

6 & 7 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/review/focus on core skills covered in previous age groups Based on ability, gradually build pressure (e.g. adjust time/space, introduce defenders etc.) | |
| Skills | Sub Skills |
| Catch | Hands Up - W Shape Turn/Reach Towards the Ball Eyes on the ball |
| Grip/Carry | Hamburger grip, squash the grass (to score a try) Two Hands, Run Forward |
| Play The Ball | Facing Forward, Place The Ball, Play The Ball With Foot |
| Passing | DH Pass, 1,2,3 1. Plant foot next to ball 2. Foot To Target 3. Shot Gun Arms At Target |
| | Standing 6 O'clock Pass • Point Ball At Ground And Swing (Elephant Trunk) • Shot Gun Arms At Target |

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**.

8 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 | Introduce catch while moving (Tempo - walk/jog/catch/run) |
| Grip/Carry | Hamburger grip, squash the grass (to score a try) |
| | Two Hands, Run Forward |
| | Into Contact <ul style="list-style-type: none"> Protect/Brace/Land Safe Landing - Sink/Tuck/Roll |
| | Fend or Bump |
| Play The Ball | Snap/Sweep/Touch |
| Passing | DH Pass, 1,2,3 <ol style="list-style-type: none"> 1. Plant foot next to ball 2. Foot To Target 3. Shot Gun Arms At Target |
| Footwork | Introduce Running 6 O'Clock Pass |
| | Fast Feet Rhythm Jogging |
| | Change Direction |
| | Late Feet |
| | *Feet Under Hips |
| Tackle | Tackle Front/Back/Side |
| | Approach - Chin up, eyes up, short steps, step in (high 10's, low 10's) Hit - Aim for belly button, chin up, back straight, contact with shoulder Wrap - Head to side, Feet close to ball carrier, Arms wrapped, squeeze Crocodile roll - Use ball carriers momentum, push towards ball carrier, croc roll them onto their back, land on top with control |
| 2. Group Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| Introduce 2v1 | Draw and Pass |
| | Engage/Read/React |
| Play The Ball | Play the Ball Speed |
| Defence Skills - Focus - Denying Space | Sub Skills |
| Introduce Spacing | Eagle Arms |
| Introduce Line Speed Communication | Hold/Hold/Up |
| 3. Team Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| Introduce Support | Push |
| Defence Skills Focus - Denying Space | Sub Skills |
| Introduce Defense Positioning | Reload |

8 Years Runaway Bay Skills Development Model 2019 - 2024

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.

