump Passing Rolling Ground Ball From Kick
Grip/Carry	Into Contact → 2 Man Tackle → Play The Ball Into Contact → Line Break → Pass
	After Loose Ball Pickup → Contact High Ball Catch → Contact
Play The Ball	All Start Positions Release to Play The Ball
Passing	Dummy Half → Running Receiver (6-7m) Dummy Half, Jump Pass (6 O'clock Weighted) Running Pass (7m) Pull Back Pass
Footwork	Mirroring Reaction Drills Rhythm Jogging
Tackle	Focus On Front Tackle Tech
2. Group Skills	
Attack Skills – Focus – Go Forward, Create/Play to Space.	Sub Skills
Create Space 1. As Ball Carrier 2. At Ruck i.e Go Forward 3. Back 5	2v1 Continued. Introduce 3v2 N.B The lines of Support Runner That Create Space Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react
Play To Space 1. Kicking Options 2. Off +2	Finding The Grass Create Overlap/Linebreak
Defence Skills - Focus – Denying Space	Sub Skills
Introduce Defending Space Open Side	Habits, Communicate, Roles Slide 5 Defending 6 Attackers

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3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Yardage Good Ball	Create Space/Go Forward → B Corridor 50% - Create Space in B Corridor Left And Right Balance
Defence Skills - Focus - Denying Space	Sub Skills
Situational Specific	Post Turn Over Scrum
Denying Space	Kick Chase to Start Sets Compression

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14 Years Runaway Bay Skills Development Model 2019 - 2024

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Skills	Sub Skills
Catch	Dummy Half Pass – Marker Pressure Passive → Semi → Contact
	Dummy Half Jump – “A ” Defender Pressure
	Rolling, Loose Ball, Grubber Kicks
Grip/Carry	Into Contact → 3 Man Tackle → Play The Ball
	Into Contact → Line Break → Pass
	Through Bump Pad Gauntlet
Play The Ball	All Starting Positions – v 2 Defenders
Passing	Pull Back Pass
Footwork	Gauntlet Running
	Step to Space v 2 Defenders
Tackle	Try Saver
2. Group Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Create Space 1. As Ball Carrier	2 v 1 – 3 v 2 Continued Carry and Support That Create Space
2. At Ruck i.e Go Forward	Recognition a) Play the Ball Speed b) Best Go Forward Opportunities, i.e. vision, communicate, react
3. Good Ball	Getting 1 on 1 Go Forward to Start Attacking Sets
Playing To Space	+1, +2 Shape
Defence Skills - Focus - Denying Space/Time	Sub Skills
Denying Time	Denying the Ground
	Grapple N.B Lock up The Ball
	2 Man Tackle
Denying Space	Front Door – Ruck Defense 3 Corridors – A,B,C
Defend Space	5 v 7 Attack – Slide Defending 2 v 3 (Block Play)
3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Yardage	Within A & C
Situational Specific	Play Before Kick
Good Ball	Playing For Repeat Set
Yardage – Good Ball	Repeat Sets
Systems	Up and In Up to Slide