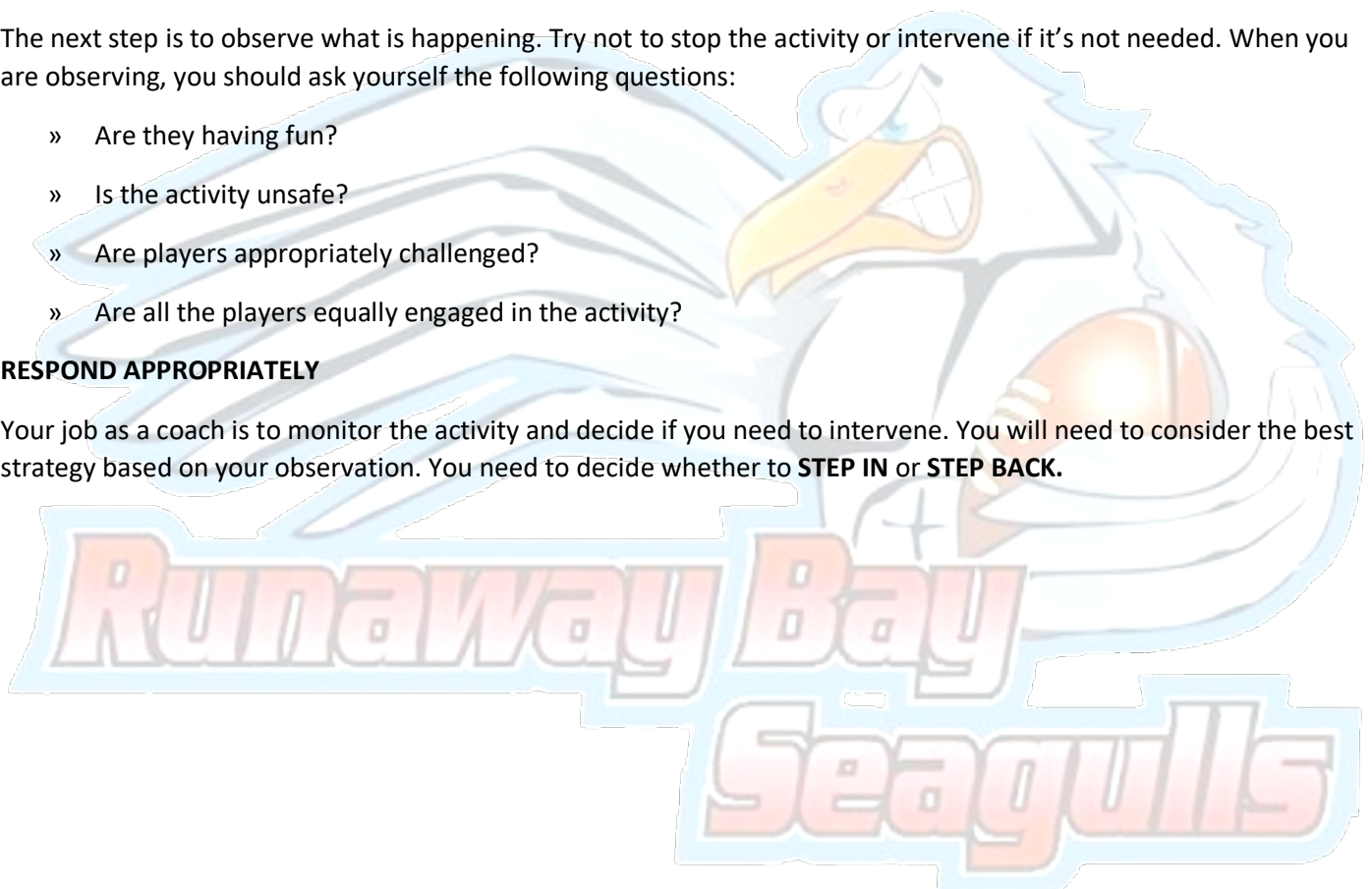
OBSERVE

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**.



9 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 | Introduce catch while moving (Tempo - walk/jog/catch/run) |
| Grip/Carry | Hamburger grip, squash the grass (to score a try) |
| | Two Hands, Run Forward |
| | Into Contact <ul style="list-style-type: none"> Protect/Brace/Land Safe Landing - Sink/Tuck/Roll |
| | Fend or Bump |
| Play The Ball | Snap/Sweep/Touch |
| | DH Pass, 1,2,3 <ol style="list-style-type: none"> 1. Plant foot next to ball 2. Foot To Target 3. Shot Gun Arms At Target |
| Passing | Introduce Running 6 O'Clock Pass |
| | Introduce Spiral Pass |
| Footwork | Fast Feet Rhythm Jogging |
| | Change Direction |
| | Late Feet |
| | *Feet Under Hips |
| Tackle | Tackle Front/Back/Side |
| | Approach - Chin up, eyes up, short steps, step in (high 10's, low 10's) Hit - Aim for belly button, chin up, back straight, contact with shoulder Wrap - Head to side, Feet close to ball carrier, Arms wrapped, squeeze Crocodile roll - Use ball carriers momentum, push towards ball carrier, croc roll them onto their back, land on top with control |
| 2. Group Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| 2 v 1 (Defender standing, progress to passive moving) | Draw and Pass |
| | Engage/Read/React |
| Play The Ball | Play the Ball Speed |
| Defence Skills-Focus – Denying Space | Sub Skills |
| Introduce Spacing and Communication | Eagle Arms - Hold/Hold/Up |
| Marker | 1 Marker (Chase, However Ensure Only When FR Receives The Ball) |
| 3. Team Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| Support | Push |
| Defence Skills Focus - Denying Space | Sub Skills |
| Defense Positioning | Reload |

9 Years Runaway Bay Skills Development Model 2019 - 2024

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.