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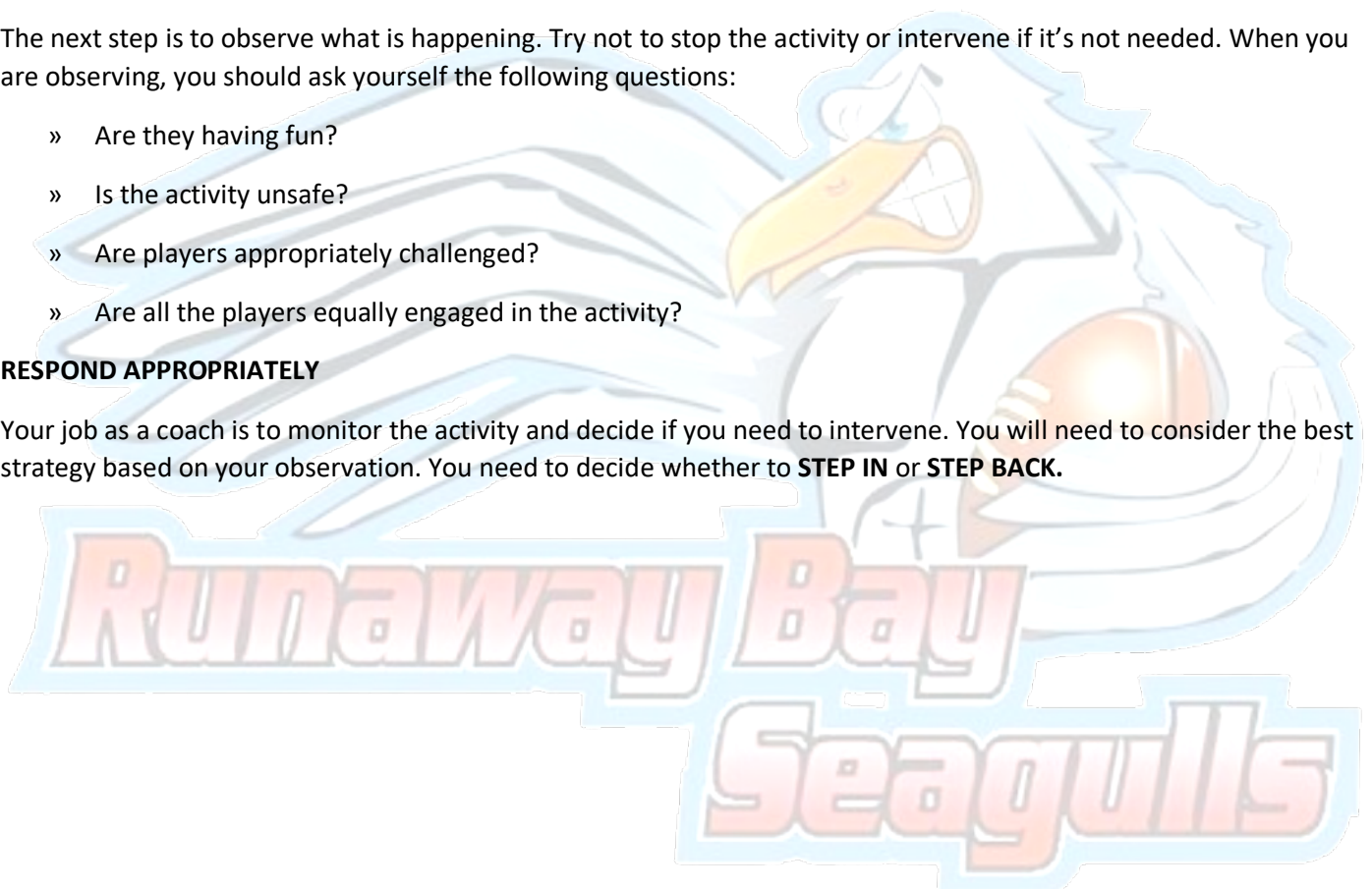
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15 Years Runaway Bay Skills Development Model 2019 - 2024

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Skills	Sub Skills
Catch	Dummy Half Pass – Marker Pressure – A&B Pressure
	1 st Receiver Catch v Semi Passive – A&B Pressure
	Dummy Half Moving Pass – A&B Pressure
	Running Pass at speed in confined space i.e. quick pass
Grip/Carry	Try Scoring v 1 Defender
Play The Ball	All Standing Positions – Multiple Defenders
Passing	Off Loads - Into Contact - Through Contact
Footwork	Line Running Option Running Lines
	Step to Space v 3 Defenders as ball carrier
Tackle	Revision (2 years Prior Skills)
2. Group Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Create Space. <ol style="list-style-type: none"> 1. As Ball Carrier 2. At Ruck 3. Short Side 4. To Start Sets 	3 v 2 Cont. Intro 3 v 3 Isolate A Spot and Double up on Spot Creating An Extra Man On Short Side Attacking Set Starts
Defence Skills - Focus - Denying Space	Sub Skills
Denying Time and Space	3 Man Tackle & Reload N.B Lock the Ball
	2 v 3 Defend Block Play
	Edge Defence Up and In Slide
	Front Door
3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Yardage	Post Offload - Vision, Communicate
	Play Before Kick – Various Situations
Good Ball	60/40 Vision, Counting, Numbers
	Post Offload N.B Width
Defence Skills - Focus - Denying Space	Sub Skills
Denying Space and Time	Post Offload Kick Pressure
Goal Line	Deny Repeat Sets
	Kick Pressure
	Spacing
	2/5/7/6 Roles