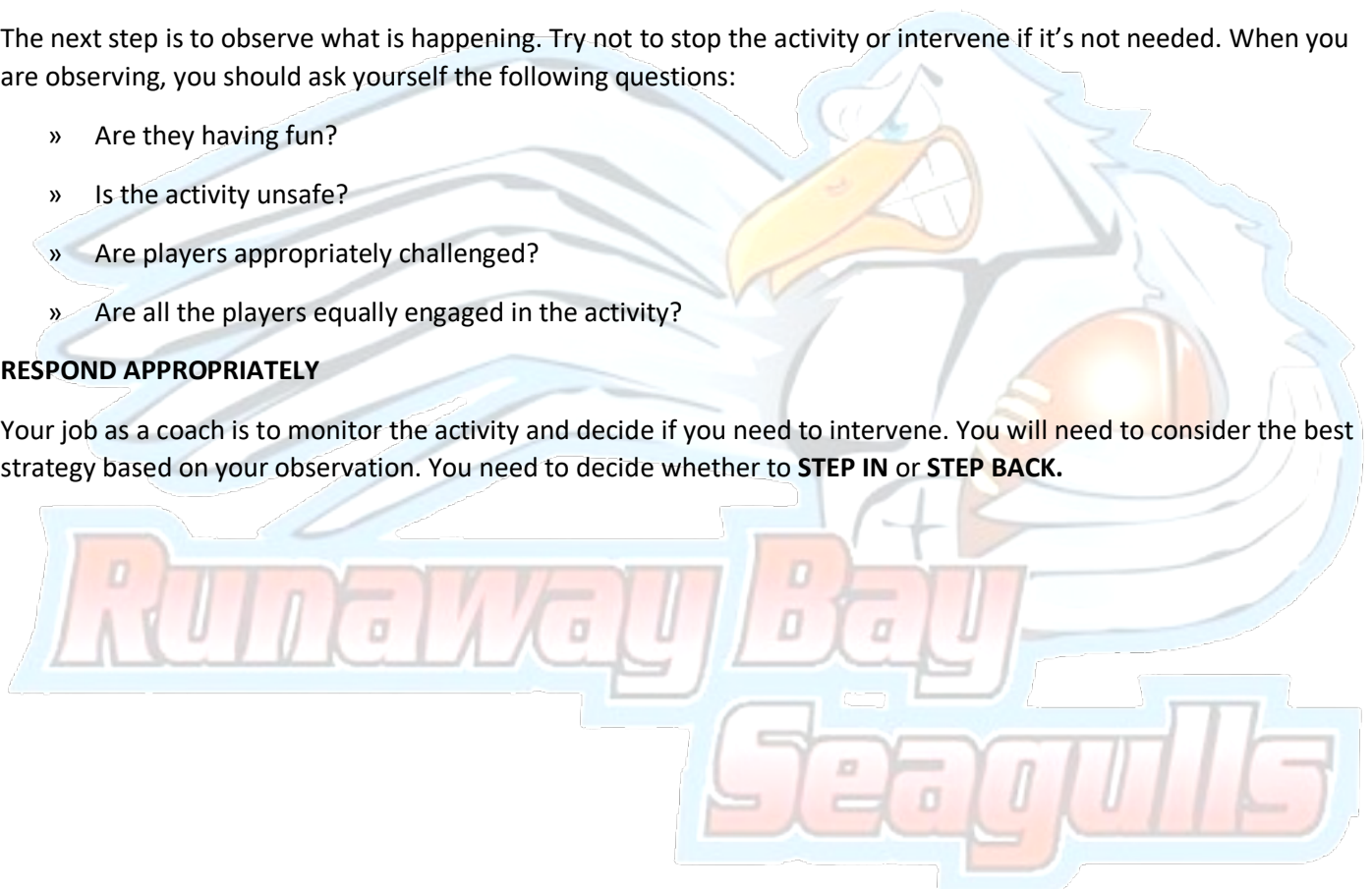
OBSERVE

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**.