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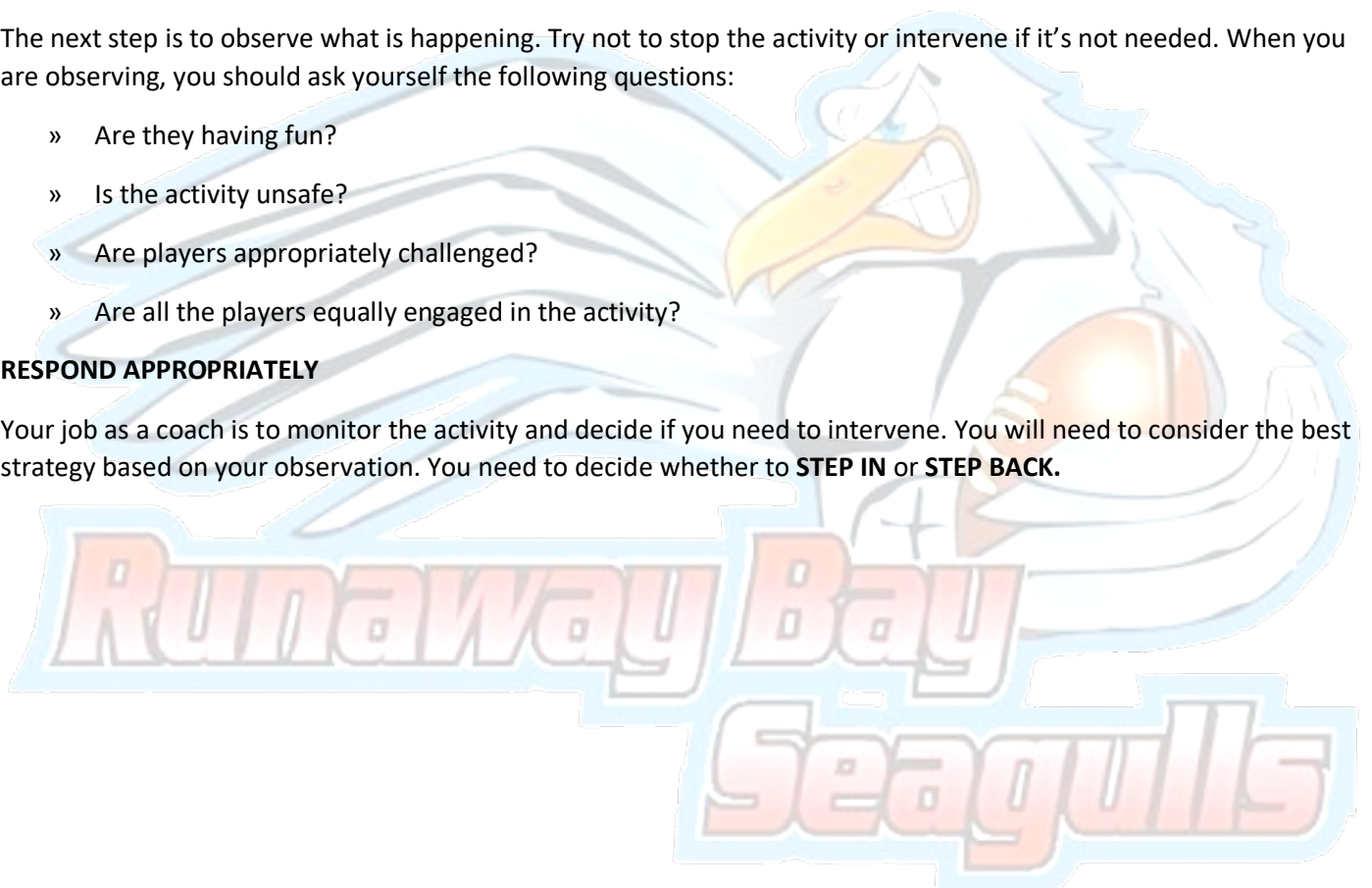
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Skills	Sub Skills
Catch	
	Dummy Half Pass v Marker v A&B Def Pressure into Contact
	1 st Receiver Moving v Marker v A,B,C Def Pressure Into Contact
	Running Pass at speed in confined space i.e. quick pass
Grip/Carry	Revision (2 years Prior Skills)
	Try Scoring v 2 Defenders
Play The Ball	Revision (2 years Prior Skills)
	Release Technique
Passing	Revision (2 years Prior Skills)
	Off Loads In and Through The Line
Footwork	Revision (2 years Prior Skills)
	Line Running Option Running Lines
	Step to Space as ball carrier (Go Forward Yardage)
Tackle	Revision (2 years Prior Skills)
2. Group Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Create Space. 1. At Ruck	Moving Dummy Half Shapes v 1 & 2 Markers Using +1 Shapes V Line Speed V Retreating Line V Staggered Line
2. Good Ball	Attacking Set Starts % or Points Situational Starts
Yardage	Set Starts Except Kick Reception - % Width / Points - Situational Starts
Defence Skills - Focus - Denying Space	Sub Skills
Denying Space and Time	2 v 3 Attackers - Block Play
	Front Door
	Kick Pressure - Front Door N.B Specific Roles
3. Team Skills	
Attack Skills - Focus - Go Forward, Create/Play to Space.	Sub Skills
Yardage	System - Using Your Best Individual Team & Team Assets - Play Before Kick - Field Position - Play The Ball Speed

3. Team Skills Cont.	
Good Ball	System <ul style="list-style-type: none"> - Using Your Best Individual Team & Team Assets - Building Pressure Attack Kicking Options i.e Repeat Sets
Defence Skills - Focus - Denying Space	Sub Skills
Denying Space and Time	Defending Repeat Sets – Through the Field Defending Attacking Kicks – Goal Line

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