10 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 | Introduce Catch Under Pressure (Defenders Passive) |
| Grip/Carry | Hamburger grip, squash the grass (to score a try) |
| | Two Hands, Run Forward |
| | Into Contact <ul style="list-style-type: none"> Protect/Brace/Land Safe Landing - Sink/Tuck/Roll |
| | Fend or Bump |
| Play The Ball | Snap/Sweep/Touch |
| | DH Pass, 1,2,3 <ol style="list-style-type: none"> 1. Plant foot next to ball 2. Foot To Target 3. Shot Gun Arms At Target |
| Passing | Running 6 O'Clock Pass |
| | Spiral Pass |
| | Introduce Pop Pass/Weighted Pass |
| Footwork | Fast Feet Rhythm Jogging |
| | Change Direction |
| | Late Feet |
| | *Feet Under Hips |
| Tackle | Tackle Front/Back/Side |
| | Approach - Chin up, eyes up, short steps, step in (high 10's, low 10's) Hit - Aim for belly button, chin up, back straight, contact with shoulder Wrap - Head to side, Feet close to ball carrier, Arms wrapped, squeeze Crocodile roll - Use ball carriers momentum, push towards ball carrier, croc roll them onto their back, land on top with control |
| | Peel Off – Tackler Is Marker |
| | Other Defenders Closest To Tackle Reload To A |
| 2. Group Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| 2 v 1 (Defender standing, progress to passive moving) | Draw and Pass |
| | Engage/Read/React |
| Play The Ball | Play the Ball Speed |
| Defence Skills - Focus – Denying Space | Sub Skills |
| Introduce Positioning | 3 left/3 middle/3 right, Marker + FB |
| Line Speed Communication | Hold/Hold/Up |
| Marker | 1 Marker (Chase, However Ensure Only When FR Receives The Ball) |
| 3. Team Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| Support | Push |

10 Years Runaway Bay Skills Development Model 2019 - 2024

| 2. Team Skills Cont. | |
|---|-------------------|
| Defence Skills Focus - Denying Space | Sub Skills |
| Defense Positioning | Reload |

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**.

11 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 | Introduce Catch Under Pressure (Defenders Passive) |
| Grip/Carry | Hamburger grip, squash the grass (to score a try) |
| | Two Hands, Run Forward |
| | Into Contact <ul style="list-style-type: none"> • Protect/Brace/Land • Safe Landing - Sink/Tuck/Roll |
| | Fend or Bump |
| Play The Ball | Snap/Sweep/Touch |
| | DH Pass, 1,2,3 <ol style="list-style-type: none"> 1. Plant foot next to ball 2. Foot To Target 3. Shot Gun Arms At Target |
| Passing | Running 6 O'Clock Pass, Spiral Pass, Introduce Pop Pass/Weighted Pass |
| Footwork | Fast Feet Rhythm Jogging Change Direction Late Feet *Feet Under Hips |
| Tackle | Tackle Front/Back/Side |
| | Approach - Chin up, eyes up, short steps, step in (high 10's, low 10's) Hit - Aim for belly button, chin up, back straight, contact with shoulder Wrap - Head to side, Feet close to ball carrier, Arms wrapped, squeeze Crocodile roll - Use ball carriers momentum, push towards ball carrier, croc roll them onto their back, land on top with control |
| | Introduce 2 Man Tackle |
| | 1st Man Tackle Selection |
| | High - Step In, Hips Close, Head Up & Tight, Handles/Levers |
| | 2nd Man Read & React |
| | Low Tackler Out First, Reload To A, High Tackler Control Through To Marker |
| 2. Group Skills | |
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| 2 v 1 (Vary Defender From Standing To Passive To Aggressive) | Draw and Pass |
| | Engage/Read/React |
| Play The Ball | Play the Ball Speed |
| Defence Skills - Focus - Denying Space | Sub Skills |
| Introduce Ruck Defence | Reload/Peel off/Marker Work/Tie in (Can't Leave Until FR Gets The Ball Or DH Runs) |
| Line Speed Communication | Hold/Hold/Up |
| Marker | 1 Marker (Chase, However Ensure Only When FR Receives The Ball) |

11 Years Runaway Bay Skills Development Model 2019 - 2024

| 3. Team Skills | |
|--|-------------------|
| Attack Skills - Focus - Go Forward, Create/Play to Space. | Sub Skills |
| Support | Push |
| Defence Skills Focus – Denying Space | Sub Skills |
| Defense Positioning | Reload |

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**.